

XTERRA®

BORNEO SARAWAK



Athlete's Guide

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Welcome Messages

A very warm welcome to Sarawak and the exciting international XTERRA Borneo Sarawak.

On behalf of the Ministry of Tourism Creative Industry and Performing Arts Sarawak, it is my great pleasure to welcome you to Sarawak, Malaysia. With abundant natural and cultural resources, Sarawak provides a setting without equal for adventure and adventure sports such as the XTERRA. We are very happy that this event continues to grow and continues to attract an ever-widening group of international participants. The spectacular event venue, located at the western tip of Borneo, features the stunning coastal scenery of the South China Sea and the impressive Mount Pueh. All providing a stunning backdrop for a challenging competition.

We are pleased to support this event and invite you to explore the incredible natural beauty and rich cultural heritage that defines Sarawak. Have a great race and then spend some time to discover our wonders and experience the warm, genuine hospitality of our people.

Once again, welcome to the XTERRA Borneo Sarawak. I wish you best of luck in your competition and all the best for a fantastic and memorable experience in Sarawak.

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



It's great to be back in Sarawak.

After a strong first year, we return to these trails with a deeper connection and a better understanding of what this place asks of us. For those of us coming back, we know how demanding and how rewarding this terrain can be. And for those experiencing it for the first time, Borneo has quickly earned its place across both the XTERRA World Tour and XTERRA Trail Run calendars.

The off-road has always been about a direct connection between us and land, and few places bring that to life like this.

Push your limits, look out for each other, and enjoy the ride.



Landry Benoit, XTERRA APAC Technical Director

Welcome to the 2nd XTERRA Borneo, Sarawak

We are very pleased that you have chosen to come to Sarawak and have a chance to experience our spectacular nature and vibrant cultures. This year the XTERRA Borneo Sarawak venue is once again located on the breathtaking Western Tip of Borneo with the rainforest-covered Mount Pueh as a backdrop. This area is becoming well known for its adventure sports opportunities and we are pleased to be part of this development. From the waterfalls and clear streams flowing through rainforest to the stunning coastline of the South China Sea; there is so much to discover.

Beyond the excitement of the race, we invite you to take advantage of your time in Sarawak and experience the incredible natural wonders and the rich cultural diversity. Savour the local cuisine, immerse yourself in the rainforest and enjoy the warm hospitality of the people.

We are especially grateful to the Minister of Tourism, Creative Industry and Performing Arts for their continuing invaluable support to make this event a reality. We would also like to thank the Lundu District Office and all the dedicated agencies who help to coordinate the event and keep things moving. And last, but by no means least, we wish to thank the communities for allowing us access, for assisting with the preparations, for helping with the race and for sharing their culture.

Have a great adventure in Sarawak, Borneo!



Robert & JC Chua, XTERRA Borneo Sarawak

Event Schedule

1 THU 2026.04.16

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 2026.04.17

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 2026.04.18

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
07:15 - 07:50	Duathlon Sign-In (& T2 Bag Drop) / XC MTB Sign-In	Roxy Beach Resort
08:00	START - Duathlon / XC Mountain Bike	Roxy Beach Resort
09:30 - 09:45	Kids Duathlon Sign-In	Pueh Youth Camp
10:00	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 2026.04.19

TIME	ACTIVITY	LOCATION
06:00 - 15:00	Shuttle Van (every 30 min)	Roxy Beach Resort - Pueh Youth Camp
06:15 - 06:45	Half Marathon 21km Trail Run Sign-In	Pueh Youth Camp
07:00	START - Trail Half Marathon	Pueh Youth Camp
07:00 - 07:45	13KM / 7KM Sign-In	Pueh Youth Camp
08:00	START - 13km / 7km Trail Run	Pueh Youth Camp
09:30	START - Kids Trail Run	Pueh Youth Camp
10:00 - 17:00	Borneo Outdoor Festival	Roxy Beach Resort
11:30	Awards Ceremony (Trail Runs)	Pueh Youth Camp

- 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 (18/4/2026)

