

**UTMB** INDEX

# CABARAN GUNUNG SEMANGKOK 2022

**CLOCK TOWER, BUKIT FRASER  
24-25 SEPTEMBER 2022**



**EVENT GUIDE BOOK**

## ABOUT

Gunung Semangkok or some call it Semangkuk or Semangko, is a mountain located on the border of Pahang and Selangor. Although translated literally to “Se-Mangkuk” from Malay (Se = A/One, Mangkuk = Bowl), this mountain is more commonly referred to as “The Death Valley” by some climbers because of its difficulty and its name sounds like Death. Valley in Chinese (Semang = Death, Kok = Valley).

The mountain is famous for its undulating trails with repeated ascending climbs, followed by steep downhill terrain. Although the trail starts from the Pine Tree Trail at an altitude of 1300m, the trail is undulating up forming a total uphill of more than 13km. Your journey from the Clock Tower to Twin Peak is quite challenging; but the extreme actually starts from Twin Peak down to Sungai Merah Camp and up to the top of Mount Semangkok and also the return journey.

We welcome you to the Cabaran Gunung Semangkok – “Mencabar Yang Ekstrem”, brought to you by Projek Hijo.



# SPONSORS



# PARTNERS





You choose to do this. Be grateful that you are here  
and appreciate the opportunity – **Anna Frost**



## PARTICIPATING COUNTRIES

Malaysia - Indonesia - South Africa - Great Britain



# EVENT SCHEDULE

Description	Time	Remarks
<b>Saturday, 24<sup>th</sup> September 2022</b>		
Registration, Mandatory Items Check & Race Entry Pack Collection	9.00am – 5.00pm	Kompleks Pelancongan, Bukit Fraser (in front of Clock Tower & Puncak Inn)
Teatime	5.00pm – 7.00pm	Kompleks Pelancongan, Bukit Fraser (in front of Clock Tower & Puncak Inn)
Flag-off 30km (18 hours)	9.00pm	Clock Tower, Bukit Fraser
<b>Sunday, 25<sup>th</sup> September 2022</b>		
Flag-off 30km (12 hours)	3.00am	Clock Tower, Bukit Fraser
Flag-off 16km	5.00am	Clock Tower, Bukit Fraser
Lunch	12.00-3.30pm	Kompleks Pelancongan, Bukit Fraser (in front of Clock Tower & Puncak Inn)
Cut-off Time (All categories)	3.00pm	Kompleks Pelancongan, Bukit Fraser (in front of Clock Tower & Puncak Inn)



## RACE ENTRY PACK COLLECTION (REPC) VENUE

KOMPLEKS PELANCONGAN, BUKIT FRASER

24<sup>TH</sup> SEPTEMBER 2022, 9.00AM – 5.00PM

## REGISTRATION & REPC FLOW

1. Please bring a copy of the indemnity and release form to REPC. Failure of which you will be charged RM2.00/copy. To download, click [Indemnity Form](#).
2. Present your ID/Passport and race confirmation slip to event crew at Registration Counter.
3. Proceed to Mandatory Items Check Counter as instructed by the crew.
4. Proceed to Race Entitlements Counter by presenting your race confirmation slip.
5. Please make sure your bib name, category and tee size is correct.

### Notes:

1. To collect on behalf, please make sure you bring an authorization letter and race confirmation slip.
2. You also need to bring all mandatory times of the person you collect on behalf.
3. One runner one set of mandatory items.



## RACE VENUE

**START: CLOCK TOWER, BUKIT FRASER**  
**FINISH: KOMPLEKS PELANCONGAN, BUKIT FRASER**

**24<sup>TH</sup> SEPTEMBER 2022, 9.00PM (30KM, 18 HOURS)**  
**25<sup>TH</sup> SEPTEMBER 2022, 3.00AM (30KM, 12 HOURS)**  
**25<sup>TH</sup> SEPTEMBER 2022, 5.00AM (16KM, 10 HOURS)**

