

A full-page background image showing a mountain biker in a black jersey and helmet riding a trail bike through a dense, lush tropical forest. The path is narrow and covered with fallen leaves and branches. The biker is in the center of the frame, leaning forward. The forest is filled with various types of trees and thick foliage, creating a sense of being deep in the wilderness.

X TERRA®

BORNEO SARAWAK

Athlete's Guide

Table of Contents

Welcome Messages	2
Event Schedule	4
Venue & Site Maps	6
Event Venue: Roxy Beach Resort	6
Transition Area 1 (T1)	8
Transition Area 2 (T2)	9
Shuttle Bus	10
Athlete Check-in	12
Athlete Check-in (Goodies Bag / Timing Chip Collection)	12
Race Pack Items: Full Distance Triathlon	14
Race Pack Items: Duathlon	16
Race Pack Items: MTB	17
Race Pack Items: Trail Run	17
Pre-Race Preparation	18
Race Equipment Checklist	18
Race Numbers and Tattoos	19
Transition Bags	19
Timing Chip	20
Race Day Info	22
Full Distance Triathlon (Individual/Relay Team)	22
Duathlon	23
Kids Duathlon	24
XC MTB	24
Trail Run (Half Marathon 21km)	25
Trail Run (13km / 7km)	25
Course Map	26
Full Distance Triathlon Course Overview (Individual & Team Relay)	26
Duathlon Course Overview	27
Full Distance Triathlon - SWIM	28
Full Distance Triathlon - MTB, Duathlon - MTB, and XC MTB	29
Full Distance Triathlon, Duathlon - TRAIL RUN (10KM)	31
Trail Run (21km / 13km / 7km)	33
Rules & Regulations	37
Post Race	42
Race Results	42
Official Photographer	42
Resting Area	43
Awards Ceremony	43
Prizes and World Championships Slots	43
Medical Assistance	46
Borneo Outdoor Festival	47

Welcome Messages

A Warm Sarawak Welcome to the Inaugural XTERRA Borneo Sarawak!

On behalf of the Ministry of Tourism, Creative Industry and Performing Arts of Sarawak, I am pleased to extend a warm and heartfelt welcome to you in Sarawak, Malaysia! Borneo, especially Sarawak, provides an unparalleled setting for adventure and adventure sports. We are thrilled to support this landmark event for the first time. Our venue, located at the western tip of Borneo and dominated by the majestic Mount Pueh, is surrounded by stunning coastal scenery. It is ready to challenge your limits and invigorate your spirit.

We are excited to support this event and invite you to explore the incredible natural beauty and rich cultural heritage that make Sarawak notable. Enjoy the race, discover our wonders, and experience our warm hospitality. With the event just a few weeks away, the excitement in Kuching is truly building!

Once again, welcome to the inaugural XTERRA Borneo Sarawak, and we wish you a fantastic and memorable experience.



YB Dato Sri Haji Abd Karim Rahman Hamzah
Minister for Tourism, Creative Industry and Performing Arts Sarawak

On behalf of the entire XTERRA family, I extend a huge and heartfelt welcome to this new event joining our global calendar. We are happy to introduce Borneo Sarawak to the XTERRA community. This stunning location truly embodies the spirit of XTERRA, offering the perfect blend of beautiful landscapes and challenging terrain that we know our athletes crave. Get ready to discover a truly unique corner of the world, embrace the adventure that awaits, and connect with fellow enthusiasts as our global community continues to meet and grow in incredible new places. We can't wait to see you experience the magic of XTERRA Borneo Sarawak!

See you on the trails!



Landry Benoit, XTERRA APAC Technical Director

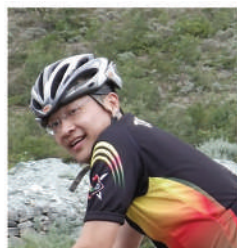
Welcome to XTERRA Borneo, Sarawak!

The very name of Borneo whispers tales of adventure and exploration, and Sarawak is poised to deliver on that promise! Our XTERRA Borneo Sarawak venue, nestled on the breathtaking Western Tip of Borneo, is dominated by the majestic, rainforest-draped Mount Pueh. Prepare to be challenged by the spectacular terrain, sculpted by numerous crystal-clear streams flowing from this magnificent mountain all the way to the stunning coastline.

Beyond the thrill of the race, we invite you to fully immerse yourselves in Borneo's incredible natural wonders, from its diverse wildlife to its rich cultural tapestry. Savor the vibrant flavors of local cuisine, listen to the captivating sounds of the jungle and the rhythms of tribal music, and witness time-honored traditions firsthand.

We extend our deepest gratitude to the Ministry of Tourism, Creative Industry and Performing Arts Sarawak for their invaluable support in making this event a reality. We also thank the Lundu government, dedicated agencies, and the warm-hearted community for their incredible partnership!

Get ready for an unforgettable adventure in Sarawak Borneo!



Robert & JC Chua, XTERRA Borneo Sarawak

Event Schedule

1 THU 2025.05.01

TIME	ACTIVITY	LOCATION
09:00 - 18:00	Bike/Run Course Open For Practice	Roxy Beach Resort
15:00 - 18:00	Athlete check-in (Goodies Bag & Timing Chip) in Kuching (All Races)	Paradesa Borneo

2 FRI 2025.05.02

TIME	ACTIVITY	LOCATION
09:00 - 18:00	Bike/Run Course Open For Practice	Roxy Beach Resort
09:00 - 18:00	Shuttle Van (every 30 min)	Roxy Beach Resort - Pueh Youth Camp
15:00 - 18:00	Athlete check-in (Goodies Bag & Timing Chip) in Sematan (All Races)	Roxy Beach Resort
18:30	Race Briefing (Triathlon / Duathlon / MTB)	Roxy Beach Resort

3 SAT 2025.05.03

TIME	ACTIVITY	LOCATION
05:00 - 06:30	Triathlon Sign-In / Transition T1 open / T2 Bag Drop	Roxy Beach Resort
07:00 - 16:00	Shuttle Van (every 30 min)	Roxy Beach Resort - Pueh Youth Camp
07:00	START - Full Distance Triathlon (Elites / Age Group)	Roxy Beach Resort
07:30 - 07:50	Duathlon Sign-In / T2 Bag Drop	Roxy Beach Resort
08:00	START - Duathlon	Roxy Beach Resort
08:00 - 08:20	XC MTB Check-in	Roxy Beach Resort
08:30	START - XC Mountain Bike	Roxy Beach Resort
10:00 - 10:30	Kids Duathlon Sign-In	Sematan Camp Pueh
10:45	START - Kids Duathlon	Pueh Youth Camp
10:00 - 19:00	Borneo Outdoor Festival	Roxy Beach Resort
11:30	Awards Ceremony (For Duathlon, XC Mountain Bike & Kids Duathlon)	Pueh Youth Camp
12:00	CUT-OFF All Races - T2	Pueh Youth Camp
14:00 - 17:00	Athlete check-in (Goodies Bag & Timing Chip) in Sematan (All Trail Run)	Roxy Beach Resort
19:30	Award Dinner for Triathletes	Roxy Beach Resort

4 SUN 2025.05.04

TIME	ACTIVITY	LOCATION
07:00 - 16:00	Shuttle Van (every 30 min)	Roxy Beach Resort - Pueh Youth Camp
07:00 - 07:45	Half Marathon 21km Trail Run Sign-In	Sematan Camp Pueh
08:00	START - Trail Half Marathon	Pueh Youth Camp
08:00 - 08:45	13KM / 7KM Sign-In	Sematan Camp Pueh
09:00	START - 13km / 7km Trail Run	Pueh Youth Camp
10:30	START - Kids Trail Run	Pueh Youth Camp
10:00 - 17:00	Borneo Outdoor Festival	Roxy Beach Resort
11:30	Awards Ceremony (Trail Runs)	Sematan Camp Pueh
12:00	CUT-OFF - All Races	Sematan Camp Pueh

- The Event Organizer reserves the right to adjust the schedule, race route and content according to factors such as weather and race course conditions prior to the start of the event.
- Participants must pay attention to the event schedule at all times in order to arrange itineraries and prepare for important events in advance.

