

4TH EDITION

kenanga



TRIATHLON 123

2026



ROAD
TO
VICTORY



MAN OF STEEL 123

JUNIOR TRIATHLON

SPRINT TRIATHLON

AQUATHLON



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)

Website: www.KenTrade.com.my | www.kenanga.com.my

Disclaimer: This advertisement has not been reviewed by the Securities Commission Malaysia.

kenanga

START YOUR WEEK AHEAD OF THE MARKET

提前掌握市场先机，开启新一周

Trade-ready ideas. Actionable insights.

Confidence before the opening bell.

交易策略随时就绪，深度市场洞察

开市前，建立投资信心

Mr. Adrian Ng
Market Analyst,
Group Equity Marketing.

市场分析师
股票营销部



8:30AM Every Monday*
or Market Day

每逢星期一*或于市场交易日



LIVE on Microsoft Teams

通过 Microsoft Teams, 线上直播

STOCKCHAT 股市聊天室

Trade With Confidence 从容交易



Weekly Trade Ideas
每周交易观点



Malaysia, USA, HK &
Singapore Weekly Outlook
马来西亚、美国、香港与新加坡每周市场展望
*Other global markets coverage upon request



Performance Review
on Previous Ideas
上期交易策略表现回顾



Upcoming Events & Campaigns
即将推出的活动与市场活动

ONE KENANGA ACCOUNT, 18 GLOBAL MARKETS

一个 Kenanga 账户，掌握 18 大全球市场机会

Trade locally and globally

掌握本地与全球交易机会



Singapore
新加坡



Indonesia
印度尼西亚



Thailand
泰国



Philippines
菲律宾



China
中国



Taiwan
台湾



Hong Kong
香港



South Korea
韩国



Japan
日本



Australia
澳大利亚



France
法国



Canada
加拿大



Malaysia
马来西亚



Germany
德国



Switzerland
瑞士



Netherlands
荷兰



United Kingdom
英国



United States
美国



OPEN YOUR
KENANGA ACCOUNT TODAY

Scan for more info.

Kenanga Investment Bank Berhad 197301002193 (15678-H)

Disclaimer: This advertisement has not been reviewed by the Securities Commission Malaysia.
This advertisement is for general information purposes only.

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



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



ABOUT THE EVENT

4th Edition MAN OF STEEL EVENT



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 - 29 years 30 - 39 years 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.



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



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

Man of Steel participant will receive an event t-shirt, a Limited Edition dry bag. All finishers will receive a finisher's collar shirt, a towel and 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. The colour of the Swim Cap determine your Race Category and Wave Start.



TIMING CHIP

You will receive your timing chip on Race Day morning.

KenTrade
by kenanga

Campaign Period • 1 February to 31 December 2026
Back by popular demand for our dormant

You once had dreams. Goals. Hunger. Then life got busy.
Don't let the world move on without you. Participate.
2026 is your moment.

Accumulate **RM 218** in brokerage and receive our
“**Year of the Fire Horse**” **0.1g gold coin**, your symbol
of momentum and renewal, worth **RM 208**.

Limited to 600 redemptions*

WAKE UP TO



2026

*Terms and conditions apply.
Advertisement has not been reviewed by the Securities Commission Malaysia.

kenanga

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, 9th August 2026, 5.30am – 7.00am, at the Transition Area. 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.

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.



RELAY TEAM HOLDING AREA

All Relay Team Members will wait at the Relay Team Holding Area at the Transition for passing their timing chip to their teammates after completing their respective legs. Passing of the timing chip outside of the designated area is not allowed.

RACE DAY INFORMATION

CUT-OFF TIMES

The race will officially end 9 hours after the final athlete enters the water.

Swim Course - 1 hour 20 minutes

Bike Course - 5 hours 45 minutes

Total - 9 hours 0 minute

In addition to the above cut off times, athletes may be cut off at any time based on the Race Directors discretion and judgement (with Authorities permits). In the situation of one or more legs (swim, bike, run) being modified under contingency scenario's, the Race Director reserves the right to announce new cut off times.

Based on permits for the roads on the course and the safety of athletes involved, cut-off times must be respected.

