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## **Malaysia Ultra League Championship 2016/17 Inaugural Season Gala Dinner & Awards Night**

**Cheras, Selangor, January 7, 2018** – The Malaysian Ultra Running Association (MURA) concluded the inaugural season of the Malaysia Ultra League Championship (MUL) 2016/17 with a Gala Dinner & Awards night at the Sungai Long Golf & Country Club, Cheras, Selangor. After the successful launching of the MUL in June 2017, the league was concluded with 23 races in November 2017 for the 2016/17 inaugural season. There were also 6 candidate races that was added during the year whereby 3 races were included in the 2016/17 season and 3 races for the 2017/18 season.

The Inaugural MUL has achieved its primary objectives by providing 90% of Malaysia ultra-race organizers in the current league, a platform to promote their races to both local and international runners. MUL is also known to be the only national ultra-running league in the world.

MUL 2016/17 which was sponsored by Ultron, recorded a total of 3,771 runners comprising 2,994 males and 777 female runners. The total registration in the league was 5,979 with each runner's total races combined. That constitute to approximately 80.1% male (4,792) and 19.9% female (1,187) total registrations in 23 races.

MUL 2016/17 also attracted 37 nationalities including Malaysians. The longest road race in the league was Titi Ultra 250km category with a time limit of 42 hours whereas Penang Eco 100miles was the longest trail race with a time limit of 40 hours.

The top 20 men and women in the league was recognized with trophies, certificates of achievement, prizes from sponsors and free race slots during the Gala Dinner & Awards night on 7th January 2018 at the Sungai Long Golf & Country Club.



Ultra-runners Mr. Yim Heng Fatt (Malaysia) and Ms. Jefferlyn Castellano (Philippines) were crowned the men and women champion respectively. Both were included in the MUL Hall Of Fame with a Challenge Trophy.

Moving into the second season in 2017/18, MUL is expecting to increase its races to at least 30 races with a target of more than 6,000 registrations for the next season ending November 2018. Ultron being the Title Sponsor of MUL 2016/17 has also firmed up their interest and continuous support to be the Title Sponsor for MUL 2017/18.

As of press time, the Head of MUL Committee, Mr Victor Cheng briefed the press that more than 90% of all Ultra Races in Malaysia have shown their commitment and has joined the league. He was also quoted saying that, the current races in the MUL stands at 26 races and 4-5 more new candidate races are expected to join the league in 2018. He also mentioned that MURA is confidence via the MUL Championship, the quality of ultra-races in Malaysia will improve significantly and the popularity of the races will increase with both local and international ultra-runners.

#### ***About Malaysian Ultra Running Association (MURA)***

MURA, registered under the Registrar Of Society and formed in June 2014 is a non-profit entity that seeks to provide a national platform representing common interests of Malaysian ultra-runners to government authorities, sponsors, race directors and other stakeholders. As an officially registered body, it seeks to represent Malaysian ultra-runners in international ultra-running arenas and communities. Locally, through organizing regular forums, running clinics, LSDs and working closely with the race directors, MURA seeks to promote general quality of Malaysian ultra-runners and ultra-races in the long term.

For more information, please visit <http://www.mura.com.my/>

#### ***About Ultra-marathons***

An ultramarathon, also called ultra-distance or ultra-running, is any footrace longer than the traditional marathon length of 42.195 kilometers. There are two types of ultramarathon events: those that cover a specified distance, and events that take place during time (with the winner covering the most distance in that time). The most common distances are 50 kilometers, 100 kilometers, 50 miles (80.4672 km), and 100 miles (160.9344 km), although many races have other distances. The 100 kilometers is recognized as an official world record event by the International Association of Athletics Federations (IAAF), the world governing body of track and field. Other distances/times include double marathons, 24-hour races, and multiday races



of 1,000 miles (1,600 km) or even longer. Many ultramarathons, especially trail challenges, have severe course obstacles, such as inclement weather, elevation change, or rugged terrain. Many of these races are run on dirt roads or mountain paths, though some are run on paved roads as well. Usually, there are aid stations every 10 to 20 kilometers apart, where runners can replenish food and drink supplies or take a short break. Timed events range from 6, 12, and 24 hours to 3, 6, and 10 days (known as multi-day events). Timed events are generally run on a track or a short road course.

The International Association of Ultra runners (IAU) organizes the World Championships for various ultramarathon distances, including 50 kilometers, 100 kilometers, 24 hours, and ultra-trail running, which are also recognized by the IAAF. Many countries around the world have their own ultra-running organizations, often the national athletics federation of that country, or are sanctioned by such national athletics organizations. World records for distances, times, and ages are tracked by the IAU.

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