



GUIDEBOOK
TO
MALAYSIA ULTRA
LEAGUE
CHAMPIONSHIP
Season 2026



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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 outlined the league structure, rules, and all other details for MUL Championship season 2026.

MUL season 2026 is currently driven by MURA committees and with the support of our local race organizers and sponsors.

LEAGUE STRUCTURE

Two scoreboards are being introduced in MULC Season 2026, namely the “**Primary Scoreboard**” and “**Specialize Scoreboard**”. All scoreboards are running independently and concurrently.

Primary Scoreboard

2 types of General Scoreboard being introduced:-

1. MULC Scoreboard – for best performance ultra runners on both road and trail.
2. Season Scoreboard – to recognized season runners who are active for the season.

MULC Scoreboard

The ranking will be sorted according to **TOP 6** highest MUL Points that the participant gathered during Season 2026 from all MUL races. Top 10 Men runners and Top 10 Women runners will be awarded. The main purpose of this leaderboard is to identify best performance ultra runners in Malaysia.

MULC Scoreboard	
Top Leaders	
Men	Women
Champion	Champion
1 st Runner Up	1 st Runner Up
2 nd Runner Up	2 nd Runner Up
4 th Placing	4 th Placing
5 th Placing	5 th Placing
6 th Placing	6 th Placing
7 th Placing	7 th Placing
8 th Placing	8 th Placing
9 th Placing	9 th Placing
10 th Placing	10 th Placing

Season Scoreboard

The ranking will be sorted according to **ALL** MUL Points that the participant gathered during Season 2026 from **ALL** MUL races. Top 5 Men runners and Top 5 Women runners will be awarded. The main purpose of this leaderboard is to recognized active runners who perform well.

This leaderboard is reserve for active and season runners. The top 10 of the MULC Scoreboard cannot win this award. Example when end of season, Linda rank 9th in Women MULC Scoreboard and 5th in Women Season Scoreboard. However, Sarah rank 13th in Women MULC Scoreboard and 6th in Women Season Scoreboard. Then, Linda will win the 9th placing Women MULC Award and Sarah will win the 5th placing of Women Season Award.

Season Scoreboard

Top Leaders	
Men	Women
Champion	Champion
1 st Runner Up	1 st Runner Up
2 nd Runner Up	2 nd Runner Up
4 th Placing	4 th Placing
5 th Placing	5 th Placing

LEAGUE STRUCTURE

Specialized – Elite Scoreboard

In order to emphasize on runner's development in specific discipline, the **"Elite Scoreboard"** has incorporated 2 major league categories:

- **"Road"** category – for road ultra marathons
- **"Trail"** category – for trail ultra marathons

MULC is an ultra-marathon league for all runners in Malaysia to focus on the distance according to ITRA and IAU categories. In future, **MURA will use "Elite Scoreboard" to identify potential to represent Malaysia in major championship such as IAU World, WMTRC, APTRC and SEATRA.**

Road Category

- 3 subcategories for fixed distance such as 50km, 80km and 100km.

Trail Category

- **"Long Trail"** – for trail races with distance from 76km up to 120km
- **"Short Trail"** – for trail races with distance from 50km up to 75km

Note: Elite Scoreboard only applicable to fixed distance event.



LEAGUE STRUCTURE

The top performance runners from each category will be selected in according to the table below.

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.

The ranking will be sorted according to TOP 3 highest MUL Points by sub category that the participant gathered during Season 2026 from all MUL races.

Road Category	
50km	
Men	Women
Top 1	Top 1
Top 2	Top 2
Top 3	Top 3

80km	
Men	Women
Top 1	Top 1
Top 2	Top 2
Top 3	Top 3

100km	
Men	Women
Top 1	Top 1
Top 2	Top 2
Top 3	Top 3

Trail Category	
Long Trail	
Men	Women
Top 1	Top 1
Top 2	Top 2
Top 3	Top 3

Short Trail	
Men	Women
Top 1	Top 1
Top 2	Top 2
Top 3	Top 3

SCORING SYSTEM

The Scoring System

The ranking in the leaderboard will be sorted according to the participant's **MUL Point**. Unlike previous edition, "Kilometer Point" and "Elevation Point" being eliminated. This edition scoring system fully concentrate on runners' performance (timing). All distances have equivalent chance to score same point. The MUL Point is being calculated by using the formula below:

