



POWER MAN

MALAYSIA **2025**

by **OMODA | JNECOO**

20 - 22 JUNE 2025 | DATARAN PUTRAJAYA

20 TH *Anniversary*

WELCOME MESSAGE



JEFFREY ROSS

POWERMAN MALAYSIA RACE DIRECTOR

I'd like to welcome you to POWERMAN Malaysia 2025 by OMODA| JAECOO. This is a milestone occasion, as we celebrate the 20th anniversary edition of the event!

My team and I are excited to be back once again at Dataran Putrajaya, where we'll welcome competitors from ages 6-80, taking on the challenge of the biggest Run-Bike-Run duathlon in the world!

Saturday will see over 500 POWERKIDS ripping up the course, with 3 different age categories... always a fun watch, and arguably the most stressful part of the event weekend! Sunday sees the biggest field yet, with over 1000 participants taking on the POWERMAN 10-60-10 Classic distance and over 3000 participants entered in the POWERMAN 5-30-5 Short category. The stage is set for yet another massive POWERMAN Malaysia event, with participants from over 30 different countries converging in Putrajaya.

We're proud to welcome back OMODA | JAECOO as Presenting Partner, and I'm sure you'll be impressed with the cars that they'll be showcasing throughout the event.



JOHN RAADSCHELDERS

PRESIDENT OF INTERNATIONAL POWERMAN ASSOCIATION (IPA)

This is a particularly emotional race weekend for me, with the 20th anniversary edition of POWERMAN Malaysia. I'm delighted to be back in Malaysia to witness this amazing event, which is always a highlight of the International Powerman Association calendar.

As always, I love to see the POWERKIDS in action; they are the future world champions! I'm excited to see that the POWERKIDS category is bigger than ever, which is testament to the great job that the parents are doing to inspire and encourage participation in duathlon, well done!

For all POWERMAN participants, I wish you a wonderful race, and that you will be proud to cross the finish line safely on Sunday. See you on the race course!

OMODA | JAECOO



EMILY LEK

VICE PRESIDENT OF OMODA | JAECOO MALAYSIA

OMODA|JAECOO is built around the core concept of “People + Car + Life,” creating a dynamic “O-UNIVERSE” ecosystem that merges innovative automotive technology with aspirational lifestyles. OMODA, a fashion-forward, cross-category brand, is designed for the LOHAS generation, offering personalised and modern mobility solutions for young consumers eager to redefine the status quo. Meanwhile, JAECOO, a fearless premium off-road brand, caters to urban elites and adventure seekers, embracing the philosophy of “From Classic, Beyond Classic” to push the boundaries of global off-road trends with refined style and outstanding performance. While tailored for distinct audiences, OMODA and JAECOO are complementary, signaling an exciting future in Malaysia with cutting-edge technology, unrivaled automotive performance, customer-centric experiences, and innovative new energy solutions.



OMODA | JAECCOO

THE ALL-NEW
J7 PHEV

EVERY DRIVE IS
A NEW MILESTONE



SCAN FOR BROCHURE



ACHIEVE
MORE

EHS
SUPER HYBRID SYSTEM

EVENT SCHEDULE

*Schedule is subject to change.

FRIDAY, 20 JUNE 2025

| CATEGORY | TIME | ACTIVITY | VENUE |
|----------|---------------|-----------------------------------------------|----------------------------------------|
| ALL | 14:00 - 18:00 | Race Pack Collection Day 1 Race Expo Day 1 | Auditorium Tun Azizan Zainul Abidin |

SATURDAY, 21 JUNE 2025

| | | | |
|-----------|---------------|-------------------------------------------|----------------------------------------|
| POWERKIDS | 06:00 - 06:45 | POWERKIDS Bike Check In | Dataran Putrajaya |
| | 07:00 | Flag Off: POWERKIDS Age 6-8 | |
| | 07:30 | Flag Off: POWERKIDS Age 9-11 | |
| | 08:15 | Flag Off: POWERKIDS Age 12-15 | |
| | 09:15 | Prize Presentation | |
| | 09:15 - 10:15 | POWERKIDS Bike Collection | |
| POWERMAN | 10:00 - 17:30 | Race Pack Collection Day 2 | Auditorium Tun Azizan Zainul Abidin |
| | 10:00 - 18:00 | Race Expo Day 2 | |
| | 11:30 - 17:30 | POWERMAN Bike Check In Classic & Short | Dataran Putrajaya |

SUNDAY, 22 JUNE 2025

| | | | |
|----------|------------------------------|------------------------------------------------------------------------------|----------------------------------------|
| POWERMAN | 09:00 - 12:00 | Race Expo Day 3 | Auditorium Tun Azizan Zainul Abidin |
| | 05:00 | Transition Area Opens: POWERMAN Classic & Short | Dataran Putrajaya |
| | 06:00 | Transition Area Closes: POWERMAN Classic & Short | |
| | 06:20 | Flag Off: POWERMAN Classic | |
| | 06:30 | Flag Off: POWERMAN Short (Wave 1) | |
| | 06:40 | Flag Off: POWERMAN Short (Wave 2) | |
| | 09:15 - 09:45 10:15-10:45 | Prize Presentation (Short Category) Prize Presentation (Classic Category) | |
| | 10:20 | Bike Collection: POWERMAN Classic & Short | |
| | 11:50 | Official Race Cut-Off Time | |
| | | | |

RACE PACK COLLECTION



WHERE

Auditorium Tun Azizan Zainul Abidin

Kompleks Perbadanan Putrajaya 24,
Persiaran Perdana, Presint 3, 62675
Putrajaya (opposite the Palace of Justice)

WHEN

Friday, 20 June, 14:00 - 18:00

Saturday, 21 June, 10:00 - 17.30

All participants **MUST** collect their race packs during these designated hours

WHAT TO BRING

Digital Confirmation Slip

Photo IC or Passport

IMPORTANT NOTE

If you cannot make it to the Race Pack Collection, you may nominate someone to collect your Race Pack on your behalf. Please provide the collector with a copy of your photo IC/Passport and a signed **authorisation form** downloadable from www.powerman.my (FAQ section).

The Race Pack Collection will be closed at 17:30 sharp on Saturday 21st June 2025 and participants will not be permitted to collect Race Packs after this time. **IF YOU MISS THIS DEADLINE, YOU WILL NOT BE ABLE TO PARTICIPATE.**

Please do NOT bring your bike or any large luggage to the Race Pack Collection

WHAT PARTICIPANTS RECEIVE



RACE PACK

All POWERMAN participants will receive an event t-shirt and a limited edition Shoe Bag (at Race Pack Collection). Participants who complete the Short and Classic categories will receive a finisher's t-shirt and all finishing participants (POWERKIDS and POWERMAN) will receive a medal (after the race).



