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WITH COOPERATIVE AND SUPPORT



THE **TELIPONG** —TRAIL RUN—

“CONQUER NATURE, CONNECT CULTURE”

RUNNER’S GUIDEBOOK

6-7 FEBRUARY 2026
FELDA BATU LAPAN, CHANGLUN, KEDAH

3KM 10KM 25KM

RACE FACTS

RACE INFORMATION

EVENT ORGANISER

- FELDA WILAYAH ALOR SETAR
- PERSATUAN BELIA - (MBFM) FELDA BATU LAPAN
- PERTUBUHAN KAMI ANAK FELDA MALAYSIA (KAF)

CO-ORGANISER

- JPKKP KAMPUNG BATU LAPAN

WITH COOPERATION

- JABATAN BELIA & SUKAN NEGERI KEDAH
- MAJLIS BELIA NEGERI KEDAH

VENUE

FELDA BATU LAPAN, CHANGLUN, KEDAH, MALAYSIA

DATES

6-7 FEBRUARY 2026 (FRIDAY & SATURDAY)

CATEGORIES

25KM, 10KM, & 3KM FUN WALK

EVENT DAY SCHEDULE

*IT IS RECOMMENDED THAT YOU ARRIVE AT THE START AREA AT LEAST 20 MINUTES BEFORE YOUR FLAG-OFF TIME.

*IF YOU ARE NOT AT THE START AREA WHEN THE GUN IS FIRED, YOU MAY NOT BE ALLOWED TO START.

*YOU ARE NOT ALLOWED TO START AFTER 30 MINUTES FROM THE APPOINTED FLAG-OFF TIME



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6 FEBRUARY 2026 (FRIDAY)

2.30 PM RACE ENTRY PACK COLLECTION (REPC) OPEN
8.30 PM RACE ENTRY PACK COLLECTION (REPC) CLOSE

7 FEBRUARY 2026 (SATURDAY)

5.00 AM	25KM STARTING GATE OPEN
5.30 AM	FLAG OFF 25KM
6.00 AM	25KM STARTING GATE CLOSE
6.30 AM	10KM STARTING GATE OPEN
7.00 AM	FLAG OFF 10KM
7.30 AM	10KM STARTING GATE CLOSE
7.45 AM	3KM STARTING GATE OPEN
8.15 AM	FLAG OFF 3KM
8.45 AM	3KM STARTING GATE CLOSE
10.30 AM	CUT OFF TIME 10KM
11.30 AM	CUT OFF TIME 25KM
11.40 AM	PRIZE GIVING / LUCKY DRAW
12.30 PM	ROAD CLEARANCE
1.00 PM	EVENT END

RACE ENTRY PACK COLLECTION

WHAT YOU NEED TO BRING?

1. YOUR ORIGINAL NRIC/PASSPORT.
2. PRINTOUT OF YOUR CONFIRMATION SLIP AND SIGNED BY YOU. DOWNLOAD AND PRINT YOUR CONFIRMATION SLIP [HERE](#)
3. PRINTOUT OF YOUR INDEMNITY FORM AND SIGNED BY YOU. DOWNLOAD, FILL-UP AND PRINT YOUR INDEMNITY FORM [HERE](#)
4. PARTICIPANTS WHO ARE UNDER THE AGE OF SEVENTEEN (17) YEARS OLD ON RACE DAY ARE REQUIRED TO SUBMIT A PARENTAL CONSENTS FORM. DOWNLOAD, FILL-UP AND PRINT YOUR PARENTAL CONSENTS FORM [HERE](#)
5. PRINTOUT OF LIST OF MANDATORY ITEMS (FOR 25KM & 10 KM) AND SIGNED BY YOU. DOWNLOAD, FILL-UP AND PRINT YOUR LIST OF MANDATORY ITEMS [HERE](#)