Saturday (3/5/2025)

- Full Distance Triathlon Competitors should have their bikes checked in between 05:00 – 06:30 AM on 3/5 (Sat.) at the T1 Transition Area.
- Duathlon Competitors will check in between 07:30 - 07:50 AM on 3/5 (Sat.) at the Roxy Sematan registration (near the T1 Transition Area).
- MTB Competitors will check in between 08:00-08:20AM on 3/5 (Sat.) at the Roxy Sematan registration (near the T1 Transition Area).
- Kids Duathlon Competitors will check in between 10:00-10:30 AM 3/5 (Sat.) at the registration desk at the Pueh Youth Camp (near the T2 Transition Area)

Sunday (4/5/2025)

- Half Marathon (21km) Trail Run Competitors will check in between 07:00 - 07:45 AM on 4/5 (Sun.) at the Pueh Youth Camp
- 13km / 7KM Trail Run Competitors will check in between 08:00 - 08:45 AM on 4/5 (Sun.) at the Pueh Youth Camp

Venue & Site Maps

Event Venue: Roxy Beach Resort



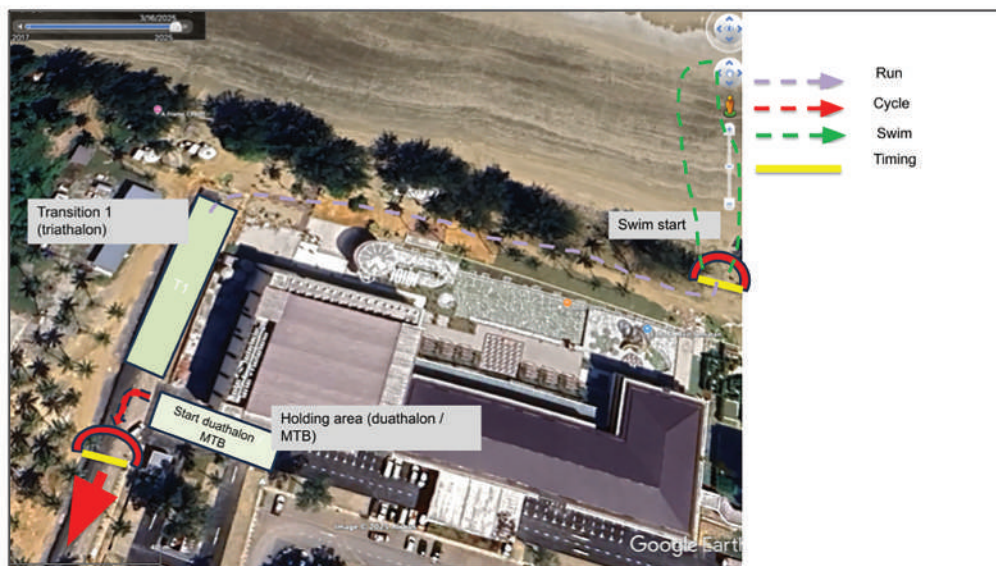
XTERRA Borneo, Sarawak 2025

Venue

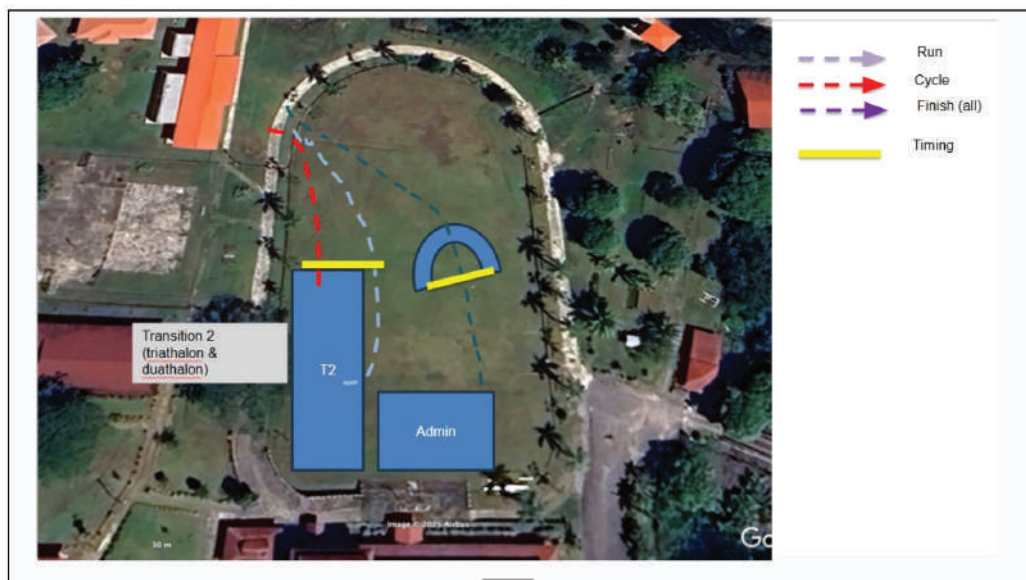
- **Race Dates:** 3 – 4 May 2025
- **Location :** Roxy Sematan and Pueh Youth Camp, Sematan



