

NAKAWAN ULTRA

ECO TOURISM COMPLEX, SG BATU PAHAT, PERLIS

9th – 10th DECEMBER 2022

The thrill of Northern Trails



TOURISM
MALAYSIA

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MALAYSIA

Competitor's Guide Book

NAKAWAN ULTRA

NAKAWAN RANGE is the **LONGEST** continuous **LIMESTONE** hill in Malaysia. The range is part of the **SETUL Formation** and runs along Perlis' half of the Malaysia-Thailand border for approximately 36 km.

It is among the most unventured territory in Perlis.

NAKAWAN ULTRA will allow runners to run on top and alongside the range. The challenging terrain and ever changing climate will allows runners to experience the mesmerizing view of Perlis National Park.

EVENT SCHEDULE



NAKAWAN ULTRA EVENT SCHEDULE

9 DECEMBER 2022

FRIDAY

10:00 AM	:	Race Village opens
11:00 AM	:	REPC opens 50KM Drop Bag Zone & Mandatory Check opens
14:00 PM	:	Campsite opens
23:00 PM	:	REPC close 50KM Drop Bag Zone & Mandatory Check close



NAKAWAN ULTRA REPC

9 DECEMBER 2022

ALL CATEGORIES

11am - 11pm

5 10 25 50
KM KM KM KM



ATTENTION

During REPC, please ensure you have the signed indemnity form,
copy of NRIC and the mandatory items as listed.

EVENT SCHEDULE



NAKAWAN ULTRA EVENT SCHEDULE

10 DECEMBER 2022

SATURDAY

03:45 AM	:	50KM start gate opens
04:30 AM	:	Flag off 50KM
06:15 AM	:	25KM start gate opens
07:00 AM	:	Flag off 25KM
07:15 AM	:	10KM start gate opens
08:00 AM	:	Flag off 10KM
08:15 AM	:	5KM start gate opens
09:00 AM	:	Flag off 5KM
12:30 PM	:	Ceremonial prize giving for 10KM / 25KM
14:00 PM	:	Ceremonial prize giving for 50KM
19:00 PM	:	Event secretariat close
20:00 PM	:	50KM Feast Fiesta
22:30 PM	:	Day ends



NAKAWAN ULTRA EVENT SCHEDULE

11 DECEMBER 2022

SUNDAY

08:30 AM	:	Clean-Up Race Village (CURVe) with Trash Hero Perlis
10:30 AM	:	CURVe ends
12:00 PM	:	Race Village close

RUNNER'S INFORMATION

RACE ENTRY PACK COLLECTION (REPC)

Date / Time : 9th December 2022 1100hrs – 2300hrs

1. Runners only need to present a soft copy of identification to collect their entitlements.
2. **Runners must bring along their SIGNED IDEMNITY FORM together with their NRIC/Passport.** Failure to do so, a fee of rm2.00 will be imposed for a new copy.
3. Mandatory items check will be done before issuing runner's bib.
4. No unauthorized transfer of bib allowed and runners must run with their own bib no.
5. Tampering with the race bib in any way will result in disqualification.

RUNNERS RESPONSIBILITIES

1. Runners must complete the set course on foot by their own power and ability within the stipulated time.
2. No pacers are allowed to run along with the runners for all categories.
3. Personal assistance (support crew) along the running route and at the water stations are not allowed in all categories.
4. Runners who accept any assistance and support from any person may be disqualified except;
5. In the event of a runner meeting another runner who is in health difficulty or injured, he/she must stop to help and inform the race organizer to seek for medical assistance.

Participants are to read the full rules & regulations as published on the website. The organizer shall immediately disqualify any participants, if the rules are not strictly observed.

