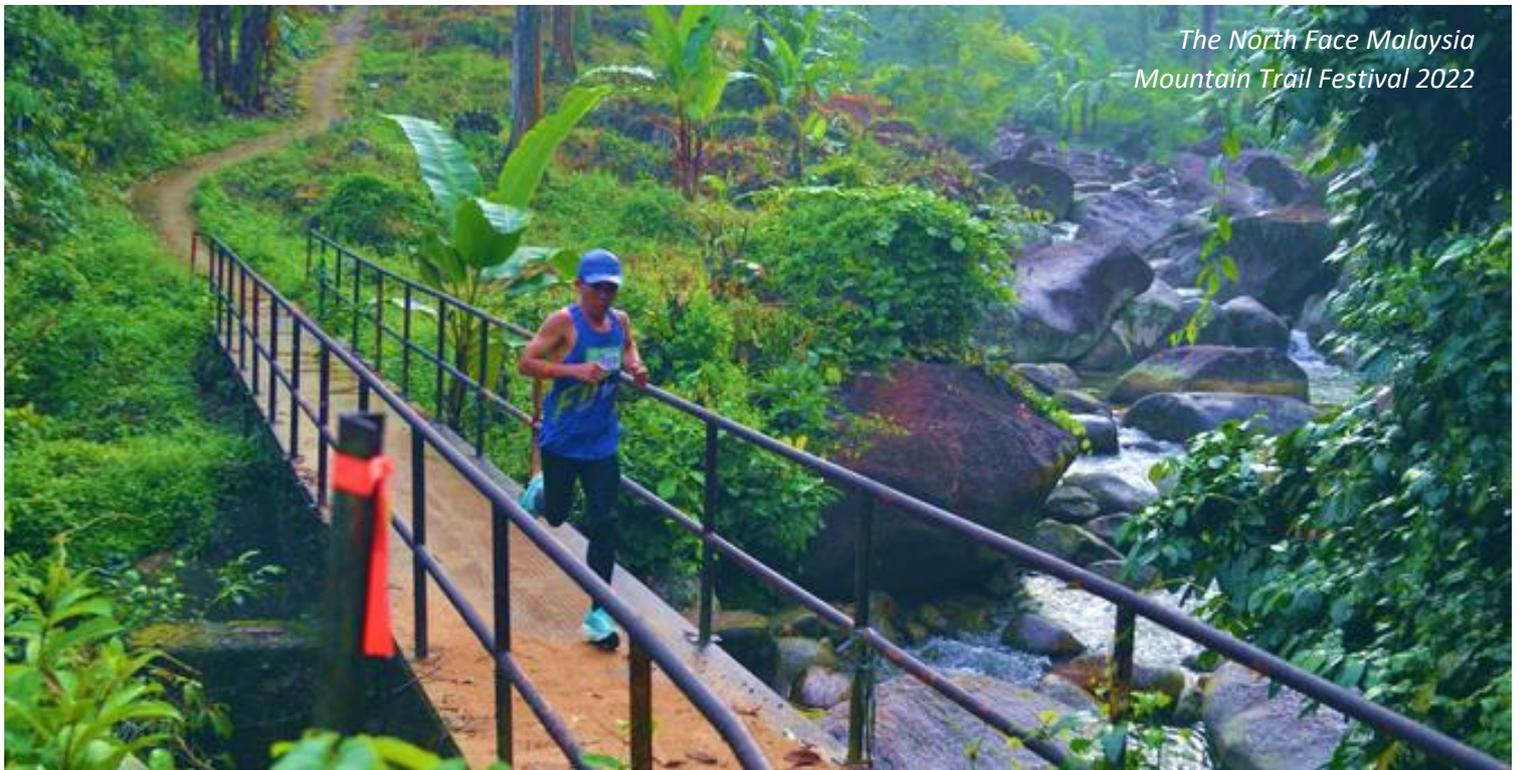




**GUIDEBOOK**  
TO  
**MALAYSIA ULTRA**  
**LEAGUE**  
**CHAMPIONSHIP**  
Season 2023



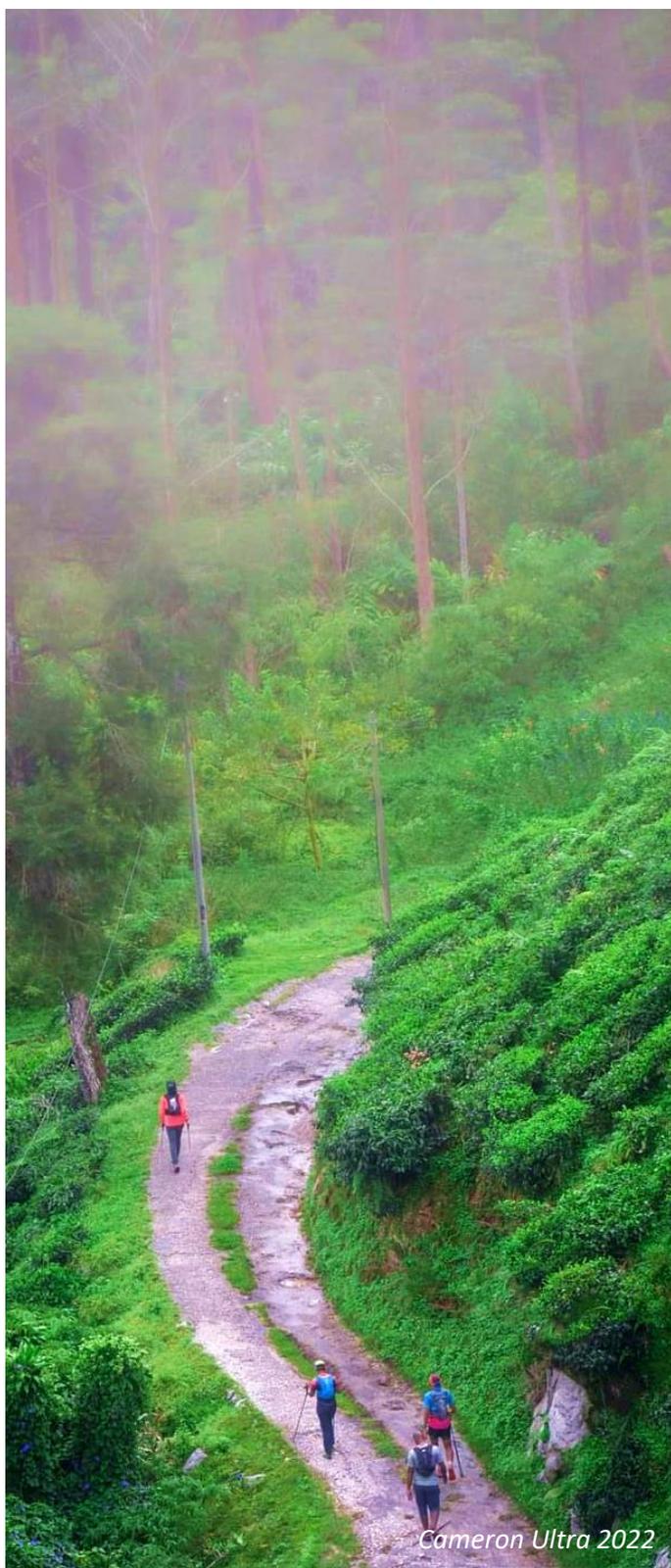


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# INTRODUCTION



**Malaysia Ultra League Championship** (“MUL”) is a league operated by the **Malaysia Ultra Running Association** (“MURA”) to develop ultra marathon running in Malaysia. MURA was founded in year 2014 with the purpose to promote ultra-running to the public and upkeep the standard of the sport in Malaysia.

MUL was created with the intention to provide our runners a platform to compete and showcase their ability and talents. The MUL ranking can also be used as a reference in future to identify capable runners as national athletes or representatives when necessary.

This guidebook outlines the league structure, rules, and all other details for MUL Championship season 2023.

MUL season 2023 is currently being driven by MURA committees on voluntary basis (i.e., without any pay) and with the support of our local race organizers and sponsors.

# LEAGUE STRUCTURE

Two leaderboards are introduced in MUL Season 2023, namely the **“Specialized Leaderboard”** and **“Overall Leaderboard”**. Both leaderboards are running independently and concurrently.

