

RACE GUIDE

13-15 NOVEMBER

2026

UTMB® WORLD SERIES

HOKA FLY HUMAN FLY

näak

SUUNTO

TUDOR

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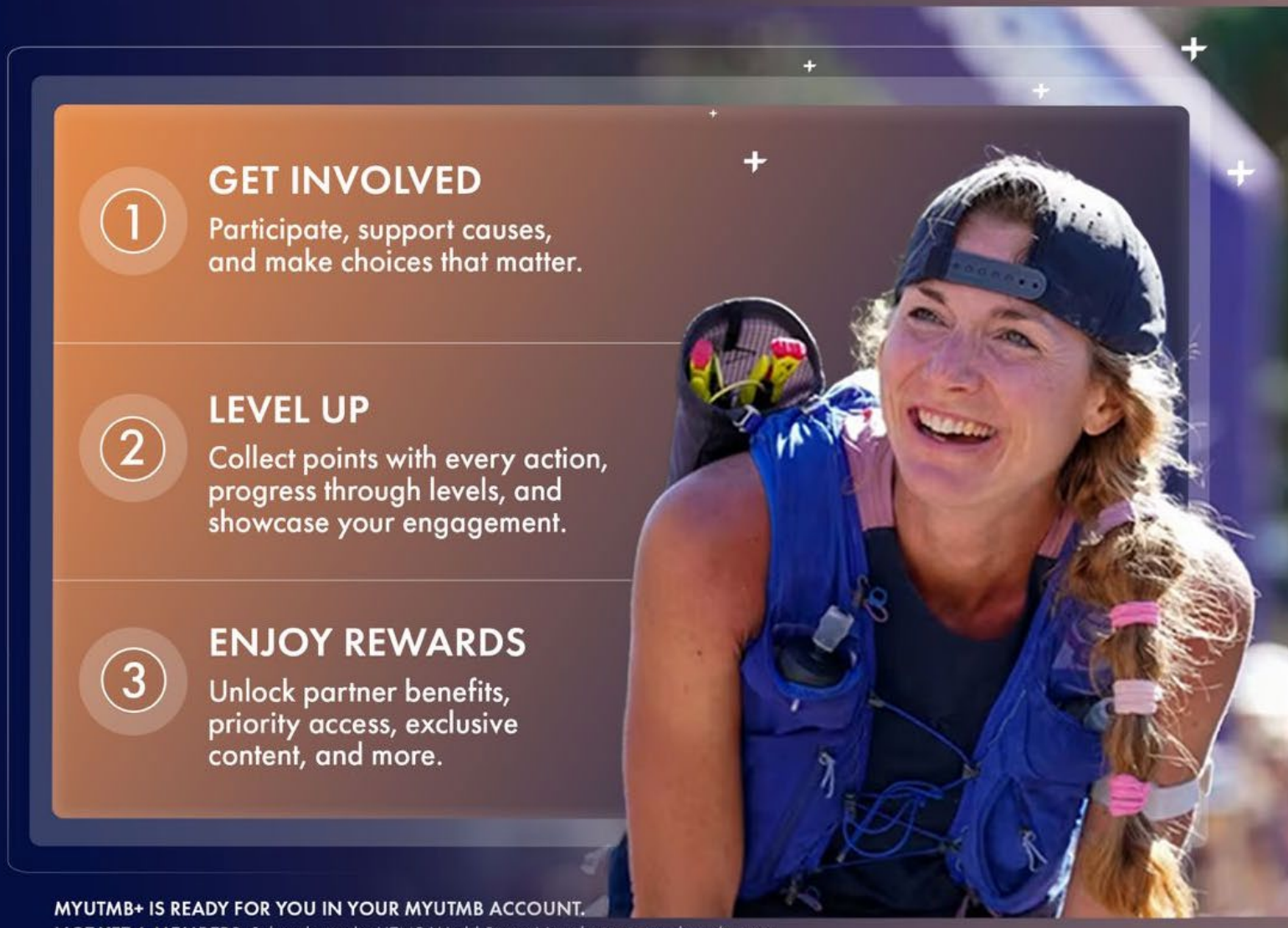


