

kenanga

MAN OF STEEL™

TRIATHLON 163

2025

3RD EDITION



SUPER SPRINT

9TH AUGUST 2025

KOMPLEKS SUKAN AIR PUTRAJAYA, PRESINT 6



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MAN OF STEEL™

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JUNIOR TRIATHLON

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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

Email: Ebiz.KenTrade@kenanga.com.my



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600 gold coins*
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*Terms and Conditions apply



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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)	
1.00pm - 6.00pm	Race Pack Collection	DoubleTree by Hilton Putrajaya
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

Super Sprint Triathlon



Junior Triathlon



WHEN

Friday, 8 August 2025, 2.00PM – 6.00PM

At Temenggor, Ground Floor

[DoubleTree by Hilton Putrajaya Lakeside](#)

Parking:

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

WHEN

Saturday, 9 August 2025, 6.00AM – 6.30AM

At The Grand Stand, Kompleks Sukan Air

Precint 6 Putrajaya

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

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.



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Android Phone
users



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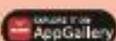
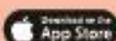
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PRE-RACE INFORMATION

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 ..
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For activities such as marathons and running, use one N8 Refuel Energy Gel for every one hour of energy. It comes in an easy environmental friendly cap that can be opened and sealed at your convenience. Contains electrolytes for body hydration. Available in Apple, Mango, Lychee, Orange, Berry, Lime and in the all new 2025 flavor - Pineapple!

N8
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RACE DAY INFORMATION

BIKE CHECK-IN & TRANSITION AREA

Bike Check-in will take place in the morning of the Race Day, 9th August 2025 (Saturday), 6.00am – 7.00am, at the Transition Area. Junior 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.