Roxy Beach Resort / T1

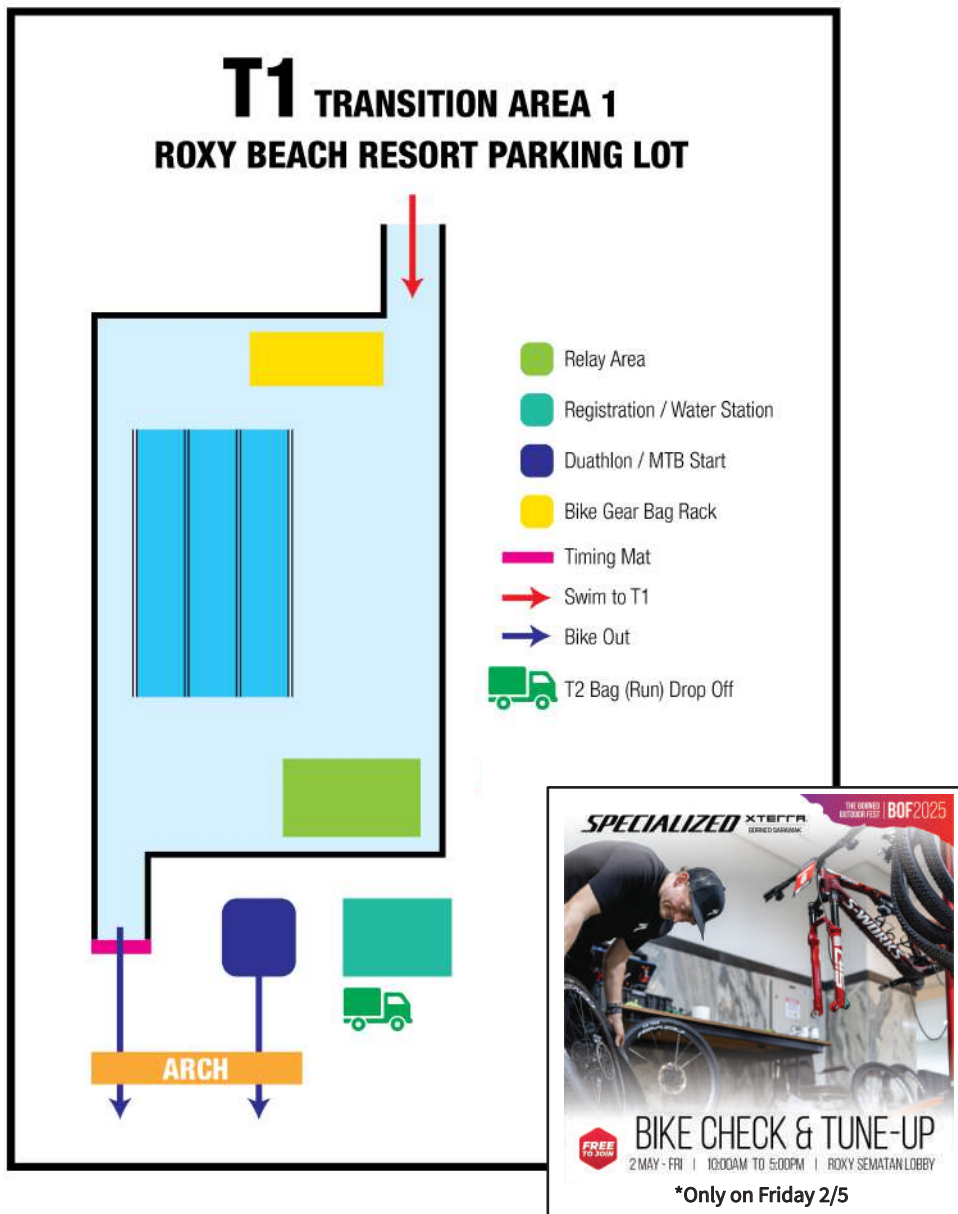


Pueh Youth Camp / T2



Transition Area 1 (T1) Site Map

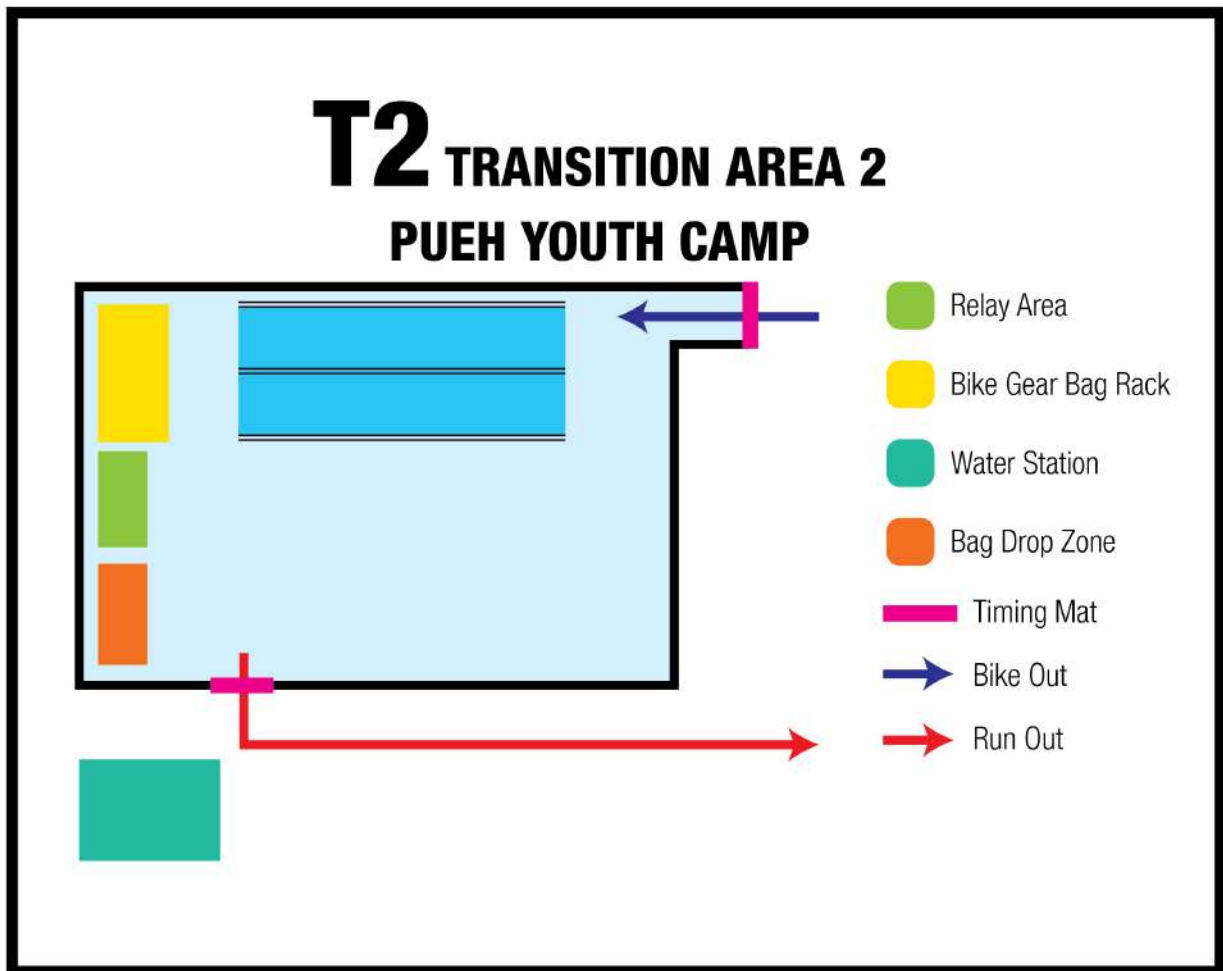
Roxy Beach Resort Parking Lot



- Full Distance Triathlon Competitors should have their bikes checked in between 05:00 – 06:30 AM on 3/5 (Sat.) at the T1 Transition Area.
- While competitors have their bike checked-in, please remember to hang the T1 transition bags (Bike Gear Bag) on the rack.
- T2 Transition Bag (Run Gear Bag) should be handed over at the registration counter.
- T2 Transition Bag will be sent to T2 for competitors to undergo gear / wardrobe changes.
- Relay members (trail run) are expected to depart at 08:00 AM on 3/5 (Sat.) via shuttle bus to T2.

Transition Area 2 (T2) Site Map

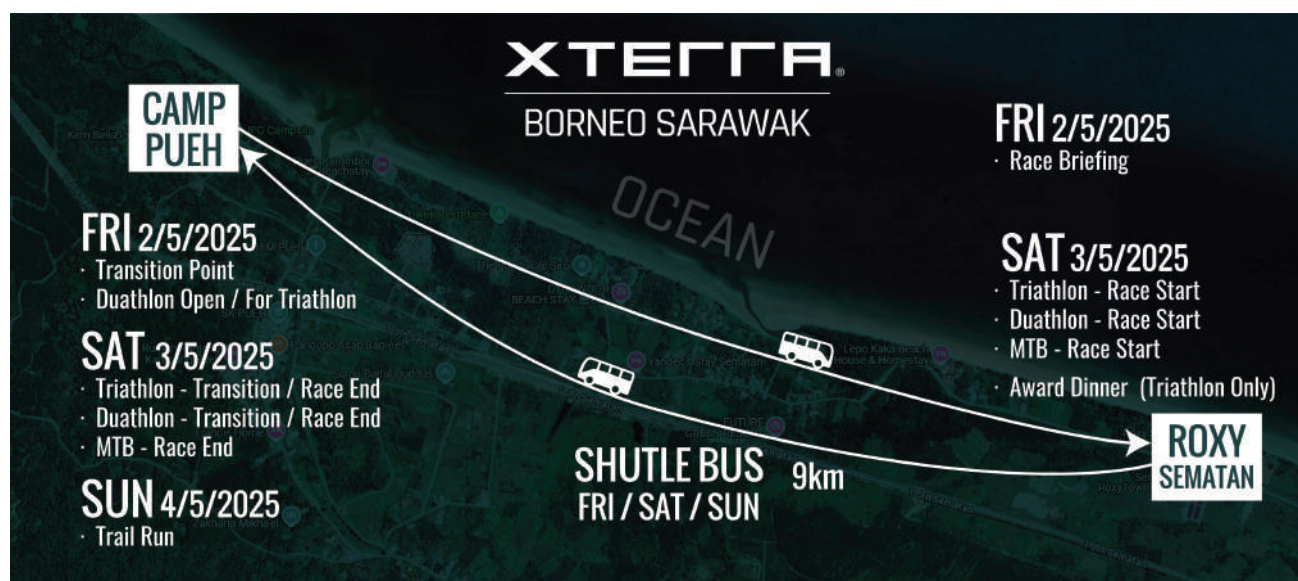
Pueh Youth Camp



- There is no riding in the transition zones.
- Once competitors have entered T2 - they should hang their bikes by themselves.
- Collect the T2 transition bag (MTB to trail run).
- Cycling race gear or clothes should be put in the T2 transition bags.
- Once the transition procedure is done, the T2 Transition bag will be hung back to rack by the competitors.