## Specialized Leaderboard

In order to emphasize on runner’s development in specific discipline, the **“Specialized Leaderboard”** incorporates three major league categories:

- **“Road”** category – for road ultra marathons
- **“Trail”** category – for trail ultra marathons
- **“Fixed Time”** category – For time-based looping races regardless of terrain.

We understand that not necessarily all runners focus on long distance ultra races, some runners may be specialize in the “short” ultra-marathons such as 50 km or 50 miles races. Therefore, we have divided the Road category and Trail category into two sub-groups:

- **“Long Distance”** – for road and trail races with distance of 100km and above
- **“Short Distance”** – for road and trail races with distance from 50km up to 99km



# LEAGUE STRUCTURE

## Specialized Leaderboard

The top performance runners from each category will be selected in according to the table below. The reward is still being finalized at the moment this guidebook is being prepared.

This ranking can also be a reference to identify the top Malaysian runners and introduce them as “seed runners” during any international or national race selection.

<b>Road Category</b>	
<b>Long Distance</b>	
Men	Women
Top 1	Top 1
Top 2	Top 2
Top 3	Top 3

<b>Trail Category</b>	
<b>Long Distance</b>	
Men	Women
Top 1	Top 1
Top 2	Top 2
Top 3	Top 3

<b>Fixed-time Category</b>	
Men	Women
Top 1	Top 1
Top 2	Top 2
Top 3	Top 3

<b>Short Distance</b>	
Men	Women
Top 1	Top 1
Top 2	Top 2
Top 3	Top 3

<b>Short Distance</b>	
Men	Women
Top 1	Top 1
Top 2	Top 2
Top 3	Top 3

## Overall Leaderboard

MULC Season 2023 has also retained the leaderboard in previous edition for overall Top 10 Men runners and Top 10 Women runners. The ranking will be sorted according to the sum of TOP 4 highest MUL Points the participant gathered during Season 2023 from all MUL races.

<b>Overall Leaderboard</b>	
<b>Top Leaders</b>	
Men	Women
Top 1	Top 1
Top 2	Top 2
Top 3	Top 3
Top 4	Top 4
Top 5	Top 5
Top 6	Top 6
Top 7	Top 7
Top 8	Top 8
Top 9	Top 9
Top 10	Top 10

# SCORING SYSTEM

## **MUL Point Formula**

The ranking in the leaderboards will be sorted according to the sum of a participant's top four highest **MUL Points** from different races. The MUL Point for a race will be calculated by using the formula below:

$$\mathbf{MUL\ Point = KP + EP + PB}$$

Whereby,

KP = Kilometer Point

EP = Elevation Point

PB = Position Bonus

## Kilometer Point ("KP")

KP is granted to the participants at the basis of 1.00km = 1 MUL point.

KP is calculated based on ACTUAL course distance, not the advertised course distance.

For example:

Example	Category	Actual Course Distance [km]	No. of loop	Kilometer-Point (KP)
Titi Ultra - 50km	Road	50	n/a	50
UTOP - 100km	Trail	100.3	n/a	100.3
TMEC	Endurance	3.6	25	90

## Elevation Point ("EP")

EP is granted to the participant at the basis of 100m Elevation Gained = 1 MUL point.

EP is calculated based on ACTUAL course elevation gained, not the advertised course elevation gained.

For example:

Example	Category	Actual Elevation Gain [m]	No. of loop	Elevation Point (EP)
Titi Ultra - 50km	Road	741	n/a	7.41
UTOP - 100km	Trail	5709	n/a	57.09
TMEC	Endurance	60	25	15

# SCORING SYSTEM

## Position Bonus (“PB”)

PB will be given the TOP 50 runners in a race according to their OVERALL RANKING in their gender category and it is regardless of age groups. The Position Bonus varies according to the advertised race distance.