PARTICIPANT WRISTBAND

Your wristband identifies you as an Official POWERMAN Participant and must be worn at all times. It provides access to the transition zone and post-race recovery area.



RACE BIB WITH TIMING CHIP

Your Race Bib must be worn on the FRONT of your attire at all times. Each bib comes with 4 safety pins to attach it to your apparel.



BIKE SEAT POST STICKER WITH TIMING CHIP

Your Bike Seat Post Sticker contains a secondary timing chip and must be FIXED UNDER THE SEAT of your bike. Please do this prior to Bike Check-In.



HELMET STICKER

You will receive 1 helmet sticker with your unique race number which must be fixed to the FRONT of your helmet.

EVENT INFORMATION

POWERMAN EXPO

The Expo is located on the Concourse Level of Auditorium Tun Azizan Zainul Abidin. Featuring a wide range of exciting offerings from industry partners. Kindly note that no bicycles are allowed inside the EXPO Venue.

A very limited number of bike racks will be available outside the EXPO Venue for temporary bike storage, subject to availability. It is the responsibility of the participant to ensure the bike's safety if using those racks. Where possible, we strongly recommend you to keep your bike in your car when you go to collect your Race Pack.

The following exhibitors will be present at the POWERMAN Malaysia 2025 Expo:

Shimano
POWERMAN Official
Merchandise (by PURPOSE)
Brooks
N8 Nutrition
PURPOSE Performance Wear
Simply Active
Lerun Industries
Kahf
Beoka
SLM Bicycle Sdn Bhd
Key Power Sport
Outplay Solutions
100PLUS
Synteq Ice Power
Rudy Project
Two Care Sdn Bhd

Nove M Sdn Bhd
Pro Apparel
Seamless Strategies Enterprise
Suunto Sports Technology
Y Sandals (M) Sdn Bhd
Pangu Sdn Bhd (Coros Malaysia)
Butik Pato
Wolves Fitness
Trizo Health
NABS Global Sdn Bhd
Rokeby
LGS Group
Muzz Ltd.
Rokeby
Sokong
Beoka
Centro Cycles

Runners Unite Enterprise
Cyclistic
AECO Technologies
SA Sport Sdn Bhd
LifeWave Malaysia
Hammer Nutrition
Ngee Cycle Trading Sdn Bhd
Voltra
Recogen
The Sky Race

OFFICIAL POWERMAN MERCHANDISE

This year, we are proud to partner with PURPOSE Performance Wear as the Official POWERMAN Apparel provider. The exclusive collection will be available for viewing and purchase throughout the 3-day Expo.

TRAVEL

LOCATION

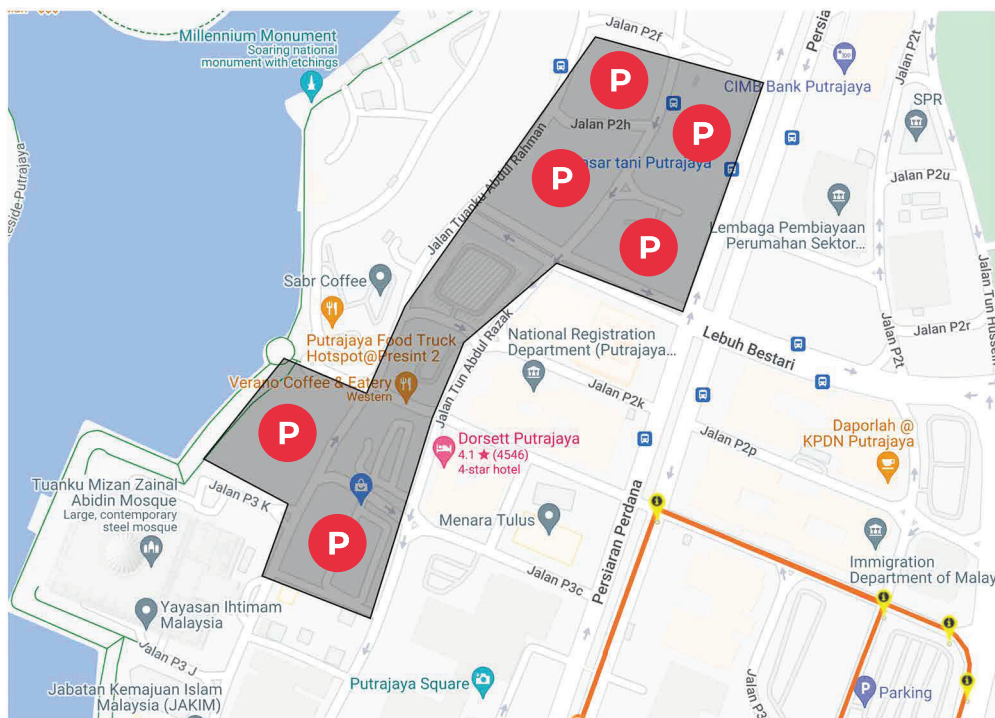
Putrajaya is located 30km from KL International Airport and 55km from KL City Centre.

The Expo, Race Pack Collection, Start and Finish are all within the vicinity of the Palace of Justice on Dataran Putrajaya.

TRANSPORT & PARKING

This year, it is compulsory for all participants that are driving to the venue on Sunday 22nd June to park at one of the many public car parks along Jalan Tuanku Abdul Rahman. There will be a manned crossing area by Dorsett Hotel, so please try to cross the road there. This is to mitigate disruption on the event routes.

Exact parking locations and road closure updates will be announced nearer to the event date via our social channels.





MECHANICAL SUPPORT

All participants must ensure their bikes are in a roadworthy condition. An on-site mechanical support team will be located beside the Expo from 10:00 to 17:30 on Saturday, 21st June. Limited emergency repairs are available on race morning, subject to mechanic availability.

If you have a (bike) mechanical issue during the race, there will be a team of 7 roaming mechanics on motorbikes to assist you. Try to solve the problem yourself, but if you need assistance, then await the nearest roaming mechanic to come to you. The roaming mechanics will have a limited supply of puncture repair equipment.

OFFICIAL RACE PHOTOGRAPHS

Pre-purchase your Photo Package on the Race Roster ticket platform to get a RM20 discounted price (if purchased before **19th June, 14.00**). This year, we are expanding our Photographer Team to capture even more moments, with additional Official Photographers stationed throughout the event day. There will also be a NEW Finisher Medal Photopoint available after medal redemption!

