

4TH EDITION

kenanga



TRIATHLON 123

2026

SPRINT & JUNIOR TRIATHLON

8 & 9 AUGUST 2026

KOMPLEKS SUKAN AIR PUTRAJAYA, PRESINT 6



REGISTER AT WWW.TICKSWEATS.COM
*TERM & CONDITIONS APPLY



CHAN TUCK KIONG
Executive Director
Head of Group Equity Business
Kenanga Investment Bank Berhad



Warmest Greetings from Kenanga Investment Bank Berhad

On behalf of Kenanga Investment Bank Berhad, I am delighted to welcome you to the Kenanga Man of Steel 123.

This year marks our fourth consecutive year as title sponsor of this remarkable event, and we are proud to continue supporting a community that embodies courage, resilience, and the pursuit of personal excellence.

What inspires us most about the Man of Steel is that it represents far more than swimming, cycling, and running. It is about making sound decisions under pressure, staying committed when motivation fades, adapting when conditions change, and having the resolve to keep moving forward.

As a former triathlete myself, I know that every race is won long before race day. Success is built through countless early mornings, consistent training, thoughtful preparation, and the ability to adapt when circumstances change. Race day simply reveals the work that has already been done. Whether you are taking part for the first time or returning for another challenge, the commitment required to reach the starting line is already an achievement in itself.

These values resonate deeply with us at Kenanga. As Malaysia's leading investment bank and one of the country's foremost capital market specialists, we know that lasting success is rarely built on talent alone. It comes from preparation, sound judgement, disciplined execution, adaptability, and the resilience to navigate uncertainty with confidence. These same qualities continue to guide us as we advance our digital capabilities and innovate to better serve our clients in a rapidly evolving world.

That is why our partnership with the Man of Steel is such a natural one. The qualities that define a successful athlete are the very same qualities that drive progress in business, leadership, and life. Excellence is rarely the result of one extraordinary effort. More often, it is the outcome of consistently making the right decisions over time.

As you prepare for the challenge ahead, remember that every training session, every setback overcome, every sacrifice, and every disciplined choice has prepared you for this moment. Trust your preparation, embrace the challenge, and most importantly, enjoy the journey.

On behalf of everyone at Kenanga Investment Bank Berhad, I wish you a fulfilling and memorable race experience. We look forward to witnessing your achievements and celebrating the incredible spirit that makes this event so special.

Thank you, and we wish you every success in the race ahead. May you continue to inspire others through your determination, resilience, and the true spirit of a Man of Steel.

Kenanga Investment Bank Berhad 197301002193 (15678-H)

Toll Free Number: 1 800 88 2274 (Monday-Friday, 8.30am - 5.30pm)

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on Previous Ideas
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Kenanga Investment Bank Berhad 197301002193 (15678-H)

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EVENT SCHEDULE

**Subject to change without prior notice*

FRIDAY, 7 AUGUST 2026

2.00pm - 6.00pm Race Pack Collection

DoubleTree by Hilton
Putrajaya

SATURDAY, 8 AUGUST 2026

6.00am - 7.00am Transition Area Open, Bike Check-in &
Collection of Timing Chip (Sprint & Junior
Triathlon)

7.10am Junior Triathlon Race Briefing

7.30am Junior Triathlon (10-12 yo) START

8.00am (approx.) Junior Triathlon (13-15 yo) START

9.00am (approx.) Sprint Triathlon START

10.30am (approx.) Prize Presentation (Sprint & Junior Triathlon)

Kompleks Sukan Air
Putrajaya

1.00pm - 6.00pm Race Pack Collection

3.30pm MOS Race Briefing

DoubleTree by Hilton
Putrajaya

SUNDAY, 9 AUGUST 2026

5.30am - 7.00am Transition Area Open, Bike Check-in &
Collection of Timing Chip (MOS)

7.30am MOS START (Wave Start)

8.00am - 9.00am Transition Area Open & Collection of Timing
Chip (Aquathlon)

9.00am (approx.) Aquathlon Junior START

9.30am (approx.) Aquathlon Senior START

11.00am (approx.) Prize Presentation (Aquathlon)

