

Experience
KEDAH

visit
Malaysia 2026
Truly Asia



TMB100

THE MAGNIFICENT BALING 100

2026

Long Live Tortoise

RUNNER'S GUIDE

31 JULY - 1 AUGUST 2026 | BALING, KEDAH DARUL AMAN, MALAYSIA

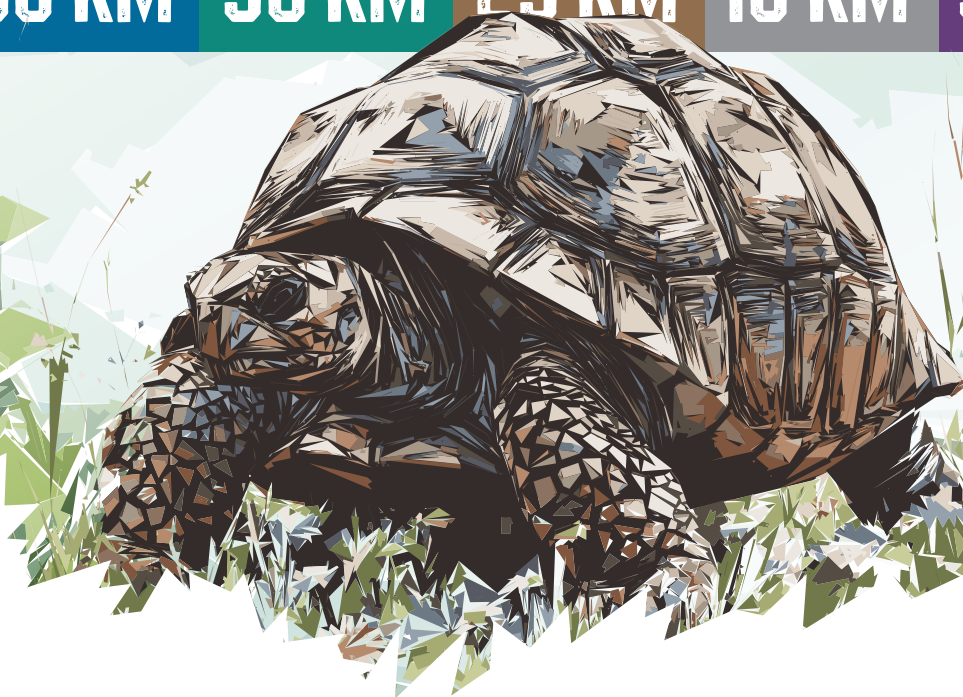
100 KM

50 KM

25 KM

10 KM

5 KM



www.themagnificentseries.com

Welcome to **THE MAGNIFICENT BALING 100**

Assalamualaikum Warahmatullahi Wabarakatuh, and warm greetings.

It is my great pleasure, on behalf of the Baling District Office and the people of Baling, to warmly welcome all participants, supporters, officials, volunteers, and visitors to The Magnificent Baling 100 (TMB100) 2026.

Whether this is your first visit or you have joined us in previous editions, we are truly honoured to have you here. Your presence transforms our district into a vibrant gathering of people united by a shared passion for adventure, endurance, and the beauty of nature.

Baling is a place blessed with extraordinary landscapes, rich biodiversity, and a close-knit community that takes great pride in welcoming guests. Beyond the challenging trails and scenic mountains, we hope you will also take the opportunity to experience our local culture, savour our traditional cuisine, visit our villages, and enjoy the genuine warmth and hospitality of the people who call Baling home.

The Magnificent Baling 100 has become much more than a sporting event. It is a platform that connects communities, promotes healthy lifestyles, supports local businesses, and showcases the unique identity of Baling to Malaysia and the international trail running community.

This event also reflects the strong collaboration between government agencies, local communities, volunteers, sponsors, and the organising committee. Their collective dedication has enabled TMB100 to continue growing while preserving the natural environment that makes Baling so special.

As you journey through our forests, rivers, limestone hills, and villages, I encourage you to respect and appreciate the natural environment that has become the heart of this event. Together, let us ensure that these beautiful trails remain protected for future generations of runners and nature lovers.

To all participants, I wish you a safe, rewarding, and memorable race. Challenge yourself, enjoy every step, support one another, and most importantly, create memories that will stay with you long after you cross the finish line.

"In Baling, every trail tells a story, every village offers a smile, and every visitor is welcomed as family. May your journey through our district leave you with memories that will always bring you back to The Trail You'll Always Call Home."

Thank you for choosing Baling.

We hope you enjoy your stay, and we look forward to welcoming you back again.

Welcome to Baling.

Welcome Home.

**MR YAZLAN SUNARDIE
BIN CHE YAHAYA**
District Officer of Baling



Welcome to THE MAGNIFICENT BALING 100

Welcome to The Magnificent Baling 100 (TMB100) 2026

On behalf of the Government of the State of Kedah, it is my great pleasure to welcome each and every one of you to The Magnificent Baling 100 (TMB100) 2026.

Whether you are joining us from another district, another state, or from overseas, thank you for choosing Baling as part of your running journey. Your presence not only enriches this event but also reflects the growing reputation of Kedah as a destination for world-class sports tourism and outdoor adventure.

Baling is blessed with breathtaking limestone hills, pristine rainforests, flowing rivers, and the warm hospitality of its people. It is a place where nature, culture, and community come together in harmony. We hope that throughout your time here, you will discover not only the beauty of our trails but also the unique charm and spirit that make Baling truly special.

The Magnificent Baling 100 is more than a race. It is a celebration of perseverance, friendship, respect for nature, and the shared passion that unites runners from around the world. It also plays an important role in supporting local communities, promoting sustainable tourism, and showcasing the rich heritage of Kedah to an international audience.

This year, TMB100 carries a message that beautifully captures the spirit of the event:

"The Trail You'll Always Call Home."

I sincerely hope that when you cross the finish line, you will leave with more than a medal. I hope you will leave with unforgettable memories, lasting friendships, and a desire to return to Baling again and again.

To all participants, volunteers, organisers, government agencies, sponsors, partners, and the wonderful people of Baling, thank you for making this event possible. Your dedication and commitment continue to strengthen Kedah's position as one of Malaysia's leading adventure tourism destinations.

On behalf of the State Government of Kedah, I wish every runner a safe, enjoyable, and rewarding race.

Welcome to Kedah. Welcome to Baling.

Welcome Home.

