



Schedule

Sabak Bernam - Meru Raya | 137.9 km

Friday | 14 October 2022

Start Location : Dewan Tun Razak, Sabak Bernam

Finish Location : Dataran Aman Jaya, Meru Raya, Ipoh

Neutral Zone : 3.6km

KM	KM TO GO	FEATURES	INSTRUCTION	DESCRIPTION	ESTIMATED TIME OF ARRIVAL (km/hrs)			
					Cavalcade @ 45mins	Backwind	Expected	Headwind
From Start Gantry Straight On Jalan Raja Chulan, Junction Turn Left onto Jalan Kuala Selangor - Lumut, End of Neutralize Zone at "Yellow Junction" Sign on Jalan Kuala Selangor - Lumut					8:15	14:45	14:45	14:45
0.0	137.9	RACE START PROPER	Straight On	Yellow Junction Sign	8:19	14:52	14:52	14:52
0.1	137.8	Fork	Keep Right	onto bridge Sg. Bernam	8:19	14:52	14:52	14:52
1.5	136.4	Fork	Keep Left	Exit3222 Dir. Hutan Melintang / Bagan Datuk	8:21	14:54	14:54	14:54
1.7	136.2	Fork	Keep Left	Dir. Hutan Melintang / Bagan Datuk	8:22	14:54	14:54	14:54
7.7	130.2	Traffic Light Junction	Straight On	UniTata OTR	8:30	15:02	15:02	15:03
13.8	124.1	Traffic Light Junction	Turn Right	Dir. Teluk Intan / Sitiawan Sign: Bagan Datuk OTR	8:38	15:10	15:11	15:12
14.1	123.8	SPRINT1 Hutan Melintang	Straight On	Petronas Hutan Melintang	8:38	15:11	15:11	15:12
16.2	121.7	Traffic Light Junction	Straight On	SJK(C) Yeong Seong	8:41	15:13	15:14	15:15
17.1	120.8	Sign	Straight On	SK Sungai Buloh	8:42	15:15	15:16	15:17
18.9	119.0	Sign	Straight On	SM Sains Teluk Intan (SEMESTI) OTR	8:45	15:17	15:18	15:19
21.9	116.0	Traffic Light Junction	Straight On	Caltex	8:49	15:21	15:22	15:24
22.2	115.7	Traffic Light Junction	Straight On	PUSPAKOM OTR	8:49	15:21	15:23	15:24
22.6	115.3	Traffic Light Junction	Straight On	Dir. Teluk Intan	8:49	15:22	15:23	15:25
23.5	114.4	Traffic Light Junction	Straight On	Sime Darby Plantation Estet Seri Intan	8:51	15:23	15:24	15:26
26.6	111.3	Traffic Light Junction	Straight On	SK Dato' Laksamana Raja Mahkota	8:55	15:27	15:29	15:31

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					Cavalcade @ 45mins	Backwind	Expected	Headwind
27.1	110.8	Traffic Light Junction	Straight On	Castrol OTR	8:55	15:28	15:30	15:31
27.8	110.1	Traffic Light Junction	Straight On	Dir. Teluk Intan	8:56	15:29	15:30	15:32
27.9	110.0	Bridge	Straight On	Sg. Jelawat	8:57	15:29	15:31	15:33
28.9	109.0	Traffic Light Junction	Straight On	Dir. Teluk Intan / Kg. Gajah	8:58	15:30	15:32	15:34
30.0	107.9	KM30	Straight On	Yellow Sign: Peringatan 60	8:59	15:32	15:34	15:36
30.0	107.9	WASTE ZONE START	Straight On	Jalan Teluk Intan - Bidor (58)	8:59	15:32	15:34	15:36
30.5	107.4	WASTE ZONE END	Straight On	Jalan Teluk Intan - Bidor (58)	9:00	15:32	15:34	15:36
30.7	107.2	Traffic Light Junction	Straight On	Dir. Teluk Intan	9:00	15:33	15:35	15:37
31.3	106.6	Traffic Light Junction	Turn Right	Dir. Kg. Gajah / Parit / Bidor	9:01	15:33	15:35	15:38
31.8	106.1	Traffic Light Junction	Straight On	Dir. Kg. Gajah Toyota OTR	9:02	15:34	15:36	15:38
32.1	105.8	Fork	Keep Right	Jalan Changkat Jong McDonalds OTR	9:02	15:35	15:36	15:39
33.7	104.2	Traffic Light Junction	Turn Left	Dir. Kg. Gajah	9:04	15:37	15:39	15:41
34.5	103.4	Bridge	Straight On	Sungai Bidor	9:05	15:38	15:40	15:42
34.8	103.1	Splitter	Keep Left	Sejati Waterfront OTR	9:06	15:38	15:40	15:43
35.1	102.8	Traffic Light Junction	Straight On	Taman Melor 2 OTR	9:06	15:39	15:41	15:43
35.6	102.3	Bridge	Straight On	Sungai Kerawai	9:07	15:39	15:41	15:44
36.3	101.6	Traffic Light Junction	Straight On	Dir. Kg. Gajah	9:08	15:40	15:42	15:45
36.8	101.1	Traffic Light Junction	Straight On	Dir. Kg. Gajah	9:08	15:41	15:43	15:46