FINISH AREA

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

BIKE CHECK-OUT

Bike Check-Out is from 12.00pm to 6.00pm on 9th August 2026. You are required to claim your bicycle and gear after the race. You must have your athlete Race Number Bib on in order to claim your bike and gear.

AMERICAN REBEL

Collection



LTD TRI AERO FZ RACESUIT

(RRP : RM980)

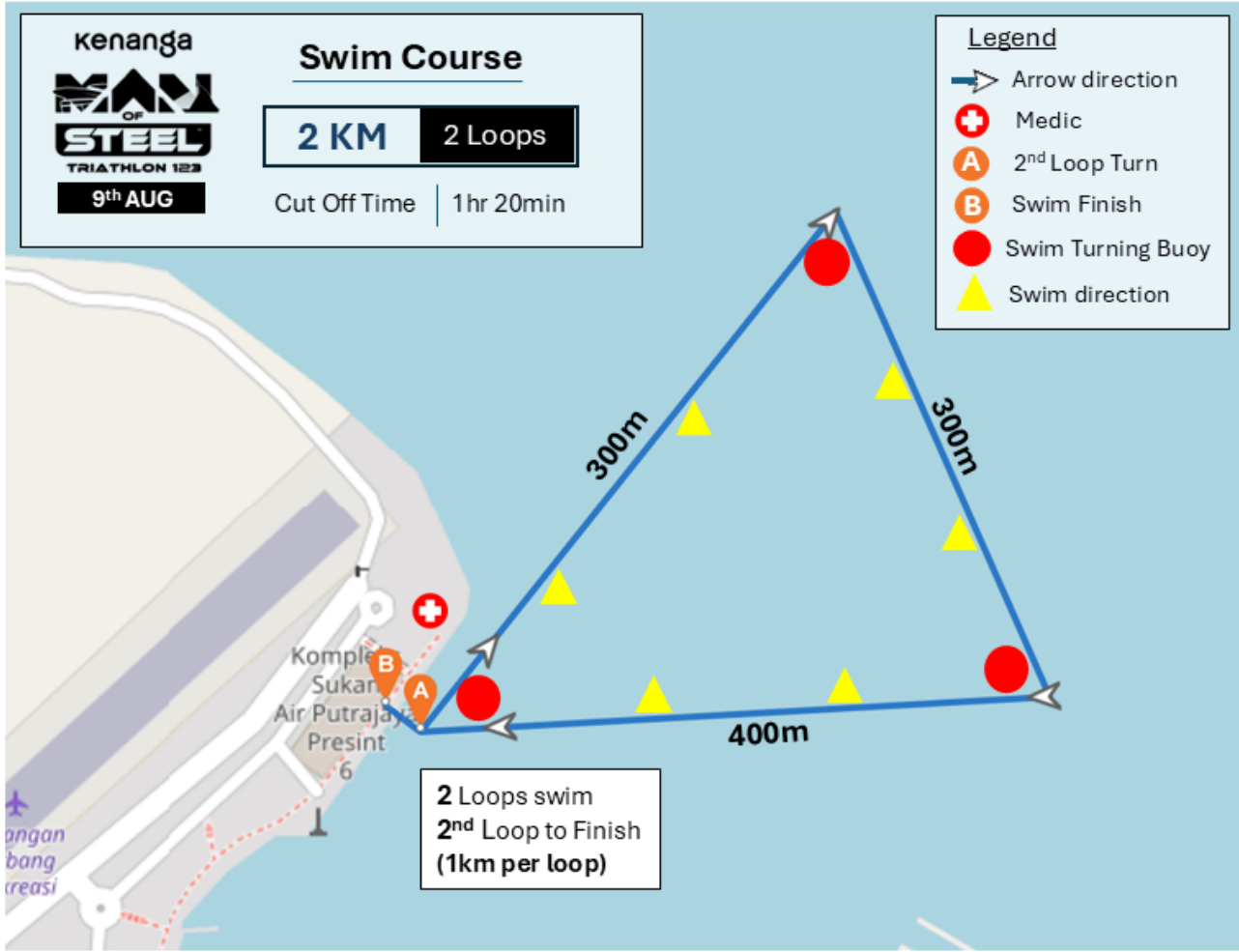
RM750

Jeet

TRANSITION



SWIM COURSE



SWIM WAVE START

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

Wave Start & Swim Cap Colour:		
Wave 1	Men 18-24 years, 25-29 years, 30-34 years	Red
Wave 2	Men 35-39 years, 40-44 years	Grey
Wave 3	Men 45-49 years, 50-54 years, 55-59 years, 60-64 years, 65 years & above	Blue
Wave 3	All women & Relay Teams	Pink

