



DUATHLON 2024

National Championship

RACE GUIDE

16 & 17 NOV 2024

JUNIOR | ELITE | AGE GROUP

NATIONAL CHAMPIONSHIP



PETRONAS

SEPANG INTERNATIONAL CIRCUIT

Feel the thrill of racing at
PETRONAS Sepang International Circuit

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WELCOME

Welcome to the APEX Duathlon 2024 National Championship! We are thrilled to welcome you to the first-ever duathlon at the iconic PETRONAS Sepang International Circuit.

It is an honor to host elite competitors who will compete for the prestigious national champion title, as well as welcome amateur athletes eager to run and cycle at a world-class venue. We're especially excited to introduce the next generation to the sport through APEX Kids, where children aged 3 to 6 can experience the excitement of running and cycling in a fun and safe environment, taking their first step toward becoming little champions.

This event would not be possible without the support of our local communities, dedicated volunteers, partners, sponsors, spectators and of course, the inspiring athletes who will be taking part in this groundbreaking event.

Best of luck to everyone participating this weekend. Whether you're racing in the APEX Kids category or taking on the Challenge distance, we hope you enjoy the experience. See you at the finish line!

Dominic Ang, Event Director
Empayar Pahlawan Sukan



EVENT SCHEDULE

Introduction

The Athletes and Team Official event briefing guide aims to ensure that all Elite Athletes and Team are well informed about all procedures concerning the Apex Duathlon 2024 – Junior, Elite, Age Group National Championship.

Please note that this information is subject to change, and the final race details will be provided to the athletes and team managers during the athletes' briefing.

Key Event Schedule

Saturday, 16 November 2024	
12:00PM – 8:00PM	Race Pack Collection at Paddock 2
2:30PM – 4:30PM	Elite Registration, Uniform & Bike Check
4:30PM – 5:30PM	Elite Race Briefing at Paddock 2 Compulsory Attendance
5:30PM – 6:30PM	APEX Kids & Amateur Race Briefing at Paddock 2 Optional

Sunday, 17 November 2024	
4:30AM – 6:00AM	Transition Check-In For All Sprint & Challenge Category
6:00AM	Sprint Male Junior & Open Elite Flag Off Elite
6:05AM	Sprint Female Junior & Open Elite Flag Off Elite
6:10AM	Sprint Male Flag Off
6:15AM	Sprint Female Flag Off
6:20AM	Challenge Male Flag Off
6:25AM	Challenge Female Flag Off
10:00AM	Prize Giving Ceremony at Paddock 2
10:30AM	Cycling Course Close
10:30AM	Collection of Bike at Transition Area
11:55AM	Official Race Cut Off Time

