



**BEACH BUNCH'S**  
**Trail Challenge**

**2018**

**Race Guide**

Last updated March 2018



# Contents



[Weather Description](#)



[Schedule](#)



[Race Event Pack Collection](#)



[Cut-off Times](#)



[Safety](#)



[Map](#)



[Route Marking](#)



[Mandatory Kits Requirements](#)



[Food & Beverages](#)



[Drop & Finisher Bags](#)



[Amenities](#)



[Support Crew](#)



[Parking](#)



[Emergencies](#)

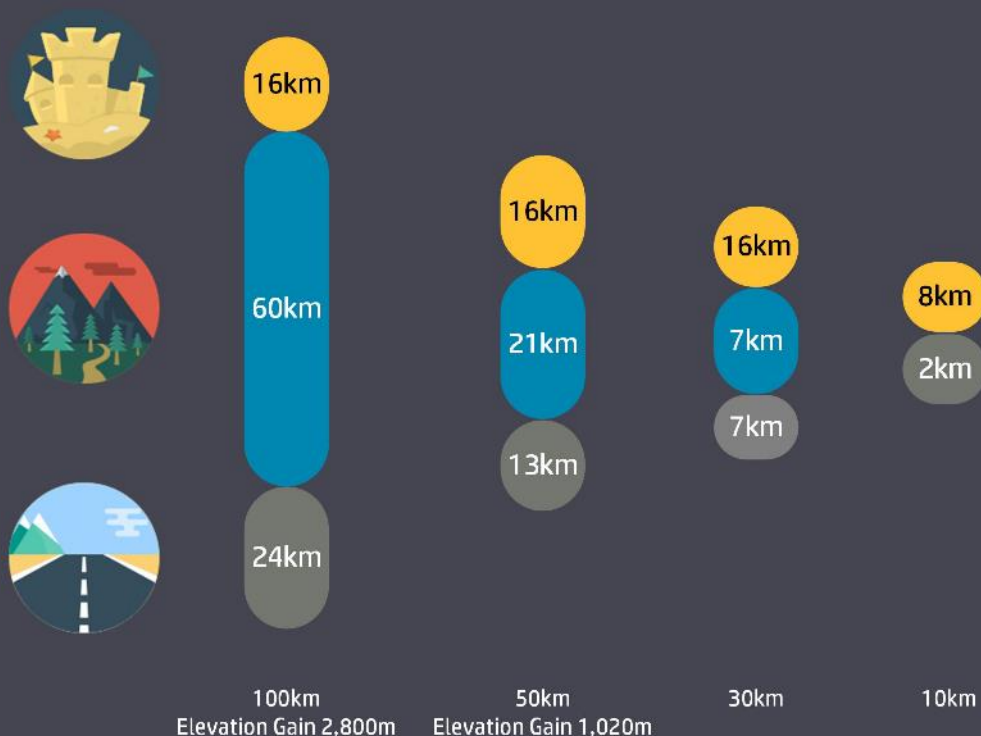


[Prizes](#)

# Weather & General terrain Description



- ▶ Be expecting HOT temperatures of 33°C with HIGH humidity of 85% to 100%! Be prepared with your mandatory kit and self-sufficiency! Please read about Brunei's weather [here](#).
- ▶ In general, all 4 trails are considered fairly elevated terrain; with the highest at less than 3,000m elevation gain for the 100km; compared to other competitive trails which generally reach more than a few thousand meters' elevation gain.
- ▶ More than 75% of the route is trail, including jungle, gravel, clay and sand with a dash of water. The first half of the trail will consist of jungle and hills whereas the second half will be on sandy beaches, whereas the 30km is purely road and beach.
- ▶ Did we tell you it will be HOT and HUMID...yes it will!