Subject to change without prior notice

SWIM COURSE

SWIM CUT-OFF TIMES

Swim Course - 1 hour 20 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.

KENANGA MAN OF STEEL TRIATHLON 123 2026

7th - 8th August 2026

Save up to 31%

GARMIN.

Limited offer

VARIA REARVUE 820



Exclusive Promo
RM **1,125**
RM1,249

FORERUNNER 970
47 mm, AMOLED
Full-color maps with enhanced navigation



Exclusive Promo
RM **2,939**
RM3,269

Limited offer

RALLY RS210

The dual-sensing power meter pedals that provide accurate power data



Exclusive Promo
RM **3,799**
RM4,899

RALLY RK210

The dual-sensing power meter pedals that provide accurate power data



Exclusive Promo
RM **3,799**
RM4,899

SALE



EDGE 540

RM1,199

RM1,730 Discount 31% OFF

SALE



EDGE 550

RM1,799

RM1,999 Discount 10% OFF

SALE



EDGE 850

RM2,159

RM2,399 Discount 10% OFF

SALE



EDGE 1050

RM2,999

RM3,690 Discount 19% OFF

EXCLUSIVE GARMIN REWARDS!

FREE GIFT

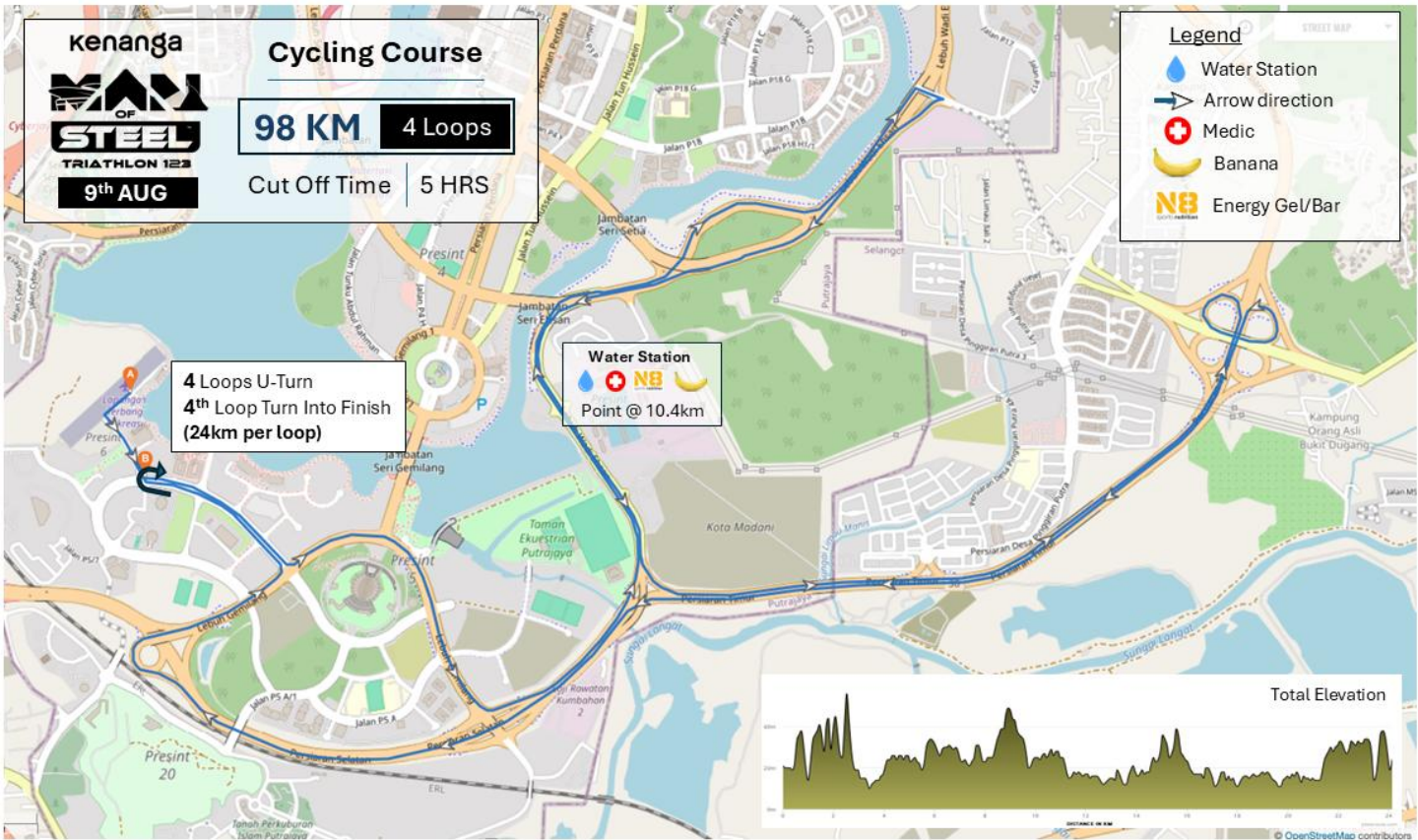
Enjoy a complimentary Garmin exclusive merchandise with any device purchase.