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

You can search for your photos either by:

- Entering your bib number, or
- Using the Photo App's facial recognition software
- You can also purchase the photo package after the event.



COMPULSORY BIKE CHECK-IN

All Classic and Short participants MUST check-in their bikes between 11:30 and 17:30 on Saturday, 21st June at the Transition Zone, located in front of the Palace of Justice.

If you miss bike check-in on Saturday, you will NOT be allowed to participate in the race.

Please note:

- Bike racks are set up according to race number order.
- Transition Zone access is restricted to participants with ID **Wristbands** and **Bike Seat Post Stickers** and **Bike Helmet Stickers** correctly installed.
- Bikes will be left overnight under the careful watch of the event's professional Security Team.
- Full bike covers are not allowed and will be removed if used.
- You may only leave a shoe-size bag in the Transition Zone (at your specific bike rack number) at any time, but we highly recommend not leaving anything overnight on Saturday.
- You will be able to access the transition zone again on the morning of the race.

TRANSITION AREA OPENING TIMES

| | |
|------------------|---------------------------------------|
| POWERKIDS | 06:00 to 06:45 on Saturday, 21st June |
| POWERMAN SHORT | 05:00 to 06:00 on Sunday, 22nd June |
| POWERMAN CLASSIC | 05:00 to 06:00 on Sunday, 22nd June |

Please ensure you arrive early and allow yourself plenty of time to prepare for the race. The transition zone opening times will be strictly enforced.

ELITE START (POWERMAN CLASSIC)

If you have been accepted into the elite start (notified via email), you will be eligible to collect an Elite Start tag during the Race Pack Collection event. Please go to the Elite Start desk when you collect your Race Pack.

The Elite Start is ONLY applicable to the POWERMAN CLASSIC (10-60-10) distance category.



START WAVES (POWERMAL SHORT)

There are 2 start waves at this year's SHORT category. **You must adhere to the start wave that you chose** upon registration, which will be marked on your bib and will be controlled by security on race day.

The start waves are ONLY applicable to the POWERMAN SHORT (5-30-5) distance category.

Race results will be based upon Net Time (as per your timing chip), so there is NO disadvantage to being in Short Wave 2. However, podium winners are based upon Gun Time.

TRANSITION AREA RULES

- All changeover of equipment must be done at your specified numbered location within the Transition Area.
- Helmets must be secured on the top of participant's heads with buckles fastened from the time bikes are removed from bike racks in the Transition Area at the start of the bike leg until after their bikes have been replaced at the end of the bike leg. Cycling is strictly prohibited within the Transition Area - please run or walk with your bike until you have left the Transition Area.
- Spectators and helpers are NOT allowed into the Transition Area at any time.

PENALTIES (INFRINGEMENTS)

Any race rule violation (please refer to the Race Rules on the event website for the full list of rules) will result in a time penalty being issued, which must be served during the race (or added to your race time if you omit to serve the penalty during the race). If a Malaysian Triathlon Association Official issues you with an infringement penalty, you must strictly adhere to their instruction.

Please note that unserved time penalties may impact upon results after the race.

NON-DRAFTING

POWERMAN Malaysia is a non-drafting event. Time penalties will be issued for anybody who is caught drafting. Please refer to the Race Rules on the event website (rule 6).

BAG STORAGE

There is NO bag storage at the event. You may however take a shoe-sized bag into the transition zone and store it at your allocated bike rack space. We recommend NOT to leave any valuables within the transition zone. **You will NOT be allowed to take any bigger-sized bag into the transition zone.**



MEDICAL

Your safety is extremely important to us. All participants are responsible for ensuring they are physically capable of completing the race. If there is any pre-event concern or doubt, please seek medical advice from a doctor.

Medical assistance is available throughout the event and if attention is required, please seek the attention of Event Staff. Medical staff will be positioned at various points on Race Day, including:

- Bike Course (Roaming)
- Run Course (Roaming)
- Finish Line
- Recovery Area



LITTERING AREA

There will be a clearly marked Littering Area at each Aid Station to discard any unwanted items such as bottles. Discarding items on any other part of the course other than at the Littering Areas will result in a time penalty.

DRINKS STATIONS

There are 2 Drinks Stations located on the Run Route, and 2 Drinks Stations located at the Bike Route and 1 Drink Station at the Finish Zone. Items available include:

- Run Route: Water + 100PLUS Original
- Bike Route: Water
- Finish Zone: Water + 100PLUS PRO

TOILETS

Male and female toilets are located near the Start and Finish Line.

FINISH LINE AND RECOVERY AREA

You will be able to enjoy the following complimentary services:

- Finisher medal
- Drinks
- Food
- Recovery massage
- Finisher T-shirt collection

Once you have crossed the finish line, please move quickly through to allow other finishers access. The finish line area can get congested, so please be courteous to other finishers behind you.



COLLECTION OF BIKES

ID wristbands will be used as verification for bike collection, so please ensure you are wearing yours. The organiser will not be held responsible for the loss of any property nor for any bikes not collected after the closure of the Transition Zone. You must collect your bike from the Transition Zone according to the schedule:

POWERKIDS: 09:15 - 10:15, 21st June 2025

POWERMAN CLASSIC & SHORT: 10:20 - 11:40, 22nd June 2025

The above bike collection times will be strictly enforced, for everybody's security.

TIMING RULE - GUN TIME

- Podium ranking for all race categories (Kids, Elite, Short and Classic) is based upon gun time.
- All participants will receive an official result time (after the race) using chip (net) time.

RESULTS & PODIUM WINNERS

The podium winners for ALL race categories will be determined by GUN TIME.

Potential podium winners will receive 'potential winner' tags as they cross the finish line. IF you receive a winner tag, please follow the instructions on the reverse side of the tag for how to verify your identity.

Podium results will be announced once the timing provider has ratified the results. Please be patient, as there are multiple checkpoints on the course, and all need to be checked carefully.

Official results will be available as soon as possible after the event, and you may **scan the QR code on your Race Bib to see your race result at any time.**

PRIZE MONEY & PRIZE PRESENTATION SCHEDULE

POWERKIDS - The top 3 boys and girls in each age category will receive a special winners medal. The POWERKIDS prize ceremonies will take place directly after the POWERKIDS 12-15 race, on the main stage (on the grass).