YB DATO' SALLEH SAIDIN
Kedah State Executive Councillor
for Tourism, Culture & Entrepreneurship



 **BROOKS** X **PRIME**

CASCADIA 18



+



~~RRP: RM595~~
RM380

+ PRIME TRAIL TEE WORTH RM69

DIVIDE 4



+



~~RRP: RM490~~
RM280

+ PRIME TRAIL TEE WORTH RM69

Let's Run There

*PICTURE FOR ILLUSTRATION PURPOSES ONLY
*TERMS & CONDITIONS APPLY



THE MAGNIFICENT BALING 100

Program Schedule

EVENT ITINERARY

DATE	TIME	ACTIVITIES
DAY 1 30 JUL, THURSDAY	14:30	Race Venue Opens
		Information Counter Opens
	15:00	Day 1: Race Entry Pack Collection (REPC) Opens
		Special Needs Bag Counter Opens (100KM Only)
	20:00	Day 1: Race Entry Pack Collection (REPC) Closes
		Special Needs Bag Counter Closed (100KM Only)
	20:30	Race Venue Closed
DATE	TIME	ACTIVITIES
DAY 2 31 JUL, FRIDAY	10:00	Day 2: Race Entry Pack Collection (REPC) Opens
		Special Needs Bag Counter Opens (100KM Only)
	14:00	Baggage Service Counter Opens (100KM)
	15:30	Opening Ceremony by SK Baling Cheerleading Team
	15:30	100KM Technical Briefing
	15:45	Baggage Service Counter Closes (100KM)
		Special Needs Bag Counter Closed (100KM Only)
	16:00	100KM Flag-Off
	16:45	5KM Safety Briefing
	17:00	5KM Flag-Off
	17:20	Estimated Arrival of the 1st Runner (5KM)
	18:45	5KM Cut-Off Time
	20:00	Day 2: Race Entry Pack Collection (REPC) Closes
	20:30	Event Venue Closes



THE MAGNIFICENT BALING 100

Program Schedule

EVENT ITINERARY

DATE	TIME	ACTIVITIES
DAY 3 1 AUG, SATURDAY	23:30	Race Venue Opens
	00:05	Baggage Service Counter Opens (50KM Only)
	01:30	Opening Ceremony
	01:45	50KM Technical Briefing
	02:00	50KM Flag-Off
	03:00	Estimated Arrival of the 1st Runner (100KM)
	05:00	Baggage Service Counter Opens (All Category)
	06:30	Opening Ceremony
	06:45	25KM Technical Briefing
	07:00	25KM Flag-Off
	07:15	10KM Technical Briefing
	07:30	10KM Flag-Off
	07:30	Baggage Service Counter Closes (All Category)
	07:45	Breakfast Served (for participants upon arrival)
	08:00	Estimated Arrival of the 1st Runner (50KM)
	08:05	Estimated Arrival of the 1st Runner (10KM)
	09:00	Estimated Arrival of the 1st Runner (25KM)
	10:45	Prize Giving Ceremony (25KM & 10KM - Top 5 Only)
	11:30	10KM Cut-Off Time
	11:30	Lunch Served (for participants upon arrival)
	15:00	25KM Cut-Off Time
	15:15	Performance by SK Baling Cheerleading Team
	15:30	Prize Giving Ceremony (50KM & 100KM - Top 10 Only)
	18:00	100KM & 50KM Cut-Off Time
	19:00	End of Event

