

Trail Running Guide

Malaysia 2026

23 race distances across 7 events

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At a Glance

Total race distances: 23

Upcoming: 17

ITRA-rated: 12

UTMB Index: 12

Race Calendar

Forest Merdeka Run

Kepong, Selangor

7.0 km Aug 8, 2026

12 km Aug 8, 2026

Penang Hill Heritage Forest Challenge

George Town, Pulau Pinang

15 km Aug 16, 2026

8.0 km Aug 16, 2026

Pulau Betong Trail Challenge

Balik Pulau, Pulau Pinang

4.0 km Aug 22, 2026

7.5 km Aug 22, 2026

Tunggul Melati Trail

Sepang, Selangor

65 km | +2,200m | ITRA 3pt | UTMB Sep 4, 2026

85 km | +3,000m | ITRA 3pt | UTMB Sep 4, 2026

40 km | +1,400m | ITRA 2pt | UTMB Sep 5, 2026

15 km | +600m | ITRA 0pt | UTMB Sep 5, 2026

5.0 km | +120m Sep 6, 2026

Malaysia Ultra-Trail by UTMB

Taiping, Perak

98 km | +4,802m | ITRA 4pt | UTMB Sep 12, 2026

55 km | +1,977m | ITRA 2pt | UTMB Sep 12, 2026

26 km | +1,012m | ITRA 1pt | UTMB Sep 12, 2026

14 km | +382m | ITRA 0pt | UTMB Sep 12, 2026

BANZ Fund Raising Trail Run

Janda Baik, Pahang

10 km Sep 26, 2026

30 km Sep 26, 2026

5.0 km Sep 26, 2026

Malaysia Taman Negara Ultra

Jerantut, Pahang

50 km | +3,209m | ITRA 3pt | UTMB Oct 24, 2026

100 km | +6,134m | ITRA 5pt | UTMB Oct 24, 2026

30 km | +1,793m | ITRA 2pt | UTMB Oct 25, 2026

7.5 km Oct 25, 2026

15 km | +1,035m | ITRA 1pt | UTMB Oct 25, 2026

About Hima Run

Hima Run is the most comprehensive trail running calendar for Southeast Asia and China. We cover 8 countries with hundreds of race listings, each verified against official race websites.

Every race listing includes distance, elevation, difficulty rating (KM-Effort), entry fees, registration status, ITRA points, and UTMB index information when available.

Browse the full calendar: hima-run.com/races

Thailand calendar: hima-run.com/races/th

Guides: hima-run.com/guides

This PDF is auto-generated from live race data on Hima Run. Race details are subject to change. Always verify with the official race website before registering.

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