# Schedule



- ▶ **23<sup>rd</sup> March, Friday. Jerudong Primary School**
  - ▶ Race Event Pack Collection (REPC) Day 01. 0900hr to 1700hr with a 2 hour break for Friday prayers
  - ▶ 1000hr to 1100hr Race briefing for 10km, 30km, 50km, 100km
- ▶ **24<sup>th</sup> March, Saturday. Jerudong Primary School**
  - ▶ 0900hr to 1700hr with a 1hour lunch break from 1200hr to 1300hr
  - ▶ 1000hr to 1100hr. Race briefing for 10km, 30km, 50km, 100km.
  - ▶ 2300hr. Drop bag & Finisher bag collection counter open at starting venue.
- ▶ **25<sup>th</sup> March, Sunday. Jerudong Primary School**
  - ▶ 0000hr (12 midnight) 100km Flag off
  - ▶ 0500hr. Finisher bag collection counter open
  - ▶ 0600hr. 10km, 30km, 50km Flag off.
- ▶ **26<sup>th</sup> March, Monday. McDonald Jerudong**
  - ▶ 0700hr. Prize Presentation Ceremony
- ▶ For Drop & Finisher bags, go to this section [here](#)



# Race Event Pack Collection (REPC) Days



- ▶ The venue is at the Jerudong Primary School , Jerudong
- ▶ The dates and times are as follows:
  - ▶ 23<sup>rd</sup> March, Friday from 0900hr to 1700hr with a break of 2 hours from 1200hr to 1400hr
  - ▶ 24<sup>th</sup> March, Saturday with a break of 1 hr from 1200hr to 1300hr
- ▶ Steps:
  1. Bring EITHER your national Identification Card or Passport OR printout of your confirmation email
  2. **NO COLLECTION by PROXY or ON BEHALF are allowed.**
  3. Hard or soft copies are acceptable.
  4. Don't forget your extra merchandise to be pick up on the day unless you donating back to us. We thank you!
- **Mandatory Gear check are required for ALL CATEGORIES.**



# Cut-off time



- ▶ **Cut off times are the times that you must be leaving the station NOT arriving to the station. Yes it's a race against time.**
- ▶ **100km**
  - ▶ 0700hr (7hrs) CP 3 at Bukit Silat's exit
  - ▶ 1400hr (14hr) CP 6 at Jerudong Substation's exit
  - ▶ 1900hr (18hr) CP 8 at Bukit Shahbandar's exit
  - ▶ 2100hr (21hr) CP9 at Berakas Beach's exit
  - ▶ 2400hr (24hr) at finishing line
- ▶ **50km**
  - ▶ 0930hr (3.5hr) CP 1 at Bukit Shahbandar's exit
  - ▶ 1500hr (9hr) CP 9 at Berakas Beach's exit
  - ▶ 1800hr (12hr) at finishing line
- ▶ **30km**
  - ▶ 0900hr (3hr) CP 1 at Berakas Beach's exit
  - ▶ 1330hr (7.5hr) CP 3 at Bukit Shahbandar's exit
  - ▶ 1400hr (8hr) at finishing line
- ▶ **10km**
  - ▶ 0900hr (3hr) finishing line at Berakas Beach

# Wristbands



- ▶ You will receive a wristband after completing the following sections of the race.
  - ▶ For 100km
    - ▶ Bukit Silat loop (2x)
    - ▶ Jerudong Sub station loop (1.5x)
    - ▶ Bukit Shahbandar loop (2x)
    - ▶ Berakas- Tungku loop
  - ▶ For 50km
    - ▶ Bukit Shahbandar
    - ▶ Agro- Mcfarm loop
    - ▶ Berakas- Tungku beach
  - ▶ For 30km
    - ▶ Berakas- Tungku beach
    - ▶ Bukit Shahbandar
  - ▶ For 10km, There are no wristband provided but finisher medals!
- ▶ No Wristbands means you didn't complete the section, means that you're didn't finish the race properly. No finisher entitlements and DNF. Keep it safe!





# Safety



## ▶ On the road

- ▶ The highways of Muara/ Tutong and Jerudong will NOT be closed during the event.
- ▶ The Jerudong Road will NOT be closed during the event.
- ▶ Run along the closest shoulder of the road.
- ▶ Don't run on the road/ highway. Those incoming cars are mightier than you.
- ▶ Don't expect the incoming cars to slow down for you. They can't hear you scream.

