

kenanga

MAN OF STEEL

TRIATHLON 163

2025

3RD EDITION

8.54



MAN OF STEEL 163

10TH AUGUST 2025

KOMPLEKS SUKAN AIR PUTRAJAYA, PRESINT 6

SWIM 3KM

BIKE 130KM

RUN 30KM





CHAN TUCK KIONG

Director, Head of Equity Broking

Kenanga Investment Bank Berhad

Warmest Greetings from Kenanga Investment Bank Berhad

On behalf of **Kenanga Investment Bank Berhad**, I would like to extend our heartfelt welcome to all participants of the **Kenanga International Man of Steel Triathlon 163**.

We are proud to serve as the **main sponsor** of this prestigious event for the **third consecutive year**, a testament to our unwavering commitment to promoting the sport of triathlon. This partnership reflects the values we hold dear at Kenanga—**commitment, discipline, and resilience**.

Triathlon is a sport that demands extraordinary dedication – from rigorous training and mental focus, to pushing through physical and environmental challenges. The early mornings. The long, quiet miles. The mental rewiring it takes to keep going when your body says stop. A triathlon does not just test your limits—it reveals where they truly are, and shows you how to push beyond them. These are the same qualities we champion at Kenanga. As specialists in the capital markets, our commitment to clients and stakeholders, disciplined approach, and resilience in navigating diverse market conditions are what drive us forward and set us apart as one of Malaysia's leading financial institutions. To all participants: **congratulations** on taking part in this remarkable challenge. Your presence here is already a victory, reflecting the sacrifices and determination required to pursue this demanding sport. We wish you the very best on race day and look forward to celebrating with you at the finish line – as a true **Man of Steel**.

Thank you.

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

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EVENT SCHEDULE

**Subject to change without prior notice*

FRIDAY, 8 AUGUST 2025

2.00pm - 6.00pm	Race Pack Collection	DoubleTree by Hilton Putrajaya
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SATURDAY, 9 AUGUST 2025

6.00am - 7.00am	Transition Area Open, Bike Check-in & Collection of Timing Chip (Super Sprint & Junior Triathlon)	Kompleks Sukan Air Putrajaya
7.10am	Super Sprint Triathlon Race Briefing	
7.30am	Super Sprint Triathlon Senior START	
8.30am (approx.)	Junior Triathlon (10-12 yo) START	
9.00am (approx.)	Junior Triathlon (13-15 yo) START	
10.00am (approx.)	Prize Presentation (Super Sprint & Junior Triathlon)	DoubleTree by Hilton Putrajaya
1.00pm - 6.00pm	Race Pack Collection	
3.30pm	MOS Race Briefing	

SUNDAY, 10 AUGUST 2025

5.30am - 7.00am	Transition Area Open, Bike Check-in & Collection of Timing Chip (MOS)	Kompleks Sukan Air Putrajaya
7.30am	MOS START (Wave Start)	
8.00am - 9.00am	Transition Area Open & Collection of Timing Chip (Aquathlon)	
9.35am (approx.)	Aquathlon Junior START	
9.45am (approx.)	Aquathlon Senior START	
11.30am	Prize Presentation (Aquathlon)	
3.00pm	1 st participant expect to arrive at finish line	
5.30pm (approx.)	Prize Presentation (MOS)	
8.30pm	MOS CUT OFF	
9.00pm	Race Ends	

ABOUT THE EVENT

3rd Edition MAN OF STEEL 163 EVENT

DATE : 9th August 2025 - Super Sprint & Junior Triathlon
10th August 2025 - MOS Triathlon & Aquathlon

TIME : Super Sprint & Junior Triathlon - 7:30am to 10:00am
MOS Triathlon - 7:30am to 8:30pm
Aquathlon - 9.30am to 11.30am