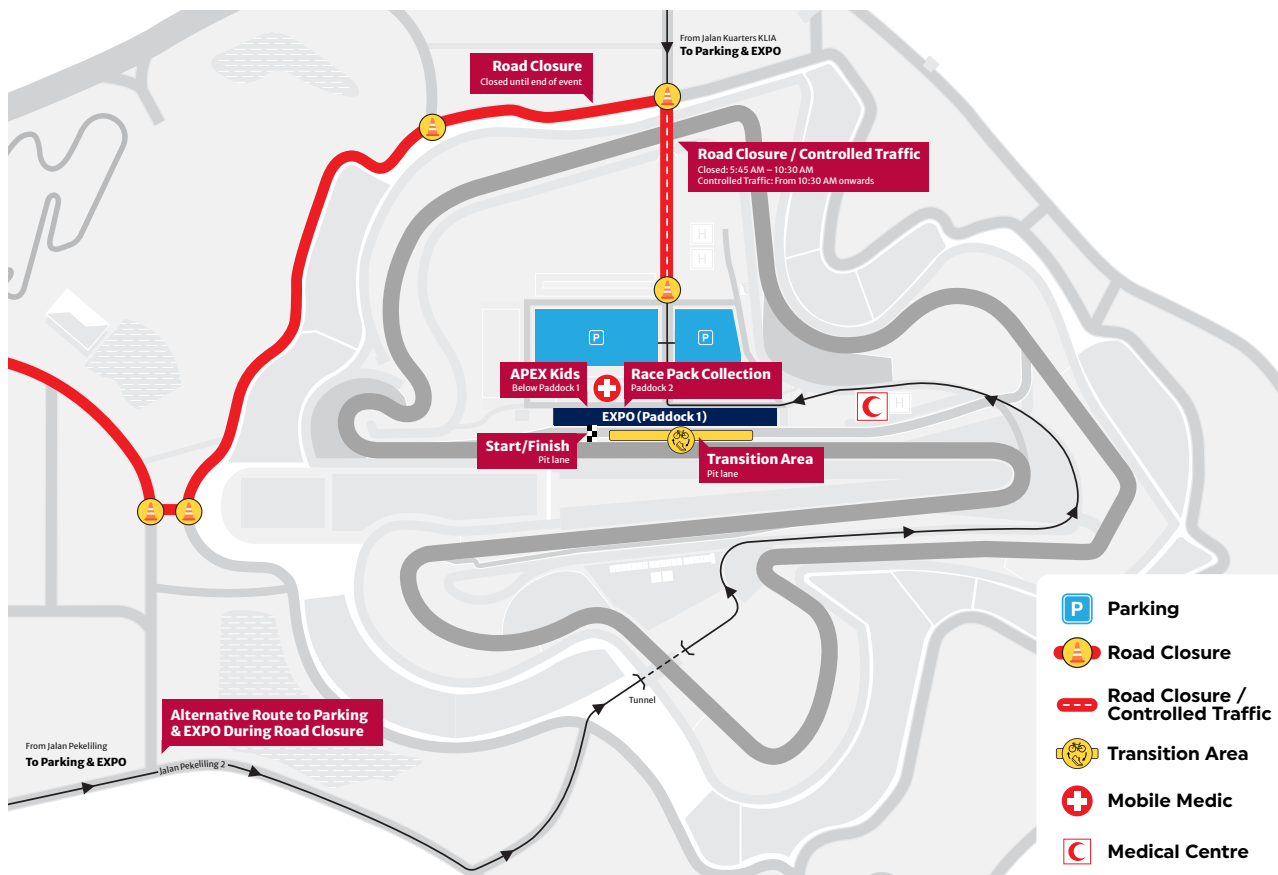
Sunday, 17 November 2024

8:00AM – 8:20AM	APEX Kids 6 Years Old Briefing & Course Recce
8:20AM – 8:50AM	APEX Kids 6 Years Old Race
8:50AM – 9:10AM	APEX Kids 5 Years Old Briefing & Course Recce
9:10AM – 9:40AM	APEX Kids 5 Years Old Race
9:40AM – 10:00AM	APEX Kids 4 Years Old Briefing & Course Recce
10:00AM – 10:30AM	APEX Kids 4 Years Old Race
10:30AM – 10:50AM	APEX Kids 3 Years Old Briefing & Course Recce
10:50AM – 11:20AM	APEX Kids 3 Years Old Race

Key Personnel

Role	Name
Event Director	Dominic Ang (MAS)
Race Director	Carson Wong (MAS)
Technical Director	Lini Kazim (MAS)
Operation Coordinator	Chong Xian Hao (MAS)
Technical Official Malaysia Triathlon Association	Peter Lau (MAS)

EVENT MAP



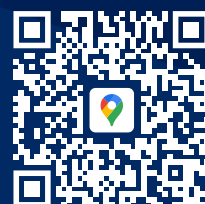
Road Closure

The road leading to the North Paddock Parking & EXPO from **Jalan Kuarters KLIA** will be closed 15 minutes before the race begins, from 5:45AM to 10:30AM. After 10:30AM, traffic on this road will be managed by marshals to facilitate participant exit.

If you need to leave the event during the road closure, please use the alternative route exiting onto **Jalan Pekeliling 2**, which will also serve as the designated emergency route throughout the event. All other roads included in the run course will remain closed until the event concludes.

Parking

Parking is available at the North Paddock Parking area. It can be accessed via **Jalan Kuarters KLIA** before the road closure. Once the road closure is in effect during the event, please use the alternative route via **Jalan Pekeliling 2** to access the parking and EXPO.



Click for directions
with Google Map



Click for directions
with Waze

EXPO

Be sure to visit the APEX Duathlon 2024 Expo located at Paddock Club 1 & 2 on the first floor of the pit building! Check out the Mercedes Benz car exhibition and the Polygon bike showcase, plus a variety of exhibitors with products and activities for everyone.

Need to unwind? Take advantage of our on-site physio and massage services. It's the perfect spot to enjoy, recharge, and make the most of your event experience!