# RACE VILLAGE LAYOUT

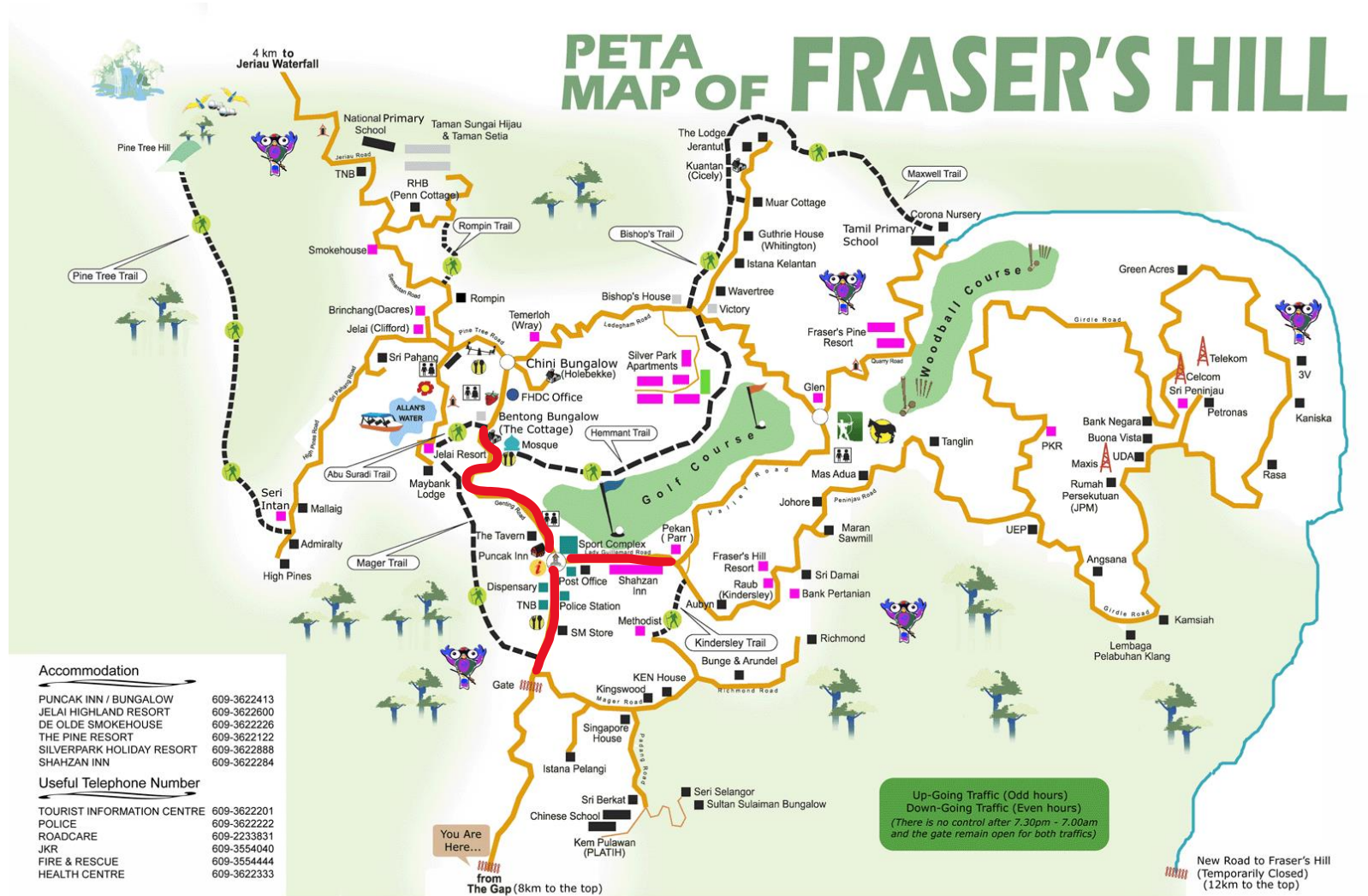


## RACE VILLAGE LAYOUT

1. Start Line will be at the road in front of Clock Tower, Bukit Fraser
2. Finish Line will be at the Kompleks Pelancongan, Bukit Fraser
3. DO NOT block the road and no double park
4. Medic & Ambulance will be on standby at Race Village
5. Please be at the Race Village before your flag-off time
6. Make sure all Mandatory Items are ready during REPC and at CP
7. Pray area at Masjid Bukit Fraser
8. Toilet are near Race Village
9. Throw your trash at designated place
10. Take care of your precious belongings
11. Do not pluck any flowers and/or damage any landscape