*While Stocks Last



*WHILE STOCKS LAST

BIKE COURSE



Subject to change without prior notice

BIKE COURSE

BIKE Route : **98KM**

- 4 Laps cycling
- 23KM per lap

Start and End at Kompleks Sukan Air Putrajaya.

Water/Aid Stations

- **Water + 100Plus + Banana + N8 Energy Bar + N8 Gel**

There will be traffic along the bike course and we advise all athletes to be vigilant and alert while racing.

There will be 1 water/aid station on the bike course. You will pass this station 4 times. There will be medic aid at this station.

Bike Cut-Off Times

Bike Course - 6 hour 20 minutes (including swim time)

BIKE COURSE

NON-DRAFTING

Man of Steel is a non-drafting event. Time penalties will be issued for anybody who is caught drafting.

It is forbidden to draft off another athlete or a vehicle. The bicycle draft zone will be 12m between bicycles. An athlete will have 25 secs to overtake and move out of a draft zone. Technical officials will notify the athletes who draft that they must stop at the penalty box for a time penalty. It is the athlete's responsibility to stop at the penalty box. Failure to stop will result in disqualification. A third drafting offence will lead to a disqualification.

Time penalty for infringements:

- Drafting infringement is 3 minutes
- Littering infringement is 1 minute

OTHER INFORMATION

Athletes must wear a helmet during the entire cycling course. Any cyclist seen riding without a helmet will result in immediate disqualification. Athletes must ensure that their helmets are securely fastened before leaving the transition area.

Bare torso is not allowed at all times. Athletes may walk or run with their bicycles.

Personal support vehicles and crews are not permitted. Any assistance received during cycling will result in immediate disqualification (with exception of medical aid).

Athletes are reminded to observe traffic rules at all times.

Athletes will have to perform their own repairs if their bicycles should breakdown.

Wearing headphones is not allowed at all times.

TT Bikes and Road Bikes are allowed during the race.