Advertised Race Distance	Position									
	1	2	3	4	5	6	7	8	9	10
≤ 99 km	250	220	195	175	160	150	140	130	120	110
100 - 159 km	500	440	390	350	320	300	280	260	240	220
≥ 160 km	750	660	585	525	480	450	420	390	360	330

Advertised Race Distance	Position									
	11	12	13	14	15	16	17	18	19	20
≤ 99 km	105	100	95	90	85	80	75	70	65	60
100 - 159 km	210	200	190	180	170	160	150	140	130	120
≥ 160 km	315	300	285	270	255	240	225	210	195	180

Advertised Race Distance	Position									
	21	22	23	24	25	26	27	28	29	30
≤ 99 km	57	54	51	48	45	42	39	36	33	30
100 - 159 km	114	108	102	96	90	84	78	72	66	60
≥ 160 km	171	162	153	144	135	126	117	108	99	90

Advertised Race Distance	Position									
	31	32	33	34	35	36	37	38	39	40
≤ 99 km	28	26	24	22	20	18	16	14	12	11
100 - 159 km	56	52	48	44	40	36	32	28	24	22
≥ 160 km	84	78	72	66	60	54	48	42	36	33

Advertised Race Distance	Position									
	41	42	43	44	45	46	47	48	49	50
≤ 99 km	10	9	8	7	6	5	4	3	2	1
100 - 159 km	20	18	16	14	12	10	8	6	4	2
≥ 160 km	30	27	24	21	18	15	12	9	6	3

A race must have at least 10 or more starters in order to be eligible for Position Bonus. For example,

*If “AAA road ultra - 200km category” only has 5 starters during flag-off, then the 200km category is not eligible for Position Bonus but still eligible for KP and EP. Nevertheless, other category such as “AAA road ultra – 100km category” which has 10 or more starters is not affected and will be given PB, KP and EP.*

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# SCORING SYSTEM

## “Best-of-Four” Rules

The “Best-of-Four” rules is applicable to both **Specialized Leaderboard** and **Overall Leaderboard**. Only the FOUR highest MUL scores from four different races shall be taken into consideration in every league category.

### **Example for Specialized Leaderboard**

Killian Jornet has completed ELEVEN 100km trail races in the league, but we will only take his top FOUR games with the highest MUL Point into consideration for “**Trail** – Long Distance” category.

### **Example for Overall Leaderboard**

Pau Capell has completed FIVE trail races, THREE road races and TWO fixed-time races, but we will only take his FOUR highest MUL points out of the TEN race points to calculate the overall leaderboard points.

It can be:

- 2 trail + 2 road, or
- 4 trail, or
- 1 trail +1 road + 2 fixed-time

The calculation is regardless of the terrain, only top four highest points will be taken into consideration.

*The Most Beautiful Thing  
Ultra Trail Marathon 2022*



# SCORING SYSTEM

## Example

A runner has completed the below MUL races in year 2023 within the Cut-Off Times:

No.	Race Name	Advertised distance	MUL specialized category	Actual distance	Actual Elevation gained	Gender position	MUL Point
1	AAA TRAIL RUN	50 km	Short trail	51 km	1,100 m	10	51+11+110 = 172
2	BBB TRAIL RUN	50 km	Short trail	49 km	500 m	55	49+5 +0 =54
3	CCC TRAIL RUN	100 km	Long trail	100 km	2,200 m	5	100+22+320 =442
4	DDD TRAIL RUN	100 km	Long trail	110 km	3,550 m	12	110+35.5+200 =345.5
5	EEE TRAIL RUN	100 km	Long trail	70 km	1,400 m	8	Nil (actual distance short more than 15%)
6	FFF TRAIL RUN	100 km	Long trail	98 km	3,670 m	5	98+36.7+320 =454.7
7	GGG TRAIL RUN	100 km	Long trail	101 km	6,500 m	1	101+65+500 =666
8	FFF TRAIL RUN	160 km	Long trail	170 km	10,300 m	8	170+103+390 =663
9	HHH ROAD RUN	50 km	Short Road	48 km	2,000m	1	48+20+250 =318
10	III ROAD RUN	168 km	Long Road	170km	4,800m	4	170+48+525 =743
11	JJJ ROAD RUN	444 km	Long Road	454 km	5,800 m	2	454+58+660 =1172
12	KKK 48H EVENT	48 hours looping game	Fixed-time category	205 km	100m	2	205+1+660 =866
13	LLL 24H EVENT	24hours looping game	Fixed-time category	150 km	0m	1	150+0+500 =650

His leaderboard scores will be as per below:

Category	Highest 1	Highest 2	Highest 3	Highest 4	Final Score
Short trail	172	54	-	-	<b>226</b>
Long trail	666	663	454.7	442	<b>2,225.7</b>
Short road	318	-	-	-	<b>318</b>
Long road	1,172	743	-	-	<b>1,915</b>
Fixed-time	886	650	-	-	<b>1,536</b>
<b>Overall Leaderboard</b>	<b>1,172</b>	<b>866</b>	<b>743</b>	<b>666</b>	<b>3,447</b>

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# RULES

## General rules

- 1) Only races with advertised distance of 50km and above are eligible for MUL Point.
- 2) Runners who Did Not Start (“DNS”), disqualified (“DQ”), Did Not Finish (“DNF”) or could not complete the race within Cut-off Times stipulated by the race organizer, will not earn any MUL point for the race.
- 3) In order for a race to be categorized under “Trail category”, at least 60% of its race course must be trail terrain, i.e., not tarmac road or track surface. MURA reserves the right to change the race category for any event if the road-trail ratio is found to be inaccurate.
- 4) For Specialized Leaderboard, the race is being categorized to long or short category according to the race distance advertised by its race organizer. However, the “Kilometer-Point” and “Elevation Point” shall be calculated based the actual event distance and elevation gained.

For example,

A race is being advertised as 100km race, but it turned out the actual course on race day is only 95km.

Therefore, this race will still fall under “Long Distance” (i.e., 100km & above) but the Kilometer-Point point will be 95 only.

- 5) The “kilometer point” and “elevation point” shall be calculated based on GPX file submitted by the race organizer. Race organizer is obliged to update MURA the **actual course distance** ran during the event when they are submitting the race result to MURA. MURA reserves the right to challenge the distance and elevation gained figures for MUL calculation purpose.
- 6) When the actual course distance of a race is shorter than its advertised course distance by **more than 15%**, the race will not be eligible for MUL point.

For example,

A race is being advertised as 100km race, but it turned out the actual course on race day is only 80km. The race course was short by 20%, therefore the participants will not be getting any MUL point.

Another race advertised itself as 50km race, but the actual course was cut short to 42.5km. The race course is short by 15%, which is still within the permissible tolerance. Therefore, the finishers will get MUL point.

# RULES

- 7) In order to be eligible to participate in MULC Season 2023, an event must have a Total Starter Number of 50 participants or more. The number of participants is calculated based on the total sum of all category which have distance longer than full marathon distance.

For example,

Event AAA has the below participant number:

25km road category = 15 starters  
 50km road ultra category = 25 starters  
 100km road ultra category = 30 starters

Its Total Starters Number for ultra category is  $25+30 = 55$  starters, which is more than 50 participants. Therefore, both the 50km and 100km categories races are eligible to participant in MULC Season 2023.

- 8) A race must have at least 10 or more starters in order to be eligible for Position Bonus.

For example,

“BBB road ultra - 200km category” only has 5 starters during flag-off. Therefore, the 200km category is not eligible for Position Bonus.

Nevertheless, the other category such as “BBB road ultra – 100km category” which has 10 or more starters is not affected.

- 9) In the event two or more runners have a same total MUL point in the leaderboard, the runner who has the highest MUL point in a single race prevails.
- 10) MUL points are only for individual runners participating in individual categories. No MUL points will be granted for teams, dup, pairs, group, pacer-team, relay, etc. regardless the race format.
- 11) No MUL points will be granted if the race is called off at any point (due to e.g. storm, accident, etc). However, if the participant complete the said race before it gets called off and are recognized as an official finisher by the organizer, he/she will receive MUL point.

If a race get downgraded officially and the distance remains above 50km, finishers will receive MUL points.

- 12) Only events which utilized timing mat to record its result are eligible for MUL points. Manual recording or other methods are not acceptable.
- 13) For any dispute due to unclear league rules, MURA shall make the final decision at its own discretion based on fair and unprejudiced consideration.

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# RULES

## Rules for Fixed-Time Category

- 1) For time-based looping game (e.g. 6-hours looping race), the runner has to achieve at least 50km in order to be eligible for MUL point.
- 2) The essence of Fixed-Time Races is to do as much distance as possible within a fixed time frame. Therefore, for looping races that has fixed distance and fixed Cut-off Time ("COT"), it is not considered under fixed-time category.