Saturday, 16 November 2024

12:00PM – 8:00PM

EXPO Day 1 at Paddock Club 1 & 2

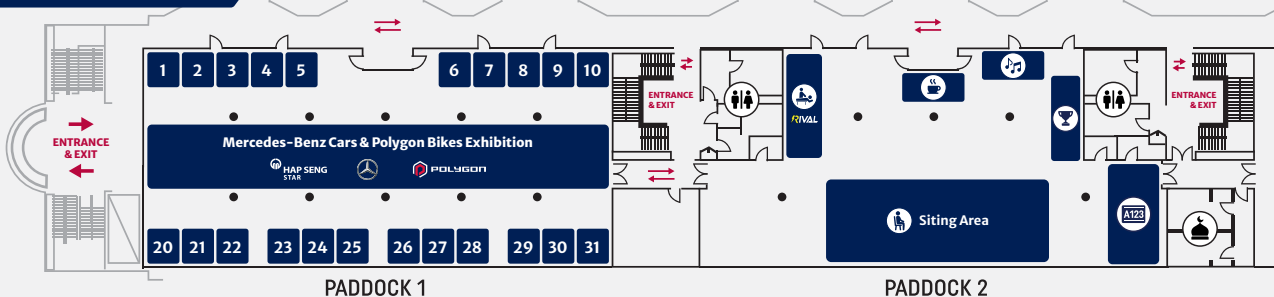
Sunday, 17 November 2024

8:00AM – 12:00PM

EXPO Day 2 at Paddock Club 1 & 2

EXPO Map (Exhibitors & Amenities)

Paddock Club, First Floor



EXHIBITORS

1 Shimano	6 Chek Hup	20 BONX KL	25 KL Wellness City	30 Pro Apparel
2 Shimano	7 Chek Hup	21 Recogen	26 YES	31 Pro Apparel
3 Lerun	8 Orbit Puchong	22 Skechers	27 Oakley	
4 Lerun	9 Michelin	23 100 Plus	28 Therabody	
5 Shokz	10 Smooshiejuice	24 100 Plus	29 PCK Medal Engrave	

- Race Pack Collection Sat, 16 Nov
- Prize Giving Ceremony Sun, 17 Nov
- Physio & Massage
- Food & Beverage
- Surau (Prayer Room)
- Access & Pathway

RACE INFORMATION

SPRINT (16-19 Elite Junior, Open Elite & Age Group)