# RACE VILLAGE LAYOUT

## PETA MAP OF FRASER'S HILL



- |          |  |           |  |                    |  |                            |  |                    |  |                 |  |                |  |              |  |                     |
|----------|--|-----------|--|--------------------|--|----------------------------|--|--------------------|--|-----------------|--|----------------|--|--------------|--|---------------------|
| <b>K</b> |  | Trail     |  | Place to Stay      |  | Roundabout                 |  | Horse Riding       |  | Clock Tower     |  | Strawberry     |  | Food         |  | Children Playground |
| <b>E</b> |  | Main Road |  | Private Bungalow   |  | Tourist Information Centre |  | Archery            |  | Golf Course     |  | Flower Nursery |  | Hindu Shrine |  | No Parking          |
| <b>Y</b> |  | New Road  |  | FHDC Accommodation |  | Boating                    |  | Bird Watching Site |  | Woodball Course |  | Public Toilet  |  | Mosque       |  |                     |

# RACE VILLAGE LAYOUT

1. Red Line: NO PARKING ZONE
2. You may park at your hotel/homestay
3. You may park on the roadside
4. DO NOT BLOCK the road or any entrance/exit
5. DO NOT DOUBLE PARK
6. Make sure NO important treasure in your vehicle
7. Park at your own risk



# RACE FORMAT

## SELF SUPPORT FORMAT

1. This is a Self-Support Race
2. All participants need to bring all mandatory items listed on their own, including food and beverages
3. Our CUT-OFF TIME are very strict to make sure/prevent unnecessary and unwanted situation happens
4. Please listen to race officials when ask to
5. Always be on track at all time
6. No pacer and helper on track provided
7. The route are clear. Use the GPX file provided to navigate the route, markers/blinkers are available but limited
8. Sweepers will always be behind last runner
9. Don't push yourself. Listen to your body wisely



**UTMB** INDEX

## COURSE INFORMATION

# 30KM Route Info & Elevation Profile

Start  
Clock Tower, Bukit Fraser

Distance:  
29.5km

Finish:  
Kompleks Pelancongan, Bukit Fraser

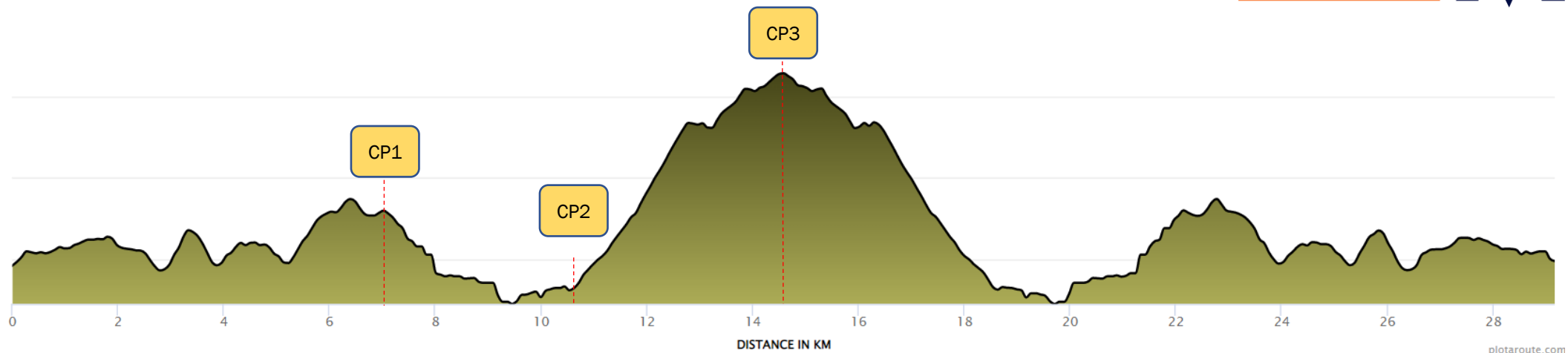
Elevation Gain/Loss:  
2,700m/2,705m

Date/Flag-Off Time:  
24<sup>th</sup> September 2022, 9.00pm (18H)  
25<sup>th</sup> September 2022, 3.00am (12H)