- Full Distance Triathlon Competitors should have their bikes checked in between 05:00 – 06:30 AM on 18/4 (Sat.) at the T1 Transition Area.
- Both Duathlon / MTB Competitors will check in between 07:30 - 07:50 AM at the Roxy Sematan registration (near the T1 Transition Area).
- Kids Duathlon Competitors will check in between 09:30-09:45 AM at the registration desk at the Pueh Youth Camp (near the T2 Transition Area)

Sunday (19/4/2026)

- Half Marathon (21km) Trail Run Competitors will check in between 06:15 - 06:45 AM at the Pueh Youth Camp
- Both 13km / 7KM Trail Run Competitors will check in between 07:00 - 07:45 AM on at the Pueh Youth Camp

Venue & Site Maps

Event Venue: Roxy Beach Resort



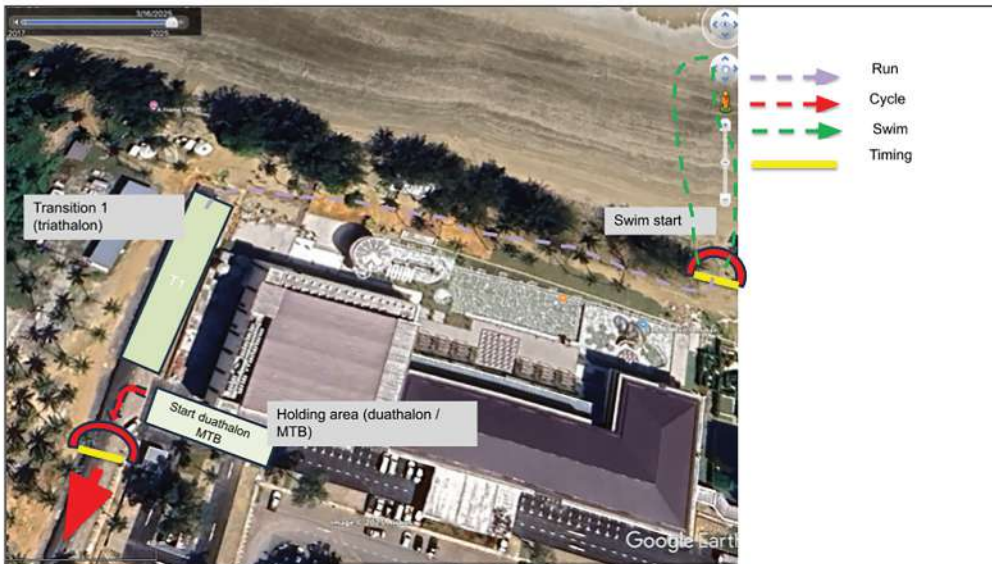
XTERRA Borneo, Sarawak 2026

Venue

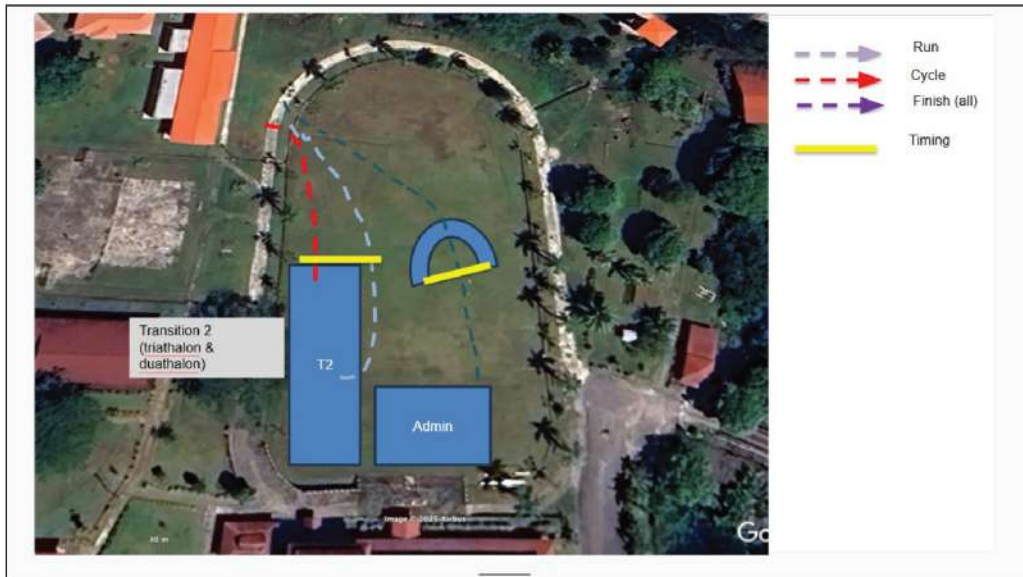
- Race Dates: 18 - 19 April 2026
- Location : Roxy Sematan and Pueh Youth Camp, Sematan