IMPORTANT NOTES

1. STRICTLY **NO CHANGES** IN EVENT TEE SIZE WILL BE ALLOWED.
2. **NO EARLY OR LATE COLLECTION** THAN THE APPOINTED TIME WILL BE ENTERTAINED INCLUDING BEFORE FLAG-OFF ON THE DAY OF THE EVENT.
3. PARTICIPANTS IN THE 25KM, AND 10 KM CATEGORIES ARE REQUIRED TO COLLECT THEIR INDIVIDUAL RACE PACK IN PERSON. REPRESENTATIVES ARE **NOT ALLOWED**.
4. RACEKIT NOT COLLECTED AFTER THE LAST COLLECTION DATE WILL BE DEEMED AS UNWANTED, AND THE ORGANISER MAY DISPOSE OR RE-DISTRIBUTE THEM ACCORDINGLY.
5. THE PARTICIPANT FOR 25 KM & 10 KM MUST BRING THE MANDATORY ITEMS AS LISTED UNDER 'MANDATORY ITEMS' SECTION. BIB NUMBER WILL **NOT BE GIVEN** IN THE RACE PACK FOR **DNS** PARTICIPANTS' REPRESENTATIVES EVEN
6. THE PARTICIPANTS HIMSELF/HERSELF. HE/SHE CAN COLLECT HIS/HER OWN BIB NUMBER BY POST OR SELF-COLLECT 2 WEEKS AFTER THE EVENT. DOWNLOAD, FILL-UP AND PRINT YOUR DNS FORM [HERE](#)
7. 3KM PARTICIPANTS **CAN** BE COLLECT BY A REPRESENTATIVE.



MANDATORY ITEMS

1. BY ENTERING THE RACE, EACH RUNNER AGREES TO CARRY ALL MANDATORY ITEMS LISTED BELOW THROUGHOUT THE ENTIRE RACE.
2. FAILURE TO CARRY THE MANDATORY ITEMS WILL RESULT IN DISQUALIFICATION.
3. **MANDATORY ITEMS:** GEAR CHECKS WILL BE CONDUCTED ON ALL RUNNERS BEFORE THE RACE STARTS. SPOT CHECKS MAY ALSO BE CARRIED OUT ALONG THE RACE ROUTE AND AT THE FINISH LINE.

MANDATORY ITEMS	25KM	10KM	3KM	PENALTY
HEADLAMP (MINIMUM 100 LUMENS)	YES	NO	NO	15 MINUTES
BLINKER / SAFETY LIGHT	YES	NO	NO	15 MINUTES
HYDRATION SYSTEM (MINIMUM 500 ML)	YES	YES	NO	DQ
CUP	YES	YES	RC	30 MINUTES
BOWL	YES	YES	RC	30 MINUTES
MOBILE PHONE	YES	YES	RC	DQ
IDENTIFICATION CARD (DIGITAL COPY OR ORIGINAL)	YES	YES	NO	DQ
BASIC FIRST AID KIT	YES	YES	NO	15 MINUTES
WHISTLE	RC	RC	NO	-
POLE / TREKKING POLE	RC	RC	NO	-

RC: RECOMMENDED

NOTE:

- FOR 25KM & 10KM, MANDATORY ITEMS **WILL BE** CHECKED DURING RACE ENTRY PACK COLLECTION (REPC) AND RANDOMLY DURING THE EVENT AND COMPULSORY AT THE FINISH LINE. REPRESENTATIVES ARE **NOT ALLOWED**.
- MANDATORY ITEMS WILL BE CHECKED RANDOMLY AT THE CHECKPOINT AND **A MUST** AT THE FINISH LINE



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MANDATORY ITEMS (25KM)



HEADLAMP
(MIN. 100 LUMENS)



BLINKER



HYDRATION SYSTEM
(MIN. 500 ML)



CUP AND BOWL



NRIC OR PASSPORT
(ORIGINAL OR DIGITAL COPY)



MOBILE PHONE
(FULLY FUNCTIONAL)



BASIC FIRST AID

RECOMMENDATION ITEMS



POLE



SPARE BATTERIES OR
SPARE HEADLAMP



WHISTLE

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MANDATORY ITEMS (10KM)



HYDRATION SYSTEM
(MIN. 500 ML)



CUP AND BOWL



MOBILE PHONE
(FULLY FUNCTIONAL)



NRIC OR PASSPORT
(ORIGINAL OR DIGITAL COPY)



BASIC FIRST AID

RECOMMENDATION ITEMS



POLE



WHISTLE

WWW.MEP21-ONLINE.COM



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RECOMMENDATION ITEMS (3KM)



MOBILE PHONE (FULLY FUNCTIONAL)