## ▶ On the trail

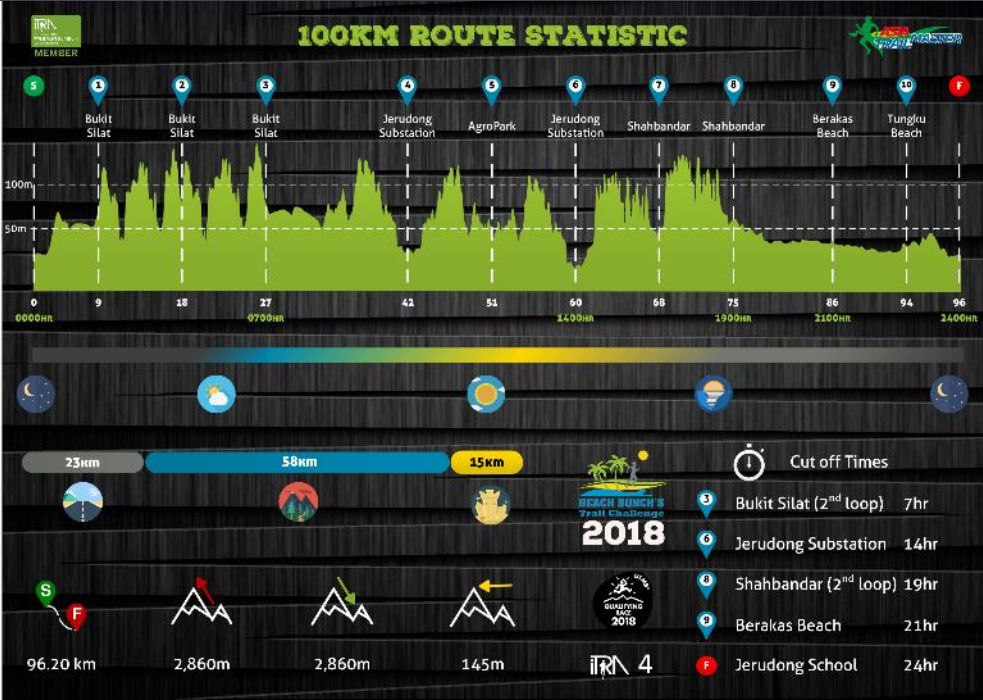
- ▶ Bukit Shahbandar & Bukit Silat is mostly a single lane trail, be wary of your front & back fellow runners. If you're slow, make way for the faster. If you're fast, make way for the slower. Be courteous.
- ▶ See the markings on the trail, you won't get lost if you SEE those markings.
- ▶ There have been reptiles encountered along the trails. If you come across them, don't stop to take selfies, avoid them. Do let other runners know its whereabouts!

## ▶ During Night

- ▶ Wear your high visibility vest when on the roads. Shine bright like a diamond.
- ▶ Wear your rear blinkers. Imagine you're a police car.
- ▶ Wear and switch on your head lamp or torch light. You're a mobile lighthouse.
















































































## 100KM TRAIL STATION SERVICES

Location	Distance Marker (in km)	
<b>S</b> Jerudong Primary School	<b>0 - START</b>	 
<b>1</b> Bukit Silat	9	    
<b>2</b> Bukit Silat	18	    
<b>3</b> Bukit Silat	27	    
<b>4</b> Jerudong Substation	42	    
<b>5</b> AgroPark	51	      
<b>6</b> Jerudong Substation	60	      
<b>7</b> Shahbandar	68	      
<b>8</b> Shahbandar	75	      
<b>9</b> Berakas Beach	86	      
<b>10</b> Tungku Beach	94	      
<b>F</b> Jerudong Primary School	<b>96 - FINISH</b>	      

### Legends

-  Water OR Isotonic available
-  Toilet available
-  Fruits Available
-  Surau
-  First Aid available
-  Noodles available
-  Ice Available
-  Drop Bag