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					Cavalcade @ 45mins	Backwind	Expected	Headwind
37.5	100.4	Sign	Straight On	SK Kampung Bahagia OTR	9:09	15:42	15:44	15:47
40.1	97.8	Traffic Light Junction	Straight On	Dir. Chenderong Balai / Kg. Gajah / Bota Kanan	9:13	15:45	15:48	15:50
41.9	96.0	Bridge	Straight On	Sg. Tungku	9:15	15:48	15:50	15:53
45.4	92.5	Junction	Turn Left	Exit Spg. Labu - Kubong Dir. Kg. Gajah / Bota / Seri Iskandar	9:20	15:52	15:55	15:58
49.3	88.6	Bridge	Straight On	Jambatan Laxamana Sg. Kinta	9:25	15:57	16:00	16:04
60.3	77.6	Sign	Straight On	Kg. Gajah	9:40	16:12	16:16	16:20
60.6	77.3	SPRINT2 Kg. Gajah	Straight On	Yellow Sign: Traffic Light Pedestrian Crossing	9:40	16:13	16:16	16:20
60.8	77.1	Speed Hump	Straight On	Petronas Kg. Gajah SMK Dato' Seri Maharaja Lela	9:40	16:13	16:17	16:21
60.8	77.1	WASTE ZONE START	Straight On	Jalan Bota Kanan - Teluk Intan	9:40	16:13	16:17	16:21
61.3	76.6	WASTE ZONE END	Straight On	Jalan Bota Kanan - Teluk Intan	9:41	16:13	16:17	16:21
61.3	76.6	Traffic Light Junction	Turn Right	Dir. Sg. Galah / Tanjung Tualang Sign: Kampung Gajah OTR	9:41	16:13	16:17	16:21
63.0	74.9	Speed Hump	Straight On	SK Dato' Sagor	9:43	16:16	16:20	16:24
63.8	74.1	Junction	Straight On	Dir. Tanjung Tualang SM Raja Nazrin Shah OTL	9:44	16:17	16:21	16:25
65.3	72.6	Sign	Straight On	MRSM Pasir Salak	9:46	16:19	16:23	16:27
70.4	67.5	Bridge	Straight On	Sg. Tumboh	9:53	16:26	16:30	16:35
73.8	64.1	Sign	Straight On	Sg. Galah	9:58	16:30	16:35	16:40
74.4	63.5	Cross Junction	Straight On	Dir. Tg. Tualang / Ipoh	9:59	16:31	16:36	16:41
75.1	62.8	Sign	Straight On	Institut Kepimpinan & Pembangunan UITM	9:59	16:32	16:36	16:42

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					Cavalcade @ 45mins	Backwind	Expected	Headwind
76.3	61.6	Sign	Straight On	Sempadan JKR Kinta	10:01	16:33	16:38	16:43
79.1	58.8	Sign	Straight On	SK Changkat Tin OTR	10:05	16:37	16:42	16:47
79.8	58.1	Junction	Straight On	Dir. Batu Gajah	10:06	16:38	16:43	16:48
83.9	54.0	Sign	Straight On	SMK Datuk Bendahara CM Yusuf OTR	10:11	16:44	16:49	16:54
84.7	53.2	Junction	Keep Right	Dir. Batu Gajah / Malim Mawar / Ipoh	10:12	16:45	16:50	16:56
85.3	52.6	SPRINT3 Tanjung Tualang	Straight On	TNB Pole: TIW / C4 / IC 99 Speedmart	10:13	16:45	16:51	16:57
85.8	52.1	Junction	Turn Left	Dir. Batu Gajah	10:14	16:46	16:51	16:57
90.0	47.9	Sign	Straight On	SK Tanjung Tualang OTR	10:19	16:52	16:57	17:03
90.2	47.7	Junction	Straight On	Dir. Batu Gajah	10:20	16:52	16:58	17:04
101.1	36.8	Sign	Straight On	SMK Toh Indera Wangsa Ahmad	10:34	17:07	17:13	17:20
101.3	36.6	Traffic Light Junction	Turn Left	Dir. Lumut	10:34	17:07	17:13	17:20
105.1	32.8	Traffic Light Junction	Straight On	Dir. Parit / Lumut	10:39	17:12	17:18	17:26
106.6	31.3	Traffic Light Junction	Straight On	Estet Perindustrian Bemban	10:41	17:14	17:20	17:28
107.3	30.6	Traffic Light Junction	Turn Right	Dir. Ipoh	10:42	17:15	17:21	17:29
109.7	28.2	Splitter	Keep Left	Jalan Ipoh - Lumut (5)	10:46	17:18	17:25	17:32
110.5	27.4	Traffic Light Junction	Straight On	Jalan Ipoh - Lumut (5)	10:47	17:19	17:26	17:33
111.4	26.5	Traffic Light Junction	Straight On	Dir. Ipoh / Jelapang	10:48	17:20	17:27	17:35
112.1	25.8	Traffic Light Junction	Straight On	Mr. DIY OTR	10:49	17:21	17:28	17:36
112.6	25.3	Splitter	Keep Left	Jalan Ipoh - Lumut (5) Petronas OTR	10:49	17:22	17:29	17:36