VENUE : Kompleks Sukan Air Precint 6 Putrajaya



SUPER SPRINT & JUNIOR TRIATHLON

Junior (10-12 years) : 200m Swim – 5km Bike - 800m Run

Junior (13-15 years) : 400m Swim – 8km Bike – 1.6km Run

Super Sprint : 500m Swim / 11km Bike / 3km Run

MOS TRIATHLON

3km Swim / 130km Bike / 30km Run

AQUATHLON

Junior : 350m Swim / 2.5km Run

Senior : 1.5km Swim / 8km Run

RACE PACK COLLECTION



Musette Bag

WHEN

Friday, 8 August 2025, 2.00PM – 6.00PM

Saturday, 9 August 2025, 1.00PM - 6.00PM

WHERE

Temenggor, Ground Floor

[DoubleTree by Hilton Putrajaya Lakeside](#)

Parking:

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

WHAT TO BRING

Confirmation email

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 booths opened during Race Kit collection. Zoot & Brooks, Suunto, Keypower, N8.

WHAT PARTICIPANTS RECEIVE



RACE PACK

Man of Steel participant will receive an event t-shirt, a Limited Edition musette bag, a Limited Edition running cap. All finishers will receive a finisher's collar shirt, a towel and a 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.

Kenanga



For iPhone &
Android Phone
users



For Huawei

Building Wealth, Block by Block