MANDATORY ITEMS

NAKAWAN
ULTRA

1. By entering the race, each runner undertakes to take with him/her all the mandatory items as listed below throughout the race.
2. Failure to do so will result in disqualification.
3. Mandatory items checks will be carried out on all runners before the race starts, and spot checks may be carried out along the route during the race and at the finish line:

NAKAWAN
ULTRA

Recommended items for
all distance.
(NOT COMPULSORY):

- GPS ENABLE
WATCH / DEVICES
- RUCKSACK OR
WAIST BAG
- ENERGY FOODS
& GELS
- POLES
- HEAD GEAR
- ROUTE MAP &
ELEVATION MAP
- SUN UV BLOCK
- RAINCOAT

MANDATORY ITEM 50KM

1. By entering the race, each runner undertakes to take with him/her all the mandatory items as listed below throughout the race.
2. **Failure to do so will result in DISQUALIFICATION.**
3. Mandatory items checks will be carried out on all runners before the race starts, and spot checks may be carried out along the route during the race and at the finish line:

- HEADLAMP
- BLINKING LIGHT
- MOBILE PHONE
- BASIC FIRST AID KIT
- WATER BOTTLES / HYDRATION BAG WITH MINIMUM CAPACITY OF 1000ML
- EMERGENCY BLANKET
- WHISTLE
- DRINKING CUP / BOWL
Cups not provided at WS. Solid food available at WS (WS)
- GLOVES

NAKAWAN
ULTRA

Recommended items for
all distance.
(NOT COMPULSORY):

- GPS ENABLE
WATCH / DEVICES
- RUCKSACK OR
WAIST BAG
- ENERGY FOODS
& GELS
- POLES
- HEAD GEAR
- ROUTE MAP &
ELEVATION MAP
- SUN UV BLOCK
- RAINCOAT

MANDATORY ITEM 25KM

1. By entering the race, each runner undertakes to take with him/her all the mandatory items as listed below throughout the race.
2. **Failure to do so will result in DISQUALIFICATION.**
3. Mandatory items checks will be carried out on all runners before the race starts, and spot checks may be carried out along the route during the race and at the finish line:

- MOBILE PHONE
- WHISTLE
- BASIC FIRST AID KIT
- WATER BOTTLES / HYDRATION BAG WITH MINIMUM CAPACITY OF 500ML
- DRINKING CUP
Item not provided at WS.

RACE VILLAGE

**Nakawan Ultra is not all about running the trails.
It will be a discovery of the ENCHANTED and WONDERFUL Perlis.
A FIESTA and 'run-cation' for runners, followers and spectators.**



Kompleks Eko-Pelancongan Sungai Batu Pahat, Perlis will be the event village. The village will hosts various activities from food and performance to kiosk selling event related goods. Expect an abundance of activities to attract visitors and runners.

The rivers surrounding the area will be the place for you to cool down after the long sweaty run. Within the vicinity too, there is a paintball park where you can wind down with your friends or make a visit to the famous Taman Herba Perlis down the road for a sip of the herbal energy booster drink.

HOW TO GET THERE

BUKIT AIR RESORT

(KOMPLEKS EKO-PELANCONGAN
SUNGAI BATU PAHAT)
JALAN ABI BATAS PAIP
01000 KANGAR
[G5Q9+6C]

There is no public transport to the venue.
Grab and hired car services are available.
For hire and rental cars, please contact
012-4257743 (Unic Astana).

If you are driving, please park your cars at the designated area. It might be a bit far, but then you will be running for a longer distance. A little bit of warm-up won't hurt.