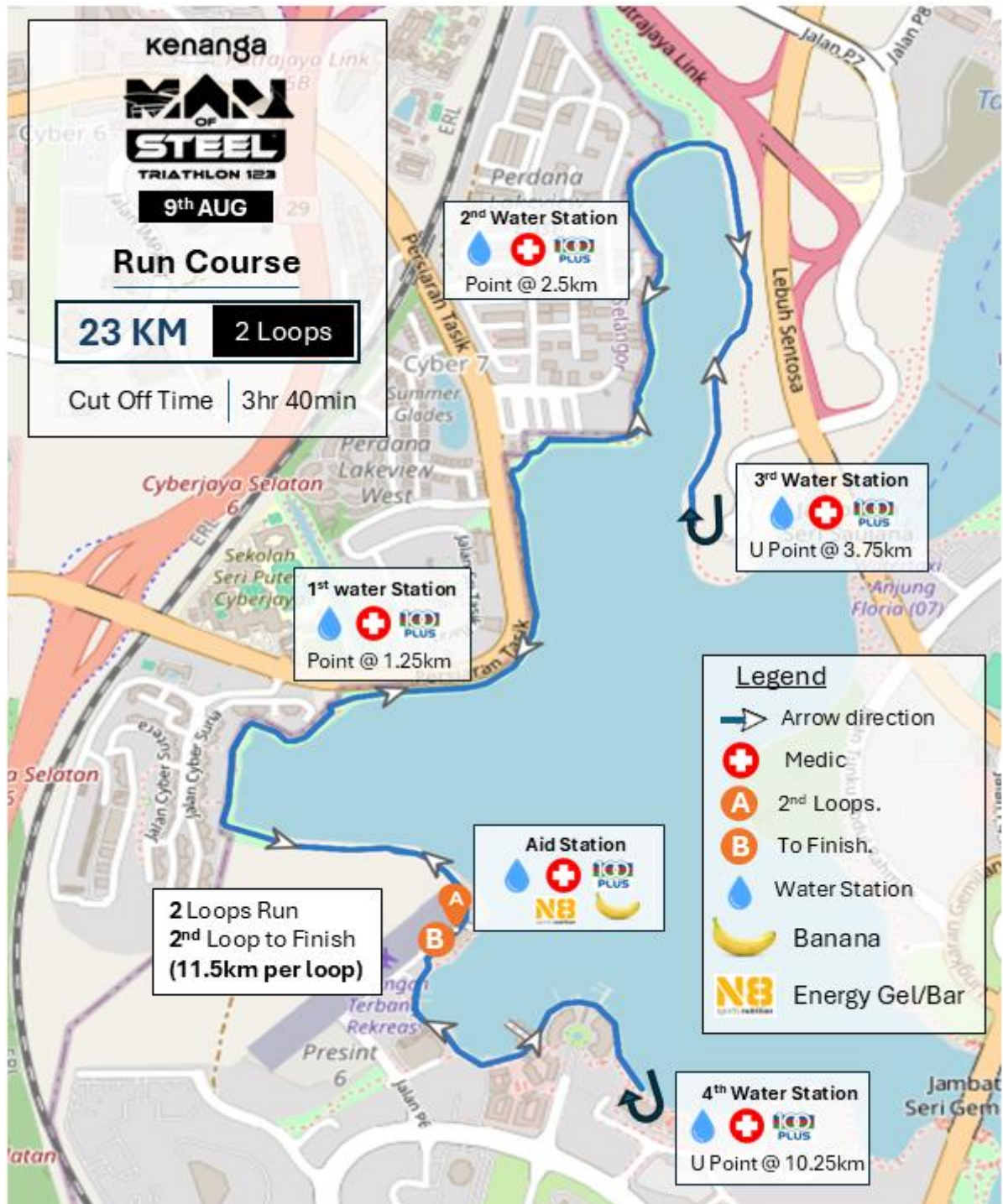


N8 ARMOUR BCAA

FOR MAXIMUM MUSCULAR RECOVERY, USE DURING AND AFTER ACTIVITY. LOADED WITH BCAA, CREATINE, L-GLUTAMINE, CITRULLINE MALATE AND ELECTROLYTES

RECOVER SMARTER. TRAIN BETTER!
#RASAKANKUASA

RUN COURSE



Subject to change without prior notice

RUN COURSE

Run Route : **23KM**

- 2 Laps running (to and fro)
- 11.5KM per lap

Start and End at Kompleks Sukan Air Putrajaya.

Roads Involving :

- Putrajaya Lake side

CUT-OFF TIME

Total cut off time is 10 hours.

OTHER INFORMATION

Athletes must wear their Race Number Bibs at all times during the run.