Strategies

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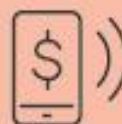
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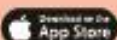
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PRE-RACE INFORMATION

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

**1-90, Jalan PUJ 3/8, Taman Puncak Jalil,
43300 Seri Kembangan, Selangor.**



**WHEN THE FIRE'S OUT ..
IT'S TIME TO**

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N8
sports nutrition

RACE DAY INFORMATION

BIKE CHECK-IN & TRANSITION AREA

Bike Check-in will take place in the morning of the Race Day, 10th August 2025, 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 13 hours after the final athlete enters the water.

Swim Course - 1 hour 45 minutes

Bike Course - 6 hours 45 minutes

Total - 13 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 4.00pm to 9.00pm on 10th August 2025. 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.



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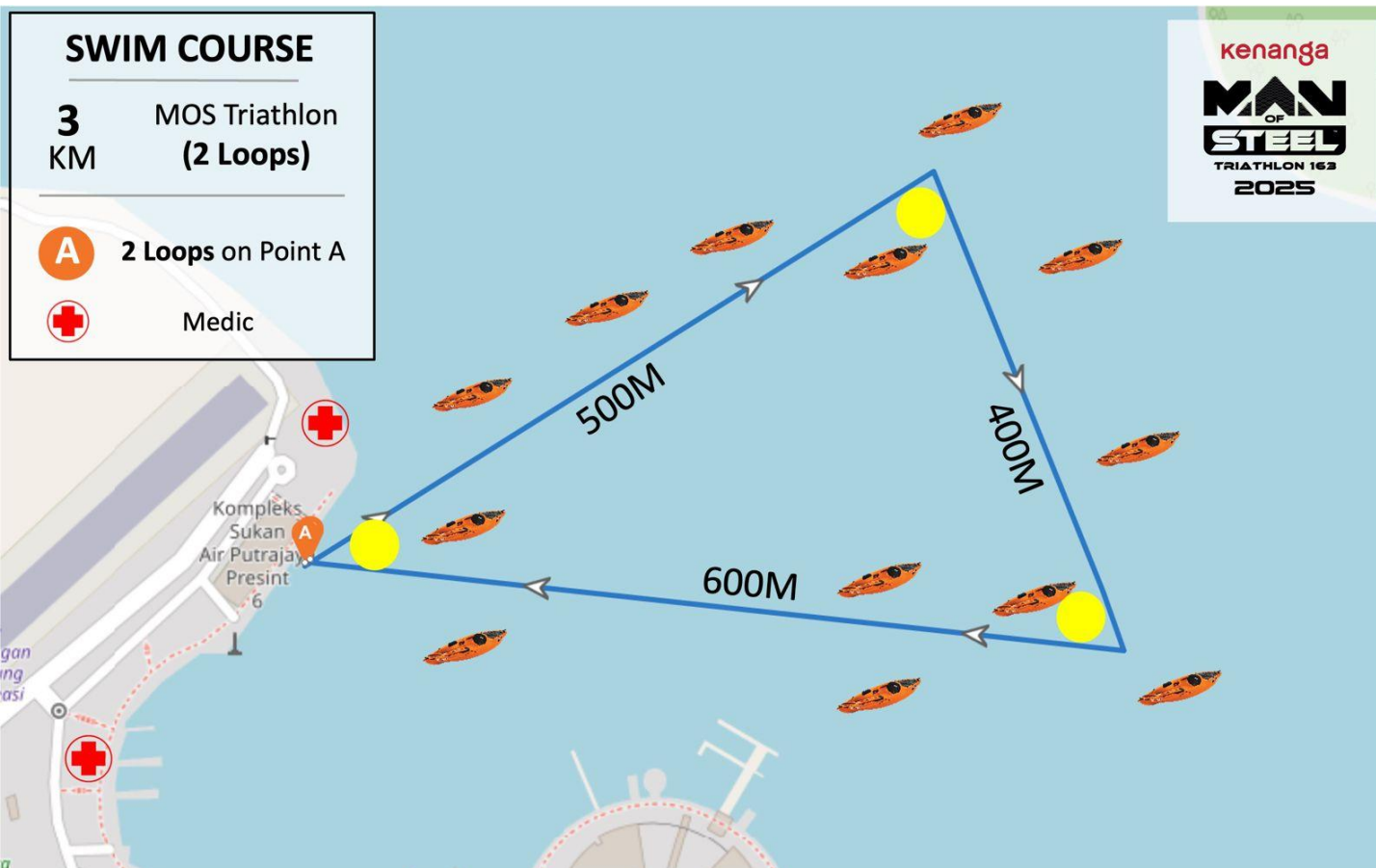
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TRANSITION