CUP AND BOWL

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DISTANCE DETAILS



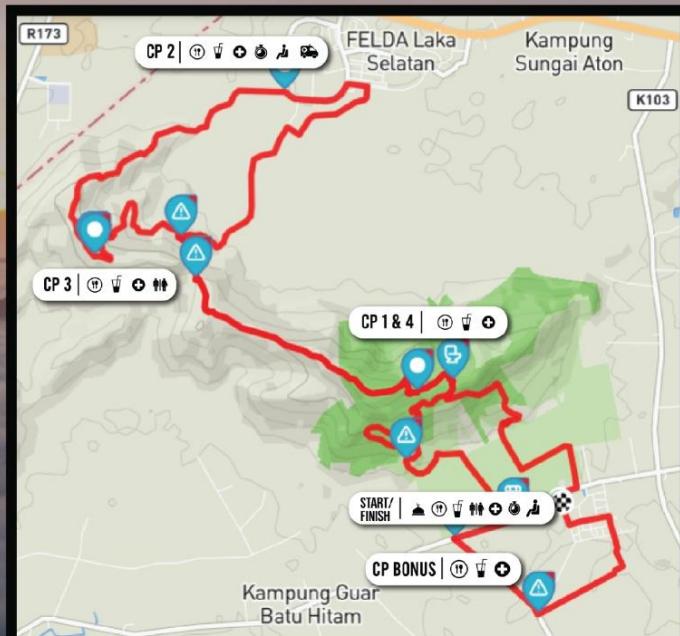
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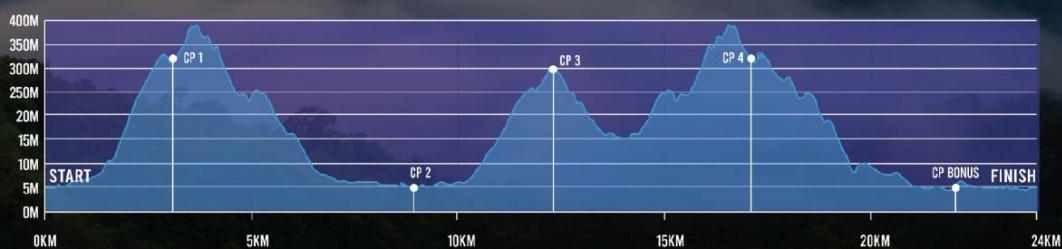
ROUTE 25KM



NOTES

- PRAYER HALL
- FOOD
- BEVERAGE
- TOILET
- MEDIC
- TIMING SYSTEM
- REST AREA
- AMBULANS

EG: 960M ▲



ANY CHANGES WILL BE ACCORDING TO CURRENT CIRCUMSTANCES

DISTANCE DETAILS



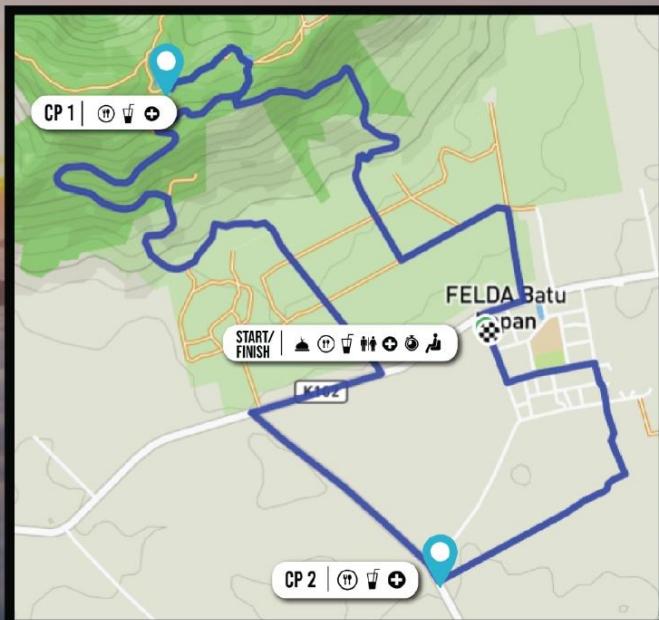
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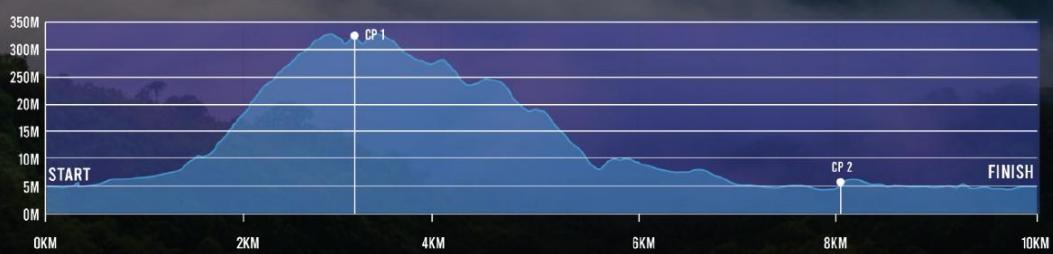
ROUTE 10KM