POWERMAN - The top 3 Classic and Short male and female finishers (for each of the age categories - open, veteran and senior veteran) will be presented with prize money and a winners medal, on the main stage (on the grass). Please refer to the prizegiving schedule below.

| Category | Time |
|-------------------------------------|-------|
| Short Open (18+) Male | 09:15 |
| Short Veteran (40-49) Male | 09:20 |
| Short Senior Veteran (50+) Male | 09:25 |
| Short Open (18+) Female | 09:30 |
| Short Veteran (40-49) Female | 09:35 |
| Short Senior Veteran (50+) Female | 09:40 |
| Classic Open (18+) Male | 10:15 |
| Classic Veteran (40-49) Male | 10:20 |
| Classic Senior Veteran (50+) Male | 10:25 |
| Classic Open (18+) Female | 10:30 |
| Classic Veteran (40-49) Female | 10:35 |
| Classic Senior Veteran (50+) Female | 10:40 |

POWERMAN CLASSIC

10KM - 60KM - 10KM | MALE & FEMALE

| | | | |
|------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| Classic Open (18+) |  RM 3000 |  RM 1500 |  RM 750 |
| Classic Veteran (40-49) |  RM 750 |  RM 500 |  RM 250 |
| Classic Senior Veteran (50+) |  RM 750 |  RM 500 |  RM 250 |

POWERMAN SHORT

5KM - 30KM - 5KM | MALE & FEMALE

| | | | |
|----------------------------|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| Short Open (16+) |  RM 1000 |  RM 500 |  RM 250 |
| Short Veteran (40-49) |  RM 500 |  RM 350 |  RM 200 |
| Short Senior Veteran (50+) |  RM 500 |  RM 350 |  RM 200 |

POWERMAN podium positions will be presented with cash and a winners medal.



MEDAL ENGRAVING

POWERKIDS

A medal engraving service will be available near the finish line of the POWERKIDS races for a limited period of time after each race finish, for those participants that wish to pay to engrave their medals.

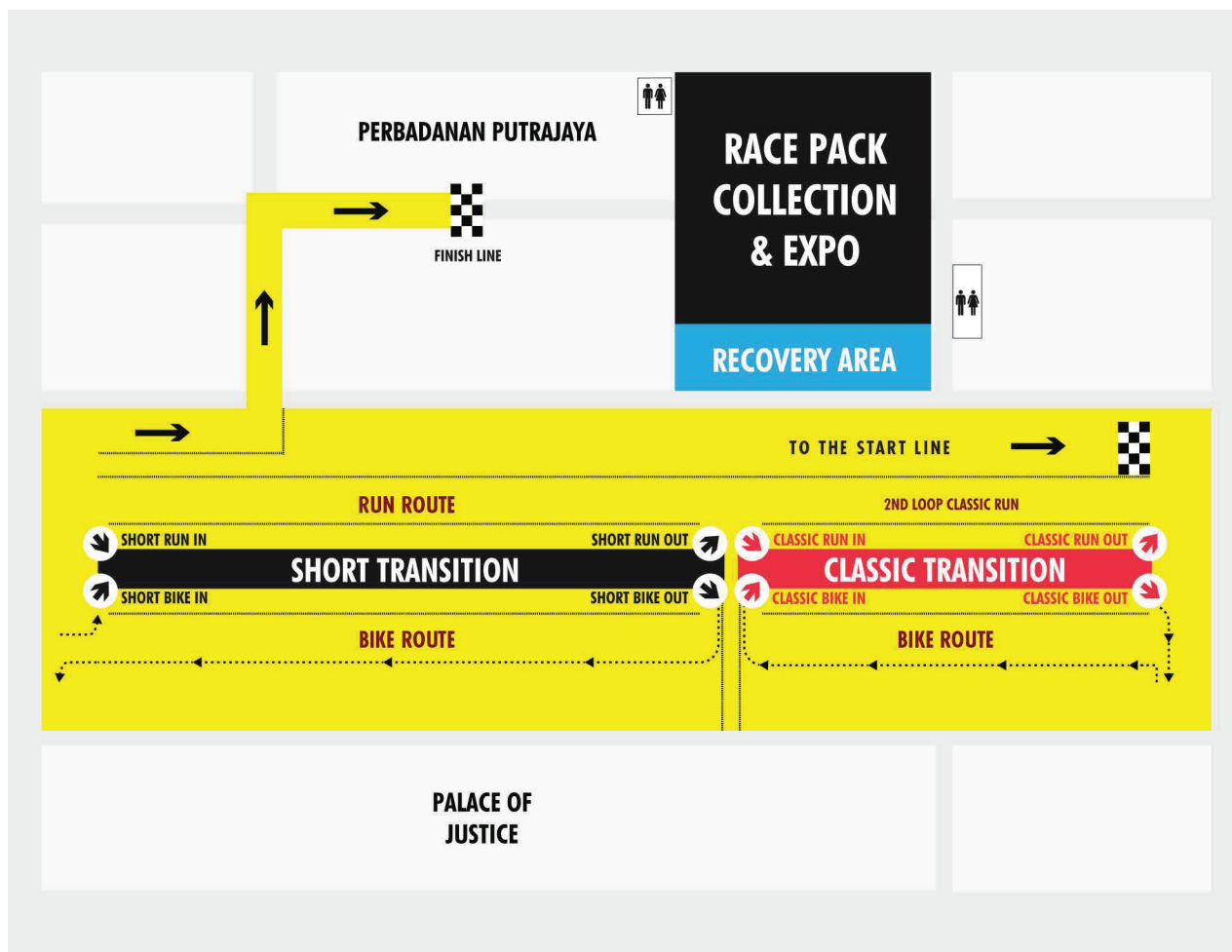
POWERMAN

The medal engraving team will be based in the upstairs section of the Expo Auditorium (where you collected your Race Pack). This service will be operational on Sunday 22nd June only. We have had a very high demand for pre-purchase engraving, so please ensure to go quickly after you finish your race to beat the queues!

If you did not pre-book, you can still purchase the medal engraving service on the day.