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 50-59 years, Men 60 years & above All women & Relay Teams	Red
Wave 2	Men 40-49 years	White
Wave 3	Men 18-29 years, Men 30-39 years	Blue

Subject to change without prior notice

SWIM COURSE

SWIM CUT-OFF TIMES

Swim Course - 1 hour 45 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.

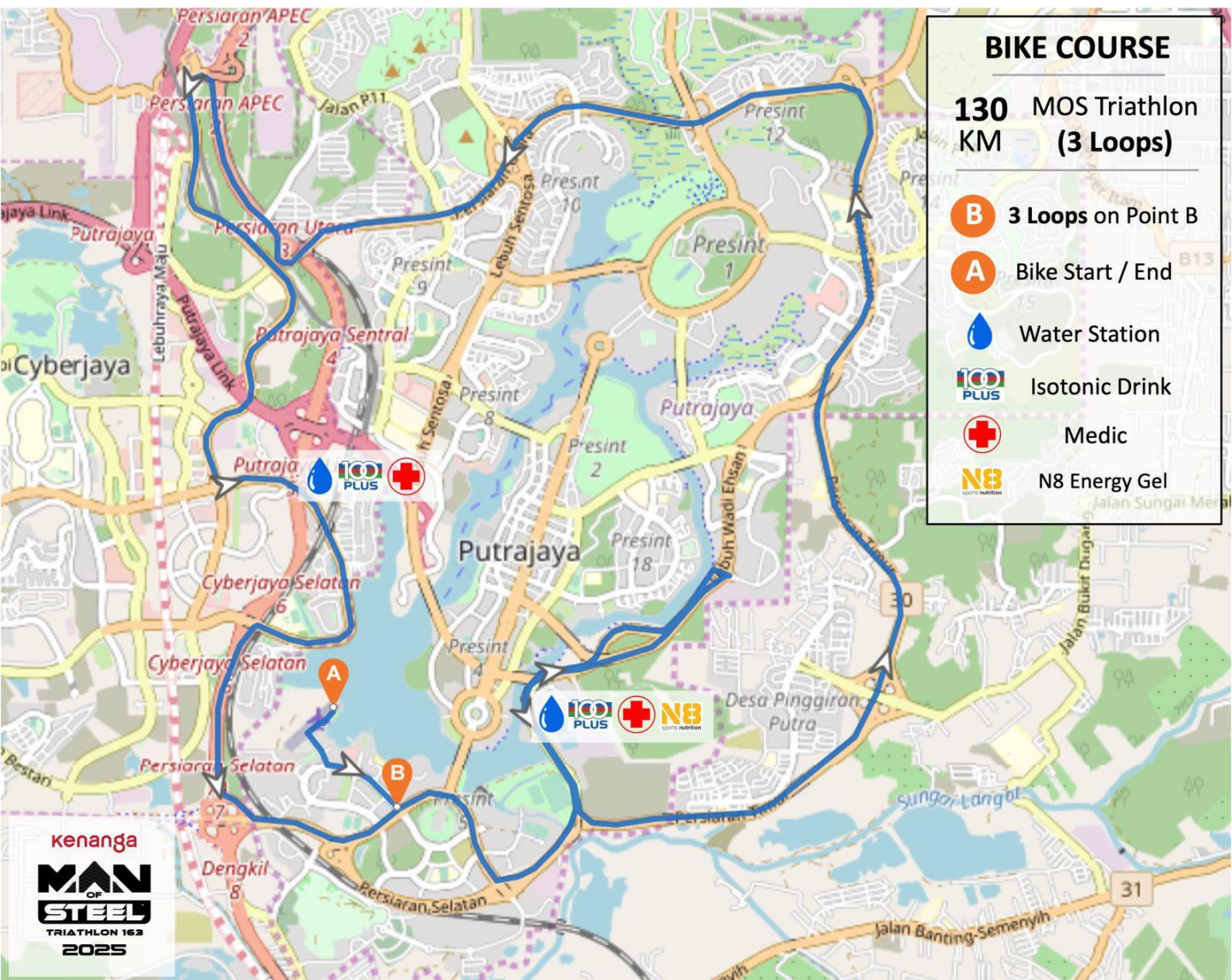
SWIM SUPPORT

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.

BIKE COURSE



Subject to change without prior notice



BIKE COURSE

BIKE Route : 130 KM

- 3 Laps cycling
- 43KM per lap

Start and End at Kompleks Sukan Air Putrajaya.

Roads Involving :

- Persiaran Selatan
- Lebuhraya Wadi Ehsan
- Persiaran Selatan
- Persiaran Timur
- Persiaran Utara
- Persiaran Apec
- Persiaran Tasik
- Persiaran Selatan

2 Water/Aid Stations

- **1st Station – Water + 100Plus**
- **2nd Station – Water + 100Plus + Banana + N8 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 2 water/aid stations on the bike course. You will pass this station 3 times. There will be medic aid at this station.

Bike Cut-Off Times

Bike Course - 6 hour 45 minutes

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).