## 100KM ROUTE DIRECTIONS

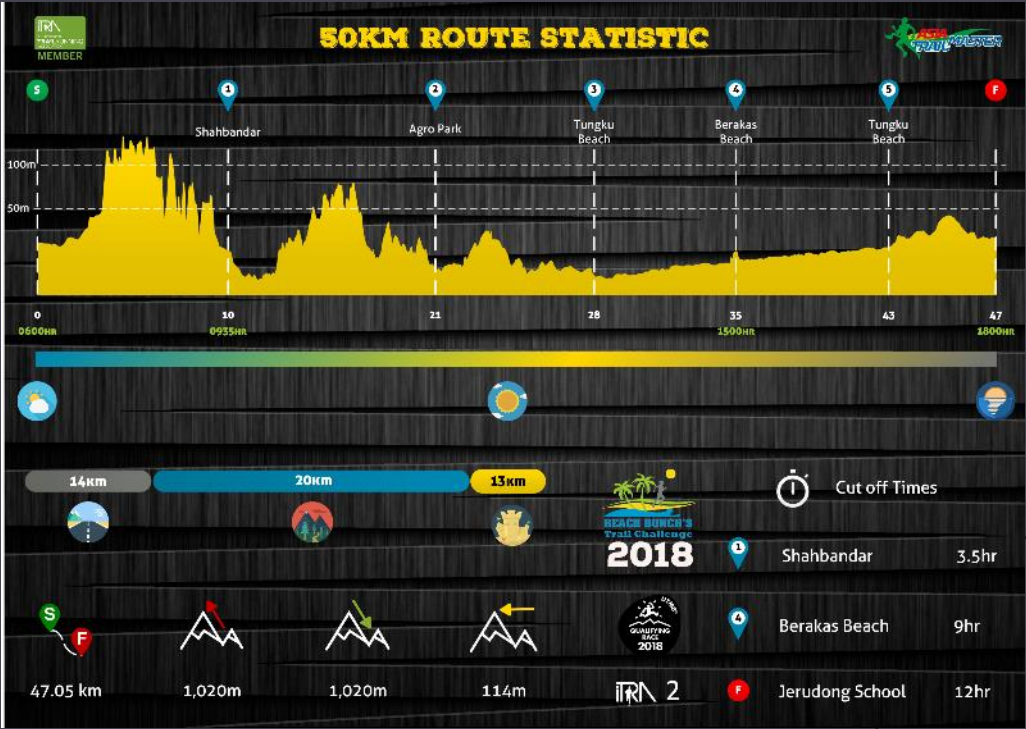
- Starts at Jerudong Primary School.
- Enters Jerudong Road (against traffic) towards Jerudong Highway
- Enter Jerudong Highway, head to Jerudong's roundabout (with traffic)
- Turn right at Jerudong's roundabout
- Enter Katok- Jerudong Highway, head to Katok's roundabout (with traffic)
- Enter Katok Road (with traffic), head to Bukit Silat's entrance
- Check in at CP 1- Bukit Silat
- Complete 1<sup>st</sup> loop of Bukit Silat
- Check in at CP 2- Bukit Silat
- Complete 2<sup>nd</sup> loop of Bukit Silat
- Check in at CP 3- Bukit Silat
- Enter Katok Road (with traffic), head to Katok's Roundabout (with traffic)
- Turn left at Katok's Roundabout and head to Jerudong's roundabout
- Turn right at Jerudong's roundabout and head to Tungku's Roundabout (with traffic)
- Turn left at Tungku's Roundabout and enter to Agro- Mcfarm trail
- Head to Jerudong sub-station
- Check in at CP 4- Jerudong Substation
- Enter Mcfarm- Agro trail, head to Agro Park's entrance
- Check in at CP 5- Agro Park's Entrance
- Enter Agro- Mcfarm trail, head to Jerudong sub-station
- Check in at CP 6- Jerudong Substation
- Enter Muara- Tutong Highway (against traffic) and head to Shahbandar
- Enter and complete the "14 hills" of Shahbandar counter-clockwise
- Check in at CP 7- Shahbandar
- Enter and complete the "14 hills" of Shahbandar counter-clockwise
- Check in at CP 8- Shahbandar
- Enter Muara- Tutong highway (against traffic) and head to Empire Hotel's exit
- Enter the exit, head to under bridge (against traffic)
- Enter bridge, head to Muara- Tutong highway (against traffic)
- Enter Muara- Tutong highway (with traffic), head to Tungku beach
- Enter Tungku beach, head to Berakas Beach
- Check in at CP 9- Berakas Beach
- Enter Berakas Beach, head to Tungku beach
- Check in at CP 10- Tungku Beach
- Exit Tungku beach, head to Muara Tutong highway (against traffic)
- Enter Muara- Tutong Highway (against traffic), head to Jerudong Road
- Enter Jerudong Road (against traffic), head to Jerudong Primary School
- Finish line- Jerudong Primary School

### Section 01 Start to Bukit Silat Section

### Section 02 Mcfarm- Agro- Empire Trail Section

### Section 03 The Shahbandar "14 hills" Section




### Section 04 The Tungku & Berakas Beach Section







## 50KM TRAIL STATION SERVICES

Location	Distance Marker (in km)	
<b>S</b> Jerudong Primary School	<b>0 - START</b>	  
<b>1</b> Shahbandar	10	     
<b>2</b> AgroPark	21	   
<b>3</b> Tungku Beach	28	     
<b>4</b> Berakas Beach	35	      
<b>5</b> Tungku Beach	43	     
<b>F</b> Jerudong Primary School	<b>47 - FINISH</b>	     