NOTES

- PRAYER HALL
- FOOD
- BEVERAGE
- TOILET
- MEDIC
- TIMING SYSTEM
- REST AREA

EG: 353M ▲



ANY CHANGES WILL BE ACCORDING TO CURRENT CIRCUMSTANCES

DISTANCE DETAILS



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ROUTE 3 KM



NOTES

- PRAYER HALL
- FOOD
- BEVERAGE
- TOILET
- MEDIC
- TIMING SYSTEM
- REST AREA

EG: 31M ▲

ANY CHANGES WILL BE ACCORDING TO CURRENT CIRCUMSTANCES

WINNER'S VERIFICATION

1. ALL POTENTIAL WINNERS MUST CHECK IN AT THE CLEARANCE ZONE TENT FOR VERIFICATION, AT LEAST 30 MINUTES AFTER FINISH THE RACE.
2. POTENTIAL WINNERS WILL BE VERIFIED BY A JURY, WITH THE RIGHT TO REJECT OR DISQUALIFY ANY POTENTIAL WINNER CARRYING INVALID OR FAKE DOCUMENTATION.
ALL POTENTIAL WINNERS MUST PRESENT THE DOCUMENTS BELOW DURING VERIFICATION :
 - ORIGINAL/DIGITAL COPY PASSPORT OR NRIC
 - ORIGINAL BIB
 - POTENTIAL WINNER TAG
 - COMPLETE MANDATORY ITEMS
3. THE WINNER OF EACH CATEGORY WILL BE THE RUNNER THAT TAKES THE SHORTEST TIME (GUN TIME) TO REACH THE FINISH POINT.
4. TO BE AWARDED, RUNNER MUST COMPLETE THE OVERALL RACE WITHIN THE FINAL CUT-OFF TIME, USING ONLY THE DESIGNATED ROUTES, WITHOUT ANY REGULATION INFRINGEMENT AND FULFILLED THE MANDATORY ITEMS REQUIREMENT.
5. THE PARTICIPANT WHO ARRIVE LATE MORE THAN 15 MINUTES FROM GUN OFF TIME WILL BE DISQUALIFIED (DQ)

RANKING & PRIZES

Kategori	Kedudukan	25 km	10 km
Men's Open	Pertama	RM800	RM500
Men's Senior	Ke-2	RM600	RM300
Women's Open	Ke-3	RM400	RM200
Women's Senior	Ke-4 hingga ke-10	Trofi	Trofi

RUNNERS' ENTITLEMENTS & SERVICES

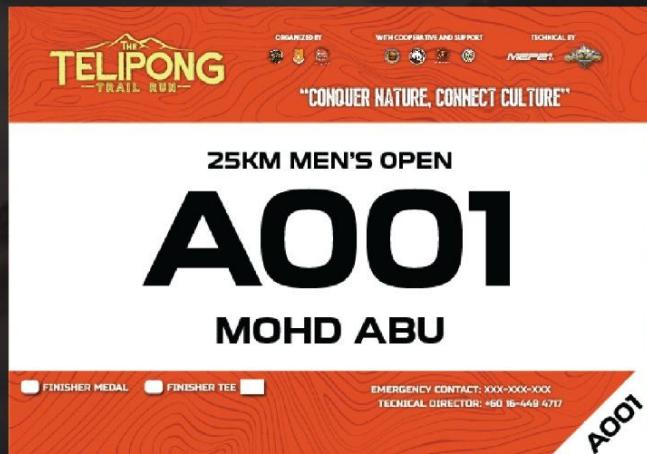
Barangan	25 km	10 km	3 km
Baju acara	✓	✓	✓
Pingat penamat larian	✓	✓	✓
Baju penamat larian	✓	✗	✗
Nombor bib	✓	✓	✓
Cip masa	✓	✓	✗
Keputusan larian	✓	✓	✗
Trofi untuk pemenang (Tempat pertama hingga ke-10)	✓	✓	✗
Wang tunai untuk pemenang (Tempat pertama hingga ke-3)	✓	✓	✗
Sijil penyertaan digital (<i>e-Certificate</i>)	✓	✓	✓
Insurans	✓	✓	✓
Kenduri kampung	✓	✓	✓
Cabutan bertuah	✓	✓	✓



