

Borneo Ultra Trail News - July 2023

The 11th edition of **The Most Beautiful Thing (TMBT) Ultra Trail Marathon** is rapidly approaching, and you have **just a few days left to sign up** to be part of this year's race. We have 6 distances on offer from the 7.5 km family-oriented run over a night challenge to the full 109 km course for the experienced runners, so **there is a course and challenge to suit every runner**.

The Most Beautiful Thing (TMBT) Ultra Trail Marathon Brutally Beautiful – Beautifully Brutal !

Venue: Set around Mt. Kinabalu from the western flanks in Kota Belud till the eastern ridges at Mesilau
Dates: 2nd and 3rd September 2023
Categories: 7 km, 12 km, 30 km, 37 km Night run, 50 km and 109 km categories.
Info & Registration: <https://borneoultra.com/tmbt1/>
<https://www.facebook.com/Borneo-TMBT-Ultra-Trail-Marathon-197986800284621/>



In 2022 we celebrated the 10th anniversary of Malaysia's oldest and original 100-km Ultra-Trail Marathon, the TMBT, with a record number of participants. We look forward to continue the legacy of one of the largest and most international events in the trail running calendar in Malaysia with 6 race categories on offer for the 11th edition. Kinabalu is waiting. **Registrations** for the 11th edition of the TMBT will **close on 29th July**. **Don't miss out – sign up now.**

We are happy to welcome our long-standing partners from Sportlicious Malaysia with Instinct as the main brand on board for the TMBT.
#The Most Beautiful Thing, Follow Your Instinct.

INSTINCT
trail inspired



Mt. Kinabalu looking spectacular with lenticular clouds over the summit seen from close to the TMBT starting area over the weekend.

We are working hard on setting up the race with some trail improvements to reduce risk of queuing and increase safety. We are working on course improvements as described below:

1. We are changing the 109 and 50 km courses between W1 and W2 to bypass the two hanging bridges which have previously led to queues and frustrating waiting times for some in the middle to back of the pack.
2. In the 2022 edition, we introduced a new trail section for the 109k category from W4 to W5. We are working on trying to extend this to eliminate the 3km section along the main road. It is proving challenging in the steep terrain with rivers and landslides, but we are at this time still hoping that it will be possible to construct a safe option.
3. We are working on a small amendment to the “vegetable patch” section between W8 and W9 to replace the most muddy trail section in this sector. In wet weather, this can turn into ankle or even knee-deep mud and we recognize that this is not great for the feet for the remaining 30 km to the finish.
4. For the 7k, 37k and 109k, we are slightly amending the first downhill section after W6/Start as well as the crossing of a landslip area to make it slightly easier and safer.

We are convinced that these amendments will further improve the experience on an already great trail. Below a few pictures from the course checking over the weekend up in the cloud base at the Mesilau vegetable patch.



Trail checking in the cloud base up at the Mesilau vegetable patch. We will replace the most mud prone sections.

The course maintains all the (in)famous signature trails such as the Jungle Rumble between W2 and W3, the Pineapple Ridge from W3 to W4, the Bukit Dallas trail up to the finish line for the 30k and 50k categories and the Happy Villa view hill on the 7.5k trail. We will be just past full moon for the 37k night run with a good chance of some spectacular night views to Mt. Kinabalu on a clear night.



The spectacular Happy Villa view trail on the 7.5, 37 and 109k



A relieved smile close to the top of Bukit Dallas on the 30k / 50k

TMBT Souvenir Shirts

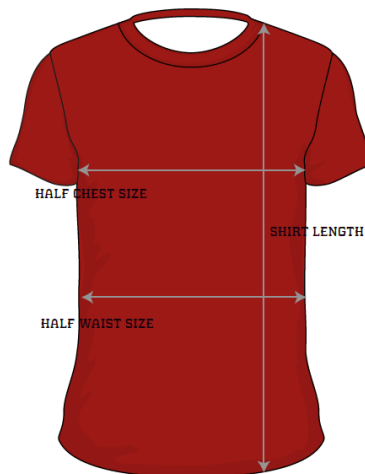
We have souvenir T-Shirts in 3 different colors on offer for pre-order only at RM 70 per shirt.