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Event Schedule

Date/Time	Event	Location
Friday Nov 6th - Sunday Nov 8th		
12:00 - 20:00	Pre-event Race Pack Pick Up	Suunto Hong Kong Brandstore, Mong Kok, Kowloon
Friday Nov 13th		
14:00 - 20:00	Race Pack Pick Up	Mui Wo River Silver Garden
18:45	Lion Dance	Mui Wo River Silver Garden
19:00	Starting Ceremony	Mui Wo River Silver Garden
19:30	Start TL100 1st wave	Mui Wo River Silver Garden
19:45	Start TL100 2nd wave	Mui Wo River Silver Garden
Saturday Nov 14th		
07:30 - 09:30	Race Pack Pick Up	Mui Wo River Silver Garden
9:00	Start TL50 1st wave	Mui Wo River Silver Garden
9:15	Start TL50 2nd wave	Mui Wo River Silver Garden
9:30	Start TL50 3rd wave	Mui Wo River Silver Garden
12:00 - 12:30	TL100 Award Ceremony	Mui Wo River Silver Garden
17:00 - 17:30	TL50 Award Ceremony	Mui Wo River Silver Garden
Sunday Nov 15th		
07:30 - 10:30	Race Pack Pick Up	Mui Wo River Silver Garden
9:30	Start TL25 1st wave	Mui Wo River Silver Garden
9:45	Start TL25 2nd wave	Mui Wo River Silver Garden
10:30	Start TL15	Mui Wo River Silver Garden
14:00 - 14:30	TL25 Award Ceremony	Mui Wo River Silver Garden
15:00 - 15:30	TL15 Award Ceremony	Mui Wo River Silver Garden

Race Rules

MANDATORY EQUIPMENT CHECKLIST

Athletes must carry the mandatory gear at all times during the race. You should be prepared for random checks on the course, and if you are missing any item you will receive a time penalty and may not be allowed to continue the race.

ITEMS	TL100	TL50	TL25	TL15
Running Pack	✓	✓	○	○
Smartphone with LiveTrail and HKSOS	✓	✓	✓	✓
Minimum water supply: 1 liter (2 liters recommended)	✓	✓	✓	✓
Food reserve	✓ (800KCAL)	✓ (800KCAL)	×	×
Reusable cup	✓	✓	✓	✓
Reusable bowl & utensils	✓	✓	✓	✓
Headlamp(s)	2 (with replacement batteries, one for each)	1 (with replacement batteries)	×	×
Survival blanket (1.30m x 2m minimum)	✓	✓	✓	✓
Whistle	✓	✓	✓	✓
Midlayer sweater	✓	×	×	×
Waterproof jacket with hood	✓	✓	○ (Windproof recommended)	○ (Windproof recommended)
Min. $200 cash & Octopus card	○	○	○	○

✓ : Mandatory
○ : Highly recommended

NOTE: If you decide to use hiking poles, you must keep them throughout the whole race. It is not allowed to start without poles and recover them up along the way.

Other recommended equipment (including but not limited to):

- ID – passport/ID card (digital copies accepted)
- Self-adhering elastic bandage for bandaging or strapping (minimum 80 cm x 2 cm / 31.5 inches x 0.8 inches)
- Spare warm clothing, essential in case of cold and rainy weather or in case of injury
- Hiking poles
- Vaseline or anti-heat cream
- GPS watch
- Knife or scissors for cutting elastic bandage
- Emergency sewing kit

Race Rules

PENALTIES: TIME PENALTIES AND DISQUALIFICATION

If a runner breaks the rules, race directors and aid stations'/security points' team leaders can instantly apply (*) a penalty according tothe following chart:

BREACH OF REGULATION	PENALTIES (*) – DISQUALIFICATION (TL100)	PENALTIES (*) – DISQUALIFICATION (TL50, 25 & 15)
Short-cutting the route	At Race Director's discretion	At Race Director's discretion
Missing item(s) of the mandatory equipment checklist (e.g. no water supply of a volume of a minimum of 1 liter)	Disqualification	Disqualification
Absence of other mandatory equipment items (only one torch light, whistle,self-adhesive elasticated bandage, food reserve, collapsible cup)	1 hour penalty	30 mins penalty
Refusal to have mandatory equipment checked	Disqualification	Disqualification
Smartphone turned off or in airplane mode	15 mins penalty	15 mins penalty
Discarding of rubbish/trash (voluntary act) by a competitor or a member of their entourage	1 hour penalty	30 mins penalty
Lack of respect for others (organization or runners) Note: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized.	Disqualification	Disqualification
Not assisting a person in need (in need of care)	Disqualification	Disqualification
Receiving assistance outside of authorized zones	1 hour penalty	30 mins penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station.	15 mins penalty	10 mins penalty
Cheating (e.g., use of a means of transport, sharing a race-bib, ...)	Immediate disqualification for life	Immediate disqualification for life
Lack of visible race-bib	15 mins penalty	10 mins penalty
Wearing a non-conforming race-bib	15 mins penalty	10 mins penalty
Dangerous behavior (e.g.: poles with unprotected points orientated towards runners or spectators)	15 mins penalty	10 mins penalty
No timing chip	At Race Director's discretion	At Race Director's discretion
No passage through a check point	At Race Director's discretion	At Race Director's discretion
Refusal to comply with an order from the race directors, race stewards/ marshals, aid station team leader, doctors or search and rescue staff.	Disqualification	Disqualification
Refusal of anti-doping control	Sanctioned	Sanctioned
Intentional departure from a check point after the time barrier	Disqualification and 2-year ban from UTMB World Series	Disqualification and 2-year ban from UTMB World Series
Use of poles not carried from the beginning of the race	1 hour penalty	30 mins penalty
Unauthorized change of starting wave departing earlier than assigned one (NB : no penalty will be applied for a wave departing later than the assigned one)	2 hours penalty	2 hours penalty
Abuse to other runners (physical or verbal)	Disqualification	Disqualification



SPEEDGOAT 7

RUN WILDER | HOKA

PROVEN GRIP AND CUSHIONING FOR THE TRAILS LESS TAKEN.

BEST FOR
LOOSE & ROCKY
TERRAIN

TRANSLANTAU 100

RACE CATEGORY

100K M

RUNNING STONES 3 UTMB

Distance	Elevation gain	Race Start	Start date
104KM	4500M+	Mui Wo River Silver Garden - 19:30	Friday 13th November 2026



Point	Altitude	Dist. inter	Dist	Elevation	Elevation	Fastest	Slowest	Cut Off	Services
Mui Wo Start	5	0	0	0	0	Fri 07:30 PM	Fri 08:00 PM		
Pak Kung Au 1	333	10.5	10.5	491	163	Fri 08:14 PM	Fri 10:01 PM		
Shui Hau	14	17	6.4	582	573	Fri 08:39 PM	Fri 11:10 PM		
Shek Pik	69	23.1	6	818	754	Fri 09:08 PM	Sat 12:39 AM		
Tai O	9	40.2	17	1484	1480	Fri 10:35 PM	Sat 04:46 AM	Sat 05:15 AM	
Ngong Ping	432	49.7	9.5	2187	1760	Fri 11:38 PM	Sat 07:34 AM		
Pak Kung Au 2	336	55.6	5.9	2656	2325	Sat 12:25 AM	Sat 09:33 AM		
Ham Tin	12	66.5	10.8	2966	2959	Sat 01:24 AM	Sat 12:18 PM	Sat 12:45 PM	
Chi Ma Wan	47	78.5	11.9	3529	3487	Sat 02:41 AM	Sat 03:54 PM		
Mui Wo CP	-2	85.1	6.6	3735	3742	Sat 03:20 AM	Sat 05:40 PM	Sat 06:00 PM	
Discovery Bay	7	93.9	8.7	4147	4145	Sat 04:20 AM	Sat 08:12 PM	Sat 08:45 PM	
Mui Wo Finish	4	102.8	8.8	4640	4641	Sat 05:30 AM	Sat 10:59 PM		

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EMERGENCY
WARM MEAL
SPARE BAG
WC
REST AREA
SHOWER
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TRANSLANTAU 50