### Legends

-  Water OR Isotonic available
-  Toilet available
-  Fruits Available
-  Surau
-  First Aid available
-  Noodles available
-  Ice Available

**THERE ARE NO BOTTLES OR CUPS PROVIDED AT ALL STATIONS**



## 50KM ROUTE DIRECTIONS

- Starts at Jerudong Primary School
- Enters Jerudong Road towards Jerudong Highway
- Enters Muara- Tutong Highway to Shahbandar Recreational Park (against traffic)
- Enters Shahbandar Recreational Park and Complete the '14' hills loop
- CP 1- Shahbandar Ground Level Parking
- Exit Shahbandar Recreational Park to Muara- Highway, heading to Jerudong sub-station (with traffic)
- Enters Mcfarm trail, heading to Agro Park
- Reach CP 2- Agro Park Entrance
- Enters Agro Park, heading to Empire trail
- Enter Empire trail, heading to Empire Hotel Roundabout
- Enters Empire Hotel Roundabout, heading to Muara- Tutong Highway
- Enters Muara- Tutong Highway (with traffic), heading to Tungku Beach
- Reach CP 3- Tungku Beach
- Exit Tungku Beach, heading to Berakas Forest Reserve Beach
- Reach CP 4- Berakas Forest Reserve
- Exit Berakas Forest Reserve Beach, heading to Tungku Beach
- Reach CP 5- Tungku Beach
- Exit Tungku Beach, heading to Muara- Tutong Highway (with traffic)
- Continue past Empire Hotel, heading to Muara- Tutong Highway (with traffic) to Jerudong Road
- Enters Jerudong Road heading to Jerudong Primary School
- Reach Finish line