BIBS

ALL BIBS ARE COLOUR CODED, INDICATING THE CATEGORY YOU ARE REGISTERED IN. YOU MUST RUN IN THE CATEGORY YOU ARE REGISTERED IN.

- BIBS ARE STRICTLY NOT TRANSFERABLE NOR EXCHANGEABLE.
- THE TIMING CHIP IS ATTACHED TO THE BACK OF YOUR BIB.
- DONOTFOLD OR REMOVE THE TIMING CHIP FROM YOUR BIB.
- IF YOU DO NOT RUN IN YOUR REGISTERED RACE CATEGORY, YOUR TIME WILL NOT BE REGISTERED, RESULTING IN AUTOMATIC DISQUALIFICATION AND YOU WILL NOT RECEIVE A FINISHER'S MEDAL OR CERTIFICATE OF ACHIEVEMENT



GENERAL FACTS

CHECKPOINTS/WATER STATIONS

1. TIMING MAY BE RECORDED AT THE CHECKPOINTS/WATER STATION POINTS BY THE ORGANIZERS.
2. ONLY RUNNERS WITH BIB NUMBER WILL HAVE ACCESS TO THE WATER STATION.
3. DRINKING CUPS AND UTENSILS WILL **NOT BE PROVIDED**. RULES STATES IT IS MANDATORY FOR RUNNERS TO CARRY ALONG THEIR OWN CUP AND UTENSIL DURING THE RACE.
4. THE DOWNLOADED ROUTE MAP WILL CONTAIN ACCURATE INDICATIONS OF THE WATER STATION POINTS.
5. THE ORGANIZERS RESERVE THE RIGHTS TO CARRY OUT MANDATORY ITEM CHECKS AT ANY OF THE CHECKPOINTS AND OTHER UNSPECIFIED POINTS ALONG THE ROUTE DURING THE RACE.

RACECOURSE MARKERS

1. THE RACECOURSE WILL BE MARKED WITH REFLECTIVE TAPES AND SIGNS ALONG THE COURSE AND AT MAJOR JUNCTIONS.
2. GPX FILES WILL BE MADE AVAILABLE FOR DOWNLOAD 14 DAYS BEFORE RACE DAY.
3. RUNNERS MUST FOLLOW THE DIRECTIONS GIVEN BY THE RACE ORGANIZER DURING THE RACE BRIEFING.

SAFETY AND MEDICAL ASSISTANCE

1. IN ORDER TO ENSURE RACE SAFETY, RACE ORGANIZER WILL PREPARE AND ARRANGE FOR RESCUE AND MEDICAL ASSISTANT DURING THE RACE. HOWEVER, PARTICIPANT MUST UNDERSTAND THAT THE RISK OF INJURIES OR ACCIDENT ASSOCIATED WITH TRAIL RUNNING. RUNNERS ARE PARTICIPATING IN THIS RACE WITH THEIR OWN RISK.
2. MEDICAL AID WILL BE AVAILABLE AT A FEW DESIGNATED WATER STATION OR CHECKPOINT.
3. THE OFFICIAL RACE MEDICAL ASSISTANT ARE AUTHORIZED TO WITHDRAW ANY RUNNER DEEMED UNFIT TO CONTINUE THE COMPETITION. THE RUNNER BIB WILL BE REMOVED AS A PART OF THE DNF (DID NOT FINISH) PROCEDURES.
4. IN CASE OF EMERGENCY, IF YOU ARE UNABLE TO REACH THE RACE HEADQUARTERS, YOU CAN ALSO CALL THE PUBLIC EMERGENCY NUMBER "999" DIRECTLY FOR ASSISTANT.
5. THE RACE ORGANIZER RESERVE THE RIGHT TO IMPLEMENT ANY ADDITIONAL MEASURES AT ANY TIME TO ENHANCE AND PROTECT THE RACE AND THE RUNNER SAFETY BEFORE THE RACE AND DURING THE RACE