$$\text{MUL Point} = PP + PB$$

Whereby,

PP = Performance Point

PB = Performance Bonus

Performance Point ("PP") – Best Time

The PP is computed based on runner's finish time compare with best time base on the chart plot from few major events. The chart will be plotted based on kilometer-effort (distance and elevation gain, 100m EG = 1km effort) of the major events. PP Best Time is then determined by actual kilometer and actual elevation gain of the said event with formula below:

Performance Point ("PP") – Best Time – Trail Formula

$$0.013 \times Z^2 + 1.7 \times Z + 50$$

Whereby,

Z = Actual Kilometer Effort

for the said event

Performance Point ("PP") – Best Time – Road Formula

$$0.012 \times Y^2 + 1.6 \times Y + 40$$

Whereby,

Y = Actual Kilometer Effort

for the said event

Performance Point ("PP") – Formula

The PP is computed based on runner's finish time compare with best time with formula below.

$$\frac{[Z - (Y/2 - Z)] / 2}{Z} \times \frac{4}{3}$$

Whereby,

Z = PP, Best Time for the event

Y = Runner's Time

*** Best Time formula credit to David Christopher*

*Kailas King of Kemensah 2022
Photo by Pixel Asimo*



SCORING SYSTEM

Performance Bonus ("PB") – Base Point

PB base points will be given the TOP 20 runners in a race according to their OVERALL RANKING in their gender category and it is regardless of their age groups. The main purpose for Performance Bonus is to differentiate 2 or more runners who finish the race with close timing as the performance points are calculated based on timing.

Pos	PB	Pos	PB
1	150	11	28
2	115	12	24
3	90	13	22
4	72	14	20
5	60	15	18
6	52	16	16
7	46	17	14
8	40	18	12
9	36	19	10
10	32	20	8

Performance Bonus ("PB") – Number of starters factor

A race must have at least 2 or more starters (by gender category) in order to be eligible for Performance Bonus. However, the performance bonus will be vary by number of starters as table below.

Number of starters (by gender)	Performance Bonus Percentage (%)
1	0%
2 to 4	10%
5 to 10	20%
11 to 20	30%
21 to 30	40%
31 to 50	50%
51 to 80	60%
81 to 100	70%
101 to 150	80%
151 to 200	90%
201 and above	100%

For example,

If "AAA road ultra - 200km category" only has 5 women starters and 48 men starters during flag-off. Then the 200km category women overall champion Performance Bonus is $200 \times 20\% = 40$ points. However, the 200km category men overall champion Performance Bonus is $200 \times 50\% = 100$ points.

SCORING SYSTEM

“Best-of-Three” Rules

The “Best-of-Three” rules is applicable to **Elite Scoreboard**. Only the **THREE** highest MUL score by category from four different races shall be taken into consideration in every league category.

Example for Elite Scoreboard

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

“Best-of-Six” Rules

The “Best-of-Six” rules is applicable to **MULC Scoreboard**. Only the **SIX** highest MUL score from six different races shall be taken into consideration in every league category.

Example for MULC Scoreboard

Pau Capell has completed TEN trail races and SIX road races, but we will only take his SIX highest MUL points out of the SIXTEEN race points to calculate the MULC scoreboard points.

It can be:

- 3 trail + 3 road, or
- 6 trail, or
- 6 road, or
- 4 trail + 2 road

Regardless of the terrain or distance, only top six highest points will be taken into consideration.

However, please note that **Season Scoreboard** does not apply any “Best of n” rules, all results or scores will be included in the leaderboard. The purpose of **Season Scoreboard** is to allowed active runners to win reward.