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					Cavalcade @ 45mins	Backwind	Expected	Headwind
112.7	25.2	Junction	Straight On	Dir. Ipoh Jalan Ipoh - Lumut (5)	10:50	17:22	17:29	17:37
113.3	24.6	Traffic Light Junction	Straight On	Dir. Ipoh	10:50	17:23	17:30	17:38
116.3	21.6	Splitter	Keep Left	Jalan Ipoh - Lumut (5)	10:54	17:27	17:34	17:42
116.7	21.2	Traffic Light Junction	Straight On	Dir. Ipoh	10:55	17:27	17:35	17:42
117.9	20.0	WASTE ZONE START	Straight On	Jalan Ipoh - Lumut (5)	10:57	17:29	17:36	17:44
118.4	19.5	WASTE ZONE END	Straight On	Jalan Ipoh - Lumut (5)	10:57	17:30	17:37	17:45
118.6	19.3	Traffic Light Junction	Straight On	Dir. Ipoh	10:57	17:30	17:37	17:45
120.4	17.5	Traffic Light Junction	Straight On	Dir. Ipoh	11:00	17:32	17:40	17:48
122.1	15.8	Traffic Light Junction	Straight On	Dir. Silibin / Jelapang / Ipoh Taman Kledang Permai OTL	11:02	17:35	17:42	17:50
125.2	12.7	Fork	Keep Left	Dir. Ipoh	11:06	17:39	17:46	17:55
126.3	11.6	Traffic Light Junction	Straight On	Dir. Ipoh Puncak Jelapang Maju	11:08	17:40	17:48	17:57
127.7	10.2	Junction	Straight On	Dir. Ipoh	11:10	17:42	17:50	17:59
129.6	8.3	Splitter	Keep Left	Dir. Ipoh	11:12	17:45	17:53	18:01
129.8	8.1	Traffic Light Junction	Straight On	Dir. Ipoh	11:12	17:45	17:53	18:02
130.3	7.6	Traffic Light Junction	Turn Left	Dir. Chemor	11:13	17:45	17:54	18:02
131.2	6.7	Traffic Light Junction	Straight On	Dir. Chemor	11:14	17:47	17:55	18:04
131.4	6.5	Traffic Light Junction	Turn Right	Gerbang Meru Indah	11:15	17:47	17:55	18:04
131.6	6.3	Speed Hump	Straight On	Gerbang Meru Indah	11:15	17:47	17:55	18:04

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					Cavalcade @ 45mins	Backwind	Expected	Headwind
131.8	6.1	Fork	Keep Left	Dir. Chemor	11:15	17:47	17:56	18:05
132.1	5.8	Speed Hump	Straight On	Gerbang Meru Indah	11:15	17:48	17:56	18:05
132.3	5.6	Speed Hump	Straight On	Gerbang Meru Indah	11:16	17:48	17:56	18:05
132.8	5.1	Roundabout	1st Exit	Dir. Chemor	11:16	17:49	17:57	18:06
133.4	4.5	Fork	Keep Right	Dir. Chemor	11:17	17:50	17:58	18:07
133.6	4.3	Traffic Light Junction	Straight On	Dir. Chemor	11:17	17:50	17:58	18:07
134.7	3.2	Traffic Light Junction	Straight On	Dir. Chemor	11:19	17:51	18:00	18:09
136.9	1.0	Traffic Light Junction	Turn Left	Jalan Chemor (A1)	11:22	17:54	18:03	18:12
137.6	0.3	Traffic Light Junction	Turn Left	Persiaran Meru Raya 1	11:23	17:55	18:04	18:13
137.7	0.2	Junction	Straight On	DEVIATION LEFT	11:23	17:55	18:04	18:13
137.9	0.0	FINISH LINE	Race End	Dataran Aman Jaya Meru Raya	11:23	17:56	18:04	18:14