Shuttle Bus

From May 2nd to May 4th, free shuttle bus service will be available between Roxy Beach Resort Parking Lot and Pueh Youth Camp. See the map and schedule below for details.



Shuttle Van (every 30 min) *Roxy Beach Resort - Pueh Youth Camp - Roxy Beach Resort*

- Friday 2/5/2025 **09:00-18:00**
- Saturday 3/5/2025 **07:00-16:00**
- Sunday 4/5/2025 **07:00-16:00**

The shuttle departs once it is fully seated.



XTEERRA BORNEO SARAWAK
ROOM & TRANSFER PACKAGES
TRANSFER SCHEDULE

MAY 2025	THU 2 MAY	FRI 3 MAY	SAT 4 MAY	SUN 5 MAY	MON 6 MAY	TUE 7 MAY	WED 8 MAY
KUCHING AIRPORT → ROXY IMPIANA (KCH)	9.00 am	9.00 am	9.00 am				
	12.00 pm	12.00 pm	12.00 pm				
	3.00 pm	3.00 pm	3.00 pm				
	6.00 pm	6.00 pm	6.00 pm				
	9.00 pm	9.00 pm	9.00 pm				
	12.00 am	12.00 am	12.00 am				
ROXY IMPIANA (KCH) → ROXY SEMATAN BEACH	8.00 am	8.00 am	8.00 am				
	1.00 pm	1.00 pm	1.00 pm				
	4.00 pm	4.00 pm	4.00 pm				
ROXY SEMATAN BEACH → ROXY IMPIANA (KCH) → KUCHING AIRPORT			11.00 am	11.00 am	9.00 am	9.00 am	9.00 am
			4.00 pm	4.00 pm	1.00 pm	1.00 pm	1.00 pm
ROXY IMPIANA (KCH) → KUCHING AIRPORT				9.00 am	9.00 am		
				3.00 pm	3.00 pm		
				6.00 pm	6.00 pm		

XTEERRA BORNEO SARAWAK

TRANSFER

Transfer by Roxy Hotel (including Bike)

RM160 for Return Trip
 (for non-inhouse guests)

For Reservation, contact Roxy Hotel
 Email Address: sales@roxysematan.com

Athlete Check-in

Athlete Check-in (Goodies Bag / Timing Chip Collection)

Regardless of your prior racing experience, please have a thorough read through of our official checklist.

- Read the race guide. Get familiar with the schedule of events.
- Please show your ID and provide your race number.
- Organize transport and please check-in in person on time.
- Ensure there are no errors regarding your name, division and other personal information.
- Confirm that your emergency contact details are correct.
- Please be aware of the weather forecast and dress accordingly.
- Please be familiar with the race route and other race related information.
- Please be familiar with the traffic-related information such as road closure time slots, etc.
- Remember to bring all your race-related gear and equipment.
- Hydrate well before the race and carry sufficient hydration (no water, no start)

All Races (Triathlon, Duathlon, MTB and Trail Run Check-In)

- **Date: 1/5 (Thursday) 15:00-18:00**
Location: Paradesa Borneo, Kuching
- **Date: 2/5 (Friday) 15:00-18:00**
Location: Roxy Beach Resort, Sematan

Trail Run Check-In

• **Date: 3/5 (Saturday) 14:00-17:00**

Location: Roxy Beach Resort, Sematan

1. All competitors are to check in within the allocated time slot. Competitors are to check in by themselves at their selected respective race category. Please arrive prior to the closing time to avoid any unexpected occurrences.
2. Competitors will be required to provide an identification ID with a recent photo included. It is recommended for competitors to use their personal identification, passport or driver's license.
3. If a competitor is not able to check in themselves, the person checking in for the competitor will have to provide competitors ID, race number and sign a third party registration declaration form.
4. Please double check whether all race items have been collected with the correct information such as race categories, etc. Any misinformation or error must be reported to the officials as soon as possible to avoid any clashes on race day.

Team Relay Check-in

5. Only one timing chip will be given to each relay team. Competitors must hand over their time chips to their respective team members at the T1 & T2 transition areas.
6. Each member of a relay team will be checked separately. Swim (Swim cap & race number tattoo); Bike (Helmet Sticker & Bike Sticker); Run (Race Bib).
7. Relay MTB members must be checked in before 06:30 on 3/5 (Sat.) at the T1 Transition Area. Shuttle buses for relay trail run members will depart at approximately 08:00 (heading to T2 Transition Area). Please arrive prior to the departure time. Event coordinator will not be responsible if a competitor misses the shuttle bus. Please organize your own transportation if missed.
8. During timing chip transfer, all relay members must stay within the designated area.
9. Post-Race items such as finisher medals, souvenirs etc., will be given to each relay team member (per person).
10. Please be aware, falsifying identification and false representation of competitors are prohibited. Violation will result in disqualification and suspension for future XTERRA BORNEO SARAWAK events.

Race Pack Items: Full Distance Triathlon

Once competitors have checked in, they should have received the following items:

- 1) T-Shirt
- 2) Swim Cap
- 3) Race Number & Age Group / Category Removable Tattoo Patch
- 4) Bike Plate (with 2x cable ties)
- 5) Race Stickers
- 6) Race Bib (Run)
- 7) T1 & T2 Transition Bags



Swim Cap



Bike Plates



Race Bibs



Stickers



Race Number Tattoo



Race Category Tattoo

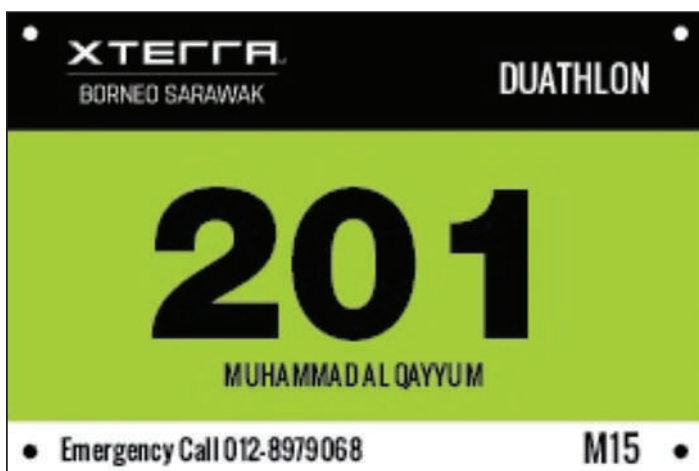


T1 & T2 Transition Bags

Race Pack Items: Duatalon

Once competitors have checked in, they should have received the following:

- 1) T-Shirt
- 2) Bike Plate (with 2x cable ties)
- 3) Race Stickers
- 4) Race Bib (Run)
- 5) T2 Transition Bags



Bike Plate



Race Bib



Stickers



T2 Transition Bags

Race Pack Items: MTB

Once competitors have checked in, they should have received the following:

- 1) T-Shirt
- 2) Bike Plate (with 2x cable ties)



Bike Plate

Race Pack Items: Trail Run

Once competitors have checked in, they should have received the following:

- 1) T-Shirt
- 2) Race Bib (Run)



Race Bib

Pre-Race Preparation

Race Equipment Checklist

All items that are not marked as mandatory are still recommended.