SCORING SYSTEM

Example

Muthu has completed the below MUL races in year 2026 within the Cut-Off Times:

No	Race Name	Advertised distance	MUL Elite category	Actual distance	Actual Elevation gained	Gender position	Total starter by gender	Time	Best Time	Performance Point	Performance Bonus	MUL Point
1	AAA TRAIL EVENT	50 km	Short trail	51 km	1,100 m	10	68	6:40 (400)	3:25 (205)	513.08	32 * 60% = 19.20	513.08+19.20 = 532.28
2	BBB TRAIL EVENT	50 km	Short trail	49 km	500 m	71	239	5:45 (345)	3:00 (180)	520.05	0	520.05
3	CCC TRAIL EVENT	100 km	Long trail	100 km	2,200 m	5	130	15:40 (940)	7:31 (451)	478.81	60 * 80% = 48.00	478.81+48 = 526.81
4	DDD TRAIL EVENT	100 km	Long trail	110 km	3,550 m	12	120	18:35 (1115)	9:33 (573)	513.15	24 * 80% = 19.20	513.15+19.20 = 532.35
5	EEE TRAIL EVENT	100 km	Short trail	70 km	1,400 m	8	230	8:45 (525)	4:45 (285)	538.71	40 * 100% = 40.00	538.71+40 = 578.71
6	FFF TRAIL EVENT	100 km	Long trail	98 km	3,670 m	5	45	18:30 (1110)	8:35 (515)	461.02	60 * 50% = 30.00	461.02+30 = 491.02
7	GGG TRAIL EVENT	100 km	Long trail	101 km	6,500 m	1	1	21:00 (1260)	11:30 (690)	543.76	150 * 0% = 0.00	543.76
8	HHH TRAIL EVENT	160 km	N/A	170 km	10,300 m	8	15	44:35 (2675)	24:43 (1483)	549.05	40 * 30% = 12.00	549.05+12 = 561.05
9	III ROAD EVENT	50 km	Road 50km	48 km	2,000m	1	169	6:00 (360)	3:24 (204)	559.45	150 * 90% = 135.00	559.45+135 = 694.45
10	JJJ ROAD EVENT	168 km	N/A	170km	4,800m	4	78	25:30 (1530)	15:59 (959)	601.18	72 * 60% = 43.20	601.18+43.20 = 644.38

11	KKK ROAD EVENT	444 km	N/A	454 km	5,800 m	2	9	102:00 (6120)	66:45 (4005)	617.97	115 * 20% = 23.00	617.97+23 = 640.97
12	LLL 48H ROAD EVENT	48 hours looping game	N/A	205 km	100m	2	60	26:45 (1605)	14:39 (879)	543.43	115 + 60% = 69.00	543.43+69 = 612.43
13	MMM 12H ROAD EVENT	12 hours looping game	N/A	80 km	0m	1	45	8:00 (480)	4:05 (245)	509.80	150 * 50% = 75.00	509.80+75 = 584.80
14	NNN 24H TRAIL EVENT	24 hours looping game	N/A	95 km	6,000 m	3	78	20:00 (1200)	10:26 (626)	520.63	90 * 60% = 54.00	520.63+54 = 574.63
15	OOO ROAD EVENT	52 km	Road 50km	52 km	200m	2	132	5:45 (345)	4:05 (245)	465.59	115 * 80% = 92.00	465.59+92 = 557.59
16	PPP ROAD EVENT	100 km	Road 100km	100km	150m	4	67	11:30 (690)	6:26 (326)	470.90	72 * 60% = 43.20	470.90+43.20 = 514.10

SCORING SYSTEM

His leaderboard scores will be as per below:

Category	Highest 1	Highest 2	Highest 3	Highest 4	Highest 5	Highest 6	Final Score
Trail – Short	578.71	532.28	520.05	XXXXXX	XXXXXX	XXXXXX	1,631.04
Trail – Long	543.76	532.35	526.81	XXXXXX	XXXXXX	XXXXXX	1,602.92
Road – 50km	694.45	557.59	-	XXXXXX	XXXXXX	XXXXXX	1,252.04
Road – 80km	-	-	-	XXXXXX	XXXXXX	XXXXXX	-
Road – 100km	514.10	-	-	XXXXXX	XXXXXX	XXXXXX	514.10
MULC Scoreboard	694.45	644.38	640.97	612.43	584.80	578.71	3,755.74

Season Scoreboard is accumulation of all the points.