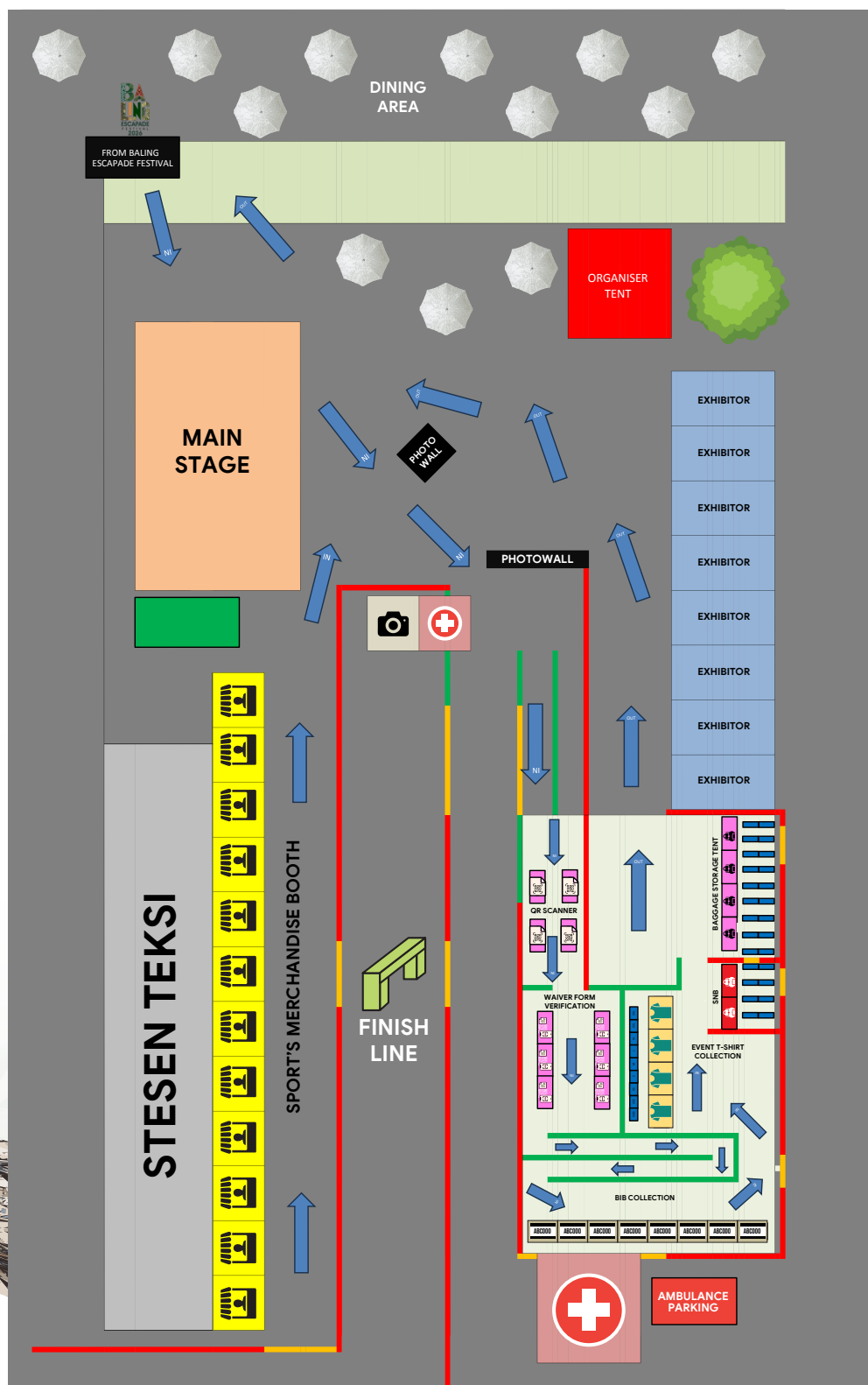




THE MAGNIFICENT BALING 100

RACE SITE

Venue : Dataran Tapak Stesen Teksi (MDB), Baling





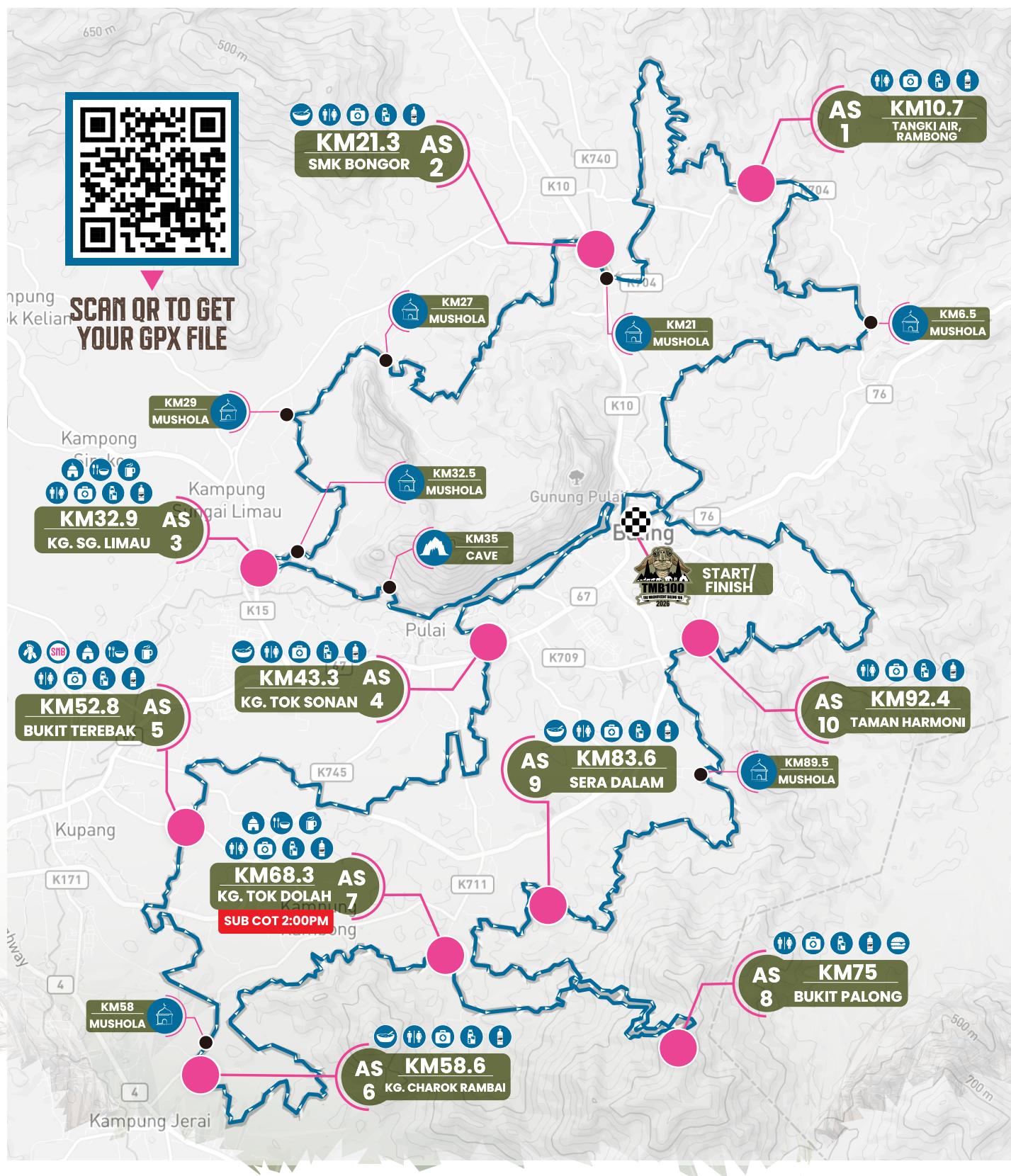
THE MAGNIFICENT BALING 100

Route Map

100KM

100K M

ITRA 4





THE MAGNIFICENT BALING 100

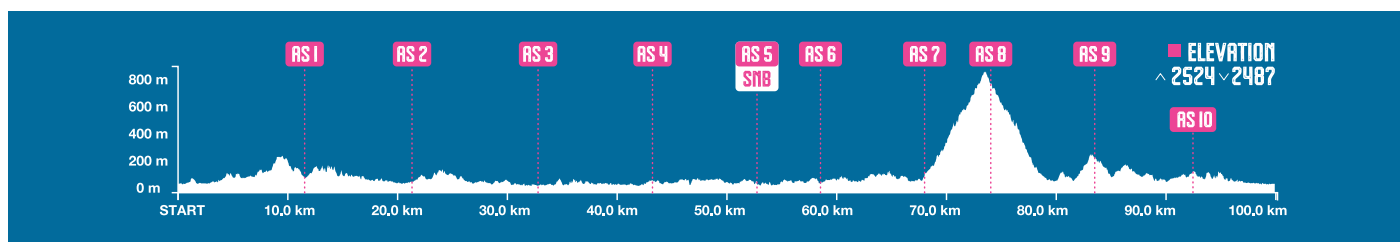
Route Map

100KM

100K M

ITRA 4

ELEVATION GRAPH



100 KM - AID STATION

AS	KM	AS NAME	MINERAL WATER	ISOTONIC BOOM+	HOT DRINK	HEAVY MEALS	LIGHT MEALS	FRUITS	MEDIC	SURAU	TOILET	SPECIAL NEED BAG
1	10.7	TANGKI AIR, RAMBONG	/	/	/	X	/	/	/	X	/	X
2	21.3	SMK BONGOR	/	/	/	X	/	/	/	X	/	X
3	32.9	KG. SUNGAI LIMAU	/	/	/	/	/	/	/	/	/	X
4	43.3	KG. TOK SONAN	/	/	/	X	/	/	/	X	/	X
5	52.8	BUKIT TEREBAK	/	/	/	/	/	/	/	/	/	/
6	58.6	KG. CHAROK RAMBAI	/	/	/	X	/	/	/	X	/	X
7	68.3	KG. TOK DOLAH	/	/	/	/	/	/	/	/	/	X
8	75	BUKIT PALONG	/	/	/	X	/	/	/	X	/	X
9	83.6	SERA DALAM	/	/	/	X	/	/	/	X	/	X
10	92.4	TAMAN HARMONI	/	/	/	X	/	/	/	X	/	X