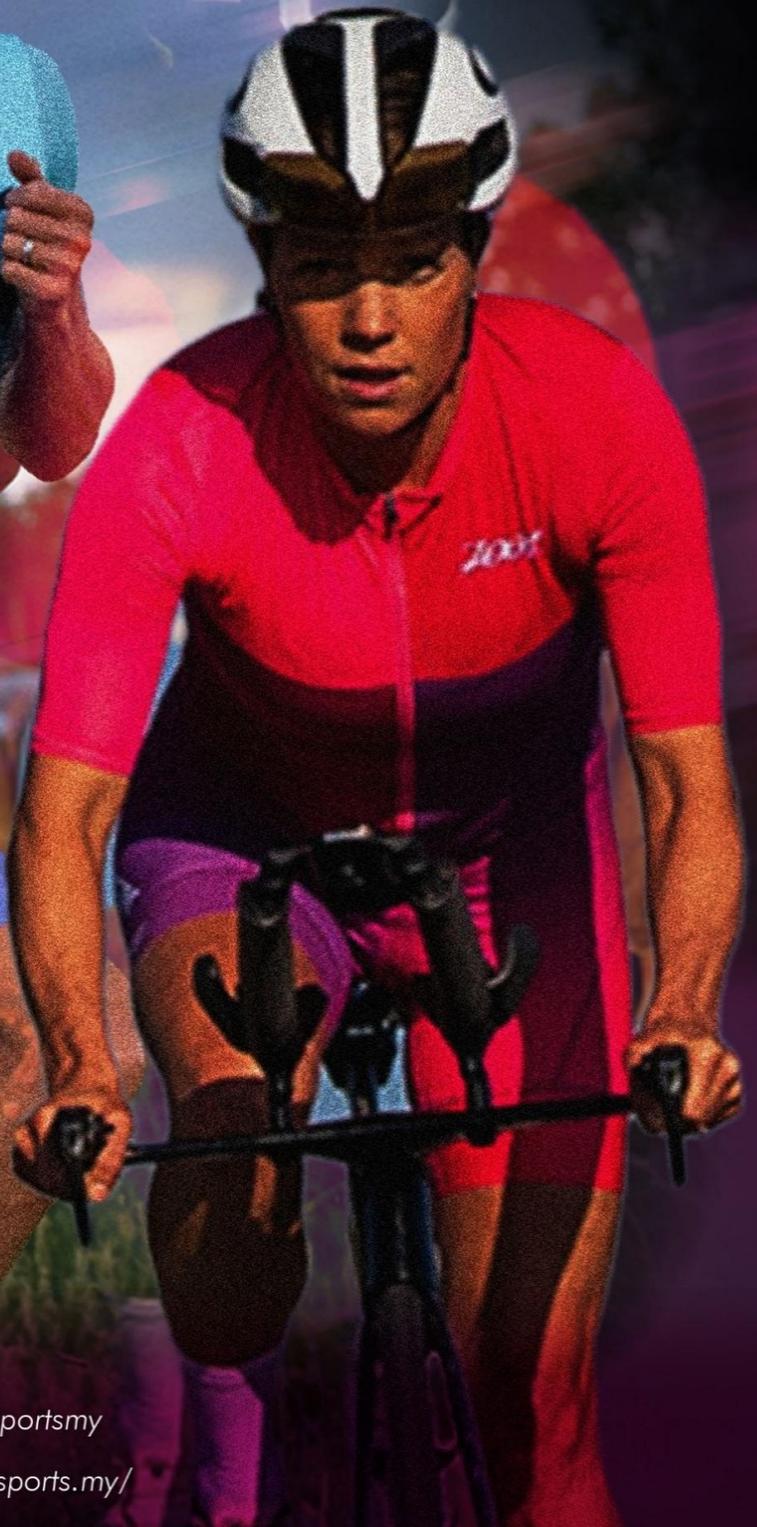
FINISH AREA

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.



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SUPER SPRINT COURSE

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MAN
OF
STEEL
TRIATHLON 163

9 AUG 25
(SATURDAY)

Super Sprint Triathlon

Swim Course | **500 M**

- A** Swim Start
- B** Swim End



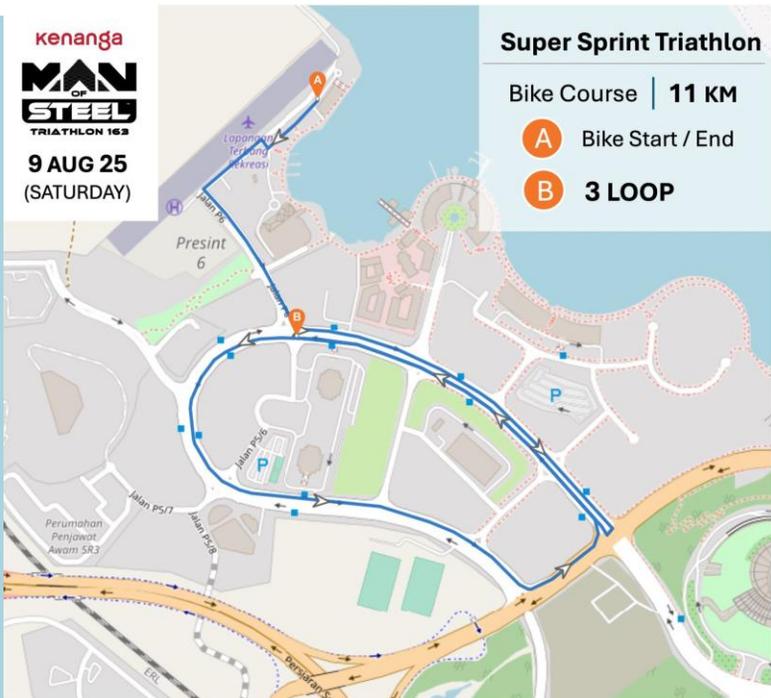
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MAN
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TRIATHLON 163

9 AUG 25
(SATURDAY)

Super Sprint Triathlon

Bike Course | **11 KM**

- A** Bike Start / End
- B** 3 LOOP



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MAN
OF
STEEL
TRIATHLON 163

9 AUG 25
(SATURDAY)

Super Sprint Triathlon

Run Course | **3 KM**

- A** Run Start
- B** Run Finish
1 loop



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 (Super 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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Financing 'DF' promo with low
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lower DF fees!



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
starting from T + 3 for all new
and existing DF accounts.

Settlement Terms

Outstanding purchases position must
be settled by 12:30 pm on the seventh market
day (T + 7) after the transaction date, failing
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?

Contact your dealer or remisier or email us at ebiz.kentrade@kenanga.com.my to explore how discretionary financing can elevate your financial game.

Visit us at www.kentrade.com.my for more information.

Click [HERE](#) for Terms & Conditions

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Download via:



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 9th 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.

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.



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PUTRAJAYA LAKESIDE



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MAN OF STEEL™

TRIATHLON 163

2025

9 & 10 AUGUST 2025

KOMPLEKS SUKAN AIR PUTRAJAYA, PRESINT 6

MAN OF STEEL 163

JUNIOR TRIATHLON

AQUATHLON

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