Equipment	Mandatory
Swim Goggles (for triathlon only)	✓
Swim Cap (for triathlon only)	✓
Removable Tattoo Patch (for triathlon only)	✓
MTB	✓
Water (Camelbak Bottles/Cups/etc.) <i>*Paper Cups will not be provided.</i>	✓
Phone (Ensure battery is fully charged and organizer's emergency contact number is saved: +60 12 8979068)	✓
Race Bib / Time Chip	✓
Running Shoes (flip-flops / sandals / any footwear with the toes exposed are prohibited)	✓
Safety Whistle	
First Aid Kit (bandages, plasters, alcohol wipes, and saline solution will be provided)	
Personal Medical Supplies (oral medical supplies will not be provided)	
Bike Tubes, Pumps & Other Mechanical Equipment	
Weatherproof Jacket	
Sunscreen / Sunglasses	
Visor Hats	
Gels, power bars, Salt-sticks	

Race Numbers and Tattoos

- Race bibs are to be worn on the front, please make sure they are always visible.
- It is recommended to apply tattoos patches to the specified area the night before.
- Place the number patch on the left forearm & the category patch on the lower left calf. (see figure 1)
- Bike sticker / Helmet Sticker Placements (see figure 2)

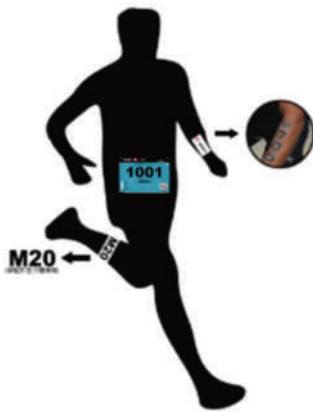


Figure 1



Figure 2



Transition Bags

T1- SWIM to MTB Transition Bag

- Race Number Sticker to be applied on the transition bag.
- Transition Bag to be located at T1 bag rack.
- Please allocate MTB related items into the T1 Bag.
- T1 Bag Drop-Off:
3/5 (Saturday) 05:00 – 06:30 AM.
T1 Transition Area: Roxy Beach Resort Parking Lot
- T1 Bag Collection:
Roxy Beach Resort Parking Lot 3/5 (Saturday) 12:00 - 15:00
(T1 Transition Area will be secured with security between 05:00 – 15:00).

T2- MTB to Trail Run Transition Bag

- Race Number Sticker to be applied on the transition bag.
- Please allocate Trail Run related items into the T2 Bag
- T2 Bag will be sent to T2 at 07:00 AM
- T2 Bag Drop-Off:
3/5 (Saturday) 05:00 – 06:30 AM.
T1 Transition Area (Roxy Beach Resort Parking Lot, Registration Desk)
- T2 Bag Collection: Pueh Youth Camp 3/5 (Saturday) 12:00 - 15:00
(T2 Transition Area will be secured with security between 07:00 – 15:00).



T1 Bag



T2 Bag

Timing Chip

Timing chip is part of the race pack. Please keep your timing chip until the end of the race and abide by the following:

- To be placed on the **LEFT Ankle.**
- If a competitor for any reason didn't wear their time chip during the race, they will not receive their results nor any form of participation proof.
- It is recommended to use the cable ties provided by the event coordinator.

Withdrawal

If a competitor decides to withdraw from the race for any reason, please notify our officials or come to the registration desk at the finish line in Pueh Youth Camp. Our emergency contact number is +60 128979068. Timing chips are crucial for event coordinators to track each participant's whereabouts and safety.

Race Day Info

Full Distance Triathlon (Individual/Relay Team)

Swim

- **Distance:** 1.5KM
- **Start Time:** 07:00

MTB

- **Distance:** 32M
- **Elevation:** +730/-738m
- **Cut-Off Time:** 12:00

Trail Run

- **Distance:** 10KM
- **Elevation:** +332/-332m

Check-in Procedure

Check-In Location: T1 Transition Area (Roxy Beach Resort Parking Lot)

Check-in Time: Full Distance Triathletes must have their bikes checked-in and time chip collected between 3/5 (Sat.) 05:00 - 06:30 AM

Procedure: Please bring the following items to the T1 Transition Area

- Mountain bike
- Bike plate (Fixed to the front of the bike)
- Helmet stickers
- T1 transition bag; T2 transition bag to be dropped off at the sign-in desk

Notes:

- Full Distance Triathletes must have their bikes checked-in between 3/5 (Sat.) 05:00 - 06:30 AM
- While competitors have their bike checked-in, please remember to hang the T1 transition bags on the rack.
- Bike mechanics will be provided at the Transition Area.
- T2 transition bags should be handed over at the registration counter.
- T2 Transition Bag will be sent to T2 for competitors to undergo gear / wardrobe changes.
- Once the transition procedure is done, the T2 Transition bag will be hung back to rack.
- Relay members are expected to depart at 3/23 (Sat.) 08:00 AM via Shuttle bus to T2.

Duathalon

MTB

- **Distance:** 32KM
- **Elevation:** +730/-738m
- **Cut-Off Time:** 12:00

Trail Run

- **Distance:** 10KM
- **Elevation:** +332/-332m

Check-in Procedure

Check-In Location: T1 Transition Area (Roxy Beach Resort Parking Lot)

Check-in Time: Duathalon must check in between 3/5 (Sat.) 07:30-07:50 AM

Procedure: Please bring the following items to the T1 Transition Area

- Mountain bike
- Bike plate (Fixed to the front of the bike)
- Helmet stickers
- T2 transition bags

Notes:

- Duathalon must checked-in between 3/5 (Sat.) 07:30-07:50 AM
- Bike mechanics will be provided at the Transition Area.
- T2 transition bag should be handed over at the registration counter.
- T2 Transition Bag will be sent to T2 for competitors to undergo gear / wardrobe changes.
- Once the transition procedure is done, the T2 Transition bag will be hung back to rack.

Kids Duathlon

MTB

- **Distance:** 600M
- **Elevation:** +0/-0m

Trail Run

- **Distance:** 1KM
- **Elevation:** +0/-0m

Check-in Procedure

Check-In Location: Pueh Youth Camp T2 Transition Area

Check-in Time: Kids Duathlon must check in between 3/5 (Sat.) 10:00-10:30 AM

Procedure: Please bring the following items to the T2 Transition Area

- Mountain bike
- Bike plate (Fixed to the front of the bike)
- Helmet stickers

Notes:

- Duathlon must checked-in between 3/5 (Sat.) 10:00-10:30 AM

XC MTB

- **Distance:** 32KM
- **Start Time:** 08:00
- **Elevation:** +730/-738m

Check-in Procedure

Check-In Location: T1 Transition Area (Roxy Beach Resort Parking Lot)

Check-in Time: 3/5 (Sat) 08:00-08:20. Failure to check-in within the time slot will result in disqualification.

Procedure: Please bring the following items to the MTB Start area

- Mountain bike
- Bike plate (Fixed to the front of the bike)
- Other related items such as safety gears, sunglasses, etc.
- Helmet stickers

Notes:

- During bike check-in, please display all of the items listed above.
- Bike mechanics will be provided at the Transition Area.

Important Info:

- Competitors are not allowed to leave the assembly area once they've entered.
- Once entered the assembly area, please wear your helmet to speed up our final checkup procedure.
- Please do not enter the assembly area at a non-designated time slot.

Trail Run (Half Marathon 21km)

- **Distance:** 21KM
- **Start Time:** 08:00
- **Cut-Off Time:** 12:00
- **Elevation:** +637/-636m

Check-in Procedure

Check-In Location: Pueh Youth Camp

Check-in Time: 4/5 (Sun) 07:00 - 07:45. Failure to check-in within the time slot will result in disqualification.

Procedure: Please bring the following items to the Trail Run Start Area

- Bib
- Waterbottle, camelbak, hydration system

Trail Run (13km / 7km)

- **Distance:** 13km / 7km
- **Start Time:** 09:00
- **Cut-Off Time:** 12:00
- **Elevation (13km):** +377/-376m
- **Elevation (7km):** +146/-145m

Check-in Procedure

Check-In Location: Pueh Youth Camp

Check-in Time: 4/5 (Sun) 08:00 - 08:45. Failure to check-in within the time slot will result in disqualification.