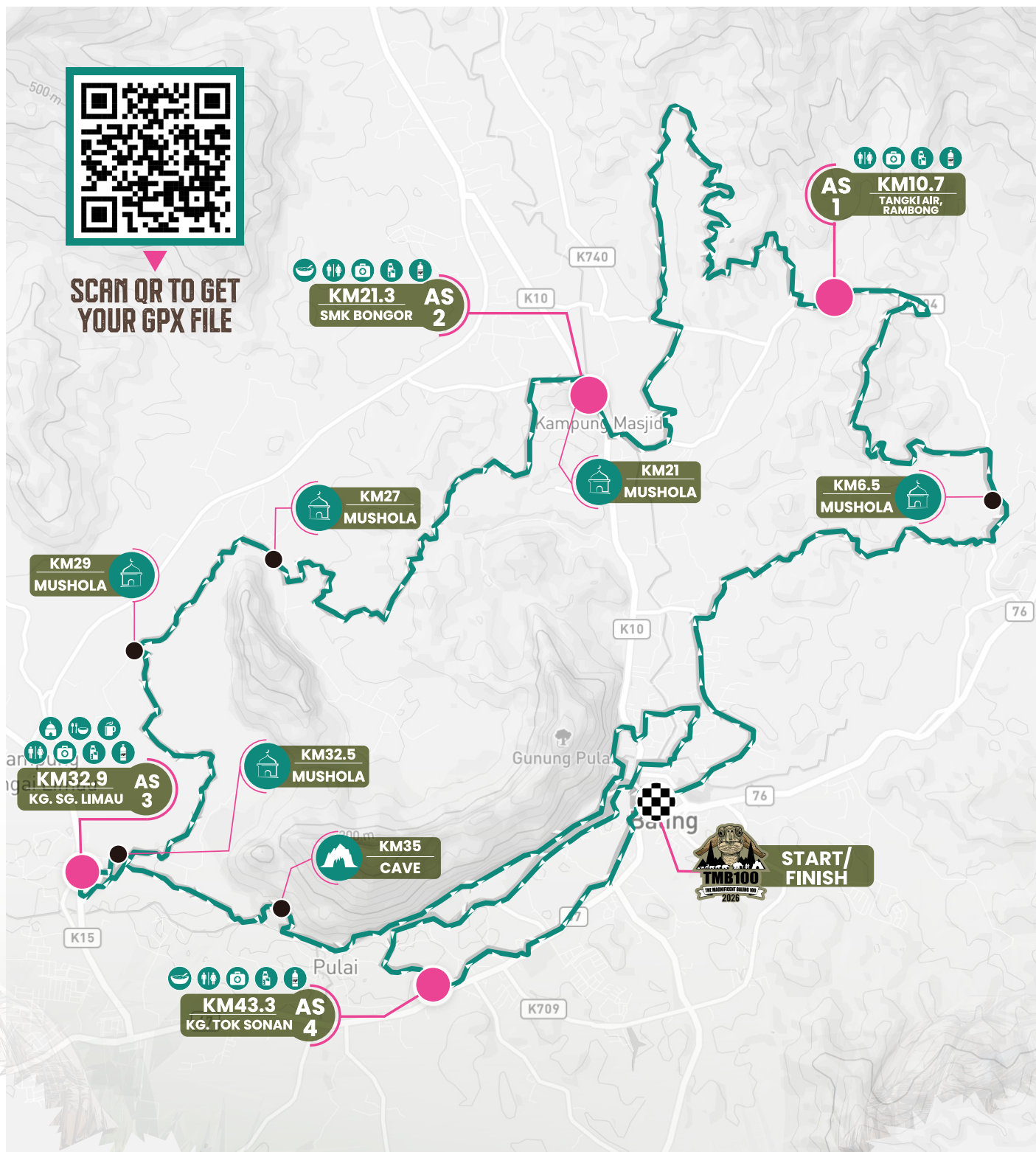
THE MAGNIFICENT BALING 100

Route Map

50KM

50K M

ITRA 2





THE MAGNIFICENT BALING 100

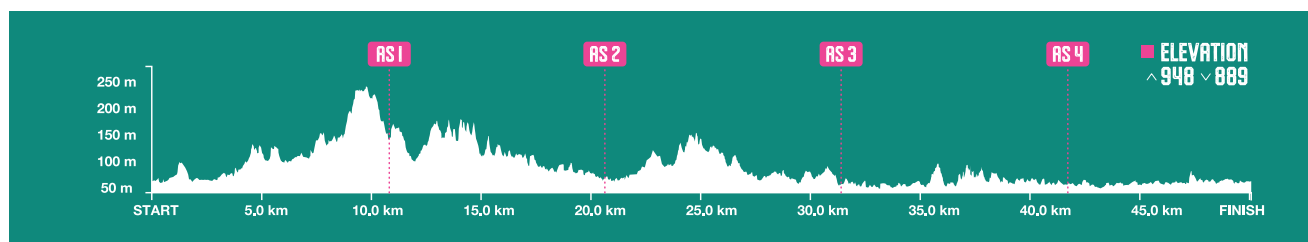
Route Map

50KM

50K M

ITRA 2

ELEVATION GRAPH



50 KM - AID STATION

AS	KM	AS NAME	MINERAL WATER	ISOTONIC BOOM+	HOT DRINK	HEAVY MEALS	LIGHT MEALS	FRUITS	MEDIC	SURAU	TOILET
1	10.7	TANGKI AIR, RAMBONG	/	/	/	X	/	/	/	X	/
2	21.3	SMK BONGOR	/	/	/	X	/	/	/	X	/
3	32.9	KG. SUNGAI LIMAU	/	/	/	/	/	/	/	/	/
4	43.3	KG. TOK SONAN	/	/	/	X	/	/	/	X	/