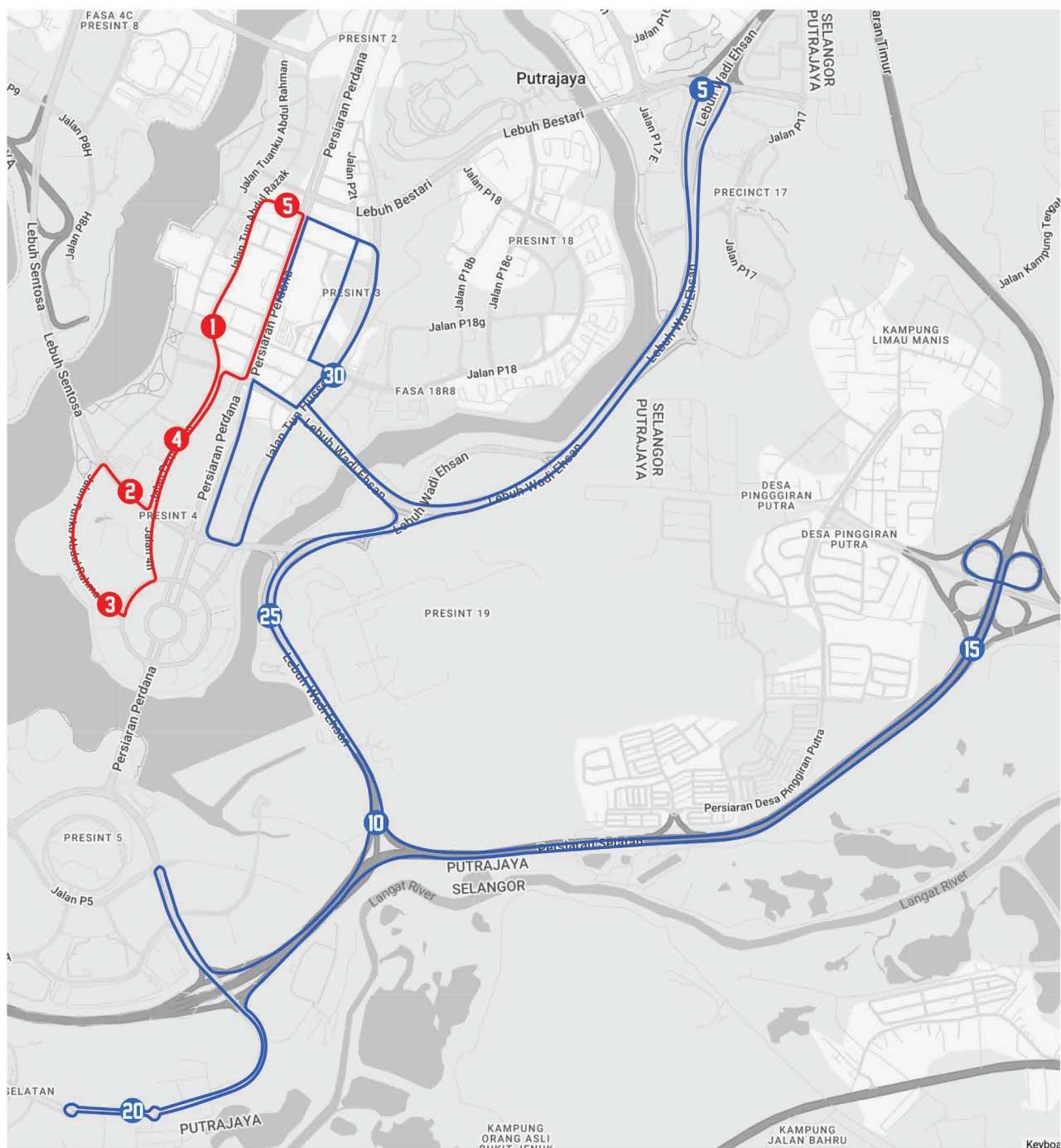
TRANSITION AREA MAP

DATARAN PUTRAJAYA



POWERMAN 2025 ROUTE

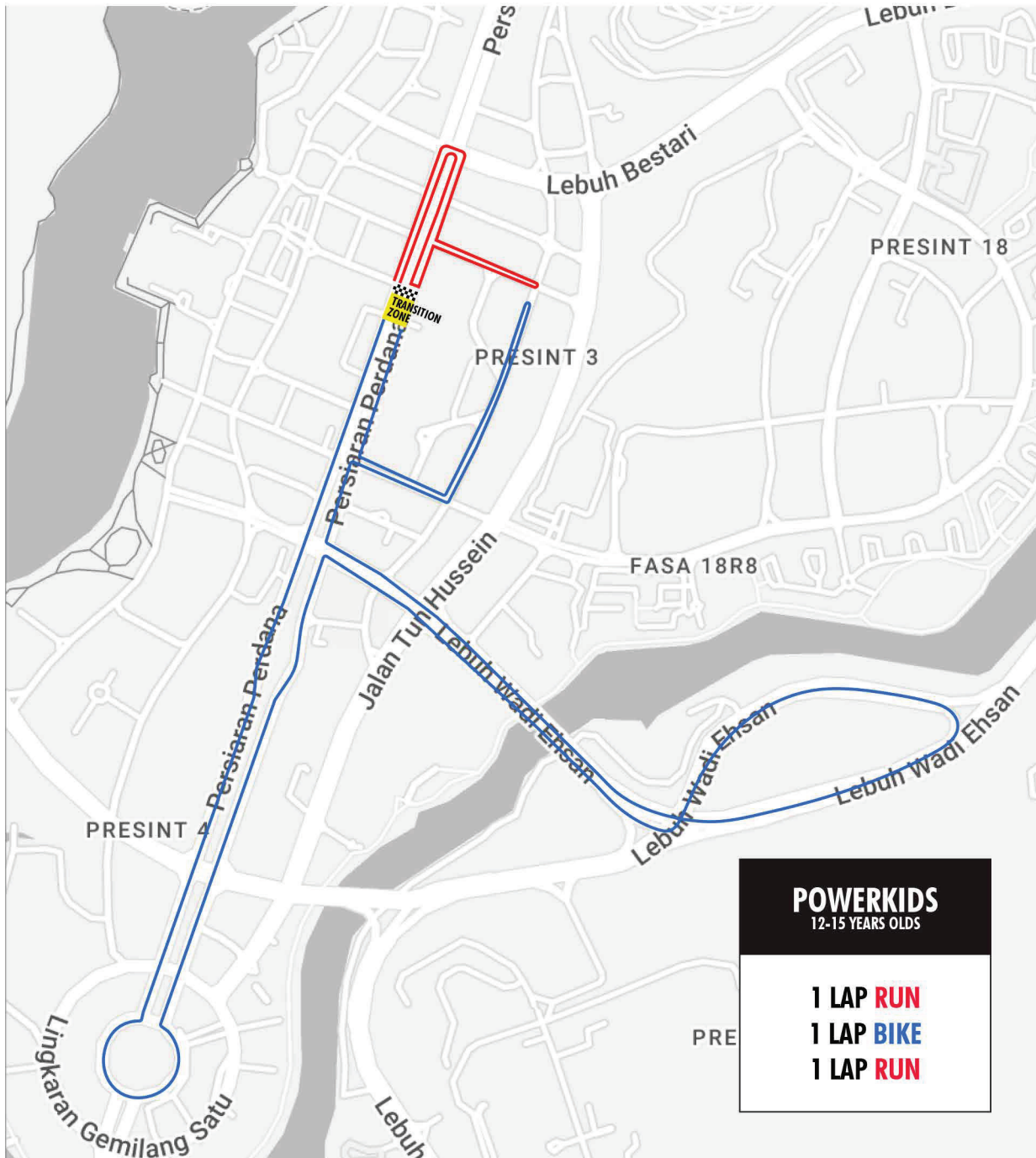
CLASSIC & SHORT



Race Date : 22 June 2025

POWERKIDS 2025 ROUTE MAP

12-15 YEARS OLD

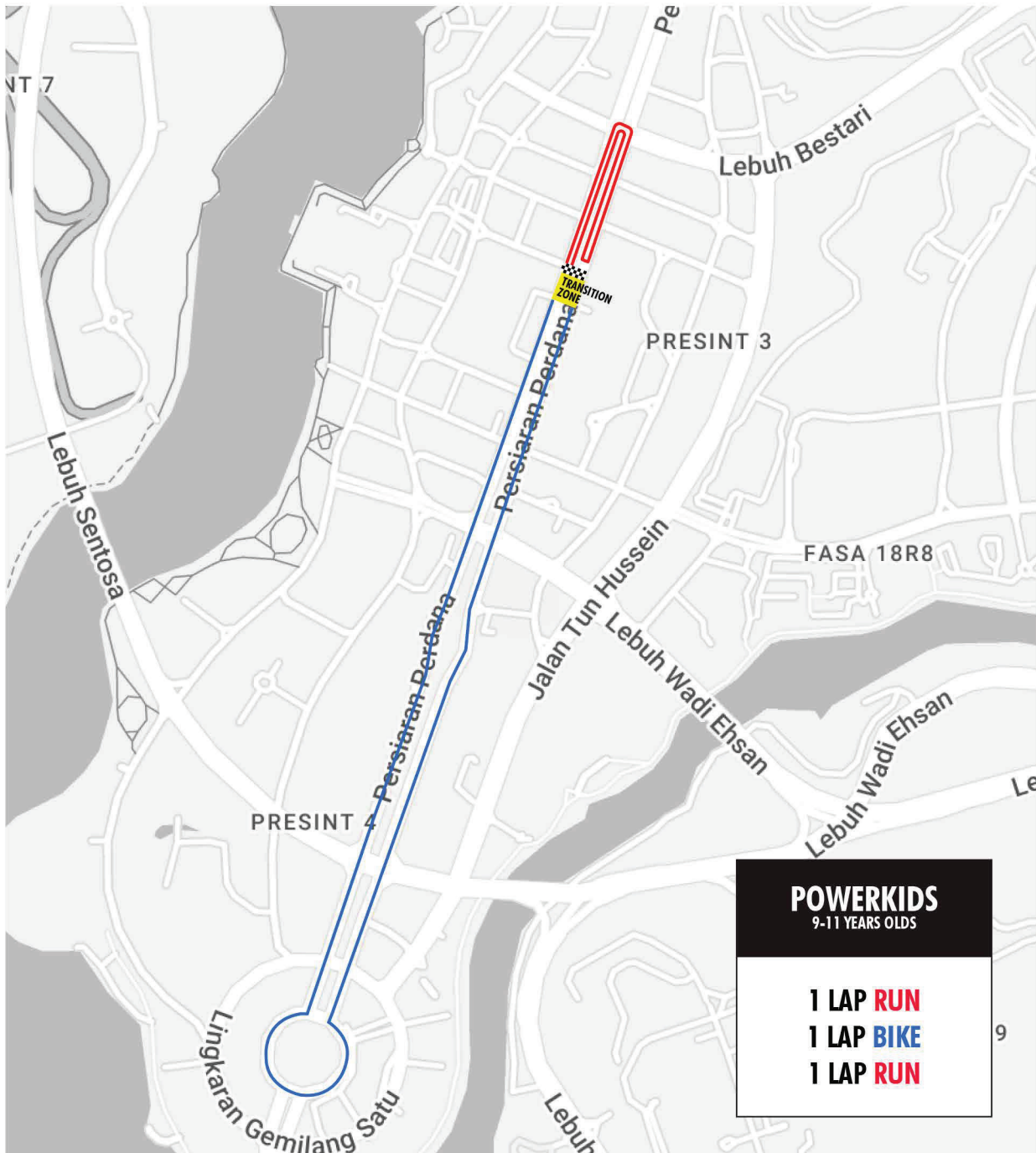


Race Date : 21 June 2025

POWERMAN MALAYSIA 2025 BY OMODA | JAECOO

POWERKIDS 2025 ROUTE MAP

9-11 YEARS OLD

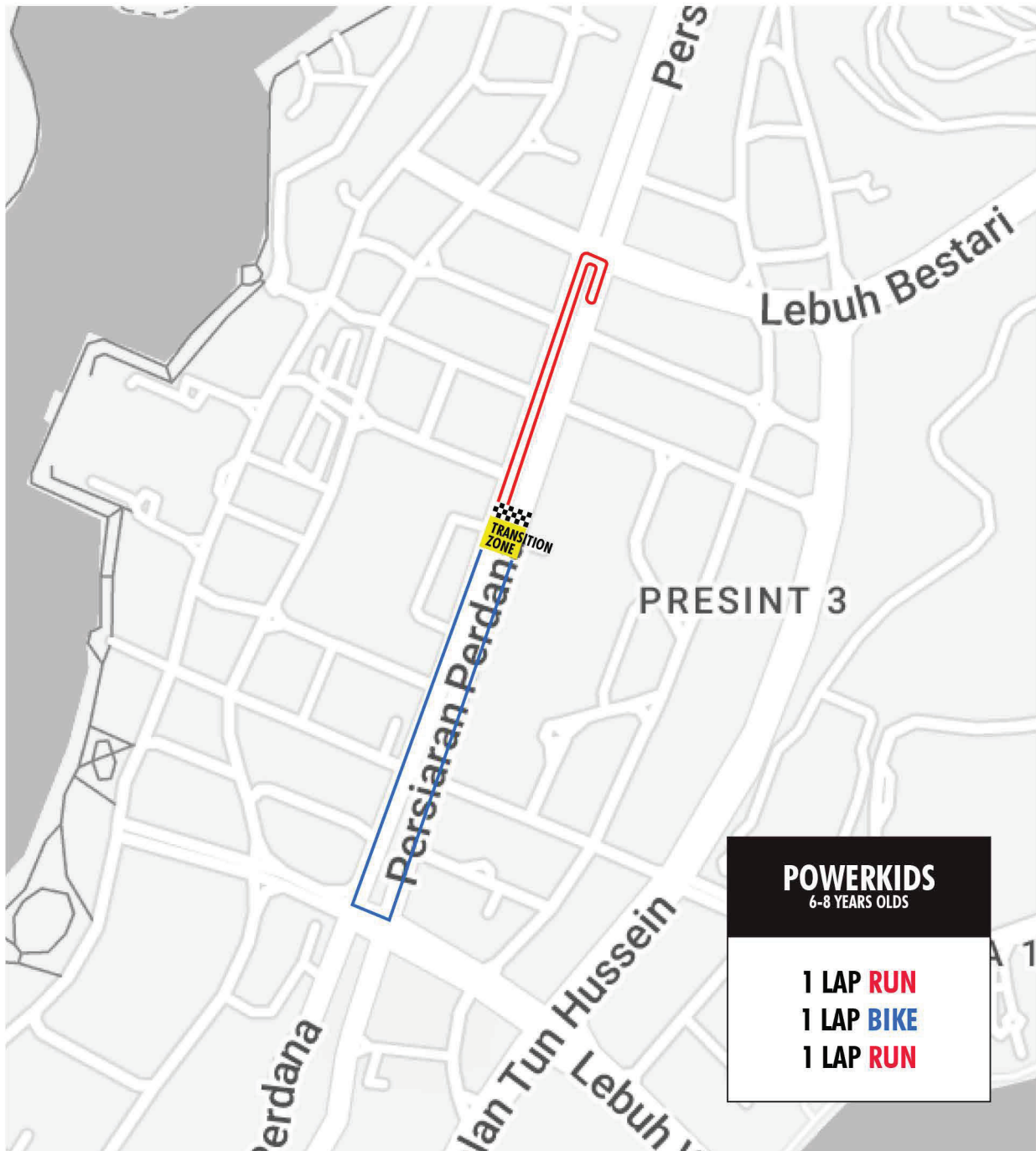


Race Date : 21 June 2025

POWERMAN MALAYSIA 2025 BY OMODA | JAECOO

POWERKIDS 2025 ROUTE MAP

6-8 YEARS OLD



Race Date : 21 June 2025

RACE RULES AND REGULATIONS

SELECTED RACE RULES

For POWERMAN Malaysia's full Race Rules, please refer to www.powerman.my

- A participant found to be littering on the course other than at the Littering Areas situated at the Aid Stations will be served a time penalty.
- Drafting of another bike (within 12m of front bike for more than 25 seconds) is strictly prohibited and illegal in this event. A participant found drafting will be served a time penalty. Whilst there are roving marshalls on motorbikes, we ask for everybody's honesty in adhering to and self-policing the drafting rule.
- A participant found blocking or interfering with the forward progress of another athlete will be served a time penalty.
- Repeated infringements of the above rules will result in a participant being disqualified from the race.
- Individual support vehicles and support crews are strictly prohibited.