GENERAL FACTS

PROHIBITED ACTIONS

1. NOT CARRYING THE MANDATORY ITEMS DURING THE RACE.
2. TAKING SHORTCUTS AND/OR RUNNING OFF THE TRACK.
3. THROWING GARBAGE ALONG THE RUNNING ROUTE.
4. CHEATING (USING OTHER MEANS OF TRANSPORTATION OR SUBSTITUTE RUNNERS AND OTHER UNLAWFUL ACTIONS).
5. NOT ABIDING BY THE RULES AND REGULATIONS AND OFFICIAL INSTRUCTIONS GIVEN BY THE RACE ORGANIZER AND THEIR OFFICIALLY APPOINTED STAFF AND CREWS.
6. NOT WEARING THE RACE BIB AT ALL TIMES DURING THE RACE.
7. DOPING AND THE USE OF PROHIBITED DRUGS.
8. ANY RULES INFRINGEMENT MAY INFLICT TIME PENALTIES OR DISQUALIFICATION (DQ). ANY SUCH PENALTIES ARE AT THE ORGANIZER'S DISCRETION AND ARE FINAL.

DNF(DID NOT FINISH) PROCEDURES

1. RUNNERS MAY DNF VOLUNTARILY OR BY MISSING THE STIPULATED CUT-OFF TIMES AT VARIOUS CHECKPOINTS ALONG THE RACE COURSE. (IF ANY)
2. RUNNERS WHO DECIDE TO PULL OUT VOLUNTARILY MUST PROCEED TO THE NEAREST CHECKPOINT, INFORM AND REGISTER WITH THE RACE MARSHAL AND THEIR BIB WILL BE MARKED TO INDICATE THEIR DNF STATUS.
3. RUNNERS WHO FAIL TO ARRIVE AT THE CHECKPOINTS WITHIN THE STIPULATED CUT-OFF TIMES (IF ANY) WILL NOT BE ALLOWED TO CONTINUE RUNNING IN THE RACE. HIS/HER BIB WILL BE SPECIALLY MARKED, AND A DNF FORM WILL NEED TO BE SIGNED.
4. RUNNERS WHO FAIL TO NOTIFY THE ORGANIZERS IMMEDIATELY OF THEIR VOLUNTARY DNF, THEREBY SETTING IN MOTION A SEARCH AND RESCUE OPERATIONS BY THE RESCUE STAFF, WILL BE LIABLE TO PAY FOR ANY COSTS INCURRED.
5. RUNNERS WHO HAVE DNF STATUS FROM THE RACE ARE NOT ALLOWED TO CONTINUE THEIR RUN. IF THEY INSIST ON CONTINUING RUNNING, THEY ARE NO LONGER IN THIS EVENT, AND WILL BE RUNNING ENTIRELY ON THEIR OWN ACCORD AND AT THEIR OWN RISK.
6. THE DNF RUNNERS SHOULD REST AT A BRIGHT, SAFE PLACE WITH SUFFICIENT PHONE COVERAGE WHILE WAITING FOR A NON-SCHEDULED ASSISTANCE TO ASSIST THEM BACK TO EVENT VILLAGE.
7. IF A RUNNER IS UNABLE TO MOVE ON THEIR OWN, PLEASE CONTACT THE EMERGENCY NUMBER '999' OR THE RACE HEADQUARTERS TO SEEK FOR ASSISTANCE.

IMAGE RIGHTS

EACH PARTICIPANT EXPRESSLY FOREGOES HIS/HER IMAGE RIGHTS FOR THE PHOTOS TAKEN FOR THE DURATION OF THE RACE, AND UNDERTAKES NOT TO TAKE ANY ACTION AGAINST THE ORGANIZERS AND THEIR AUTHORIZED PARTNERS FOR THE USE OF HIS/HER IMAGE.