Roxy Beach Resort / T1

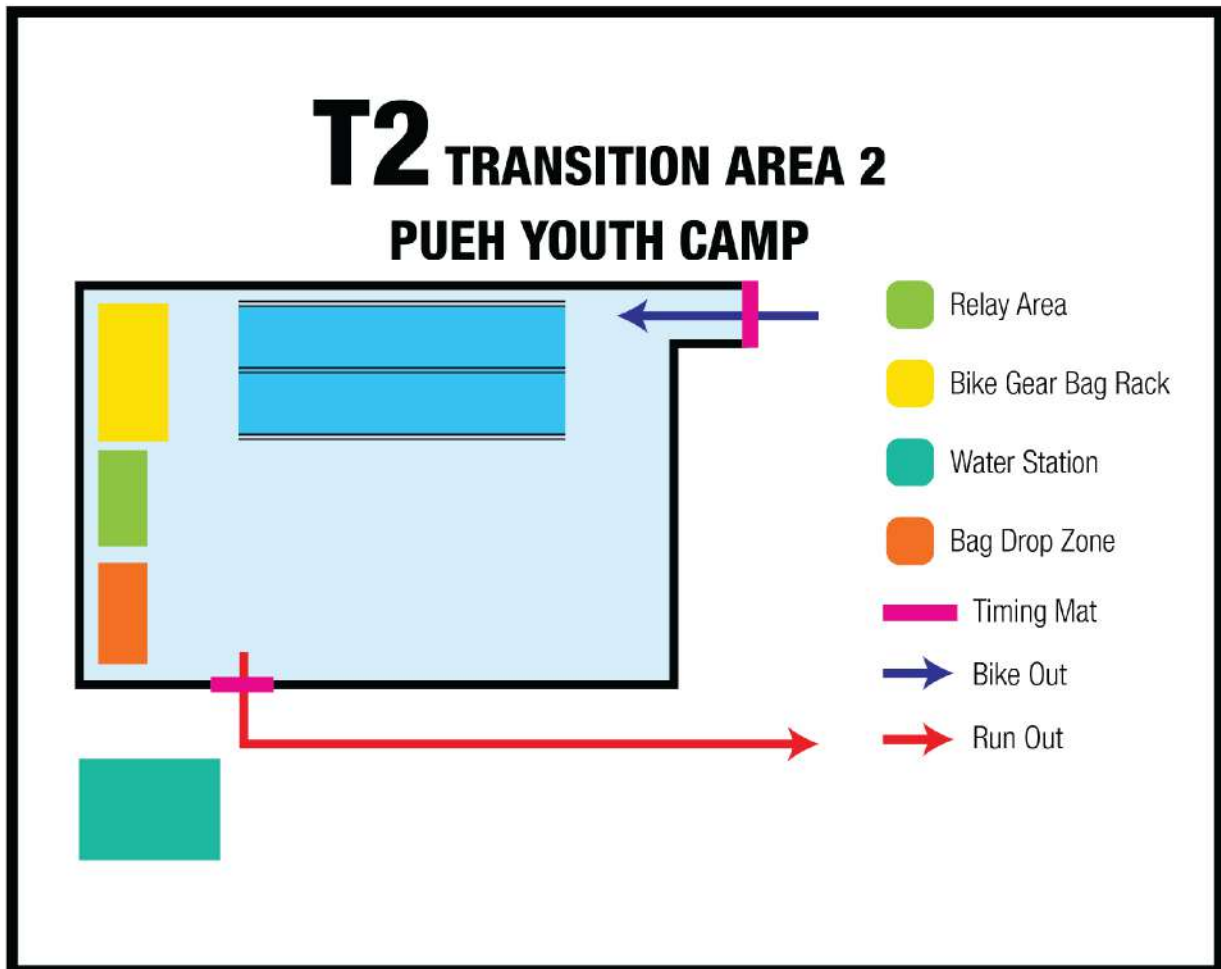


Pueh Youth Camp / T2



Transition Area 2 (T2) Site Map

Pueh Youth Camp

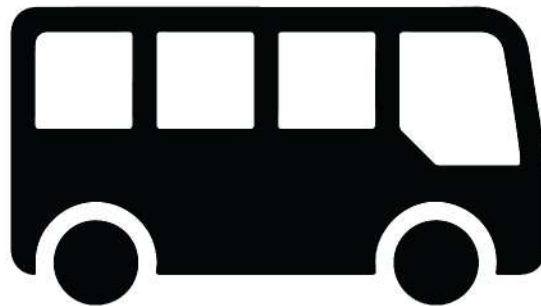


- There is no riding in the transition zones.
- Once competitors have entered T2 - they should hang their bikes by themselves.
- Collect the T2 transition bag (MTB to trail run).
- Cycling race gear or clothes should be put in the T2 transition bags.
- Once the transition procedure is done, the T2 Transition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

Shuttle Bus

From April 17th - April 19th, free shuttle bus service will be available between Roxy Beach Resort Parking Lot and Pueh Youth Camp.

XTEERRA.
BORNEO SARAWAK



SHUTTLE VAN

EVERY 30 MIN

ROXY BEACH RESORT - PUEH YOUTH CAMP

17 APRIL FRI 09:00 - 18:00

18 APRIL SAT 07:00 - 16:00

19 APRIL SUN 06:00 - 15:00

THE SHUTTLE DEPARTS ONCE IT IS FULLY SEATED



XTEGGA.
BORNEO SARAWAK

ROOM & TRANSFER PACKAGES
TRANSFER SCHEDULE

KUCHING AIRPORT ↔ ROXY IMPIANA (KCH) ↔ ROXY BEACH RESORT (SEMATAN)

APRIL 2026	THU 16 APR	FRI 17 APR	SAT 18 APR	SUN 19 APR	MON 20 APR	TUE 21 APR	WED 22 APR
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)			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		

XTEGGA.
BORNEO SARAWAK

TRANSFER

ROXY IMPIANA (KUCHING) ↔ ROXY BEACH RESORT (SEMATAN)

Transfer by Roxy Hotel (including Bike)
RM180 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: 16/4 (Thursday) 15:00-18:00**

Location: Paradesa Borneo, Kuching (No.1, Wayang Street, Kuching)

- **Date: 17/4 (Friday) 15:00-18:00**

Location: Roxy Beach Resort, Sematan

Trail Run Check-In

• **Date: 18/4 (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.