Section 01  
Start to Shahbandar  
"14 hills" Section

Section 02  
McFarm- Agro-  
Empire Trail Section

Section 03  
Tungku to Berakas  
Beach Section



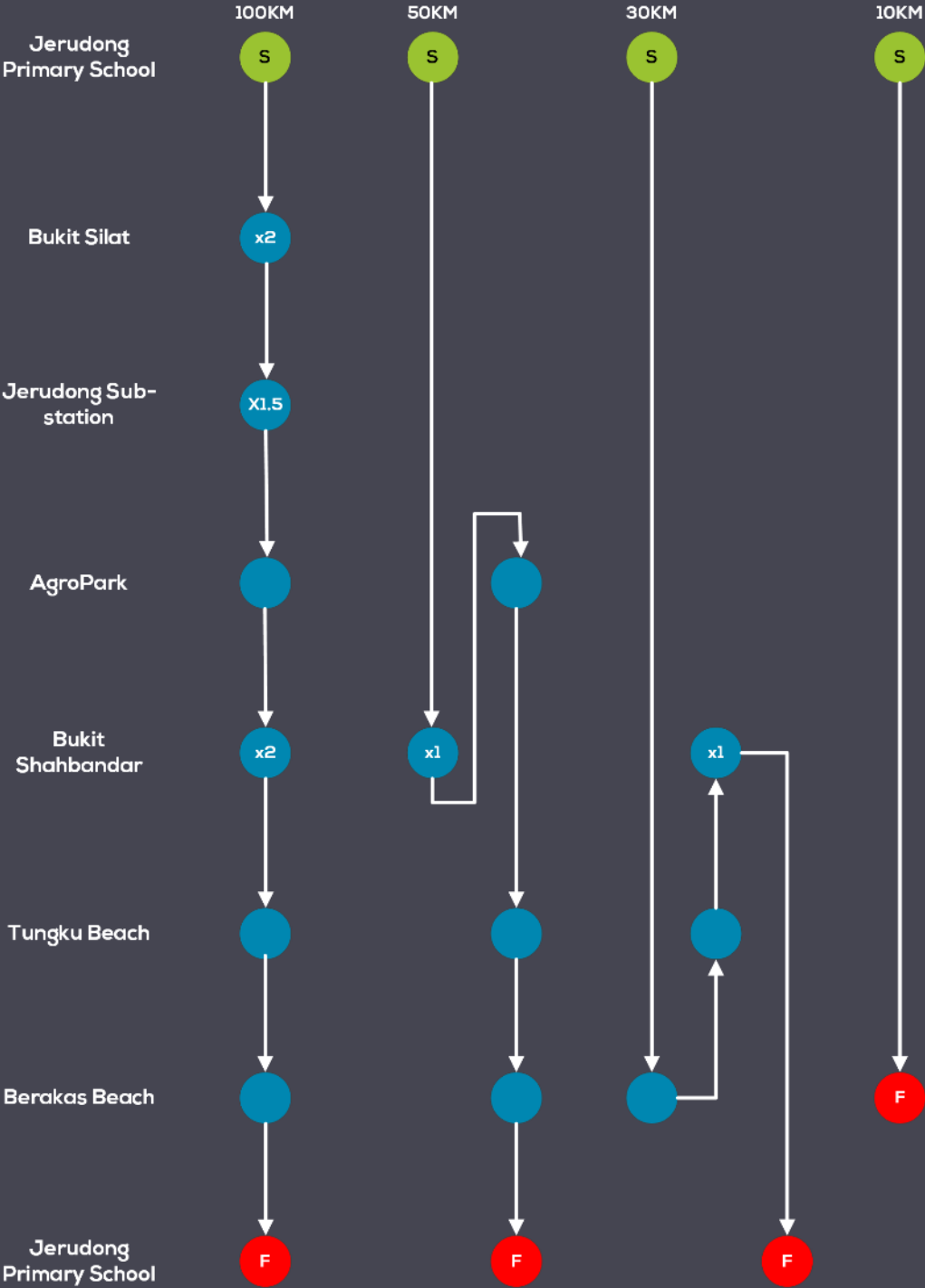
1. Starts at Jerudong Primary School
2. Enters Jerudong Road (with traffic)
3. Enters Muara- Tutong Highway to Empire Hotel Roundabout (against traffic)
4. Enters Empire Hotel Roundabout, heading to Muara- Tutong Highway
5. Enters Muara- Tutong Highway (with traffic), heading to Tungku Beach
6. Exit Tungku Beach, heading to Berakas Forest Reserve Beach
7. Reach CP 1
8. Exit Berakas Forest Reserve Beach, heading to Tungku Beach
9. Reach CP 2
10. Exit Tungku Beach, heading to Muara- Tutong Highway (against traffic)
11. Continue past Empire Hotel, heading to Muara- Tutong Highway (against traffic) to Bukit Shahbandar
12. Enter Bukit Shahbandar and complete the 14 hills
13. Reach CP 3
14. Enters Jerudong Road (against traffic), heading to Jerudong Primary School
15. Reach Finish line



1. Starts at Jerudong Primary School
2. Enters Jerudong Road (with traffic)
3. Enters Muara- Tutong Highway to Empire Hotel Roundabout (against traffic)
4. Enters Empire Hotel Roundabout, heading to Muara- Tutong Highway
5. Enters Muara- Tutong Highway (with traffic), heading to Tungku Beach
6. Exit Tungku Beach, heading to Berakas Forest Reserve Beach
7. Reach Finish line
8. All 10km runners will be transported back to Jerudong Primary School by bus



SUMMARY OF SEQUENCE





# Route Markings



## Directional



## Markers



## Reflective



## Blinkers






































**NOT BEACH BUNCH's, DON'T FOLLOW THESE**



# Mandatory Kits Checklist



MANDATORY KITS CHECKLIST			
100km	50km	30km & 10km	
1.5L	1.5L	1.0L	
			
			
			
			
			
			
			
			
			
			
 Ability to carry the specific amount of drinking water either via hydration bladders or waist pouchs with bottles or a combination of a hydration bladder and bottles.	 Sunblock/ sunscreen		
 Sufficient quantity of Re-hydration salts or similar	 Cap or Buff Scarf or Similar		
 Sufficient quantity of Energy bars/ Gels	 2x HandTorch or Headlamp for Primary and Secondary		
 Mobile Phone	 Reflective Vest		
 Basic medical kit containing gauze, pads and necessary items to treat basic wounds and cuts.	 Spare battery		
 Emergency Whistle	 Rear Blinker Lights		

- ▶ Bring along small money change. There are a few F&B stalls/ shops along Jerudong Road, Bukit Shahbandar & Tungku Beach if you'd like to stop over.
- ▶ Mandatory kit check will be done as below:
  - ▶ Upon REPC for ALL Categories
  - ▶ Prior to Flag off for 100km only
  - ▶ At Agro Park AND Tungku Beach for ALL Categories
- ▶ Failure to comply to the mandatory kit will result in time penalties as follows:
  - ▶ 3 or less missing items;
    - ▶ 1 hour for 100km
    - ▶ 30mins for 50km
    - ▶ 15mins for 30km
  - ▶ 4 or more missing items will be DISQUALIFY (DQ) from the race.
- ▶ It's that simple.