- Participants are required to wear their Race Bibs on the front of their attire and ensure that their bike seat post sticker is fastened on the bike and their 1 helmet stickers are fixed to the front of their helmet.
- Participants may walk their bike if necessary but must not progress on the bike course without their bike.
- Shoes and helmets must be worn at all times while cycling.
- The use of mobile phones, cameras and headphones is not permitted.
- When cycling, keep to the left of the road whenever possible, always pass on the right and do not ride side by side.
- Medical personnel shall have the final authority to remove an athlete from the race if the athlete is physically incapable of continuing.

TIME PENALTIES

Athletes receiving a time penalty must serve it in a Penalty Box on the Race Course or in the Transition Area. Repeated infringements will result in disqualification from the race.

| INFRINGEMENT | Penalty - Classic | Penalty - Short |
|-----------------------------|-------------------|-----------------|
| Drafting | 5 minutes | 2 minutes |
| Blocking, Littering, Others | 15 seconds | 15 seconds |

PERMITTED BIKE TYPES



| TRIATHLON & TIME TRIAL | ROAD BIKE | MOUNTAIN BIKE | |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
|  |  |  |  |

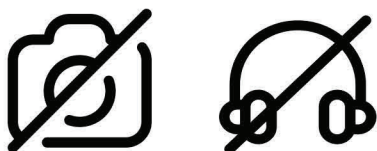
All bikes need to have gears and brakes in good working order.
POWERKIDS can use any (non-motorised) bike type.