THE MAGNIFICENT BALING 100

Route Map

25KM

20K M

ITRA 1



SCAN QR TO GET
YOUR GPX FILE

KM5.8 AS
SMK BONGOR 1

KM12
MUSHOLA

KM12
MUSHOLA

KM19.5
CAVE

KM19.5
CAVE

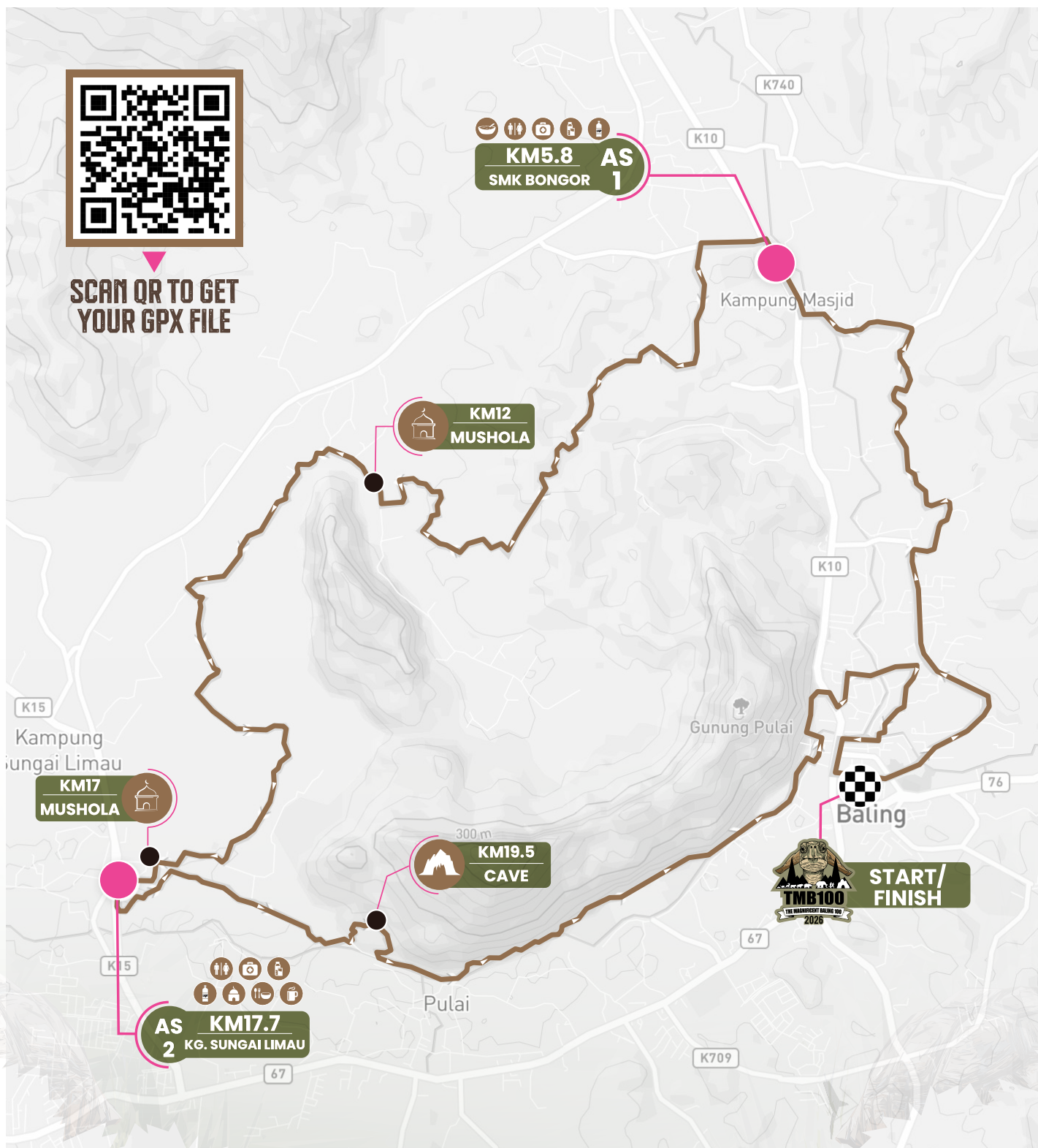
KM17
MUSHOLA

KM17
MUSHOLA

AS KM17.7
KG. SUNGAI LIMAU 2

AS KM17.7
KG. SUNGAI LIMAU 2

START/
FINISH





THE MAGNIFICENT BALING 100

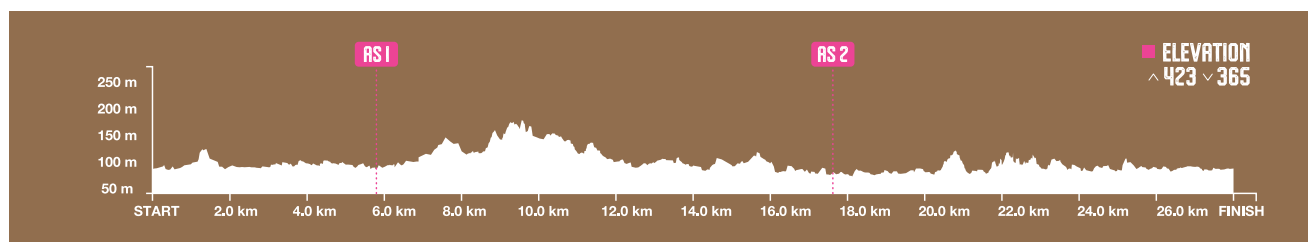
Route Map

25KM

20K M

iTRA 1

ELEVATION GRAPH



25 KM - AID STATION

AS	KM	AS NAME	MINERAL WATER	ISOTONIC BOOM+	HOT DRINK	HEAVY MEALS	LIGHT MEALS	FRUITS	MEDIC	SURAU	TOILET
1	5.8	SMK BONGOR	/	/	/	X	/	/	/	X	/
2	17.7	KG. SUNGAI LIMAU	/	/	/	/	/	/	/	/	/





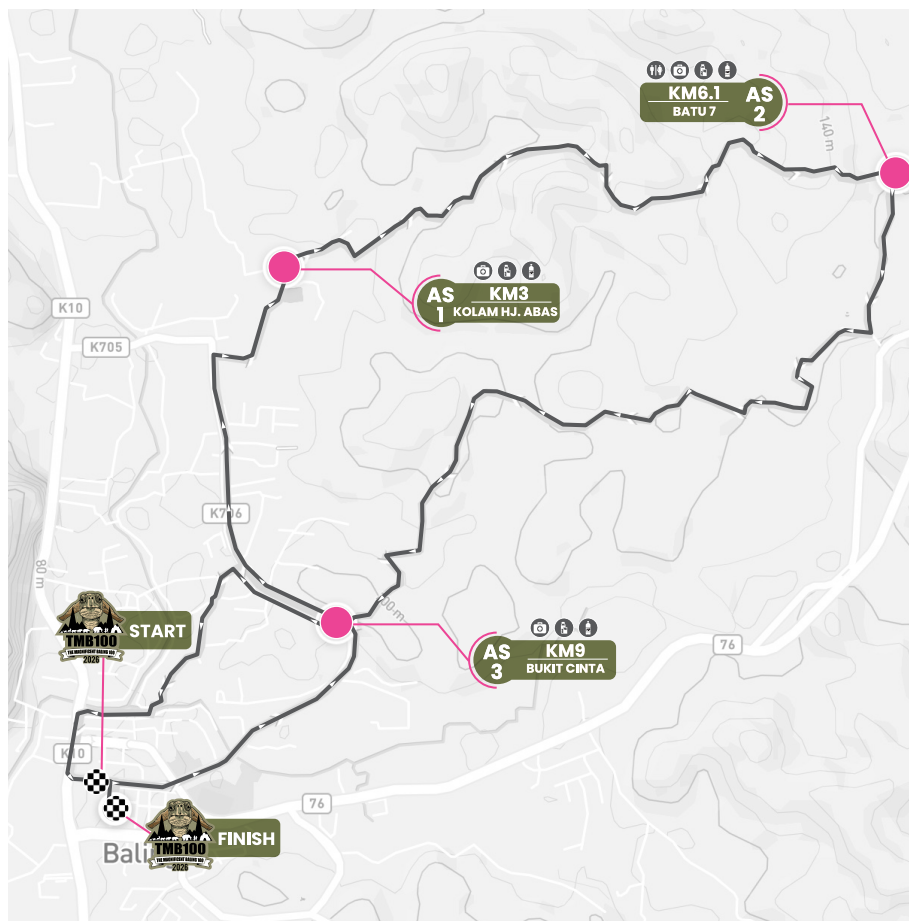
THE MAGNIFICENT BALING 100

Route Map

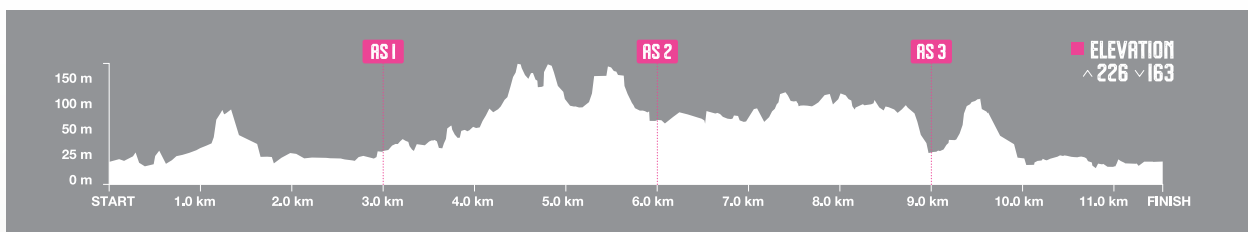
10KM



SCAN QR TO GET
YOUR GPX FILE



ELEVATION GRAPH



10 KM - AID STATION

AS	KM	AS NAME	MINERAL WATER	ISOTOMIC BOOM+	MEDIC	TOILET
1	3	KOLAM HJ. ABAS	/	/	/	X
2	6.1	BATU 7	/	/	/	/
3	9	BUKIT CINTA	/	/	/	X