12.00pm 1st participant expect to arrive at finish line

4.00pm (approx.) Prize Presentation (MOS)

5.30pm MOS CUT OFF

6.30pm Race Ends

Kompleks Sukan Air
Putrajaya

ABOUT THE EVENT

4th Edition MAN OF STEEL EVENT



4TH EDITION

	DATE	TIME
JUNIOR TRIATHLON	8 AUGUST 2026	7:30 AM
SPRINT TRIATHLON		9:00 AM
MOS (Individual & Relay)	9 AUGUST 2026	7:30 AM
AQUATHLON (Junior)		9:00 AM
AQUATHLON (Senior)		9:30 AM



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ABOUT THE EVENT

4th Edition MAN OF STEEL EVENT

kenanga

MAN
OF
STEEL
TRIATHLON 123
2026

4TH EDITION

CATEGORIES	AGE CATEGORIES	DISTANCE
MOS TRIATHLON 123	18 - 24 years 50 - 54 years 25 - 29 years 55 - 59 years 30 - 34 years 60 - 64 years 35 - 39 years 65 & above 40 - 44 years Relay team open 45 - 49 years	2km Swim 98km Bike 23km Run
SPRINT TRIATHLON	16 - 29 years 30 - 39 years 40 - 49 years 50 years & above	500m Swim 12km Bike 3km Run
JUNIOR TRIATHLON	10 - 12 years	200m Swim 5km Bike 800m Run
	13 - 15 years	400m Swim 8km Bike 1.6km Run
JUNIOR AQUATHLON	10 - 12 years 13 - 15 years	400m Swim 2.5km Run
SENIOR AQUATHLON	16 - 29years 30 - 39years 40 - 49 years 50 years and above	1.5km Swim 8km Run

Minimum Age : Athletes must be 10 years or older (age count based on year of birth) for Junior Triathlon.
Note : Should there be less than **5 participants** in the registered age group, these participants will be moved to the next closer age group.

PERAGARAN
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OF
STEEL
TRIATHLON 123
2026

9 & 10 AUGUST 2025
KOMPLEKS SUDIRMAN PUSATJAYA, PALSAT 8

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2026

9 & 10 AUGUST 2025
KOMPLEKS SUDIRMAN PUSATJAYA, PALSAT 8

KENANGA MAN OF STEEL TRIATHLON 2026

RACE PACK COLLECTION



WHEN

Friday, 7 August 2026,

2.00PM – 6.00PM

Saturday, 8 August 2026, 1.00PM - 6.00PM

WHERE

Race Kit Collection : Perdana 3, Wing 2, Grd Floor

Booth: Chini 1,2,3, Wing 1, Grd Floor
[DoubleTree by Hilton Putrajaya Lakeside](#)

Parking:

Hotel parking rate is RM8 per entry for non-staying guest

WHAT TO BRING

Confirmation email or

Photo ID, Driver's Licence, Passport

IMPORTANT NOTE

Athletes are required to collect your Race Pack individually. Collection on behalf can only be done if a pre-signed Waiver Form is presented. Signing on behalf is not allowed. It is important that you arrange your time properly when making your travel arrangements to avoid late arrivals.

Please take note that it is illegal for someone to race under your name or for you to race under someone else's name.

There will be Sponsor booths opened during Race Kit collection. Kenanga, Garmin, N8, Keypower, IJN etc.

WHAT PARTICIPANTS RECEIVE



RACE PACK

Super Sprint and Junior Triathlon participant will receive an event t-shirt and a drawstring bag. All finishers will receive a finisher medal after the race.



RACE NUMBER BIB

Your Race Number Bib has to be worn on the FRONT of your attire during entire Run leg.



BIKE SEAT POST STICKER

Your Bike Seat Post Sticker has to be fixed under the seat of your bike before Bike Check-in in the morning of the Race Day.



HELMET STICKER

Your helmet sticker is to be fixed to the front of your helmet.



RACE NUMBER TATTOOS

You will receive 1 set of tattoo of your Race Number in the Race Pack. Your number tattoo is to be applied to your right upper or lower arm.



SWIM CAP

You must wear the swim cap provided to you in the Race Pack.



TIMING CHIP

You will receive your timing chip on Race Day morning.