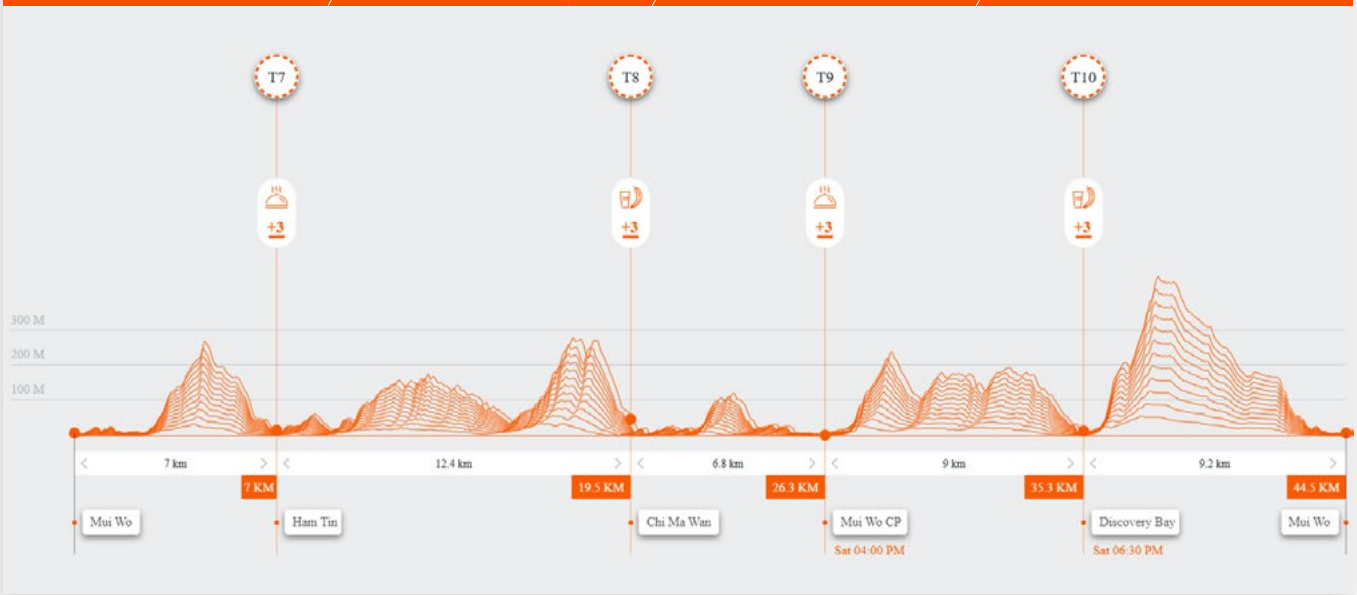


RACE CATEGORY

50K M

RUNNING STONES 2 UTMB

Distance	Elevation gain	Race Start	Start date
45KM	2500M+	MUI WO - 09:00	Saturday 14th November 2026



Point	Altitude	Dist. inter	Dist	Elevation	Elevation	Fastest	Slowest	Cut Off	Services
Mui Wo Start	4	0	0	0	0	Sat 09:00 AM	Sat 09:30 AM		
Ham Tin	12	7	7	310	302	Sat 09:28 AM	Sat 10:59 AM		
Chi Ma Wan	44	19.5	12.4	942	902	Sat 10:25 AM	Sat 01:56 PM		
Mui Wo CP	-2	26.3	6.7	1150	1196	Sat 10:53 AM	Sat 03:25 PM	Sat 04:00 PM	
Discovery Bay	10	35.3	9	1587	1581	Sat 11:38 AM	Sat 05:47 PM	Sat 06:30 PM	
Mui Wo Finish	4	44.5	9.1	2092	2092	Sat 12:30 PM	Sat 08:29 PM		

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UTMB
WORLD SERIES
RUN MOTION
COACH
RUNNERS SERVICE
Development
11 mar-17 mar
18 mar-24 mar
This week
TODAY
Hike-and-Run 3h
Intensity: Low
Nutrition for runners
Nutrition is more important than you think
WEDNESDAY 27
Rest
THURSDAY 28
Endurance 2h
Intensity: low
FRIDAY 29
Physical preparation
SATURDAY 30
00:14
1/2 Squat


AONIJIE
RUNNING

TRANSLANTAU 25



RACE CATEGORY

20K M

RUNNING STONE 1 UTMB

Distance	Elevation gain	Race Start	Start date
27KM	1100M+	Mui Wo River Silver Garden - 09:30	Sunday 15th November 2026



Point	Altitude	Dist. inter	Dist	Elevation	Elevation	Fastest	Slowest	Cut Off	Services
Mui Wo Start	4	0	0	0	0	Sun 09:30 AM	Sun 09:45 AM		
Ham Tin	13	7	7	290	281	Sun 09:55 AM	Sun 11:09 AM		
Chi Ma Wan	47	19.4	12.3	936	893	Sun 10:48 AM	Sun 02:11 PM	Sun 02:45 PM	
Mui Wo Finish	3	26.5	7	1126	1127	Sun 11:15 AM	Sun 03:45 PM		