Starting Point:  
1230m

Date/Cut-Off Time:  
25<sup>th</sup> September 2022, 3.00pm

Highest Point:  
1824m



**30KM - COT 18 HOURS**  
**30KM - COT 12 HOURS**



**COT CP2 Sg Merah**  
30KM (18h) – 3am, 25/9  
30KM (12h) – 6.30am, 25/9

**COT CP1 Twin Peak**  
30KM (18h) – 1am, 25/9  
30KM (12h) – 5.30am, 25/9

**COT Finish Line**  
All categories – 3pm

**Flag-off Time**  
30km (18h) – 9pm, 24/9  
30km (12h) – 3am, 25/9

## 30KM (18 hours) Timeline

Location	KM	Distance between CP	FOT (In)	COT (Out)	Details
Start Clock Tower	0	0	9.00pm		Toilet, Medic
CP1 Twin Peak	7.2	7.2		1.00am	Checkpoint (Sticker), COT 4 hours
CP2 Sg Merah	10.6	3.4		3.00am	COT 6 hours, Mandatory Items Check
CP3 Peak Semangkok	14.75	4.15			Checkpoint (Sticker)
Finish Kompleks Pelancongan	29.5	14.75		3.00pm	Toilet, Medic, Food & Beverages, COT 18 hours, Mandatory Items Check

### Notes:

1. Please be at race village before flag-off time.
2. Make sure your mandatory items are check and ready.
3. Do not drink water near Pine Tree. You can fill up your hidration at Sg Merah.
4. Please make sure you collect your sticker at CP1 & CP3.
5. Race course might be diverted/changed due to unforeseen circumstances eg. weather condition, landslide etc.
6. [Download GPX file](#) – Extreme
7. You may use GAIA GPS application to view the GPX, download from Play Store or Apple App Store

# 30KM (12 hours) Timeline

Location	KM	Distance between CP	FOT (In)	COT (Out)	Details
Start Clock Tower	0	0	3.00am		Toilet, Medic
CP1 Twin Peak	7.2	7.2		5.30am	Checkpoint (Sticker), COT 2 hours 30 minutes
CP2 Sg Merah	10.6	3.4		6.30am	COT 3 hours 30 minutes, Mandatory Items Check
CP3 Peak Semangkok	14.75	4.15			Checkpoint (Sticker)
Finish Kompleks Pelancongan	29.5	14.75		3.00pm	Toilet, Medic, Food & Beverages, COT 12 hours, Mandatory Items Check

## Notes:

1. Please be at race village before flag-off time.
2. Make sure your mandatory items are check and ready.
3. Do not drink water near Pine Tree. You can fill up your hidration at Sg Merah.
4. Please make sure you collect your sticker at CP1 & CP3.
5. Race course might be diverted/changed due to unforeseen circumstances eg. weather condition, landslide etc.
6. [Download GPX file](#) - Extreme
7. You may use GAIA GPS application to view the GPX, download from Play Store or Apple App Store

# 16KM Route Info & Elevation Profile

Start  
**Clock Tower, Bukit Fraser**

Finish:  
**Kompleks Pelancongan, Bukit Fraser**

Date/Flag-Off Time:  
**25<sup>th</sup> September 2022, 5.00pm (10H)**

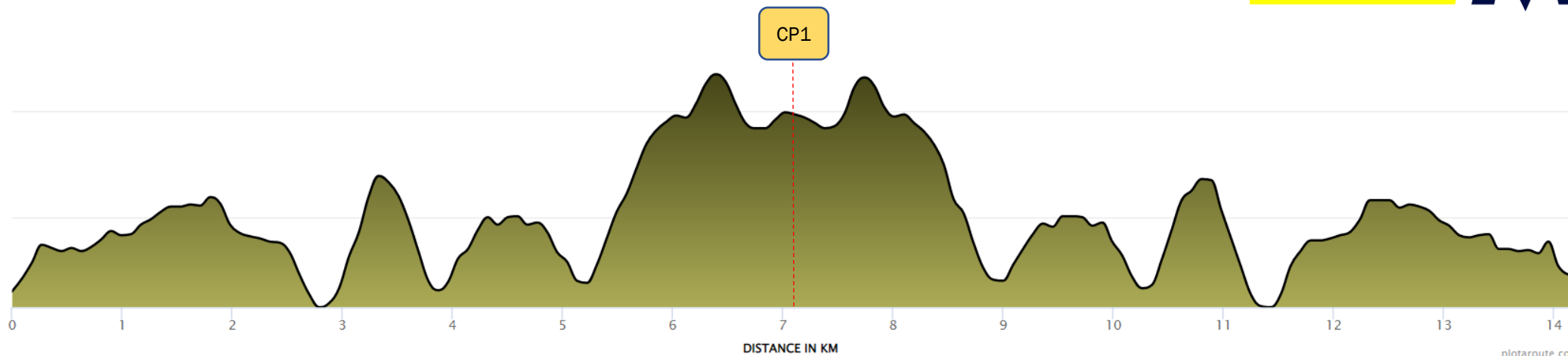
Date/Cut-Off Time:  
**25<sup>th</sup> September 2022, 3.00pm**