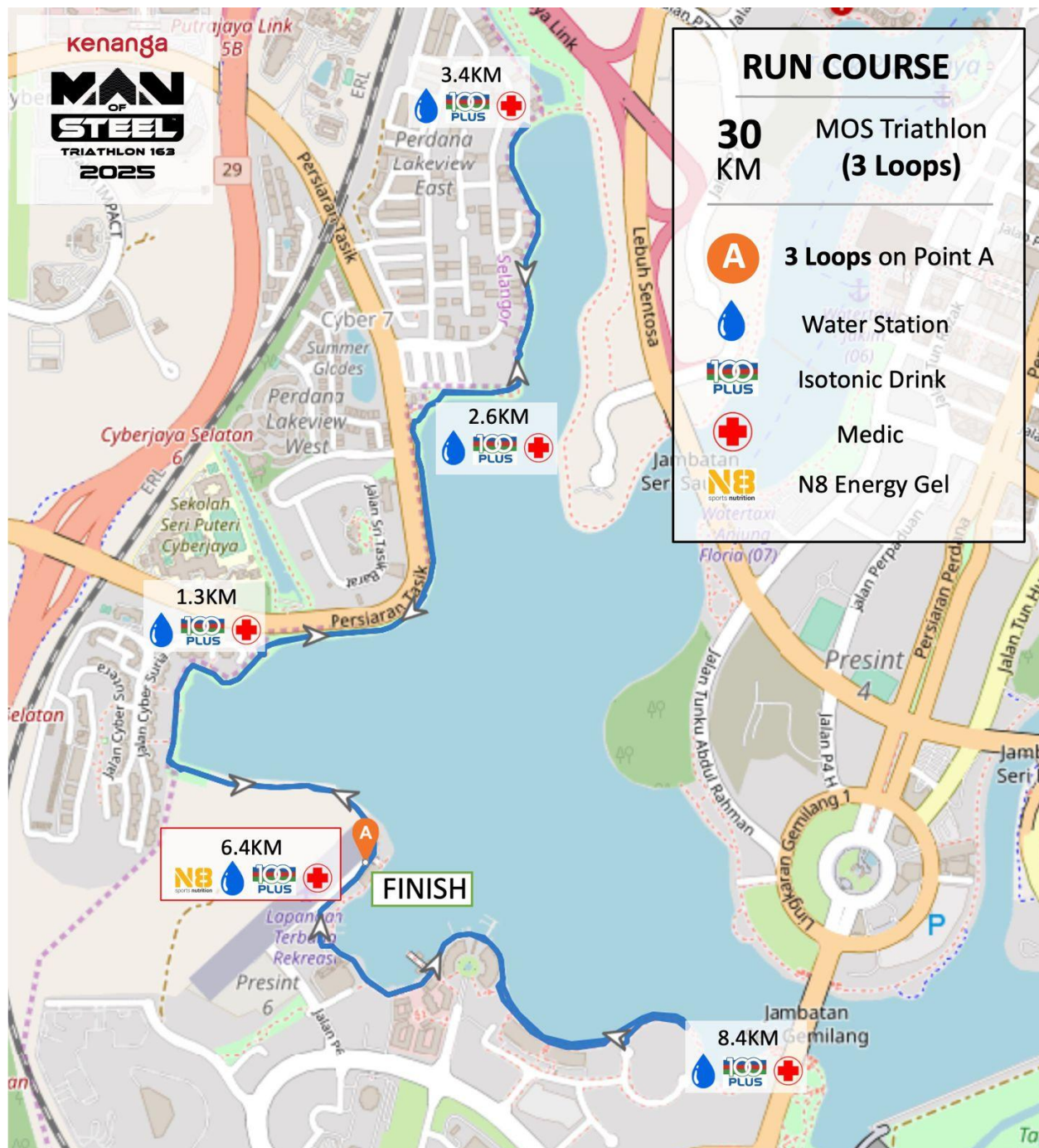
Athletes are reminded to observe traffic rules at all times.

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.

RUN COURSE



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RUN COURSE

Run Route : **30 KM**

- 3 Laps running (to and fro)
- 10KM per lap

Start and End at Kompleks Sukan Air Putrajaya.

Roads Involving :

- Putrajaya Lake side

7 Water Stations

CUT-OFF TIME

Cut off time is 13 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

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Discretionary Financing Promotion Details

Promotion Period

1 Jan 2024 to 30 June 2024.

Eligibility

All individual and corporate clients
(new and existing).

Promotion Term

6 months.

Acceptable Collaterals

Cash & quoted shares.

DF Fee

0.1% for new and existing
accounts without DF.

Share Transfer Cost

Share transfer fee shall be waived
for inward transfer to DF account.

Interest Rate

6.8% p.a. on each calendar day
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Settlement Terms

Outstanding purchases position must
be settled by 12:30 pm on the seventh market
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which the bank will force sell on T + 8.

What is Discretionary Financing?

Discretionary Financing is a trading product that provides clients with an extended financing settlement period of up to T + 7, until 12:30 pm. This feature offers clients greater flexibility in settlement, accommodating longer trading and investment strategies.

How to sign up?

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Click [HERE](#) for Terms & Conditions

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Download via:



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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 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 5.30pm on 10th August 2025. 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.

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

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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T19, 3rd Floor, Lot10 Shopping Centre, Kuala Lumpur.



DOUBLETREE
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PUTRAJAYA LAKESIDE



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TRIATHLON 163

2025

9 & 10 AUGUST 2025

KOMPLEKS SUKAN AIR PUTRAJAYA, PRESINT 6

MAN OF STEEL 163

JUNIOR TRIATHLON

AQUATHLON

ORGANISED BY



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