# Food & Beverages



- ▶ ALL Trail stations will have the following:
  - ▶ Water
  - ▶ Coke
  - ▶ Isotonic in the form Tailwind
  - ▶ Ice
  - ▶ Fruits in the form of watermelon and bananas
  - ▶ Milo at all stations except Jerudong Sub-station, Bukit Silat and Tungku Beach
  - ▶ Ice cream at all stations except Jerudong Sub-station, Bukit Silat and Tungku Beach
- ▶ Instant Cup Noodles are provided at Shahbandar Parking and Berakas Beach. This are for the 100km and 50km category only.
- ▶ Race Meal at CP 6 at Entrance to Agro Park for 100km category only.
- ▶ We are NOT providing any CUPS at ALL stations. All liquids are served on portable water dispensers. Bring Your Own (BYO) Cups.



This is a



event



# Drop bags



- ▶ Finisher Drop bag services will be provided for ALL categories.
- ▶ Checkpoint & Finisher Drop bag service are provided for the 100km category only.
- ▶ One (1) Checkpoint drop bag is provided at the entrance of Agro Park at the 51km distance marker for 100km category. This is also the meal designation checkpoint.
- ▶ One (1) Finisher Drop bag is provided at the finishing venue.
- ▶ Drop bag must be closable and able to withstand rain and rough handling. Plastic bags/ garbage bags are not recommended.
- ▶ It must be of reasonable weight and size. If putting food inside, bear in mind the heat. Any chocolates will become delicious goo. Any liquids must be sealable and secured unless you don't mind your bag getting soaked. Valuable items should not be left in drop bags.
- ▶ Drop bags are collected at the entrance of the starting venue.
- ▶ For 100km, Drop bag collection schedules are;
  - ▶ 24<sup>th</sup> March, 2300hr. Collection open
  - ▶ 24<sup>th</sup> March, 2345hr. Collection close
  - ▶ 25<sup>th</sup> March; 1400hr. Drop bags are ready to be collected at finishing venue.
- ▶ For 50km, 30km and 10km, Drop bag collections schedule are;
  - ▶ 25<sup>th</sup> March; 0500hr. Collection open
  - ▶ 25<sup>th</sup> March; 0545hr. Collection close
- ▶ All Drop bags must be clearly labelled with a thick permanent marker pen with the following labels; Finishing or Checkpoint, Race bib Number & Name
- ▶ Any unclaimed Drop bags at the end of the race will be considered as a kind donation to the trail needy.



# Amenities



- ▶ Toilets are provided at the following locations;
  - ▶ Jerudong Primary School (Starting & Finishing venue)
  - ▶ Bukit Silat (portable toilets)
  - ▶ Entrance to Agro Park (portable toilets)
  - ▶ Bukit Shahbandar (Public toilet)
  - ▶ Tungku Beach (Public toilet)
  - ▶ Berakas Beach (Public toilet)
- ▶ Praying areas for Muslims are provided at the following locations;
  - ▶ Jerudong Primary School (Nearby mosque)
  - ▶ Bukit Shahbandar (Public Surau)
  - ▶ Berakas beach (Public Surau)
- ▶ There are no showers provided at the finishing venue.