Procedure: Please bring the following items to the Trail Run Start Area

- Bib
- Waterbottle, camelbak, hydration system

Course Map

Full Distance Triathlon Course Overview (Individual & Team Relay)



Course Information:

- **SWIM (1.5KM):**

Roxy Sematan Resort (750M 2x Anti-clockwise laps) → Head towards Roxy Sematan Resort Parking Lot (T1)

- **MTB (32KM):**

Roxy Sematan Resort Parking Lot (T1) → Silk Farm → Kpg Tamaga → Kpg Pueh → Pueh Youth Camp (T2)

- **TRAIL RUN (10KM):**

Pueh Youth Camp (T2) → Pueh Longhouse → Gunung Doa
→ Pueh Youth Camp (Finish Line)

For Route Details of Swim / MTB / Trail Run, see the individual route sections below.

Duathlon Course Overview



Course Information:

- **MTB (32KM):**

Roxy Sematan Resort Parking Lot (T1) → Silk Farm → Kpg Tamaga
→ Kpg Pueh → Pueh Youth Camp (T2)

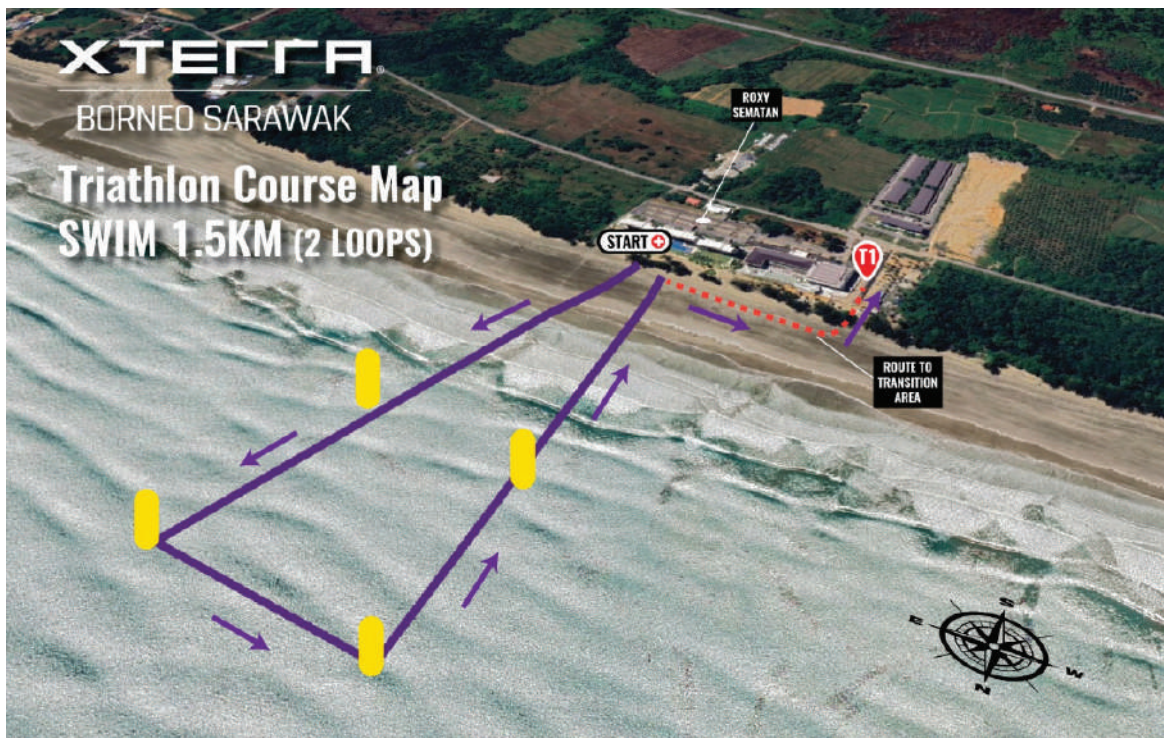
- **TRAIL RUN (10KM):**

Pueh Youth Camp (T2) → Pueh Longhouse → Bukit Doa
→ Pueh Youth Camp (Finish Line)

For Route Details of MTB / Trail Run, see the individual route sections below.

Full Distance Triathlon

- SWIM



Route Description

- Starting from Roxy Sematan Resort (750M 2x Anti-clockwise laps)
→ Head towards Roxy Sematan Resort Parking Lot (T1)

Mandatory Equipment

- Swim caps, goggles, time chips, tattoo stickers.

Important Info

- Use of Swimming Buoy - Participants who use a safety buoy will still receive a time and classification; however, they will not be eligible for a World Championship slot, even if they finish at the top of their age group. The next eligible participant will be awarded the slot. To ensure safety and avoid interference with faster swimmers, participants using safety buoys are required to start at the back of the pack to minimize the risk of entanglement with other competitors.
- It is recommended for breaststroke swimmers to allow other swimmers to start first.
- Please warm up thoroughly to avoid any cramps or unwanted injuries.
- If any accident occurs during the swim, please wave or swim towards one of our lifeguards for help.
- Event coordinator reserves the right to cancel the swim category at any time of the race due to health and safety reasons such as tsunamis, etc.

Full Distance Triathlon

- MTB, Duathlon - MTB, and XC MTB



ELEVATION MAP : MTB SECTION
TOTAL CLIMB : 730M / -738M



To download GPX file, go to XTERRA Borneo Sarawak website
<https://www.xterraplanet.com/event/xterra-borneo-sarawak>

Route Description

• MTB (32KM):

Roxy Sematan Resort Parking Lot (T1) → Silk Farm → Kpg Tamaga
→ Kpg Pueh → Pueh Youth Camp (T2)

• Distance/ Total Elevation: 32KM / +730M/-738M

• Riders will have to collect 2 nr checkpoint wristbands.

Water Stations

Total of 5 water station stops available. Please plan your nutrition strategy properly:

A. 10 KM: water, banana

B. 15.5 KM: water, banana

A. 20 KM: water, banana

C. 24 KM: water, banana

D. 26KM: water, banana

Important Info

- Relay members must transfer their time chip within the Relay Area.
- Please follow and be aware of the race signage below. Please ride according to the road & traffic rules.



Bike Sign



Course Tape

- For athlete safety, the event organizers reserve the right to adjust the route due to adverse weather conditions.
- Competitors, who decide to walk their bikes, please stay in the right lane.
- Please allow other competitors to overtake you if they are traveling at a faster speed or have given a verbal cue.
- For any reasons to withdraw, please notify one of our event officials.
- Taking shortcuts or participating in any other cheating methods is strongly prohibited in this race. Violators will be penalized.

Full Distance Triathlon, Duathlon - TRAIL RUN (10KM)



TRIATHLON COURSE ELEVATION MAP : TRAIL RUN 10KM

TOTAL CLIMB : 332M / -332M



To download GPX file, go to XTERRA Borneo Sarawak website
<https://www.xterraplanet.com/event/xterra-borneo-sarawak>

Route Description

• TRAIL RUN (10KM):

Pueh Youth Camp (T2) → Pueh Longhouse → Bukit Doa
 → Pueh Youth Camp (Finish Line)

- **Distance/ Total Elevation:** 10KM / +332M / -332M
- Runners will have to collect 1 nr checkpoint wristbands.

Water Stations

Total of 2 Water Station Stops Available. Please plan your nutrition strategy properly:

C. 5KM: water, banana

D. 7.5KM: water, banana

Important Info

- Relay members please aboard the shuttle at 3/5 (Sat.) 8:00 AM, departing from Roxy Sematan Resort (T1) to Pueh Youth Camp (T2)
- Relay members must transfer their time-chip within the T2 Relay Area.
- Pay attention to Trail Run signage & Course Tape



Run Sign



Course Tape

- Event coordinator reserves the right to cancel the trail run segment at any time during the race due to health and safety concerns.
- Please allow other competitors to overtake you if they are traveling at a faster speed or have given a verbal cue.
- For any reasons to withdraw, please notify one of our event officials.
- Taking shortcuts or participating in any other cheating methods is strongly prohibited in this race. Violators will be penalized.