Race Distance

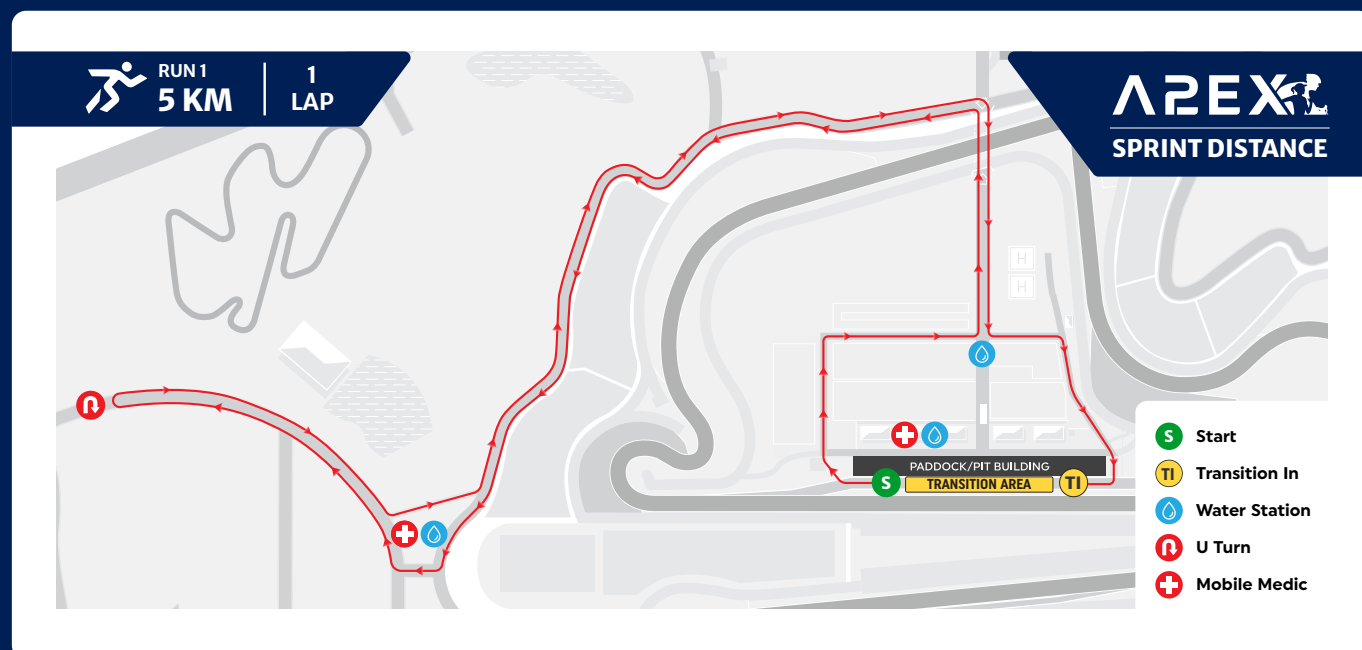
Run 1
5 KM

Bike*
20 KM

Run 2
2.5 KM

*Expect over distance on bike @ 21.5 KM

Run 1

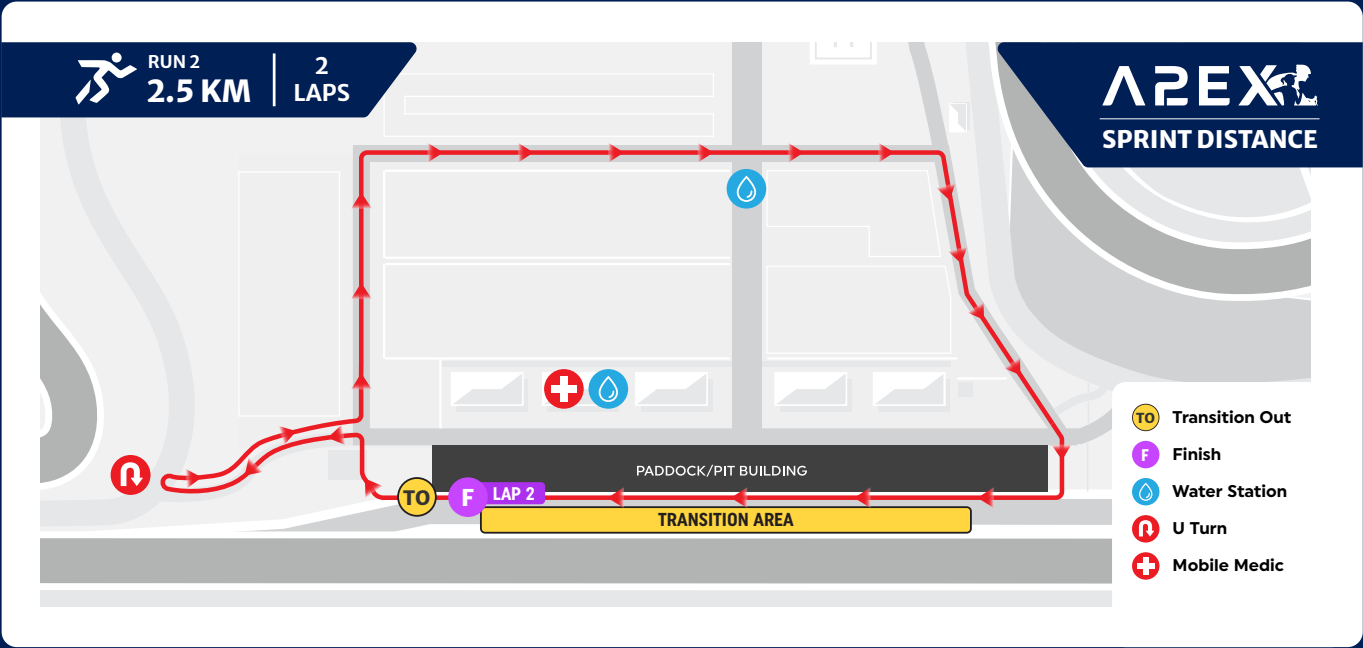


Bike

Rolling course with 15 technical corners
Cyclist please keep left, right lane for overtake only