$532.28 + 520.05 + 526.81 + 532.35 + 578.71 + 491.02 + 543.76 + 561.05 + 694.45 + 644.38$

$+ 640.97 + 612.43 + 584.80 + 574.63 + 557.59 + 514.10 = \mathbf{9,109.38}$

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RULES

General rules

- 1) Only races registered under MULC Season 2026 are eligible for MUL Point.
- 2) Only races with advertised distance of 50km and above are eligible for MUL Point.
- 3) 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.
- 4) In order for a race to be categorized under “Trail category”, at least 50% 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.
- 5) For Elite Scoreboard, the race is being categorized according to the race distance advertised by its race organizer. However, the “Kilometer-Effort” shall be calculated based the actual event distance and elevation gained.

For example,

A trail event is being advertised as 80km race and EG 2500m, but it turned out the actual course on race day is only 75km, EG 2300m.
Therefore this race will fall under “Long Trail” (i.e. 76km to 120km), but the Kilometer-Effort will be 98 (75+23) only.

- 6) The “kilometer-effort” 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. Nevertheless, MURA reserves the right to challenge the distance and elevation gained figures for MUL calculation purpose.
- 7) When the actual course distance of a race is shorter than its advertised course distance by **more than 15%**, the race might not be eligible for MUL point (for 50km) or downgrade to short distance (for 100km).

For example,

A road event is being advertised as 100km race, but it turned out the actual course on race day is only 80km. The race course is short by 20%, therefore the race distance downgrade from Road 100km to Road 80km.

Another race advertised itself as 50km race, but due to landslides the course was cut short to 42km. Then race course is short by 16%, therefore, the finishers will not get MUL point.

-
- 8) A race must have at least 2 or more starters in order to be eligible for Performance Bonus.

For example,

If “BBB road ultra - 200km category” only has 1 starter during flag-off, then the 200km category is not eligible for Performance Bonus.

Nevertheless, other category such as “BBB road ultra – 100km category” which has 2 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 for teams, duo, pairs, trio, group, pacer-team, relay, etc. regardless the race format.
- 11) No MUL points if the race is called off at any point (due to e.g. storm, accident, etc). However, if the participant completes 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 gets downgraded officially and the distance remains above 50km, finishers will receive MUL points.
- 12) Only events which utilized timing mat or electronic system 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.

RULES

Rules for Fixed-Time Event

- 1) For time-based looping game (e.g. 6-hours looping race), the runner must achieve at least 50km in order to be eligible for MUL point.
- 2) Organizer for some time-based looping game has requirement of minimum loops to be consider finisher. Only finisher will be awarded MUL point.

For example,

A 24 hours road race requires the participants to complete minimum of 8 loops of 10km course (minimum 80km) to be consider as finisher. If Siti only manage to complete 7 loops (70km), her status be considered as “DNF” therefore, no MUL point will be given to her.

- 3) The essence of Fixed-Time Races is to do as much distance as possible within a fixed time frame. Runner must achieve at least 50km in order to be eligible for MUL point.

Example

A 12 hours fixed time-based trail race requires its runners to complete minimum five loops of 9.6km race course to be consider as finisher.

The champion completed 6 loops (57.6km) will be awarded MUL points.

The 1st runner-up manages to complete 5 loops (48km) therefore, no MUL point will be given.

- 4) Actual Kilometer-Effort will be used to compute Best Time. Thus, every runner joining the same category may have different best time for Performance Point computation. However, penalty of 30 points per every hour impose to runners does not fully utilise their time.

Example

Ben & Samy joined 12 hours looping trail run with 6km and EG 320m per loop. Ben completed 10 loops in 11 hours 15 minutes and Samy completed 9 loops in 9 hours 41 minutes.