TRAIL RUN (21KM / 13KM / 7KM)

- Trail Run 21km (Half Marathon)



ELEVATION MAP : TRAIL RUN 21KM
TOTAL CLIMB : 637M / -636M



To download GPX file, go to XTERRA Borneo Sarawak website
<https://www.xterraplanet.com/event/xterra-borneo-sarawak>

Route Description

• TRAIL RUN (10KM):

Pueh Youth Camp (T2) → Pueh Longhouse → Kpg Sirul (near Silk Farm) → Bukit Doa → Pueh Youth Camp (Finish Line)

• Distance/ Total Elevation: 21KM / +637M / -637M

• Runners will have to collect 3 nr checkpoint wristbands.

Water Stations

Total of 4 Water Station Stops Available. Please plan your nutrition strategy properly:

A. 5.5 KM: water, banana

B. 9.4 KM: water, banana

C. 12.7 KM: water, banana

D. 15.5 KM: water, banana

Trail Run 13km



ELEVATION MAP : TRAIL RUN 13KM

TOTAL CLIMB : 377M / -376M



To download GPX file, go to XTERRA Borneo Sarawak website
<https://www.xterraplanet.com/event/xterra-borneo-sarawak>

Route Description

• TRAIL RUN (10KM):

- Pueh Youth Camp (T2) → Pueh Longhouse
→ Bukit Doa → Pueh Youth Camp (Finish Line)
- **Distance/ Total Elevation:** 13KM / +377M / -377M
- Runners will have to collect 2 nr checkpoint wristbands.

Water Stations

Total of 2 Water Station Stops Available. Please plan your nutrition strategy properly:

C. 4.6 KM: water, banana

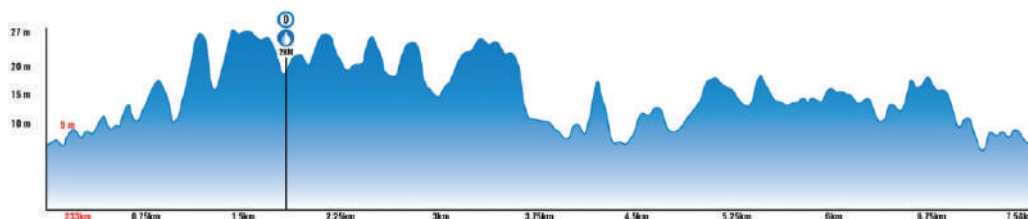
D. 7.4 KM: water, banana

Trail Run 7km



ELEVATION MAP : TRAIL RUN 7KM

TOTAL CLIMB : 146M / -145M



To download GPX file, go to XTERRA Borneo Sarawak website
<https://www.terrplanet.com/event/xterra-borneo-sarawak>

Route Description

- **TRAIL RUN (10KM):**
Pueh Youth Camp (T2) → Bukit Doa → Pueh Youth Camp (Finish Line)
- **Distance/ Total Elevation:** 7KM / +146M / -146M
- Runners will have to collect 1 nr checkpoint wristbands.

Water Stations

Total of 2 Water Station Stops Available. Please plan your nutrition strategy properly:

D. 2 KM: water, banana

Important Info - TRAIL RUN (21km / 13km / 7km)

- Pay attention to Trail Run signage & Course Tape



Run Sign



Course Tape

- Event coordinator reserves the right to cancel the trail run segment at any time during the race due to health and safety concerns.
- Please allow other competitors to overtake you if they are traveling at a faster speed or have given a verbal cue.
- For any reasons to withdraw, please notify one of our event officials.
- Taking shortcuts or participating in any other cheating methods is strongly prohibited in this race. Violators will be penalized.

Rules & Regulations

1. General Rules

1. For those who wish to register under the XTERRA Elite category, please make sure that you can pass the XTERRA elite criteria.
2. Each relay team must consist of 2-3 participants. A participant from another relay team cannot compete as part of a second relay team. No participant registered as an individual may race as part of a relay team.
3. **Triathlon Use of Swimming Buoy** - Participants who use a safety buoy will still receive a time and classification; however, they will not be eligible for a World Championship slot, even if they finish at the top of their age group. The next eligible participant will be awarded the slot. To ensure safety and avoid interference with faster swimmers, participants using safety buoys are required to start at the back of the pack to minimize the risk of entanglement with other competitors.
4. XTERRA Borneo Sarawak race numbers and race registration are non-transferable. Participants found racing under a different name will be disqualified.
5. If for any reason a participant cannot finish the race, they must report to the finish line area and return their timing chip. This will result in a DNF (did not finish) result.
6. In Triathlon T1 (at Sematan Roxy Resort) and Triathlon T2 (at Camp Pueh), it is the responsibility of the participant to ensure all race gear is placed in their respective race baskets / boxes / bags.
7. Participants will NOT be allowed to enter Triathlon T1 after bike check-in closes (May 2nd 18:00, one day before the race).

8. Only participants with race tattoo / bib and race officials will be allowed to enter Triathlon T1 and Triathlon T2 before, during, and after the race. No family members, personal bike mechanics or photographers without credentials will be allowed in Triathlon T1 or Triathlon T2 at any time.
9. Bike and Bag collection: Triathlon T2 will open at 11am for collection of bikes and transition bags. Any bikes or bags remaining in Triathlon T2 after 15:00 will be left unsecured as the transition area will be closed and race staff removed from the area. Bikes and bags can only be collected by the PARTICIPANT - family members, support staff, coaches, and drivers will NOT be allowed to collect bikes and bags from T2. Participants will be required to present a race number to the transition marshal as proof of bike ownership.
10. Drafting is legal (except for the No Passing Zone).
11. Run cross finish line with families are allowed.
12. Littering on the run and bike course is prohibited. Any item that needs to be discarded, including water bottles, gel wrappers, energy bar wrappers, broken bike parts, inner tubes, or clothing items, can only be discarded at aid / hydration stations.
13. MP3 players or any kind of personal music / listening devices with headset are not allowed at any time during the race. Use of a headset will result in disqualification.
14. Cyclo Cross (gravel) bikes are not allowed.
15. Consider the safety of yourself and other participants at all times during the race. Treat other participants, race officials, race marshals, medical staff, traffic enforcers, and spectators with respect and courtesy before, during and after the race.
16. All medical expenses incurred during the course of the race or as a result of the race, are the sole responsibility of the participant.
17. Participants shall refrain from unsportsmanlike conduct, including the improper use of language or conduct directed toward another participant, race official, race marshal, medical staff or traffic enforcer.
18. Any protest relating to race results must be submitted in writing to the Race Director within one hour of the final race cutoff.
19. In case of severe weather on race day, XTERRA Borneo Sarawak reserves the right to make the necessary adjustments to the race course to ensure the safety of all participants. These decisions will be made on race morning and announced at transition and the swim start.
20. XTERRA Borneo Sarawak reserves the right to make rule changes at any time provided all athletes are notified on the event website and at the pre-race athlete briefing on Friday, May 2nd, 18:30

2. World Championship Slots

- (1) XTERRA Borneo Sarawak provide 2 slots for XTERRA World Championship.
- (2) How to qualify for the XTERRA World Championship? [Click here](#) for more details.
- (3) The XTERRA World Championship does not allow athletes under 15 to compete. Only athletes 15 or older by May 3, 2025, are eligible to race at XTERRA Worlds.