GENERAL FACTS

ROUTE, DEADLINES CHANGES AND RACE CANCELLATION

1. THE ORGANIZERS RESERVE THE RIGHT WITH RIGHTFUL RESPONSIBILITY TO:
 - POSTPONE THE RACE DATE OR
 - PROVIDE REFUND OPTION OR
 - SCHEDULE A NEW DATE WITH AUTOMATIC ENTRY SLOT TRANSFER.
2. IN THE EVENT OF POOR WEATHER CONDITIONS AND/OR FOR SAFETY REASONS, THE ORGANIZERS RESERVE THE RIGHTS WITHOUT PRIOR NOTICE TO SUSPEND THE RACE OR TO MAKE CHANGES TO THE CUT-OFF TIMES.
3. IN THE EVENT OF ADVERSE WEATHER CONDITIONS, THE STARTING TIME MAY BE POSTPONED FOR 5 HOURS AT MOST, AFTER WHICH TIME THE RACE WILL BE CANCELLED.
4. WHERE NECESSARY, THE ORGANIZERS RESERVE THE RIGHT TO MAKE CHANGES TO OR ELIMINATE CERTAIN STRETCHES OF THE ROUTE.

ADDITIONAL RULES

1. THE ORGANIZER RESERVES THE RIGHT TO LIMIT, ACCEPT OR REJECT ANY ENTRIES WITHOUT PRIOR NOTICE AND REASONS.
2. THE ORGANIZER RESERVES THE RIGHT TO CLOSE ENTRIES BEFORE THE DEADLINE WITHOUT ANY NOTICE OR WHEN THE PARTICIPANTS QUOTA REACHES ITS LIMIT.
3. SUCCESSFUL PARTICIPANTS MUST COLLECT THEIR RACE KIT (BIB & T-SHIRT) IN PERSON OR VIA AN AUTHORIZED PERSON BY PRESENTING THE COPY OF OFFICIAL RECEIPT OR IDENTITY CARD OR PASSPORT AT A DATE AND TIME GIVEN FOR REPC. THE DATE AND TIME WILL BE ANNOUNCED SOON.
4. THOSE WHO ARE FOUND RUNNING WITH AN UNAUTHORIZED RACE NUMBER/BIB WILL BE DISQUALIFIED, AND THE ENTRY FEES IS NOT REFUNDABLE.
5. THE ORGANIZER RESERVES THE RIGHT TO DISQUALIFY ANY PERSON WHO GIVES INCORRECT PERSONAL DATA/DETAILS ON THE ENTRY FORM, OR WHO IS SUSPECTED OF HAVING TAKEN ILLEGAL SUBSTANCES. ENTRY FEES WILL NOT BE REFUNDED.
6. PARTICIPANTS WHO DO NOT START ACCORDING TO THE RUN TIME ASSIGNED TO THEM BY THE ORGANIZER ARE NOT ENTITLED TO THE RACE RESULTS.
7. THE ORGANIZER'S DECISION IN ANY MATTER RELATED TO THE EVENT SHALL BE BINDING AND FINAL. ANY REQUEST FOR APPEALS AND REVIEWS ARE NOT ALLOWED.
8. THE ORGANIZER AND ITS REPRESENTATIVES SHALL NOT BE HELD RESPONSIBLE FOR INJURY, DEATH, DAMAGE, LOSS, DELAY, EXPENSE INCURRED OR INCONVENIENCES CAUSED BEFORE, DURING OR AFTER THE RUN.
9. SHOULD THE EVENT BE CANCELLED OR POSTPONED DUE TO CIRCUMSTANCES BEYOND THE CONTROL OF THE ORGANIZER (INCLUDING HEAVY RAIN, NATURAL DISASTER, NATIONAL SECURITY INTEREST, ETC.), NO REFUND OF THE ENTRY FEE WILL BE MADE AND THE ORGANIZER SHALL HAVE NO FURTHER RESPONSIBILITY AND/OR LIABILITY THEREAFTER.
10. THE ORGANIZER RESERVES THE RIGHT TO DISALLOW/DISQUALIFY ANY PERSON WHO IS KNOWN OR SUSPECTED TO BE PHYSICALLY UNFIT TO PARTICIPATE IN THE EVENT. THE ORGANIZER MAY PERFORM DRUG TEST ON ANY OF THE PARTICIPANTS. THE TITLE SHALL BE REVOKED IF THE WINNERS FAIL TO SATISFY THE DRUG TEST.

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CONTACTS

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