

## **CATEGORY**

20KM: 13/10/2019, 7:00AM

40KM: 13/10/2019, 2:00AM

60KM: 12-13/10/2019, 7:00PM

100KM: 11-13/10/2019, 10:00PM

## **MAXIMUM RACE TIME PERMITTED AND CUTOFF TIMES**

The maximum time allotted for completion of the race are:

20KM – 6 hours

40KM – 12 hours;

60KM – 19 hours;

100KM – 32 hours;

In the event of poor weather conditions and/or for safety reasons, the organisers reserve the rights to suspend the race or to make changes to the cut-off times;

## **MANDATORY ITEMS**

### **60KM & 100KM Category**

1. 100KM – Headlamp x 2, spare batteries x 2 sets;
2. 60KM – Headlamp x 1, spare batteries x 1 set;
3. Whistle;
4. Mobile Phone;
5. 1.5-litre water carrying capacity;
6. Own cups/bowls and spoons/forks;
7. Emergency blanket;

### **40KM Category**

1. Headlamp x 1, spare batteries x 1 set;
2. Whistle;
3. Mobile Phone;
4. 1.5-litre water carrying capacity;
5. Own cups/bowls and spoons/forks;
6. Emergency blanket;

### **20KM Category**

1. 1-litre water carrying capacity;
2. Mobile phone;
3. Own cups; (no cup will be given at water stations)

Please refer to race website [www.endurancenature.com.my](http://www.endurancenature.com.my)