Aero bars ARE permitted to be used in the race.



COURSE SAFETY

For the safety of all participants, headphones are NOT allowed to be worn during the race and NO RECORDING is permitted whilst you are running or cycling.



PROHIBITED SHOES - PODIUM WINNERS



Running shoes with a stack height exceeding 40mm and those containing more than one rigid plate structure are prohibited for podium winners, as per the sanctioning rules by Malaysia Triathlon Association (MTA).

Latest list of prohibited shoes from MTA:

Adidas: Adizero Prime X / Adizero Prime X Strung / Adizero Prime X 2 Strung

Asics: SUPERBLAST / Novablast 4 / Nova Blast 5

New Balance: FuelCell SuperComp Trainer

Saucony: Kinvara Pro

Hoka: Skyward X

Puma: MagMax Nitro

Due to the scale of the event, shoe checking will only be enforced at the finish line for podium winners.



COURSE CUT-OFF TIMES

Should a participant be unable to reach one of the below cut-off times, they will not be allowed to continue their race and will be classified as Did Not Finish (DNF).

The cut off time for POWERMAN Short is 4.5 hours.

The cut off time for POWERMAN Classic is 5.5 hours.

TRAFFIC NOTES

We implement traffic management across the entire Run and Bike Courses but there will be public vehicles sharing the roads with participants at certain points so please be vigilant at all times. Police, traffic controllers, course marshals and event crew will be on the Run and Bike Courses to assist.