Bare torso is not allowed at all times.

Personal support vehicles or pacers are not allowed.

Athletes must not use headphones or headsets or any form of audio devices which are inserted or covering or placed around their ears.

Time penalty for infringements:

- Littering infringement is 1 minute each litter spotted by officials.

Recovery is the new Performance

blop.

RECHARGE MODE

A recovery ritual designed for athletes who want to train harder, bounce back faster and perform stronger – powered by 32 Powerhouse Ingredients that makes all the difference.

Turmeric

Reduce inflammation

Red Orange

Antioxidant + oral sunblock

Yeast Beta Glucan

Strengthen immune system

Prebiotic

(GOS, Galacto-oligosaccharides)

Improve gut health

L-Carnitine

Build muscle

CaHMB

Maintain muscle mass

L-Arginine

Reduce fatigue

Whey protein

24 types of vitamins
& minerals



Best taken:

Post
training

Faster
recovery

Intense
days

Reduce
fatigue

Rest day

Support
ongoing
recovery



Powered by superfoods and backed by science, this recovery drink is built to:

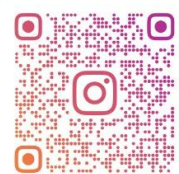
- Fight inflammation at the root
- Protect & restore muscles
- Support whole-body recovery (Gut, immune, energy)

Share Your blop. Story with Us!

#BLOP.ASIA

Order now at www.blop.asia

or WhatsApp us at +6011 2828 2488



BLOP.ASIA



Train hard. Check your heart.

YOUR HEART. YOUR PERFORMANCE.



Expert sports cardiology and heart screening
for every athlete at every level.

KENANGA MAN OF STEEL TRIATHLON 2026

Kompleks Sukan Air Putrajaya Precint 6

OPEN BOOTH:
7-8 AUG 2026

DOUBLETREE
PUTRAJAYA



Book Your **Sports**
Cardiology Screening
at **IJN** Today!

FINISH LINE AND RECOVERY

After you cross the finish line, you will be presented with a finisher medal and your timing chip will be removed. You will also collect your finisher towel and finisher T-shirt at the collection counter.

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

AWARD PRESENTATION

The Award Presentation will be held at the stage area at Grand Stand, approximately 4.00pm on 9th 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.

MECHANIC SUPPORT

All participants should check and ensure their bicycles are in good and roadworthy condition before race day. An on-site mechanical support will be available during Race Pack Collection. However, limited repairs are available subject to availability of bicycle parts and equipment.

Limited emergency service/repair is available on race day morning, subject to availability of bicycle parts and equipment.
There will be no on-road bicycle mechanics during the race.

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

2XU

HUMAN PERFORMANCE. MULTIPLIED.

ENGINEERED FOR ENDURANCE. BUILT FOR EVERY MILE.

The 2XU Trisuit is designed to help you move faster, stay cooler and go longer.



LIGHTWEIGHT & BREATHABLE

Premium Italian fabrics for superior ventilation stay comfort.



QUICK DRY

Fast-drying technology to keep you cool and race-ready.



MUSCLE SUPPORT

Strategic paneling for stability, support and freedom of movement.



RACE READY

Functional storage for nutrition and race essentials.



**Key
Power
Sports**

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 site. 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.

OPTIMAL HYDRATION

IS ESSENTIAL FOR
A HEALTHY BODY

*Hydrates Better
Than Water**

*Enhances Fluid
Retention***

Refreshing



KEMENTERIAN KESEHATAN
MALAYSIA

DOUBLETREE
by Hilton™
PUTRAJAYA LAKESIDE



kenanga



TRIATHLON 123

2026

8 & 9 AUGUST 2026

KOMPLEKS SUKAN AIR PUTRAJAYA, PRESINT 6

MAN OF STEEL 123

JUNIOR TRIATHLON

SPRINT TRIATHLON

AQUATHLON

ORGANISED BY



TITLE SPONSOR

SUPPORTED BY



OFFICIAL HOTEL



OFFICIAL
NUTRITION



OFFICIAL WATCH



OFFICIAL
APPAREL



OFFICIAL SPONSORS & PARTNERS