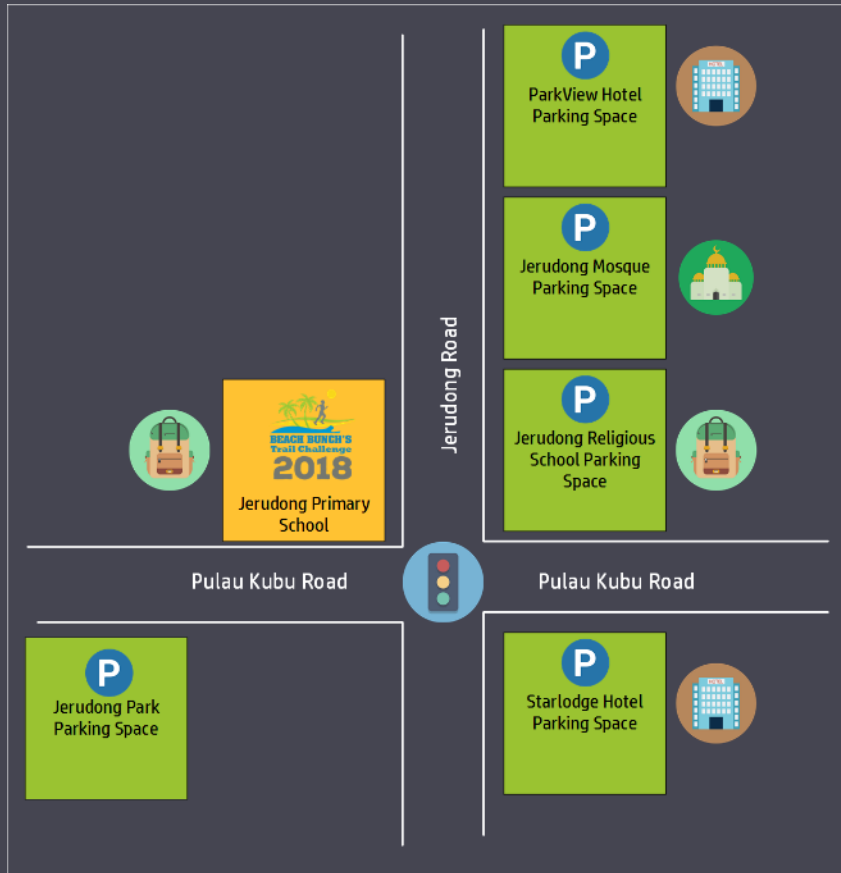
# Support Crew



- ▶ There are 3 areas where support crew are permitted;
  - ▶ Entrance to Agro Park
  - ▶ Berakas Beach. Note that the park is not accessible to support crew or public from 6pm onwards
  - ▶ Bukit Shahbandar
- ▶ Be courteous to other runners.
- ▶ Do not obstruct runner's path with your vehicles.
- ▶ Support crews are not permitted to run with or pace runners.
- ▶ Runners may be penalized for an disruptive behavior or violation of event rules by their support crew.



# Parking



- There are several parking spaces available located around the starting and finishing venue. There are indicated in the above images
- A few rules;
  - Park accordingly
  - Do not litter
  - Behave and act decently especially at the mosque's parking area. Most of you will be around there before the Subuh prayers
  - Do not obstruct the entrance to the Jerudong Primary school



# Emergencies & Other Shenanigans



- ▶ If you whine, stop. You signed up and paid up for this extreme race, get on with it!
- ▶ If you're unable to finish the race either mentally or physically, stop at the closest trail station and inform the Captain.
- ▶ We will require you to surrender your bib and timing wristband. We'll flag you as DNF- Did not Finish
- ▶ Wait for further instructions from the Captain. We will get you back to the finishing line when we are able.
- ▶ There is one van which will be provided to transport runners who are either injured, DNF or Dropped Out at 2 locations, i.e. Berakas Beach and Entrance to Agro Park
- ▶ If you're lost and/or injured while on course, call the Race Director's number at +6738732771. Speak clearly your name, Bib number, your location and/ or injury. Stay calm and find shade. We will get to you as soon as possible. Don not SMS, Whatsapp, email or use smoke signals to communicate with the RD, he's probably sleeping if you did.



**Race Emergency Number**  
**+673 8732271**



# Prizes! Prizes! Prizes!



100km	Male	Female
1 <sup>st</sup> place	BND200	BND200
2 <sup>nd</sup> place	BND150	BND150
3 <sup>rd</sup> place	BND100	BND100
50km	Male	Female
1 <sup>st</sup> place	BND150	BND150
2 <sup>nd</sup> place	BND100	BND100
3 <sup>rd</sup> place	BND75	BND75
30km	Male	Female
1 <sup>st</sup> place	BND100	BND100
2 <sup>nd</sup> place	BND75	BND75
3 <sup>rd</sup> place	BND50	BND50

10km is NOT a competitive race,  
hence no prizes are given out to top  
runners



RED DOT RUNNING  
COMPANY

the **marathon** shop



naked