RACE VILLAGE MAP

NAKAWAN
ULTRA

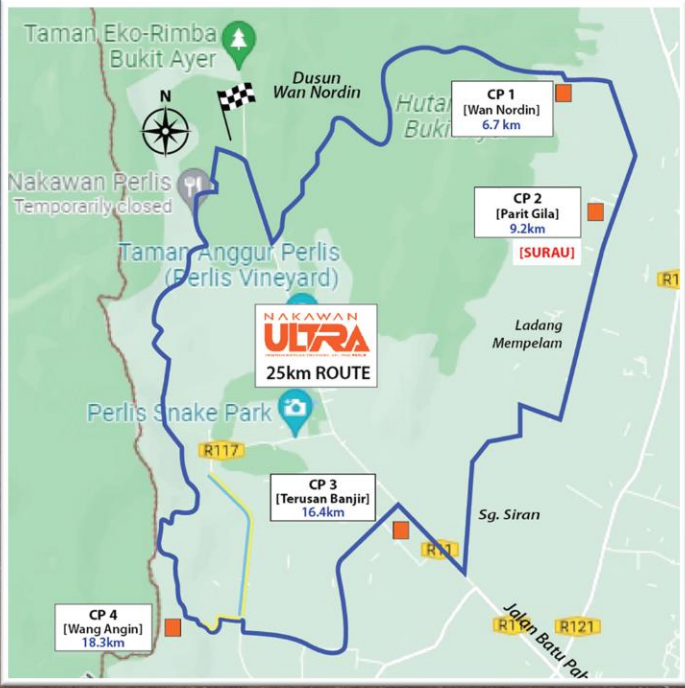
RACE VILLAGE LAYOUT BUKIT AYER RESORT, SG. BATU PAHAT, PERLIS



ROUTE MAP



10 KM DISTANCE



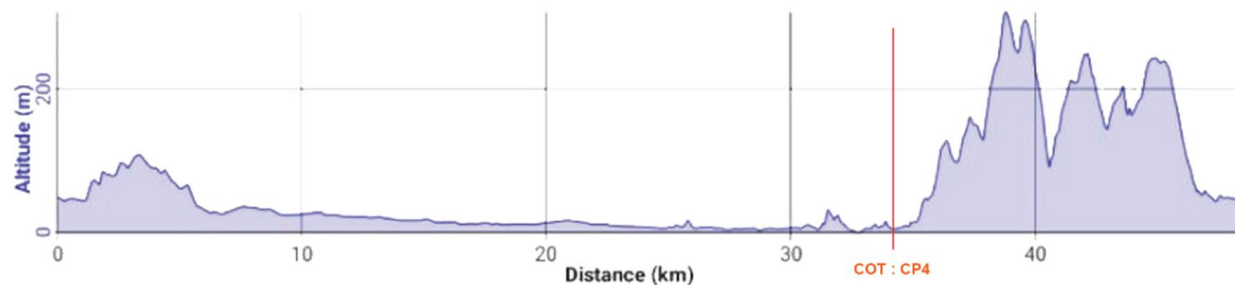
25 KM DISTANCE



50 KM DISTANCE

50KM COURSE INFORMATION

50KM		INTERVAL DISTANCE	TOTAL DISTANCE	CUT-OFF TIME (TOTAL 13hrs)		ELEVATION GAIN
STATION	LOCATION			TIME	HOURS	
START	Race Village		0	4:30	6 HRS	244m
CP 1	Wan Nordin	6.7	6.7			
CP 2	Parit Gila	8.8	15.5			
CP 3	Terusan Banjir	7.2	22.7			
CP 4 / COT	Wang Ulu	12.1	34.8	10:30	7 HRS	690m
CP 5	Wang Angin	7.1	41.9	15:00		
FINISH	Race Village	8.2	50.1	17:30		



TOTAL ELEVATION GAIN : 944m

This course is suited for trained trail runners of all level. From the start, there will be a tarmac road in the vicinity of fruit orchard before entering a flat gravel road alongside a river.

After km34.8, runners will reach a technical climb of about 7kms. It is advisable for runners to use proper trail shoes and wear gloves. Drop bag station will be at the Wang Ulu CP4. Runners are reminded to exercise extra caution on this segment.

Completing the technical climb, runners will be on laterite trail road for the final 8km+ dash towards the finishing line.

25KM COURSE INFORMATION

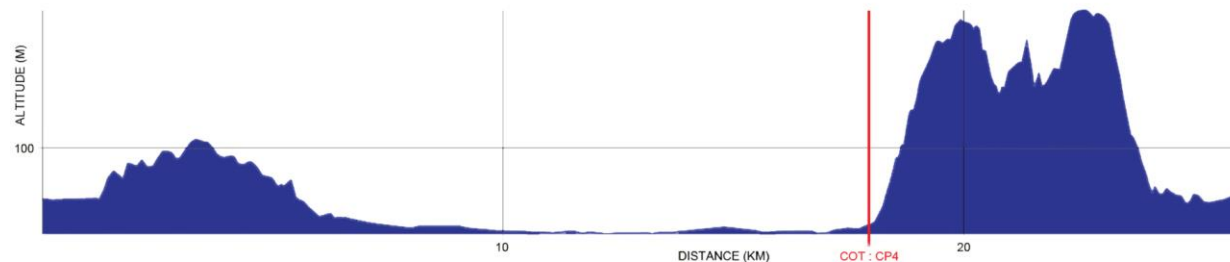
TOTAL ELEVATION GAIN : 545m

This course is suited for trail runners of all level. From the start, there will be a tarmac road in the vicinity of fruit orchard before entering a flat pebble stone road alongside the river.