Run 2



RACE INFORMATION

CHALLENGE

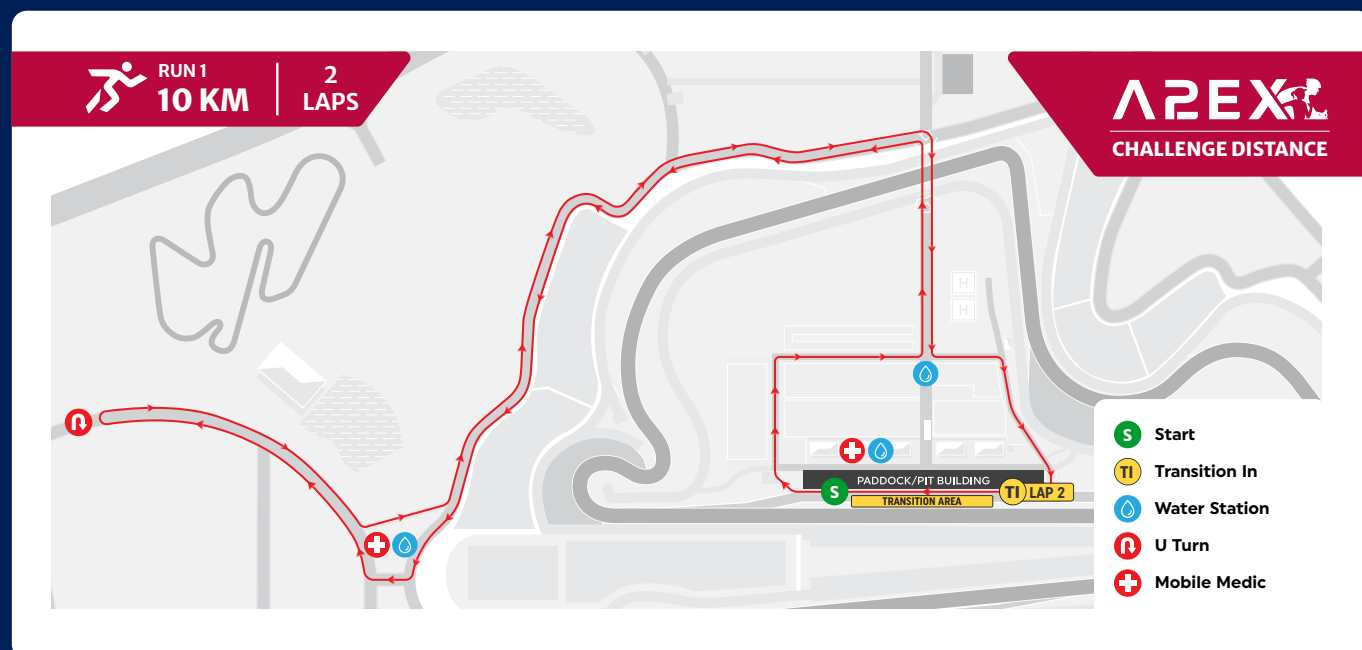
Race Distance

Run 1
10 KM

Bike
55 KM

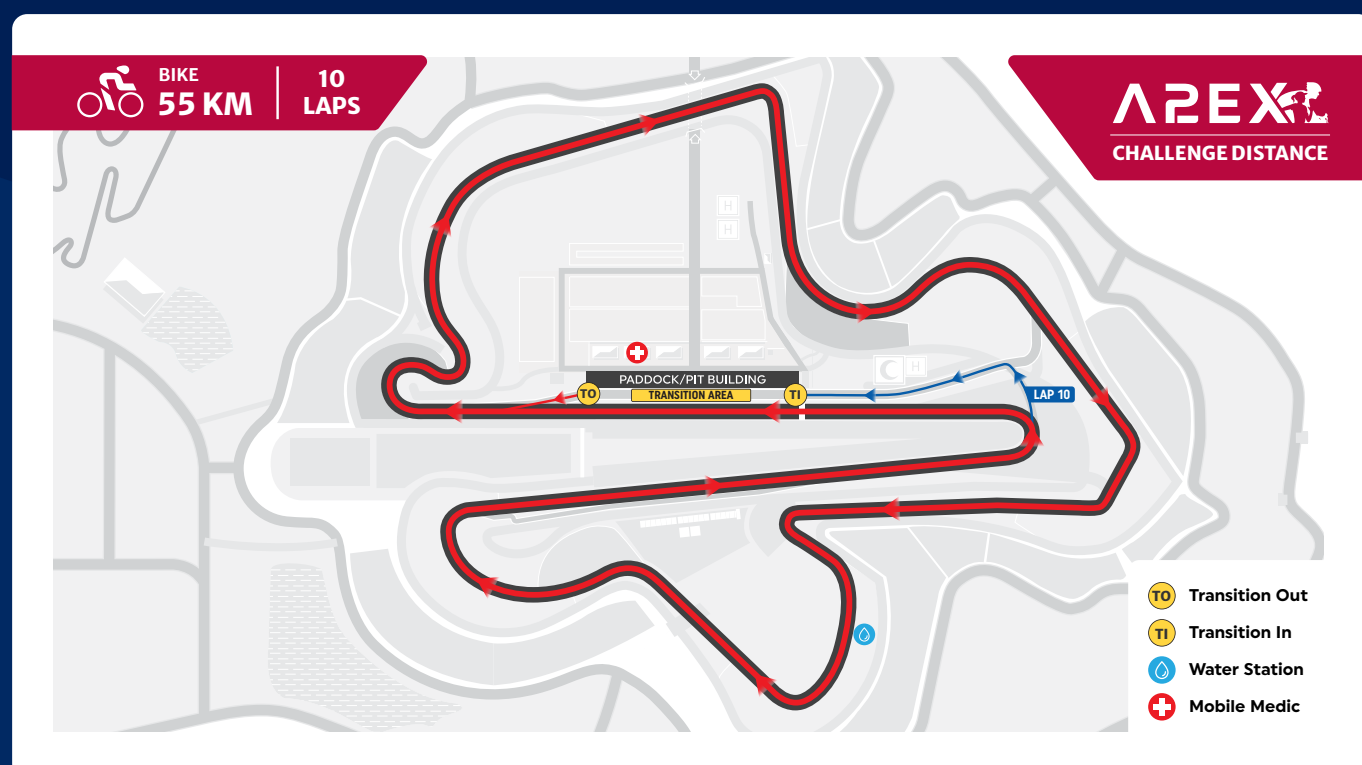
Run 2
10 KM

Run 1

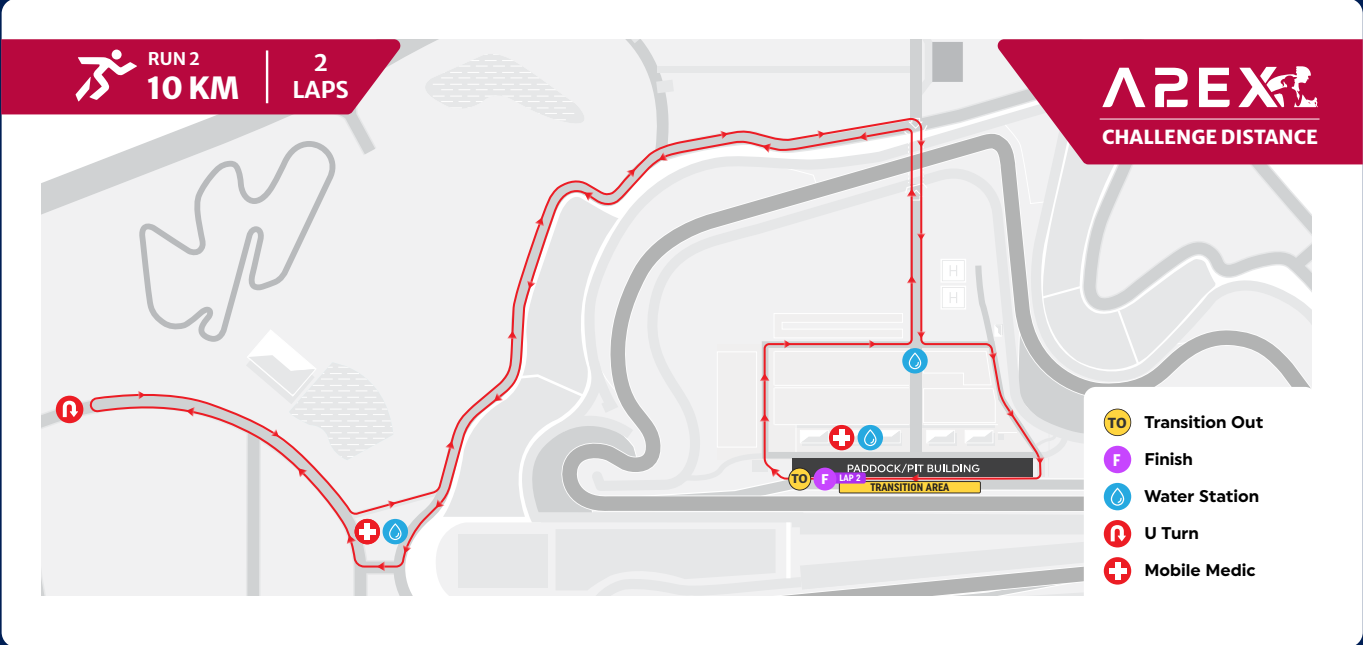


Bike

*Rolling course with 15 technical corners
Cyclist please keep left, right lane for overtake only*



Run 2



RACE INFORMATION

APEX KIDS

Race Distance



Run
30 - 60 M



Bike
150 - 250 M

YEAR OF BIRTH 2021

3 YEARS OLD



Run
30M



Bike
150M

YEAR OF BIRTH 2020

4 YEARS OLD



Run
40M



Bike
200M

YEAR OF BIRTH 2019

5 YEARS OLD



Run
50M



Bike
225M

YEAR OF BIRTH 2018

6 YEARS OLD



Run
60M



Bike
250M

Required Equipments

MANDATORY

To ensure a safe and fun race for all participants, the following equipment is mandatory:

- **Push bike (no pedals):** Any brand is allowed, but the bike must be a pedal-free push bike suitable for young children.
- **Helmet:** A properly fitting helmet is required for all participants to ensure safety during the race.
- **Shoes:** Closed-toe shoes must be worn during the race for protection and comfort.

HIGHLY RECOMMENDED

For additional safety, we recommend the following gear:

- **Elbow pads:** Great for added safety to prevent scrapes and injuries during falls.
- **Knee pads:** These provide extra protection for young racers, especially during the cycling portion of the race.

RULES & REGULATIONS

Running

- All runners must ensure that their race numbers are clearly visible on the front of their running attires at all times.