KenTrade
by kenanga

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Limited to 600 redemptions*

WAKE UP TO



2026

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PRE-RACE INFORMATION

HOW TO APPLY YOUR RACE NUMBER TATTOOS

DO NOT apply any body lotion / oil / sun block before applying the tattoos. Your number tattoo is to be applied to your right upper arm. The tattoos can be easily applied by peeling the clear film off, placing the number face-down on your body, firmly pressing the paper side with a damp cloth or sponge, holding for 60 seconds and gently peel back the paper.

In the case your tattoo becomes faulty, please see our friendly staff at the Information Booth who will be able to assist by writing your number with a permanent marker.

TIMING CHIP

You will receive your timing chip on Race Day morning. No verification is required.

Your timing chip must be worn on your left or right ankle at all times during the race. If you do not start the race, you are responsible to return the chip to our staff member or timing team. If you lose your timing chip during the event, there is no replacement. Please notify our timing team immediately after crossing the finish line.

Failure to wear your timing chip on race day, return your chip after the event, or lost timing chip will be charged back to the athlete of RM200. After the race, if you realize you still have your chip, please mail it within 5 business days to:

Kazoku Events

**33, Jalan PUJ 7/16, Taman Puncak Jalil,
43300 Seri Kembangan, Selangor.**



RACE DAY INFORMATION

BIKE CHECK-IN & TRANSITION AREA

Bike Check-in will take place in the morning of the Race Day, 8th August 2026 (Saturday), 6.00am – 7.00am, at the Transition Area. Sprint Triathlon athletes can check-in their bikes 7.30am – 8.00am. There is no advance Bike Check-in required. You will need to bring all your race items together with your bicycle. You will be provided with basket at your Bike Rack according to your Race Number to place your belonging tidily. DO NOT leave any valuable items or cash.

CHANGING ROOM & TOILET

There will be changing rooms and toilets for male and female at the Grand Stand area.

FINISH AREA

At finish area, there will be drinks and snack will be served at a designated place. There will be food trucks for spectators to purchase their food and drinks.

KENANGA MAN OF STEEL TRIATHLON 123 2026

7th - 8th August 2026

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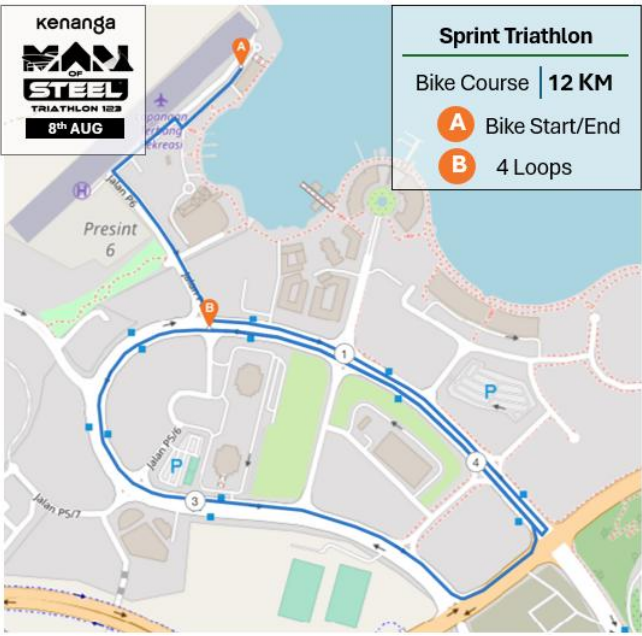
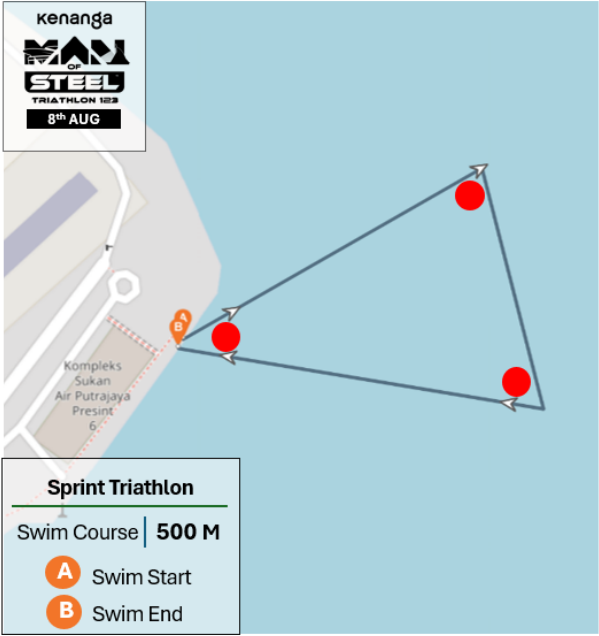
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RM750