After km18, runners will climb up on gravel trail road for the final 8km dash towards the finishing line. Please be wary of barking friendly dogs along this route. There are owned by the orchard owners.

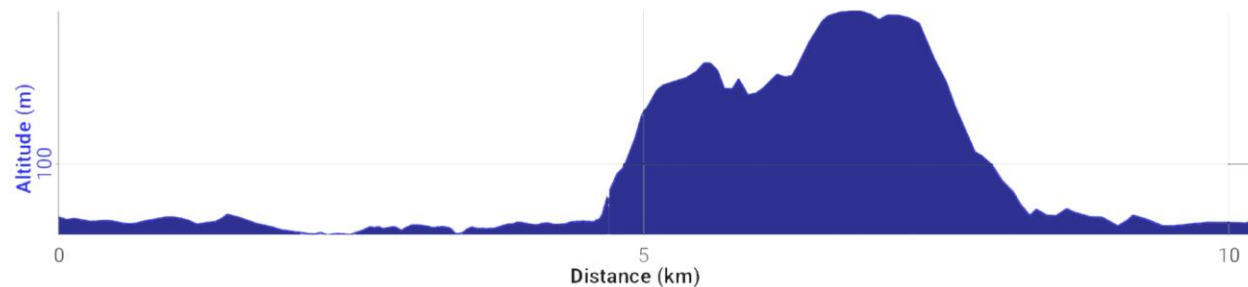
It is adequate for runners to use a hybrid trail shoes for the whole distance unless it rains.

25KM		INTERVAL DISTANCE	TOTAL DISTANCE	CUT-OFF TIME (TOTAL 8hrs)		ELEVATION GAIN
STATION	LOCATION			TIME	HOURS	
START	Race Village		0	7:00	4.5 HRS	133m
CP 1	Wan Nordin	6.7	6.7			
CP 2	Parit Gila	2.5	9.2			
CP 3	Terusan Banjir	7.2	16.4			
CP 4 / COT	Wang Angin	1.9	18.3	11:30	3.5 HRS	410m
FINISH	Race Village	8.2	26.5	15:00		



10KM COURSE INFORMATION

10KM		INTERVAL DISTANCE	TOTAL DISTANCE	CUT-OFF TIME		ELEVATION GAIN
STATION	LOCATION			TIME	HOURS	
START	Race Village		0	8:00	4 HRS	324m
CP 1	Wang Gunung	4.8	4.8			
FINISH	Race Village	5.3	10.1	12:00		



TOTAL ELEVATION GAIN : 324m

This course is suited for trail runners of all level. There will be a laterite trail climb for the final 5km to the finishing line.

Conditions are expected to be humid though runners will have the forest and trees on most segments to provide the much needed shades.

Runners are reminded to exercise extra caution on the road segments. Trail road ratio for this race is 60/40

EVENT DIRECTOR



KU HASRIN
019 474 0729

RACE DIRECTOR



AZMAROL
019 291 7847

TECHNICAL DIRECTOR



JONE
017 497 9960

COMPETITOR'S RELATION DIRECTOR



DR NURUL
012 696 1488

EVENT SECRETARY



SUE
013 504 1884

THE NAKAWAN TEAM

*"Behind the hills of Nakawan, lies a team with a dream,
..... a dream for others to discover the mesmerizing Nakawan"*

CREATIVE HEAD



HAFIZ

LOGISTIC TEAM



ALONG & ACHIK

SAFETY TEAM



SYAHMI & LUQMAN

TRAIL MASTER



PAK LANG & MAK LANG

OFFICIAL EVENT PARTNERS



OFFICIALLY BORNEO PARTNER



OFFICIAL VENUE HOST



OFFICIALLY ASSISTED BY



OFFICIALLY ORGANISED BY:



OFFICIALLY SUPPORTED BY:



OFFICIALLY SANCTIONED BY:



+604 976 3655 / +6019 474 0729



putrarunningclub@gmail.com



No 2, Lot 1, Ground Floor
Jalan Sena Indah 1, Taman Sena Indah
01000 Kangar, Perlis