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TRANSLANTAU 15



RACE CATEGORY

20K M

RUNNING STONE 1 UTMB

Distance	Elevation gain	Race Start	Start date
15KM	500M+	Mui Wo River Silver Garden - 10:30	Sunday 15th November 2026



Point	Altitude	Dist. inter	Dist	Elevation	Elevation	Fastest	Slowest	Cut Off	Services
Mui Wo Start	5	0	0	0	0	Sun 10:30 AM	Sun 10:30 AM		
Ham Tin	7	7.1	7.1	280	276	Sun 10:55 AM	Sun 12:21 PM	Sun 01:00 PM	
Mui Wo Finish	3	15	7.8	496	499	Sun 11:24 AM	Sun 02:30 PM		

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SHOKZ



Tom Evans
2025 HOKA UTMB® Mont-Blanc Champion

Food & Beverages

LOCATION/ CATEGORY		WATER	COKA-COLA	NAAK DRINK	NAAK WAFFLE/BAR	BUBBLEWAFFLE MILK TEA	GRAPES, CHERRY TOMATOS, WATER MELON	BREAD JAM SPREAD	CRACKERS	BISCUITS	EGGS	RICE	PASTA NOODLES	HOTDRINKS SOUP
Start : Mui Wo	100K 50K 20K 25K 15K													
CP1 : Pak Kung Au (1)	100K	✓												
CP2 : Shui Hau	100K	✓	✓	✓	✓		✓	✓	✓	✓				✓
CP3 : Shek Pik	100K	✓	✓	✓			✓	✓	✓	✓				
CP4 : Tai O	100K	✓	✓	✓	✓		✓	✓	✓	✓	✓		✓	✓
CP5 : Ngong Ping	100K	✓	✓	✓		✓	✓	✓	✓	✓				
CP6 : Pak Kung Au (2)	100K	✓												
CP7 : Ham Tin	100K 50K	✓	✓	✓	✓		✓	✓	✓	✓	✓		✓	✓
	20K 25K 15K	✓	✓	✓	✓		✓	✓	✓	✓				
CP8 : Chi Ma Wan	100K 50K	✓	✓	✓			✓	✓	✓	✓				
	20K 25K	✓	✓	✓			✓	✓	✓	✓				
CP9 : Mui Wo	100K 50K	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
CP10 : Discovery Bay	100K 50K	✓	✓	✓			✓	✓	✓	✓				
Finish : Mui Wo														

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Awards & Map

AWARDS

For each race, there is an overall ranking - men and women - and an age category ranking - men and women - (see below further details for each category).

UTMB® World Series Events The first five men and the first five women in the general ranking, as well as the first runner man and woman in each category receive a trophy.

UTMB® World Series Finals The first ten men and the first ten women in the general ranking, as well as the first runner man and woman in each category receive a trophy.

Awards and trophies are only distributed at the prize giving ceremony. It's mandatory to be present in order to receive them.

Results for all participants are available at www.utmbworld.com.

Age Categories	
16-17	50-54
18-19	55-59
20-34	60-64
35-39	65-69
40-44	70-74
45-49	75-79

MAPS



RUNNER INFORMATION

TOILET AND BATHROOM LOCATION
洗手間地點

FINISHER MEAL LOCATION
完賽餐地點

FERRY SCHEDULE
渡輪時間表

BUS SCHEDULE
巴士時間表

EVENT TIMELINE AND RUNDOWN
賽事日程

GPX INFORMATION

TL15

TL25

TL50

TL100

TUDOR









BLACK BAY 58

What is it that drives someone to greatness? To take on the unknown, venture into the unseen, and dare all? This is the spirit that gave birth to TUDOR. This is the spirit embodied by every TUDOR Watch. Including the TUDOR Black Bay 58, a 39mm diameter stainless steel diving watch with a Manufacture Caliber and a vintage feel. Some are born to follow. Others are born to dare.

BORN TO DARE

TRANSLANTAU HONG KONG BY UTMB®





UTMB® WORLD SERIES

CONTACT:

TRANSLANTAU@UTMB.WORLD

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