Teet

SPRINT COURSE



Subject to change without prior notice

JUNIOR TRIATHLON COURSE



Subject to change without prior notice

SWIM START

Swim start will be according to selected age group and swim cap colour set by Race Official.

SWIM COURSE

CUT-OFF TIME (Sprint Triathlon)

Total - 2 hour 30 minutes

WETSUIT IS PROHIBITED

Wetsuits are not allowed due to the temperature of the water.

SAFETY BUOYS

Safety buoy is compulsory for ALL athletes. This is a safety requirement. You have to bring your own safety buoy for the event. Anyone found without a safety buoy before swim start, will not be allowed to swim.



SWIM SUPPORT

At any time should you require assistance of the water safety team, please raise one arm into the air and they will come to your aid.

OTHER INFORMATION

Athletes must wear the swim caps provided by the Organizer. Fins, paddles, pool buoys, snorkels or any swimming aids are not allowed.



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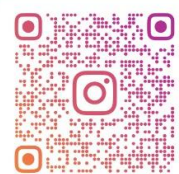
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KENANGA MAN OF STEEL TRIATHLON 2026

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7-8 AUG 2026

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FINISH LINE

After you cross the finish line, you will be presented with a finisher medal and your timing chip will be removed.

Recovery : There will be drinks and snack will be served at a designated place.

AWARD PRESENTATION

The Award Presentation will be held at the stage area at Grand Stand, approximately 10.00am on 8th August 2026. All athletes and spectators are welcome to attend the Award Presentation.

RESULTS

Official results will be available as soon as you finished the race. You may scan the QR code on your Race Bib to see your race at any time.

OFFICIAL PHOTOGRAPHS

This year, we are expanding our Photographer Team to capture more memorable and action moments of you.

Information on how to access the official event photographs will be informed via our social media channels.

How to Find Your Photos:

Our photo gallery features face recognition to help you easily find your photos! Follow these simple steps:

1. Click the photo gallery link :
2. Face Search 'Upload photo of your face'
3. Upload a photo of yourself
4. Select the photos you like and proceed to check out

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Functional storage for nutrition and race essentials.



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TRAVEL & PARKING

TRAVEL TO PUTRAJAYA

Putrajaya is located approximately 30km from KL International Airport and 55km from Kuala Lumpur city center.

BY TRAIN

From KLIA to Putrajaya Central by KLIA Express train. As you reach Putrajaya Central, you can take a taxi / GrabCar service to Kompleks Sukan Air Putrajaya Presint 6.

BY TAXI

From KLIA, you can take a taxi straight to Kompleks Sukan Air Putrajaya Presint 6.

PARKING

All participants who are driving to the venue are encouraged to park their vehicles in the designated parking area as below. Alternatively, you may park at DoubleTree by Hilton Putrajaya Lakeside Hotel parking at hotel parking rate for non-staying guest.

BAG STORAGE

There is no bag storage facility at the event. Do Not leave any valuables within the transition area.

INCLEMENT WEATHER

In the event of severe weather occurs before the start or during the race, Race Officials will review the status based on the course of action.

If the weather condition is considered unstable during the event, the Race Officials may call the event to be on hold until the weather is improved.

In case the weather is still severe or is not improving within an acceptable time frame, the Race Officials may declare the event to be cancelled.

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TRIATHLON 123

2026

8 & 9 AUGUST 2026

KOMPLEKS SUKAN AIR PUTRAJAYA, PRESINT 6

MAN OF STEEL 123

JUNIOR TRIATHLON

SPRINT TRIATHLON

AQUATHLON

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