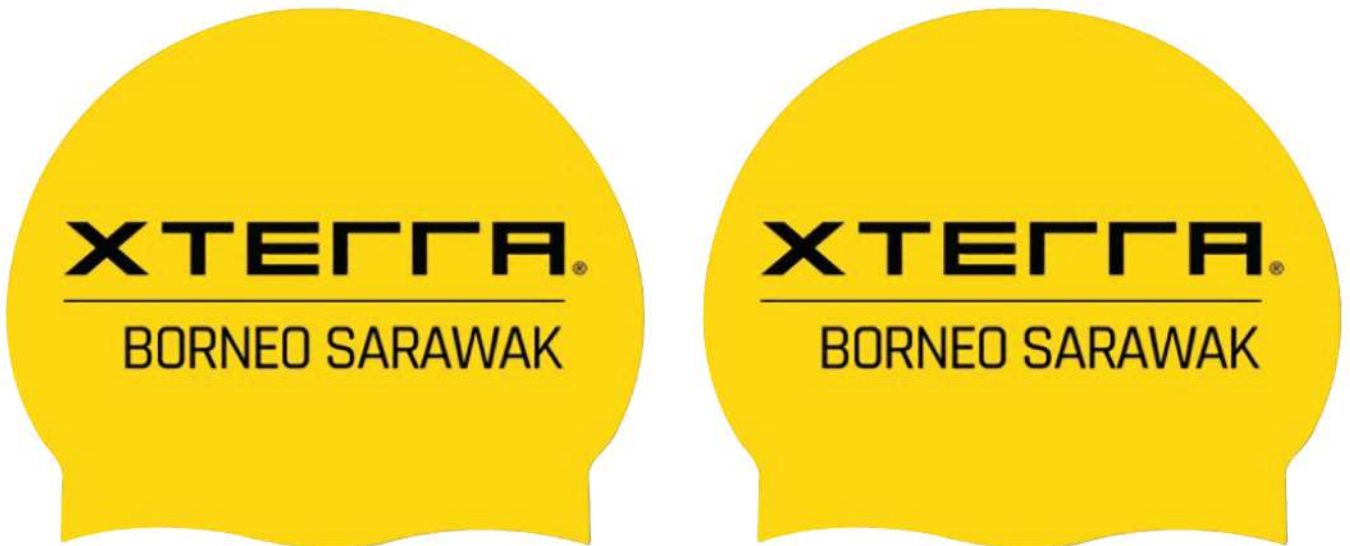
Team Relay Check-in

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 18/4 (Sat.) at the T1 Transition Area. Shuttle buses for relay trail run members will depart at approximately 07:00 (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
- 8) Timing Chip (Ankle Chip)



Swim Cap



Bike Plates



Emergency Call 012-8979068

M15

Race Bibs

FOR TRIATHLON ONLY



Stickers

XTEERRA.
ASIA-PACIFIC
CHAMPIONSHIP

1
2
3

Race Number Tattoo

M
40

Race Category Tattoo



T1 & T2 Transition Bags

Race Pack Items: Duathlon

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
- 6) Timing Chip (Ankle Chip)



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) — With Timing Chip



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) — With Timing Chip



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:
18/4 (Saturday) 05:00 – 06:30 AM.
T1 Transition Area: Roxy Beach Resort Parking Lot
- T1 Bag Collection:
Roxy Beach Resort Parking Lot 18/4 (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:
18/4 (Saturday) 05:00 – 06:30 AM.
T1 Transition Area (Roxy Beach Resort Parking Lot, Registration Desk)
- T2 Bag Collection: Pueh Youth Camp 18/4 (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: 32KM
- Elevation: +730/-738m
- Cut-Off Time: 12:00

Trail Run

- Distance: 10KM
- Elevation: +198m / -198m

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 18/4 (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 18/4 (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 18/4 (Sat.) 07:00 AM via Shuttle bus to T2.

Duathalon

MTB

- **Distance:** 32KM
- **Elevation:** +730/-738m
- **Start Time:** 08:00
- **Cut-Off Time:** 12:00

Trail Run

- **Distance:** 10KM
- **Elevation:** +198m / -198m

Check-in Procedure

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

Check-in Time: Duathalon must check in between 18/4 (Sat.) 07:15-07:50 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 18/4 (Sat.) 07:15-07:50 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 Duathalon

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 Duathalon must check in between 18/4 (Sat.) 09:30-09:45 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:

- Kids Duathalon must checked-in between 18/4 (Sat.) 09:30-09:45 AM

XC MTB

- **Distance:** 32KM
- **Elevation:** +730/-738m
- **Start Time:** 08:00
- **Cut-Off Time:** 12:00

Check-in Procedure

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

Check-in Time: 18/4 (Sat) 07:15-07:50. 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: 07:00
- Cut-Off Time: 12:00
- Elevation: +637/-636m

Check-in Procedure

Check-In Location: Pueh Youth Camp

Check-in Time: 19/4 (Sun)) 06:15 - 06:45. 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: 08:00
- 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: 19/4 (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

Kids Trail Run

- Distance: 1.5KM
- Elevation: +0/-0m

Check-in Procedure

Check-In Location: Pueh Youth Camp T2 Transition Area

Check-in Time: Kids Trail Run must check in between 19/4 (Sun.) 09:00-09:20 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

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 → 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)