- A shirt must be always worn.
- Headphones or earphones are not permitted during the race.

Cycling

- All participants are required to use their own equipment and attire for the race. The Organizer will NOT provide any of these items to the participants.
- This is a draft-legal race. For safety reasons, only road bike is allowed for the race. Below are Draft-legal race rules:
 - a. Frame:** The frame of the bike shall be of a traditional pattern, i.e. built around a closed frame of straight or tapered tubular elements (which may be round, oval, flattened, teardrop-shaped, or otherwise in cross-section). Bikes built around a diamond shape (no saddle down tube) or with a rear triangle which does not connect at the top of the down tube/top tube section are considered acceptable.
 - a. Non-traditional or unusual bikes:** Non-traditional or unusual bikes or equipment shall be illegal unless details have been submitted to the Malaysia Triathlon Technical Committee for approval at least 30 days before the Event.
 - a. Wheels:**
 - i) No wheel may contain any mechanisms, which are capable of accelerating it.
 - ii) There must be a brake on each wheel.
 - iii) Wheels shall have at least 12 spokes.
 - iv) Disc wheels are not allowed.
 - a. Handlebars:**
 - i) Only traditional drop handlebars are permitted. The handlebars must be plugged
 - ii) Clip-ons are not allowed.
 - a. Time Trial Bike / TT Bike:**
 - i) Time Trial / TT bikes are allowed to race but will not be allowed to draft due to safety reasons and will be disqualified if found drafting.

- All participants must wear a helmet during the entire cycling course. Any participant seen riding without a helmet will result in immediate disqualification.
- All participants must ensure that their helmets are securely fastened before leaving the transition area.
- All participants must ensure that their race numbers are visible at the back of their cycling attires at all times.
- Bare torso is not allowed.
- Participants may walk or run with their bicycle.
- Support vehicles and crews are not permitted. Any assistance received during cycling will result in immediate disqualification (except medical aid).
- All participants are required to perform self-repairs if their bicycle encounters mechanical issues.
- Participants must place their bicycles at the designated bicycle rack with their race numbers visible on race day morning.
- All participants are encouraged to have their bikes checked before the race starts.

Transition Area

- Each bicycle rack is numbered to correspond with a participant's race number.
- Participants must place their bicycles at the designated bicycle rack with their race numbers visible and in place.
- The Organiser will provide a basket to each participant for their belongings.
- Participants must not interfere with another participant's belongings.
- Cycling is not permitted in the Transition Area.



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