### Example 1

A road race requires the participants to complete four loops of 25km course (total 100km), the given COT is 24 hours. In this case, this race is being consider as a 100km road race and not a fixed-time race cause it has a fixed distance.

### Example 2

A trail race requires its runners to complete five loops of 33km race course (i.e., fixed distance of 165km) and the COT is 60 hours. Since it has a fixed distance, it is not considered as Fixed-Time Category.

Therefore, if a participant has completed four loops but DNF in the final loop, he will be considered as "DNF" and no MUL point will be given.

- 3) Pursuant to clause no.2 above, "Backyard Ultra" shall be considered as an exception and is fall under Fixed-time Category.
- 4) For Backyard Ultra series, the rank shall be sorted according to the number of loops completed by the runners. If two or more runners have the same loop count, whoever finished their final loop faster will earn a higher position in rank. In the event of tie or unable to differentiate the ranking, the race director/organizer shall determine the rank by using his own fair and unbiased justification.

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# FOR RACE ORGANIZERS

## Requirements to Participate in MULC 2023

Below outlined the requirements for an event to join MULC Season 2023:

- 1) The running event must be hosted in Malaysia.
- 2) The running event must have the below documents in place:
  - a. Letter of Acknowledgement (LoA) from MURA
  - b. Participants insurance cover note
- 3) The race organizers shall write-in officially to MURA via [info@mura.com.my](mailto:info@mura.com.my) to indicate their intention to participate in MULC Season 2023 **not later than 30 days before the event day.**
- 4) The race organizer shall sign a Memorandum of Understanding (MOU) with MURA to formalize the participation.
- 5) Upon completing the event, the race organizers shall email their race results **in the format specified by MURA** within 30 days after the event day.
- 6) The race organizers shall comply to all rules and regulations imposed by the authorities.

MURA reserves the right to exclude any race event from MULC Season 2023 if it fails to comply any of the clauses stated above.

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# FOR RACE ORGANIZERS

## Benefits of Participating in MULC

- 1) It helps to attract more participants to the event. Runners will be tempted to join the race so that they can earn more MUL point.
- 2) It is in MURA's pipeline to setup a "After-Race Review Platform" which enable runners to rate an event after race. We will select some events with excellent review rating and label them as "Super Race" in MULC Season 2024.

Participants will be able to earn extra points by joining "Super Race", for example 50% extra point, thus it will attract more runners to the event!



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# FAQ

## 1) When is the starting date of MULC Season 2023?

MULC Season 2023 period starts from 1<sup>st</sup> Jan 2023 until 31<sup>st</sup> Dec 2023.

## 2) Is it possible for a runner to win in Specialized Category and Overall Leaderboard at the same time?

Yes, it is possible. All leaderboards and categories are running independently and concurrently. Therefore, theoretically it is possible for a runner to win in all specialized categories and overall Leaderboard too.

## 3) Can I join MULC if I am not a Malaysian?

Yes, anyone can join MULC as long as he participates in one MULC event. The entry into MULC is automatic upon MURA receive the race result from the race organizer.



## FAQ

### 4) Why did MURA abolish the “Trail Bonus” in MUL scoring system?

Trail Bonus was considered previously because MURA wanted to give more points to trail races to compensate its “difficulty”. Nevertheless, upon reconsideration, different terrains have their distinctive advantages and challenges. Ultimately, the intention of this new change is to remove subjectivity from the scoring system.

### 5) Why is the MULC Leaderboard ranking not being updated yet?

MURA will update the MULC leaderboard quarterly, i.e., every 3 months, subjected to the receipt of result in required format from race organizer.

### 6) I have some questions about MULC Season 2023 and this guidebook did not cover it.

Runners and Race Organizers are encouraged to check with MURA directly if there is any question regarding the game rules. MURA will continue to update the guidebook when the league is on-going, if necessary.



Tailwind Penang Eco 2019



You can contact us by email at  
*[info@mura.com.my](mailto:info@mura.com.my)*  
for any inquiries about MULC Season 2023.