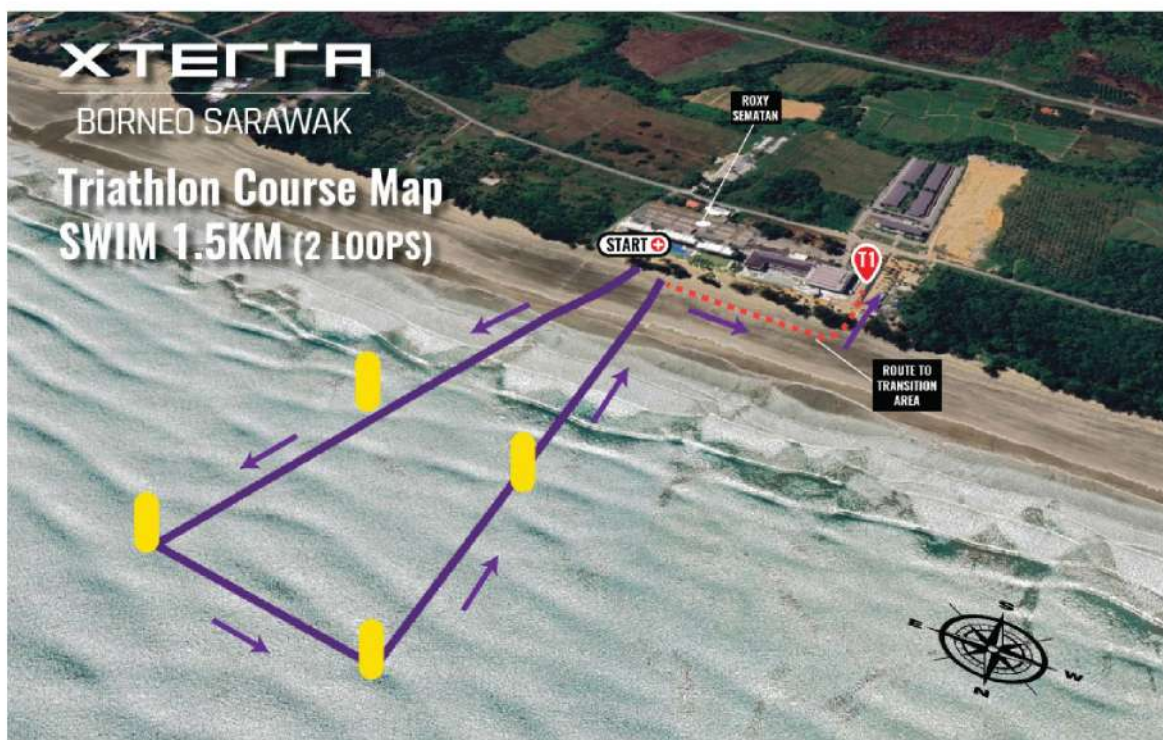
• TRAIL RUN (10KM):

Pueh Youth Camp (T2) → Pueh Longhouse → 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 : 198M / -198M



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 → 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 18/4 (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.xterraplanet.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 (April 17th 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, April 17th, 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 April 18, 2026, 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/xterraborneosarawak2026>

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

2026 XTERRA Borneo Sarawak Triathlon Awards Ceremony will be held at Roxy Beach Resort on 18/4 (Sat.) 19:30 -22:00.

2026 XTERRA Borneo Sarawak Awards Ceremony for Duathlon, MTB, Trail Run will be given at the Pueh Youth Camp (map) at the following time:-

Duathlon: 18/4 (Sat.) 11:30 AM

MTB: 18/4 (Sat.) 11:30 AM

Trail Run (21KM): 19/4 (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 2026 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 2026 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

Kids Duathlon

PRIZES FOR DUATHLON (WINNER OF AGE GROUP, MEN & WOMEN)		
Champion RM 100	1st Runner Up RM 80	2nd Runner Up RM 50

MTB

PRIZES FOR MTB (WINNER OF AGE GROUP, MEN & WOMEN)		
Champion RM 300	1st Runner Up RM 250	2nd Runner Up RM200

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
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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

Trail Run 13KM

PRIZES FOR 21KM (WINNER OF AGE GROUP, MEN & WOMEN)

Champion RM 300	1st Runner Up RM 250	2nd Runner Up RM 200
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Trail Run 7KM

PRIZES FOR 21KM (WINNER OF AGE GROUP, MEN & WOMEN)

Champion RM 200	1st Runner Up RM 150	2nd Runner Up RM 100
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Kids Trail Run

PRIZES FOR 21KM (WINNER OF AGE GROUP, MEN & WOMEN)

Champion RM 100	1st Runner Up RM 80	2nd Runner Up RM 50
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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