Runner	Distance	EG	Time	Best Time	Performance Point before Penalty	Time Penalty	Performance Point
Ben	60	3200	11:15 (675)	5:16 (316)	466.71	0	466.71
Samy	54	2880	9:41 (581)	4:40 (280)	481.04	2 x 30	421.04

- 5) “Backyard Ultra” event performance point calculation does not adopt to timing because Backyard concept is not about speed. For a 6.7km per loop concept of Backyard Ultra, once hit 8 loops, 250 performance point will be awarded, every additional loop added 10 performance point.

Example

David, Grace, Yan, Azmi & Lee joined Backyard Ultra with 6.7km per loop. David champion assist by Grace with 40 and 39 loops, respectively. Meanwhile both Yan and Azmi stopped at 25th loop, but Azmi was faster in loop 24. Lee only manage to complete 7 loops.

Runner	No. of Loop	Distance	Rank	Performance Point	Performance Bonus	MULC Point
David	40	268.00	1	$250 + (40 - 8) * 10$	$150 * 20\%$	600.00
Grace	39	261.30	2	$250 + (39 - 8) * 10$	$115 * 20\%$	583.00
Azmi	25	167.50	3	$250 + (25 - 8) * 10$	$90 * 20\%$	438.00
Yan	25	167.50	4	$250 + (25 - 8) * 10$	$72 * 20\%$	434.40
Lee	7	46.90	5	0	0	0.00

- 6) 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 previous 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.
- 7) No gender segregation for Backyard Ultra.

MULC CONCEPT

- 1) Encourage Malaysia runners (Malaysian or expats) to join event hosted in Malaysia.
- 2) Performance Point weightage is greater compared to Performance Bonus, thus motivate runners to improve their timing. The reason for this is to ensure well perform (best timing) score well, instead of joined races with less elites got you better chance to score.
- 3) As the performance point based on timing, short and long distance runners have similar chance to be top of the MULC Scoreboard.
- 4) Select top 6 results for MULC Scoreboard and top 3 results for Elite Scoreboard to avoid the concept of join more race to win MULC. However, joining more races will give you better chances of to be top of scoreboard because only best scoring points selected for the scoreboard.
- 5) Season Scoreboard is introduced to allowed regular runners who is performing but unable to compete with the top performers to have a chance to win any award. As Season Scoreboard don't have limit on number of races, joining more races have better chance to be on top of the scoreboard.
- 6) Percentage of Performance Bonus Point impose based on number of starters allowed runners perform in the large event to score higher points compare to event only attract smaller crowd.
- 7) Elite Scoreboard give the opportunity for runners who only perform better in Road but not Trail or otherwise to be top of the scoreboard. Sub category such as Short and Long also allow runners focus on particular distance to be excel in their category.

FOR RACE ORGANIZERS

Requirements for Participation

Below outlined the requirements for an event to join MULC Season 2026:

- 1) The running event must be hosted in Malaysia.
- 2) The running event must have the below documents in place:
 - a. Sanction letter from national/international body
 - b. Acknowledgement letter from MURA
 - c. Participants insurance cover note
- 3) All races sanctioned by MURA are automatically included in the MUL Championship.
- 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 (similar format as ITRA/UTMB)** within **14 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 2026 if it fails to comply any of the clauses stated above.

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.

This is especially beneficial to new or smaller races which do not attract many elite participants. Runners have a higher chance to get better Overall Position in smaller races because of lesser competition, thus they can obtain a higher Performance Bonus (PB).

- 2) MURA will promote event participate in MULC in MURA website and its social media. Social media coverage includes during registration or participation of MULC, pre-event and during event.

- 3) It is in MURA's pipeline to setup a "After-Race Review Platform" which enable runners to rate an event after race. Well organize event with high review rating will attract more runners to the event.



FAQ

1) When is the starting date of MULC Season 2026?

MULC Season 2026 period starts from 1st Jan 2026 until 31st Dec 2026.

2) Is it possible for a runner to win in both Elite Scoreboard and MULC Scoreboard?

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.

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

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

4) I have some questions about MULC Season 2026 and this guidebook did not cover it.

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

The guidebook will be share in MURA official website.



You can contact us by email at
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