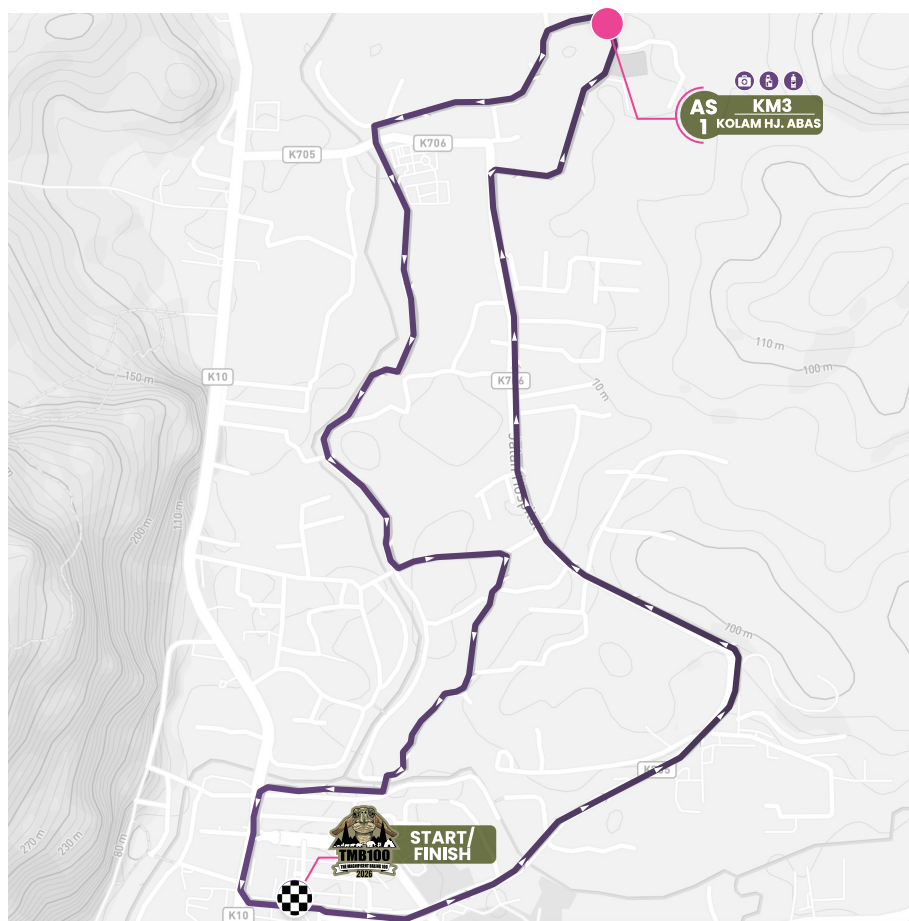
THE MAGNIFICENT BALING 100

Route Map

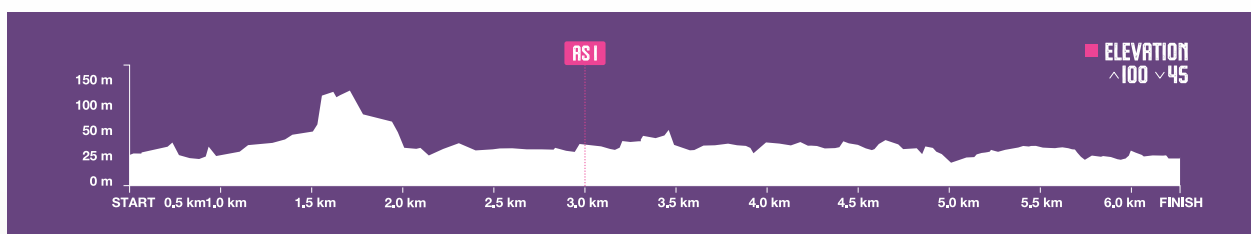
5KM



SCAN QR TO GET
YOUR GPX FILE



ELEVATION GRAPH



5 KM - AID STATION

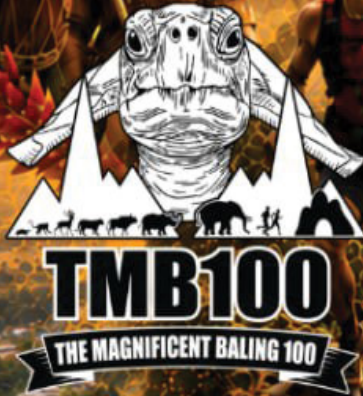
AS	KM	AS NAME	MINERAL WATER	ISOTONIC BOOM+	MEDIC	TOILET
1	3	KOLAM HJ. ABAS	/	/	/	X

BALING
ESCAPADE
FESTIVAL
2026

Visit
Malaysia 2026
Truly Asia

The Culture Jam

Anjung Malaysiaku
Foodie FIESTA



Baling

Escape. Explore. Experience

30 July - 1 August 2026
Dataran Baling, Kedah

Supported By:



Official Sponsor:



Strategic Partners:



Co-organiser: Organiser:





THE MAGNIFICENT BALING 100

Runner Information

RACE ENTRY PACK COLLECTION (REPC)

1. All participants are REQUIRED to bring:

Registered Participants

- Confirmation Slip (PDF) (Digital copy accepted)
- Original NRIC / Passport (Mandatory for identity verification)

Participants with a Successful Bib Transfer

- Latest Confirmation Slip (PDF) under the original participant's name, bearing the Official Organiser's Bib Transfer Stamp
- Original NRIC / Passport (Mandatory for identity verification)

⚠ Important: Only the latest Confirmation Slip officially endorsed by the organiser following a successful bib transfer will be accepted during REPC.

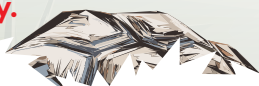
2. Please bring a mobile phone for QR code scanning and verification of the Signed Waiver & Release of Liability Form.
3. Collect your Race Bib and Wristband.
4. Collect your Event T-Shirt and Goodie Bag.

Important Notes

1. 100KM participants are encouraged to submit their Special Need Bag during REPC at the Special Need Bag Counter (Aid Station 5).

Submitting your bag during REPC helps our operations team manage the bags more efficiently and minimises the risk of mix-ups between Special Need Bags and Baggage Drop Bags on race day.

2. Bib collection on behalf of another participant is **STRICTLY NOT ALLOWED**, except for parents or guardians collecting on behalf of participants in the 5KM category.
3. Bib transfers **WILL NOT BE ACCEPTED** during **Race Entry Pack Collection (REPC) or Event Day**.





THE MAGNIFICENT BALING 100

Runner Information

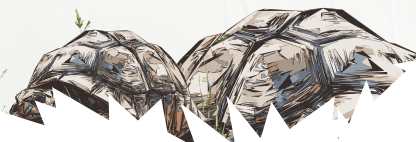
MANDATORY GEAR CHECKS

THE FOLLOWING ITEMS ARE **COMPULSORY FOR ALL RUNNERS**.
INCOMPLETE ITEMS WILL RESULT IN DQ (DISQUALIFY)

ITEMS	PENALTIES	100KM	50KM	25KM	10KM
 HEADLAMP	DQ	/	/	X	X
 BLINKERS	DQ	/	/	X	X
 WATER	DQ	/	/	/	X
 MOBILE PHONE	DQ	/	/	/	/
 FOLDABLE CUP/ BOTTLE	10 MINUTES	/	/	/	/
 BOWL & CUTLERY	10 MINUTES	/	/	/	X
 WHISTLES	10 MINUTES	/	/	/	X
 FIRST AID KIT	10 MINUTES	/	/	/	X
 SURVIVAL BLANKET	10 MINUTES	/	/	X	X
 SNACKS/ENERGY GELS/ENERGY BARS	-	/	/	/	X

PENALTIES

1. Random gear inspections will be conducted during the event, including at the Finish Line.
2. To ensure fairness and safety for all participants:
 - A **10-minute time penalty** will be imposed for **each missing mandatory item**.
 - Severe breaches of the mandatory gear list or refusal to comply with instructions from event staff may result in **disqualification**.
3. Please ensure you carry all required items at all times. Event crew will perform spot checks throughout the course.