If you would like to order any shirt(s), please follow the instructions below:

Participants: Order via Racematix when you register. If you have already registered, you can log in to your Racematix account, reopen your existing registration and add the desired T-shirt(s). Then complete the payment via one of the payment options. T-shirt(s) can be picked up during Racepack Collection.

Non-Participants: You can order through WhatsApp at +6016 801 2886 / +6010 933 4800 or by email to info@borneoultra.com. Inform number, size and color choice (purple, blue or orange). For non-runners who want the shirts shipped out, we offer shipment within Malaysia at RM 15 for East Malaysia and RM 20 for West Malaysia. Overseas rate per courier charge rates.



Size Chart & Measurements Guide Malaysia (Inches)-Unisex

- 1) All measurements above subject to +/-0.5 tolerance.
- 2) Tapered curve bottom at the back specially designed for athletic movements, enhancing flexibility and performance.
- 3) Half chest to be measured from left to right seam, 1" down from the armpit joint.
- 4) Half waist to be measured from left to right seam on the waist line.
- 5) Shirt length to be measured from the highest tip of the shoulder to the bottom hem.

Cutting Style	Size / Length	Half Chest Length(Inches)	Half Waist Length(Inches)	Shirt Length(Inches)
Unisex Athlete-Fit	3XS	16"	16"	24"
Unisex Athlete-Fit	2XS	17"	17"	25"
Unisex Athlete-Fit	XS	18"	18"	26"
Unisex Athlete-Fit	S	19"	19"	27"
Unisex Athlete-Fit	M	20"	20"	28"
Unisex Athlete-Fit	L	21"	21"	29"
Unisex Athlete-Fit	XL	22"	22"	30"
Unisex Athlete-Fit	2XL	23"	23"	31"
Unisex Athlete-Fit	3XL	24"	24"	32"
Unisex Athlete-Fit	4XL	25"	25"	33"



Borneo 100 Miler 2023

In early June we re-introduced the Borneo 100 Miler over a brand-new racecourse in the scenic areas of Kota Belud / Tenghilan.

It was a hot weekend and the 100-mile runners got to feel the brunt of the heat on the exposed Bukit Bongol and in the open paddy field area at Kesapan, which became (in)famous with runners.

The heat certainly added to the challenge of the race, but the majority of runners managed this well and went on to complete the course. It was a drawn-out battle at the front of the men's open with Andrew Farmers and Amir Zaki eventually crossing the line together for a tied first place in 27 hours and 52 minutes, followed by Sabah Veteran runner Gustin Tiam.

In the women's category, Sabah's Rejlen James powered to an impressive win with a 5th overall in a time of 32 hours and 52 minutes, more than 8 hours ahead of second place Lynda Marylyn and women veteran Teo Lian Geok in third.



Full race results can be found at: <https://www.racematix.com/site/#results:grp/Borneo-100-Miler-2023> and a race report is available on the Asia Trail Master page: <http://www.asiatrailmaster.com/news/2023/6/6/the-borneo-miler> Our hard-working photographers, Dr JS Sidhu and Pamela Sidhu have again provided excellent footage from the event. These have been posted on facebook: <https://www.facebook.com/profile.php?id=100064580566505> and can be found and downloaded from flickr: <https://www.flickr.com/photos/148519785@N03/albums> A small selection of photos with commentary is found below.



After a long battle, Amir Zaki and Andrew Farmers called a truce at the last river crossing 2 km before the finish to freshen up and become joint champions in the men's category.



Rejlen James kept a consistent pace to take a commanding win in the women's category and 5th overall.



Chong Hwa Chiok emerging from the Bukit Bongol (in the background) trail. Fitting that the trail emerged through a graveyard as some runners felt more dead than alive after the exposed hill section ☹️.



BYO shade by Chea See See.



Water for life! The refreshing tap with water after Bukit Bongol was ever popular.



Always time to stop for a photo !!



Where did that fish go?



Chai Kuetbui still flying on the ridge after Bukit Bongol



Gustin Thiam all smiles – the strong veteran took 3rd overall.

Organizer's Perspective.

We had a wonderful weekend that went surprisingly smoothly given a brand-new course of this magnitude. Thanks to all participants for the good spirits, to our highly valued volunteers and race officials, to our sponsors and not least to all the helpful villagers who made this possible.

We hope that we can find a formula to make the event financially viable for possible future editions to invite the trail community back to have another go at the Borneo 100 Miler.