Distance:  
**14.2km**  
(shorter by 1.5km due to change from  
the original route via Jeriau)

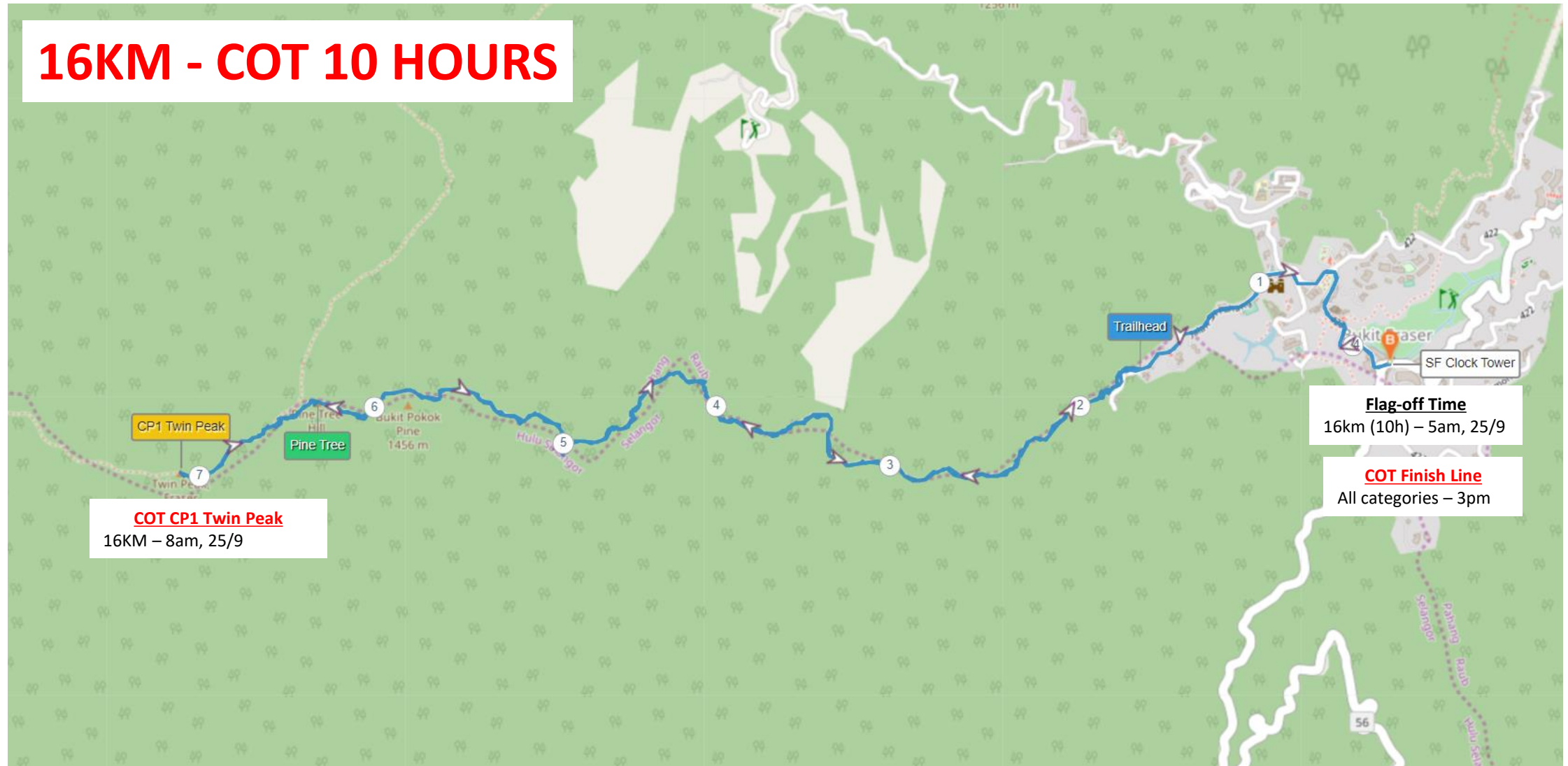
Elevation Gain/Loss:  
**950m/954m**

Starting Point:  
**1230m**

Highest Point:  
**1505m**



# 16KM - COT 10 HOURS



**COT CP1 Twin Peak**  
16KM – 8am, 25/9

**Flag-off Time**  
16km (10h) – 5am, 25/9

**COT Finish Line**  
All categories – 3pm

## 16KM (10 hours) Timeline

Location	KM	Distance between CP	FOT (In)	COT (Out)	Details
Start Clock Tower	0	0	5.00am		Toilet, Medic
CP1 Twin Peak	7.2	7.2		9.00am	Checkpoint (Sticker), COT 4 hours
Finish Kompleks Pelancongan	14.4	7.2		3.00pm	Toilet, Medic, Food & Beverages, COT 10 hours, Mandatory Items Check

### Notes:

1. Please be at race village before flag-off time.
2. Make sure your mandatory items are check and ready.
3. Do not drink water near Pine Tree.
4. Please make sure you collect your sticker at CP1.
5. Race course might be diverted/changed due to unforeseen circumstances eg. weather condition, landslide etc.
6. [Download GPX file](#) – Challenge
7. You may use GAIA GPS application to view the GPX, download from Play Store or Apple App Store



## MANDATORY ITEMS & PENALTIES

Mandatory Items	16km	30km	Penalty	Remarks
<b>Headlamp</b> Turn on from start until 7.30am	Yes 1 unit	Yes 2 units	<b>DQ</b>	Automatic
<b>Basic First Aid Kit</b> Alcohol swipe, plasters, band aid, allergies medication (if any), cramp spray/cream	Yes	Yes	<b>DQ</b>	Automatic
<b>Mobile Phone</b>	Yes	Yes	<b>30 minutes</b>	
<b>Water Bottle/Bladder</b> 1.5l	Yes	Yes	<b>DQ</b>	Automatic
<b>Energy Gel/Bar</b>	Yes 2 packs	Yes 4 packs	<b>DQ</b>	Automatic