3. Penalties

- (1) Violators will receive 30 second penalty:
 - A. Use of a headset.
 - B. Mounting / Dismounting the bike before/after the designated mount-line.
- (2) Violators will be disqualified and withdrawn from the race:
 - A. Receive food or beverage from others that are not officially approved.
 - B. Fail to abide by the directions given by the race marshals.
 - C. Not wearing the XTERRA issued swim cap.
 - D. Not wearing a helmet or not putting on the bike/ helmet stickers.
 - E. Not wearing the race number bib on the front.
 - F. Continual use of a headset.
 - G. Race with any vehicle other than bikes, such as skates, skateboards or scooters.
 - H. Exchange of any bike parts between athletes or reception of any bike parts during the race.
 - I. The race is chip-timed. Athletes must attach their timing chip according to the official athlete guide. If there is no start, finish or checkpoint timing record, the athlete will be disqualified. No certificate will be issued.
 - J. Before entering the finish area, the marshals will check the race number bib, timing chip and wristband. Running on behalf of others, disrespecting race marshals and any conduct violating the race rules will result in disqualification. Protests will not be accepted.
 - K. There will be recording equipment at the start, finish and checkpoints. Should a dispute arise regarding race results on or after the race day, the event organiser will have access to the recordings.
- (3) Violators will be disqualified, banned from the XTERRA Borneo Sarawak race for three years and listed on the official XTERRA website:
 - A. No assistance other than that offered by race and medical officials may be used.
 - B. Not racing in the registered name or group.
 - C. Unsportsmanlike-Like Conduct: Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, volunteers, spectators or fellow athletes is forbidden.

4. Timing System

- (1) When checking-in, athletes will receive a timing chip.
- (2) Timing Chip Placement: please read the athlete guide or follow the instruction of the staff.
- (3) The official start time will be the gun time. The race result will be based on the time when the athlete passes the timing mat at the finish line. The split times will be shown on the electronic certificate.
- (4) Athletes must pass the timing mats throughout the race course. If there is no start, finish or checkpoint timing record, the athlete will be disqualified. No certificate will be issued.

5. Miscellaneous

- (1) Bike Course Pre-ride
 - Please be mindful of one's own safety. Bring along a mobile phone and supplies.
- (2) Do not ride outside of open hours.
- (3) Safety
 - A. Make sure you can physically cover the distances in each leg of your triathlon. The race marshals and medical personnel have the right to stop the athlete from racing. No protest will be accepted.
 - B. If you have ever experienced the following conditions or diseases, you are within the high risk group for sudden death. Please consult a doctor for their professional opinion and refrain from attending the race against their recommendation: Unspecified chest pains, unspecified causes of breathing difficulties, dizziness from unknown causes, sudden loss of consciousness, high blood pressure, heart disease, renal dysfunction, diabetes, hyperlipidemia, have a family history of heart disease, or epilepsy.**

6. Insurance

- (1) This event provides competitors with public accident insurance (all terms and details of the insurance are as detailed in the contract with the insurance company), the coverage range includes the inside of the competition venue, and includes competitors, staff, and spectators. Competitors are also encouraged to take out additional insurance as needed.
- (2) In the event of a force majeure, such as a typhoon before the competition, the event organiser has the right to decide whether or not to cancel the event or change the routes for the safety of the competitors. The event organisers will announce any such changes publicly & immediately.

- (3) Participants must follow the directions placed along the race routes and abide any traffic rules or instructions from traffic controllers. All traffic signs must also be followed. Please pay attention to road and traffic conditions throughout the duration of the race as well as before and after.
- (4) Please fill in the registration forms carefully, you will be responsible for any loss of insurance coverage due to incorrect information written on your registration form.

7. Disclaimer

- (1) The event organisers will assist competitors that experience bodily harm or loss of property during the course of the competition in receiving insurance compensation, unless the competitor has already obtained compensation from another claim or is not eligible for compensation for any reasons as specified in the insurance contract.
- (2) In these circumstances, the competitor may not file for damages or request compensation from the event organisers in any way.
- (3) By completing registration for the race, competitors agree to abide by all provisions and rules set for this event by the event organisers.

Post Race

Race Results

Online results for the races will be available here:

<http://results.checkpointspot.asia/results.aspx?CId=17036&RId=10531>

Otherwise, you may scan QR code below to check your results.



Official Photographer



<http://photo.myracetag.com/xterraborneosarawak2025>

Resting Area

Once competitors have finished their respective races, competitors can also collect their post-race items such as finisher medals with their race bib.

Awards Ceremony

2025 XTERRA Borneo Sarawak Triathlon Awards Ceremony will be held at Roxy Beach Resort on 3/5 (Sat.) 19:30 -22:00.

2025 XTERRA Borneo Sarawak Awards Ceremony for Duathlon, MTB, Trail Run will be given at the Pueh Youth Camp (map) at the following time:-

Duathlon: 3/5 (Sat.) 11:30 AM

MTB: 3/5 (Sat.) 11:30 AM

Trail Run (21KM): 4/5 (Sun.) 11:30 AM

Prizes and World Championships Slots

Full Distance Triathlon (Individual)

PRIZES FOR TRIATHLON ELITES		
Champion RM 1200	1st Runner Up RM 1000	2nd Runner Up RM 800

PRIZES FOR TRIATHLON (WINNER OF AGE GROUP, MEN & WOMEN)		
Champion RM 600	1st Runner Up RM 500	2nd Runner Up RM 400

- Each age group winners are eligible to compete at the 2025 XTERRA World Championship held in Trentino, Italy. Slots for each age group are listed below.
- A confirmation letter for the World Championship Qualifier will be sent via email.
- Only those from within the APAC region will be in contention to be crowned as the 2025 XTERRA APAC Triathlon Regional Champion.

AGE GROUP (SAME FOR MALE & FEMALE)	SLOT
15 - 19	1
20 - 24	1
25 - 29	1
30 - 34	1
35 - 39	1
40 - 44	1
45 - 49	1
50 - 54	1
55 - 59	1
60 - 64	1
65 - 69	1
70 - 74	1
75 - 79	1
80+	1

Duathlon

PRIZES FOR DUATHLON (WINNER OF AGE GROUP, MEN & WOMEN)		
Champion RM 500	1st Runner Up RM 400	2nd Runner Up RM 350

MTB

PRIZES FOR MTB (WINNER OF AGE GROUP, MEN & WOMEN)		
Champion RM 200	1st Runner Up RM 150	2nd Runner Up RM100

Trail Run 21KM

PRIZES FOR 21KM (WINNER OF AGE GROUP, MEN & WOMEN)		
Champion RM 400	1st Runner Up RM 350	2nd Runner Up RM 300

AGE GROUP (SAME FOR MALE & FEMALE)	SLOT
15 - 19	1
20 - 24	1
25 - 29	1
30 - 34	1
35 - 39	1
40 - 44	1
45 - 49	1
50 - 54	1
55 - 59	1
60 - 64	1
65 - 69	1
70 - 74	1
75 - 79	1
80+	1

For any reason, if a competitor(s) is unable to attend the award ceremony, please contact the event coordinator within 10 days after the event to receive your award.
Contact: Phone +60 17-808 8636 / Email: sarawakchallenge@gmail.com

Medical Assistance

- The event organizer reminds you to keep note of your mental & physical state at all times. If at any time you do not feel well, please notify the volunteers, staff members, or medical personnel immediately. Respect your limits. Avoid causing greater injury or harm to yourself.
- Medical personnel can be found at the venue and on the course. If any accident occurs, avoid staying in the middle of the course to prevent further injuries.
- Medical personnel will be present on the courses to ensure that they can provide medical assistance immediately if required.

Borneo Outdoor Festival



- The Borneo Outdoor Festival is an exciting addition to XTERRA Borneo Sarawak providing a carnival style event for participants, families and spectators filled with entertainment and cultural immersion.
- A 3-day Borneo Outdoor Festival w fantastic array of outdoor gears, activities and workshops.
- Entrance is FOC to XTERRA participants and the public.

*Thank you, and good luck with your race.
See you on the course!*

XTEERRA®

BORNEO SARAWAK