THE MAGNIFICENT BALING 100

BAGGAGE STORAGE SERVICE

1. The **Baggage Storage Counter** will open **2 hours** before the flag-off time for each race category.
2. Participants may store one bag at the Baggage Storage Tent, located near the Finish Line.
3. All bags must be clearly labelled using the **Baggage Service Tag** provided at the Baggage Storage Counter.
4. Each participant may deposit one baggage bag with a **maximum size of 40cm x 20cm x 20cm (approximately 20 litres)** and a **maximum weight of 3kg**.
5. Participants are responsible for collecting their own bags upon completion of the race.
6. Any **unclaimed bags after 7:00 PM on Saturday, 1 August 2026**, will be disposed of. Valuable items found in unclaimed bags will be retained by the organiser and placed in the Lost & Found section.

SPECIAL NEED BAG SERVICE (100KM ONLY)

1. This service is available exclusively to participants in the 100KM category.
2. Special Need Bags will be transported to Aid Station 5 (AS5) – Bukit Terebak.
3. Participants are **strongly encouraged to submit their Special Need Bags during Race Entry Pack Collection (REPC)** at the designated Special Need Bag Counter to facilitate smoother event operations on race day.
4. Participants are advised to ensure that their Special Need Bags are properly labelled before submission.

COUNTER OPEN FOR SPECIAL NEED BAG

DATE	TIME	CATEGORY	BATCH
30 JUL, THU	15:00 - 20:00	100KM	-
31 JUL, FRI	10:00 - 20:00		

PICKUP FOR SPECIAL NEED BAG

DATE	TIME	CATEGORY	BATCH
1 AUG, SAT	08:00	100KM	FIRST
	12:00		SECOND
	17:00		FINAL

Note: Ensure your bag is clearly labelled with your bib number and category.



THE MAGNIFICENT BALING 100

TIME LIMIT & CUT-OFF TIMES

The cut-off time for finishing each race is :

CATEGORY	FLAG-OFF TIME	CUT-OFF TIME	TOTAL HOURS
100KM	4:00 PM (31 JUL)	6:00 PM (1 AUG)	26 HOURS
50KM	2:00 AM (1 AUG)	6:00 PM (1 AUG)	16 HOURS
25KM	7:00 AM (1 AUG)	3:00 PM (1 AUG)	8 HOURS
10KM	7:30 AM (1 AUG)	11:30 AM (1 AUG)	4 HOURS
5KM	5:00 PM (31 JUL)	6:45 PM (31 JUL)	1 HOUR 45 MINUTES

SUB COT – AS7 (100KM CATEGORY)

Please be advised that the **Sub Cut-Off Time (Sub COT)** for the **100KM category** at **Aid Station 7 (AS7) – Kg. Tok Dollah** is **before 2:00 PM on 1 August 2026**.

Participants who fail to arrive at AS7 before the designated Sub COT will **not be permitted to continue the race** and will be recorded as **DNF (Did Not Finish)**. Affected runners will be transported by the organiser to the Finish Area or another designated location.

This Sub COT has been implemented to ensure the safety of all participants. The section between **AS7 (Kg. Tok Dollah)** and **AS8 (Bukit Palong)** passes through a Telekom Malaysia service access route, where visibility becomes significantly reduced after sunset. As daylight fades at approximately 6:00 PM, runners entering this section late may be exposed to increased safety risks and operational challenges.

All participants are strongly advised to plan their race strategy carefully, manage their pace, and ensure they **reach AS7 before 2:00 PM** to remain eligible to continue the race.

Thank you for your understanding and cooperation. We wish all runners a safe and successful race.



THE MAGNIFICENT BALING 100

WAY-MARKING

Follow the red arrow-shaped trail markers throughout the course. In selected sections, pink reflective tape is also used to guide runners, as shown below.



Run at your own risk!
Make sure to check left & right at all intersections!

AID STATIONS & CHECKPOINTS

Runners will be checked upon arrival at all official aid stations and designated security checkpoints along the course.

In addition, random (undisclosed) checkpoints may be established at any time during the race and will not be announced in advance.

All participants are required to wear their event wristband at all times for identification and verification purposes. Failure to present a valid wristband upon request may result in time penalties, delays, or disqualification from the race.





THE MAGNIFICENT BALING 100

SAFETY & MEDICAL ASSISTANCE

Several medical stations will be positioned along the race route and will be in direct communication with the Command Center.

The medical response team, will remain on standby throughout the event to provide assistance when required.

If you require medical assistance or encounter an emergency during the race, you may:

- Proceed to the nearest medical station or aid station.
- Contact the Command Center at **+6011-3310 9970** (participants are advised to save this number in their mobile phones before race day).
- Seek assistance from fellow runners, event crew, or volunteers.

If you are unable to contact the Command Center and require immediate emergency assistance, please dial **999** directly. This is especially important in areas with limited mobile coverage where emergency calls may still be possible.

Participants are reminded to prioritise their safety at all times and to report any injuries, illnesses, or emergencies to event personnel as soon as possible.

FINISH

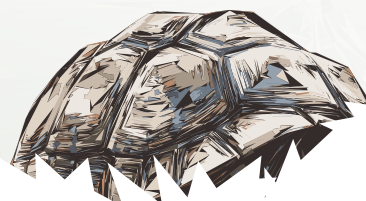
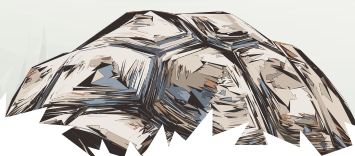
Upon completing the race, runners will receive their finisher entitlements as follows:

- 100KM / 50KM / 25KM categories: Finisher medal & finisher T-shirt
- 10KM & 5KM categories: Finisher medal only

A final aid station will be available at the Finish Area – Dataran Tapak Stesen Teksi (MDB), Baling. Access to this area is strictly limited to runners only.

To redeem your race meal, please present your wristband to the crew on duty.

Any lost items or incidents occurring during the event must be reported immediately to the nearest aid station crew or event personnel.





THE MAGNIFICENT BALING 100

PHOTO & RACE RESULTS

Race photos will be available for download starting **Sunday, 2 August 2026 at 7:00 AM** via the following link:

<https://photo.action.in.th>

Official race results will be published within 24 hours after the event concludes.

Participants may view their finish time, category ranking, and overall placement at:

<https://results.checkpointspot.asia/>

Official e-certificates will also be available for download via the same link.
Relive the journey — your moments, your milestones, your triumph.

SPECTATORS & SUPPORT CREW

(100KM / 50KM / 25KM Categories Only)

Support crews and spectators are welcome at the designated locations below to cheer on and assist runners where permitted.