<b>Ziplock Bag For Trash</b>	Yes	Yes	<b>15 minutes</b>	
<b>Sport Shoes</b> Unnecessary to bring during REPC	Yes	Yes	<b>DQ</b>	Automatic
<b>Windproof/Rainproof Jacket</b>	Yes	Yes	<b>30 minutes</b>	
<b>Emergency Blanket</b>	Yes 1 unit	Yes 2 units	<b>DQ</b>	Automatic
<b>Whistle</b>	Yes	Yes	<b>15 minutes</b>	

Notes:

1. Mandatory items will be checked during REPC & randomly throughout the event.
2. Automatic means dismissal from the race course.
3. Please make sure all mandatory items are functional.
4. NO slippers allowed. Shoes will be checked during event day.



**UTMB** INDEX

## RECOMMENDED ITEMS

## Recommended Items

Hiking Poles

Cap/Headwear

Gloves

Powerbank

Spare Socks

Anti-chaffing Cream/Vaseline

Sunglasses



## GPX FILES, INDEMNITY FORM ETC

Click link: [Projek Hijo Google Drive](#)



## EMERGENCY CONTACT

RACE VILLAGE +6018 310 1771

TECHNICAL +6013 293 1082

TECHNICAL +6018 365 0780

- Please save the number above to your mobile phone for emergency purpose.
- Please adhere to the MANDATORY ITEMS of the race. It could save your life.
  - Please refer to the event crew should you feel unwell during the race.
- If you are injured and the telecommunications line is not available, go to the nearest checkpoint or wait along the race course until the sweeper arrives.
- DO NOT SWAY OFF THE RACE COURSE DURING THE RACE FOR ANY REASON WHATSOEVER UNLESS YOU ARE INSTRUCTED BY THE EVENT CREW TO DO SO.



WELCOME TO **CABARAN GUNUNG SEMANGKOK 2022.**

WE LOOK FORWARD TO MEET YOU.

Follow us for more event updates:

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