SEVERE WEATHER

POWERMAN Malaysia is a rain or shine event. In the event that severe weather is imminent or occurs during the race, Race Officials will review the race status based on the following course of action:

- If the weather condition is considered less severe and is expected to improve within an acceptable time frame of 30 minutes, Race Officials may decide to allow athletes to continue the race.
- If the weather condition is considered severe and is not expected to improve within an acceptable time frame of 60 minutes, Race Officials may declare the event a run or bike only race or cancel the event.
- Please listen carefully to all announcements from Race Officials.
- Severe weather decisions made by the Race Director are final.



PARTICIPANTS CHECKLIST

PRE-EVENT CHECKLIST

- Bring a digital copy of your Confirmation Slip and photo IC / Passport to Race Pack Collection.
- Ensure your emergency contact is reachable on Race Day. Please write the contact details on the reverse side of your Race Bib.
- Familiarize yourself with the Race Day Schedule.
- Check on the weather forecast and bring the appropriate gear.

RACE DAY CHECKLIST

- Check transition opening times and don't be late.
- Wear ID wristband.
- Wear Race Bib with Timing Chip.
- Bike seat post sticker with timing chip secured.
- Helmet with helmet sticker secured on the front.
- Bike shoes, safely clipped onto bike or by the side of bike.
- Bring tyre changing supplies.

POST-EVENT CHECKLIST

- Collect your bike from the transition zone (as per scheduled times).
- Search for your photos.
- Wear your Finisher T-shirt with pride!

IN DUATHLON, SWEAT IS A GIVEN

MEET YOUR 72HR SHIELD

PREVENT BODY ODOR FROM AFFECTING YOUR PERFORMANCE

WITH KAHF
**ANTIPERSPIRANT
DEODORANT**



LONG-LASTING
SWEAT AND ODOR
PROTECTION



QUICK-DRY AND
ULTRA-LIGHT



NO STAINS.
NO ALCOHOL.



BUILT FOR HEAT
AND HUMIDITY



DERMATOLOGIST-
TESTED

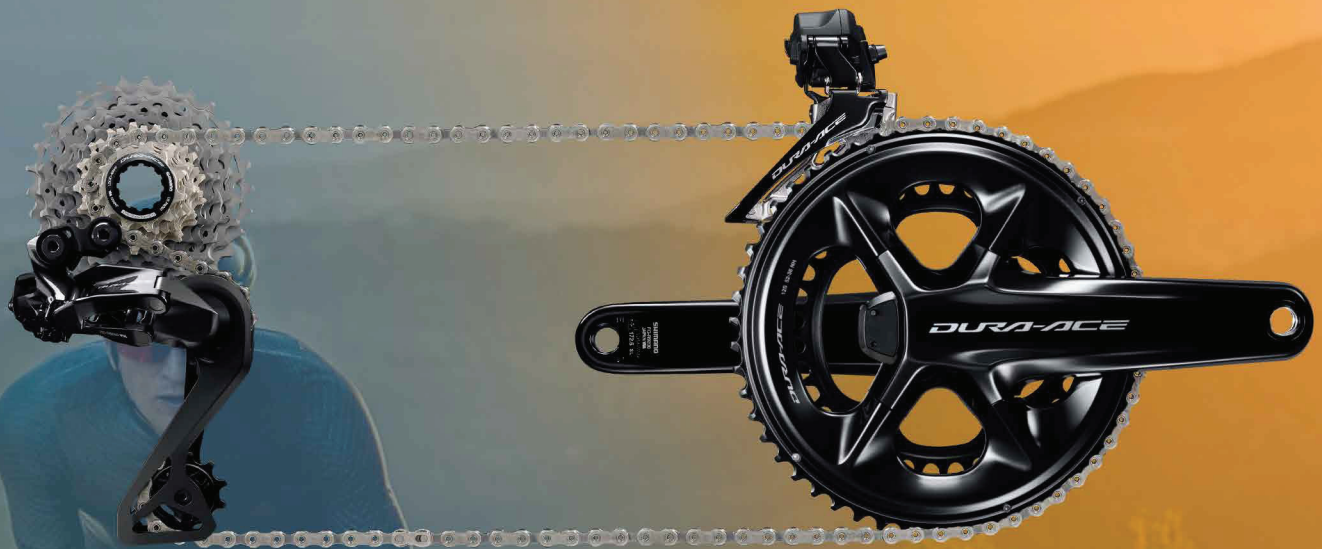
You're *race-ready*. Start to finish



**SWING BY THE KAHF BOOTH
& GET YOURS NOW**

#STAYFRESHUNDERPRESSURE

SHIMANO
DURA-ACE
RIDE WITH POWER



FULL DURA ACE DI2 GROUPSET WITH POWERMETER

NOW
BEFORE: RM18,098

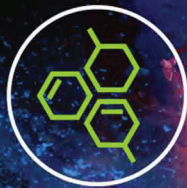
RM13,900

AVAILABLE AT ALL SHIMANO AUTHORIZED DEALERS

BiKE
SCIENCE

SUPPORTS RECOVERY*

Rehydrate | Repair* | Re-energize



BCAA 2g
for muscle
recovery



Vit B3
helps with
energy release



Protein 10g
for muscle
support

*One serving of 100PLUS PRO High Protein contains 2g BCAA which helps muscle recovery. (Ref: Branched-Chain Amino Acids [BCAAs]. [2023]. Sports Dietitians Australia.

**100
PLUS**

THIRST FOR MORE

The Hilton sale

is now on

Save up to 25%*
across Asia Pacific

Book Your Stay



DoubleTree by Hilton
Putrajaya Lakeside



*Terms & Conditions apply. Must be a Hilton Honors Member.
Discount varies per participating hotel.



Journey Through Java

20% off for Powerman Participants

Enjoy an exclusive deal and embark on this flavorful journey through the heart of Javanese cuisine with soulful recipes crafted with tradition and passion.

Dinner Buffet
Fridays and Saturdays | 2 May - 31 July 2025
6:30pm - 10:00pm

RM148 nett per adult | RM74 nett per child



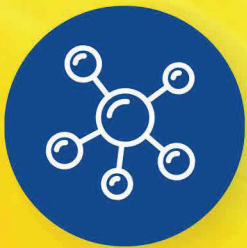
For more information, please call +603 8890 0000, email KULPR_FB@hilton.com or scan the QR code to enjoy the deal



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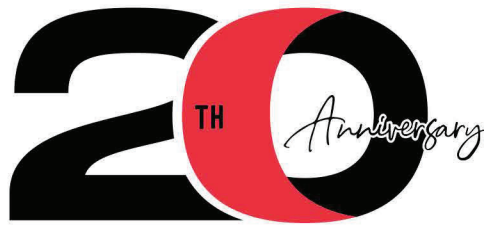


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