SMK BONGOR

Location: <https://maps.app.goo.gl/3CqL1XPA1vT1L3BJA>

Aid Station 2 – 100KM (KM 21.3)

Estimated Runner Arrival: 31 July 2026 | 6:00 PM – 9:30 PM

Aid Station 2 – 50KM (KM 21.3)

Estimated Runner Arrival: 1 August 2026 | 3:45 AM – 8:45 AM

Aid Station 1 – 25KM (KM 5.8)

Estimated Runner Arrival: 1 August 2026 | 7:25 AM – 8:45 AM





THE MAGNIFICENT BALING 100

SPECTATORS & SUPPORT CREW

KAMPUNG SUNGAI LIMAU

Location: <https://maps.app.goo.gl/936hAsMM4g1ktygMA>

Aid Station 3 – 100KM

Estimated Runner Arrival: 31 July 2026, 7:00 PM – 1 August 2026, 1:00 AM

Aid Station 3 – 50KM

Estimated Runner Arrival: 1 August 2026 | 4:45 AM – 12:30 PM

Aid Station 2 – 25KM

Estimated Runner Arrival: 1 August 2026 | 8:30 AM – 12:30 PM

BUKIT TEREBAK

Location: <https://maps.app.goo.gl/rTWNWzQSfjh3bAq9A>

Aid Station 5 – 100KM

Estimated Runner Arrival: 31 July 2026, 9:15 PM – 1 August 2026, 6:10 AM

ON-COURSE VIEWING

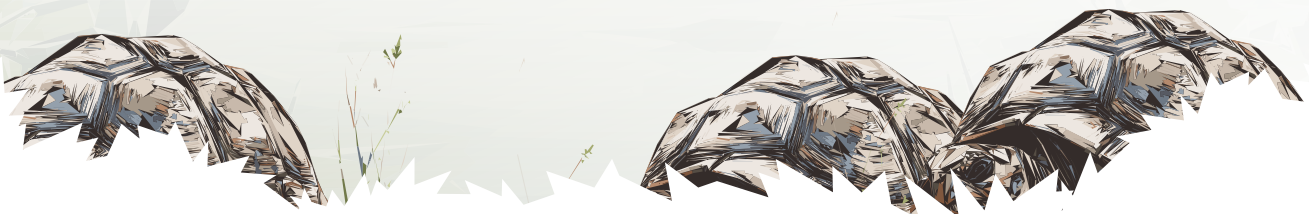
Spectators are welcome to cheer for runners at the designated viewing locations. Please ensure you comply with all traffic regulations, remain in safe viewing areas, and follow instructions from event officials at all times.

Spectators may encourage runners but **must not provide any assistance** unless they are acting as an approved support crew at a designated aid station.

FINISH CHUTE

Family and friends are welcome to greet runners once they enter the finish line precinct and may accompany them through the Finish Chute where permitted by event officials.

However, access to the **Recovery Area** is strictly reserved for runners only. Supporters are kindly requested to wait outside the recovery zone until the runner has exited.





THE MAGNIFICENT BALING 100

SPECTATORS & SUPPORT CREW

SUPPORT CREW ASSISTANCE

Support crew members may assist runners with:

- Nutrition and hydration
- Clothing changes
- Blister care
- Massage and basic recovery support

Support crew assistance is **only permitted at the designated aid stations.**

SUPPORT CREW RULES

- Each runner is responsible for the conduct of their support crew.
- Support crews must comply with all instructions issued by event officials, marshals and volunteers.
- Any breach of the event rules by a support crew may result in penalties or disqualification of the runner.
- Support crews must obey all traffic laws and drive safely at all times.
- Please ensure drivers are well rested before travelling between aid stations.
- Support crews must **not consume food or drinks provided for runners** at any aid station.
- Outside assistance is only permitted at the designated aid stations. Receiving assistance elsewhere on the course is prohibited, except from authorised event personnel.
- Spectators and support crews are **not permitted to pace, accompany or run alongside participants** at any point on the course unless officially appointed by the organiser.
- Support crews must not enter the race course or restricted areas to retrieve or escort runners.
- The Organiser shall not be responsible for the safety, security or whereabouts of support crew members or spectators throughout the event.





THE MAGNIFICENT BALING 100

CONTINGENCY PLAN FOR PARTICIPANTS

For the safety and well-being of all participants, the organiser has established the following contingency measures in the event of unforeseen circumstances during the race.

1. SEVERE WEATHER

- The event may be delayed, modified, shortened, suspended, or cancelled in the event of heavy rain, lightning, strong winds, flash floods, or other hazardous weather conditions.
- Participants are advised to seek shelter at the nearest Aid Station (AS), checkpoint, or other designated safe location.
- Please follow all instructions issued by event officials, crew members, and marshals at all times.

2. INJURY / MEDICAL EMERGENCIES

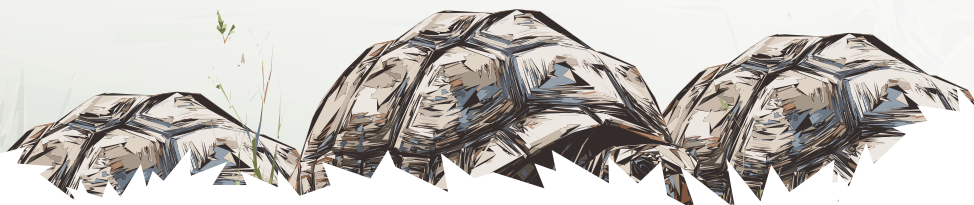
- For minor injuries, inform nearby participants or proceed to the nearest Aid Station (AS) or checkpoint for assistance.
- In the event of a serious injury or medical emergency, contact the Emergency Hotline printed on your race bib: **+6011-3310 9970**.
- Medical personnel and first aid services will be stationed at designated checkpoints and at the finish line.

3. OFF-COURSE / LOST FROM THE ROUTE

- The race route is clearly marked with reflective tape, directional signs, and route markers.
- If you become lost, do not continue in an uncertain direction. Return to the last visible route marker or remain in a safe location while awaiting assistance.
- Participants must not leave the designated race route without notifying a marshal or event official.

4. WILDLIFE ENCOUNTERS

- Do not approach, feed, or provoke any wild animals.
- Remain alert, particularly in remote or forested sections of the course.
- Report any sightings of potentially dangerous wildlife to the nearest marshal or checkpoint immediately.
- Follow the instructions of event officials should a wildlife-related incident occur





THE MAGNIFICENT BALING 100

CONTINGENCY PLAN FOR PARTICIPANTS

5. EARLY TERMINATION / CUT-OFF TIME

- Participants who are deemed unlikely to complete the course within the official cut-off time may be withdrawn from the race and recorded as DNF (Did Not Finish).
- Runners may be transported to the finish area or another designated safe location by the organiser.
- Any participant who remains on the course after the final cut-off time may be removed from the course for safety reasons.
- Participants are required to comply with all instructions given by marshals and event officials.

6. EMERGENCY COMMUNICATION

- Ensure that your mobile phone is fully charged before the race and that all emergency contact numbers provided in the Race Guide are saved.
- Carry all mandatory safety equipment as specified by the organiser.
- If mobile coverage is unavailable, use your whistle, headlamp, emergency light, or other approved safety equipment to attract attention and request assistance.

7. ROUTE CHANGES

- The organiser reserves the right to modify the race route at any time if deemed necessary for participant safety, environmental conditions, or operational requirements.
- Any route changes will be communicated during the Race Briefing and, where possible, through notices at checkpoints and official communication channels.

IMPORTANT NOTICE

Your safety is our highest priority. Please remain aware of your surroundings, respect the natural environment, assist fellow participants whenever possible, and exercise sound judgment in any unexpected situation.

By participating in this event, you agree to comply with all safety instructions and directions issued by the organiser, marshals, medical personnel, and emergency responders.





THE MAGNIFICENT BALING 100

SUPPORTED BY:



OFFICIAL SPONSOR:



ORGANIZER:

