



LENGGONG IRON BOUND A1 ASIA WORLD CUP

48H & 12H RACE
22-25 NOVEMBER 2024
LENGGONG GEOPARK | PERAK | MALAYSIA

www.ibmalaysiaseries.com



SUPPORTED BY



WITH COOPERATION



ORGANIZED BY



INTERNATIONAL SANCTIONED



EVENT SPONSORS



MEDIAS PARTNER



MALAYSIA IRON BOUND EXPEDITION RECOGNITION



Attn: Atty. Shamsuri Abd Latif
Persatuan Sukan Orienteering Malaysia
Akademi Orienteering Malaysia
No 14, Jalan Indah 2, Taman Desa Indah
34200 Parit Buntar, Perak
MALAYSIA

Re: 2022 Adventure 1 Series Malaysia

Dear President, Dear Mr. Latif,

It is with great pleasure that we approve Malaysia Ironbound Lenggong and Malaysia Ironbound Selangor as the 2022 A1 Series Malaysia.

This letter confirms the approval of Akademi Orienteering Global Resources and Magnet Edge Orienteering Sport Club as the producer of the 2022 A1 Series Malaysia.

As an A1 Series producer, you are bound by the World Obstacle Code of Ethics and must return a signed copy of the Code of Conduct.

Adventure 1 and World Obstacle will endeavor to provide all support necessary to ensure the success and growth of A1 Series Malaysia. We will introduce and encourage collaboration with the Malaysian Obstacle Sports Association, the national federation member of World Obstacle.

Please don't hesitate to contact us if you have questions or need further assistance.

With best regards,

Ian Adamson
President
World Obstacle

Cc: Todd Vickery, Executive Director, Adventure 1 LLC

Attachment: World Obstacle Code of Conduct



World Obstacle
Avenue de Rhodanie 54
1007 Lausanne
VD - Switzerland

Adventure 1 LLC
PO Box 7557
Boulder, CO 80306
United States of America



Mr. Shamsuri Abd Latif
Magnet Edge Orienteering Sport Club (MEOSC)
No 14, Jalan Indah 2, Taman Desa Indah
34200 Parit Buntar
Perkak
Malaysia

March 31, 2023

Re: **World Obstacle Recognition**

Dear President, Dear Mr. Abd Latif,

World Obstacle, the Fédération Internationale de Sports d'Obstacles (FISO) is pleased to recognize Magnet Edge Orienteering Sport Club (MEOSC) as the sole national governing body for Adventure Racing in Malaysia.

As a national governing body recognized by FISO, MEOSC is also recognized by Obstacle Sports Federation Southeast Asia and Obstacle Sports Federation Asia Pacific, the regional continental confederations of FISO members, with full rights of all organizations.

Recognition may be suspended or revoked if MEOSC does not maintain compliance with the FISO Code of Ethics, Statutes and Bylaws.

Please contact our office if you have questions.

Kind regards,

Ian Adamson
President



Maison du Sport International
Avenue de Rhodanie 54
1007 Lausanne
VD - Switzerland

T: +41 0 78 788 377
M: +1 303 875 1467
W: www.worldobstacle.org
E: ian.adamson@worldobstacle.org



Re: Expedition Racing World Cup Malaysia 2024

August 13, 2024

Dear Mr. Shamsuri Abd Latif,

World Obstacle, the Fédération Internationale de Sports d'Obstacles (FISO), is delighted to approve Malaysia Ironbound Adventure Race the 2024 Expedition Racing World Cup Asia.

FISO is the world governing body and sole competent authority for Obstacle Sports, including Adventure Racing, Obstacle Course Racing and Ninja Competitions. Obstacle Sports are practiced by 30 million athletes in watched by 1 billion people in 160 countries.

World Obstacle produces events in the Southeast Asia Games (recognized by the IOC) and collaborates with World Pentathlon (UIPM) to produce events for Olympic programming in the Summer Games.

Please let me know if you need further information and how we can be of assistance.

Yours Sincerely,

Ian Adamson
President



Lausanne
VD - Switzerland

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RACE TENTATIVE

DATE	TIME	DETAILS	VENUE
20 NOV 2024	FLIGHT DETAILS	THE ARRIVAL OF INVITED TEAMS <ul style="list-style-type: none"> Invited by the organizers (logistics unit) Check in at RESORT TASIK RABAN, LENGGONG 	PENANG INTERNATIONAL AIRPORT, MALAYSIA
21 NOV 2024	10AM-07PM	<ul style="list-style-type: none"> FRONT DESK REGISTRATION / MANDATORY CHECKING 	RESORT TASIK RABAN
22 NOV 2024	03PM-07PM	<ul style="list-style-type: none"> INTRODUCING THE TEAM (48H & 12H) / HI-TEA / TRADITIONAL PERFORMANCE RACE BRIEFING 48H & 12H (DISTRIBUTE RACE MAPS) 	RESORT TASIK RABAN LENGGONG
23 NOV 2024	01AM	RACE DAY – FLAG OFF (48H & 12H)	RESORT TASIK RABAN LENGGONG
		CUT OFF TIME (48H & 12H NON STOP RACE)	EMBARGOED AREA
23 NOV 2024	01PM	<ul style="list-style-type: none"> THE LAST TEAM ARRIVED AT THE FINISH LINE (12H) 	RESORT TASIK RABAN LENGGONG
25 NOV 2024	12AM	<ul style="list-style-type: none"> THE LAST TEAM ARRIVED AT THE FINISH LINE (48H) 	
25 NOV 2024	11AM	<ul style="list-style-type: none"> CLOSING CEREMONY / PRIZE GIVING / LUNCH / TRADITIONAL PERFORMANCE 	SANDHALU LAKE
25 NOV 2024	03PM	<ul style="list-style-type: none"> LEGGONG GEOPARK – TOUR TRIP (OPTION) OWN SCHEDULE – (OPTION) AIRPORT TRANSFER – (OPTION) 	LEGGONG GEOPARK
25 NOV 2024	06PM	<ul style="list-style-type: none"> AIRPORT TRANSFER 	PENANG AIRPORT



**THE REGISTRATION
HAS OFFICIALLY
BEEN OPENED**



www.ibmalaysiaseries.com



PREMIUM FEE

15 APRIL - 16 MAY 2024
RM 1500 - 48H RACE
RM 400 - 12H RACE

REGULAR FEE

17 MAY - 18 JUNE 2024
RM 2000 - 48H RACE
RM 450 - 12H RACE

NORMAL FEE

19 MAY - 20 OCTOBER 2024
RM 2500 - 48H RACE
RM 500 - 12H RACE



www.ibmalaysiaseries.com



ADVENTURE 1 RACING WORLDWIDE

ADVENTURE 1 ADVENTURE RACING WORLDWIDE Adventure1.org



12+ hour qualifiers for the World Series in Africa, the Americas, Asia, Oceania and Europe

Teams of 2 to 4 compete head-to-head



24-48 hour Exploration Race format
Iconic locations on each continent

Points awarded for the annual world rankings!



48-72 hour Expedition Race format
Teams compete to be World Finals champions

World Series winners with the most points for the year



Multiday Expedition Stage Race rewarding endurance, speed, skill, strategy, and teamwork

The inaugural A1 World Champions will be crowned in 2023



LIST OF EQUIPMENT [MANDATORY]



NO	EQUIPMENT DETAILS	MANDATORY
1	<p><u>INDIVIDUAL MANDATORY (MTB)</u></p> <ol style="list-style-type: none"> 1. 1 x Mountain bike (MTB) in good condition (<i>no road bike or cyclocross</i>) 2. 1 x bike helmet (<i>with CE certified</i>) 3. 1 x flashing light 4. 1 x bike front white light (<i>headlamp acceptable</i>) 5. 1 x bike rear red or blue 6. 1 x bike repair tool 7. 2 x tire pump and spare tube 8. 1 pair bike glove 	<p>Each team member Each team member Each team member Each team member Each team member At least (2) each team Each team (at least) Each team member</p>
2	<p><u>TEAM MANDATORY</u></p> <ol style="list-style-type: none"> 1. 1 x map case 2. 1 x bike map case 3. 2 x orienteering compass 4. 1 x cell phone with power bank (<i>in a water proof lock baggie – organizer to provide</i>) 5. 1 x pocket knife with sheath (<i>multi tools knife</i>) 6. 1 set x first aid kits (<i>1 x dressing pad, 1 x triangular bandage, 1 x wrap bandage, 4 x alcohol swab, 4 x Oral Rehydration Salt (ORS), medical glove, antihistamine (strong), 1 x muscle spray</i>) 7. Fire starting devices 8. Gear boxes (<i>organizer to provide</i>) 9. GPS tracker (<i>organizer to provide</i>) 	<p>At least (2) each team At least (2) each team Each team Each team At least (2) each team At least (2) each team Each team Each team Each team – 2 boxes Each team</p>

LIST OF EQUIPMENT [MANDATORY]

NO	EQUIPMENT DETAILS	MANDATORY
3	<p><u>INDIVIDUAL MANDATORY</u></p> <ol style="list-style-type: none"> 1. 1 x sport whistle 2. Official race bib / vest / jersey (<i>organizer to provide</i>) 3. Shell layer top (<i>raincoat</i>) 4. Foil space blanket 5. 1 x headlamp with extra battery (<i>suitable for 48H & 12H races</i>) 	<p>At least (2) each team</p> <p>Each team member</p> <p>Each team member</p> <p>Each team member</p> <p>Each team member</p>
2	<p><u>PADDLING SECTION</u></p> <ol style="list-style-type: none"> 1. 1 x PFDs -Buoyancy Vest (<i>inflatable PFDs is not allowed</i>) 2. 1 x paddles (<i>you may bring your own paddles – double blade</i>) 3. 1 x at least 2 liter dry bag 	<p>Each team member</p> <p>Each team member</p> <p>At least (2) each team</p>
3	<p><u>HIGH ROPING DEVICES – INDIVIDUAL MANDATORY</u></p> <ol style="list-style-type: none"> 1. 1 x seat harness 2. 2 x safety sling – 120cm length 3. 2 x screw gate carabineer 4. 1 x figure of eight 	<p>Each team member</p> <p>Each team member</p> <p>Each team member</p> <p>Each team member</p>

LIST OF EQUIPMENT [RECOMMENDED]



NO	EQUIPMENT DETAILS	RECOMMENDED
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3	<u>THE FOLLOWING ITEMS, ARE EITHER STRONGLY RECOMMENDED BY ORGANIZERS</u>	
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- | | | |
|---|---|--|
| 3 | <u>THE FOLLOWING ITEMS, ARE EITHER STRONGLY RECOMMENDED BY ORGANIZERS</u> | |
| | <ol style="list-style-type: none"> 1. Hat 2. Sun glasses 3. Soft flask 4. Water filter straw 5. Money or debit card 6. Trash bag or plastic 7. Pens and instruments for marking maps 8. Sun protections creams 9. Eye protection 10. Ration pack food & sustenance (suitable for 48H & 12H races) | |



LIST OF EQUIPMENT [MANDATORY 12H)

Version IBA1/0.2 dated March 2024

NO	EQUIPMENT DETAILS	MANDATORY
1	<p><u>INDIVIDUAL MANDATORY (MTB)</u></p> <ol style="list-style-type: none"> 1. 1 x Mountain bike (MTB) in good condition (<i>no road bike or cyclocross</i>) 2. 1 x bike helmet (<i>with CE certified</i>) 3. 1 x flashing light 4. 1 x bike front white light (<i>headlamp acceptable</i>) 5. 1 x bike rear red or blue 6. 1 x bike repair tool 7. 2 x tire pump and spare tube 8. 1 pair bike glove 	<p>Each team member</p> <p>Each team member</p> <p>Each team member</p> <p>Each team member</p> <p>Each team member</p> <p>(1) Each team</p> <p>(1) Each team</p> <p>Each team member</p>
2	<p><u>TEAM MANDATORY</u></p> <ol style="list-style-type: none"> 1. 1 x map case 2. 1 x bike map case 3. 2 x orienteering compass 4. 1 x cell phone with power bank (<i>in a water proof lock baggie – organizer to provide</i>) 5. 1 x pocket knife with sheath (<i>multi tools knife</i>) 6. 1 set x first aid kits (<i>1 x dressing pad, 1 x triangular bandage, 1 x wrap bandage, 4 x alcohol swab, 4 x Oral Rehydration Salt (ORS), medical glove, antihistamine (strong), 1 x muscle spray</i>) 7. Fire starting devices 	<p>(1) Each team</p> <p>(1) Each team</p> <p>(1) Each team</p> <p>(1) Each team</p> <p>(1) Each team</p> <p>(1) Each team</p> <p>(1) Each team</p>



LIST OF EQUIPMENT [MANDATORY 12H)

NO	EQUIPMENT DETAILS	MANDATORY
3	<p><u>INDIVIDUAL MANDATORY</u></p> <ol style="list-style-type: none"> 1. 1 x sport whistle 2. Official race bib / vest / jersey (<i>organizer to provide</i>) 3. Shell layer top (<i>raincoat</i>) 4. Foil space blanket 5. 1 x headlamp with extra battery (<i>12H races</i>) 	<p>(1) Each team Each team member Each team member Each team member Each team member</p>
2	<p><u>PADDLING SECTION</u></p> <ol style="list-style-type: none"> 1. 1 x PFDs -Buoyancy Vest (<i>inflatable PFDs is not allowed</i>) 2. 1 x paddles (<i>you may bring your own paddles – double blade</i>) 3. 1 x at least 2 liter dry bag 	<p>Each team member Each team member (1) Each team</p>
3	<p><u>HIGH ROPING DEVICES – INDIVIDUAL MANDATORY</u></p> <ol style="list-style-type: none"> 1. 1 x seat harness 2. 2 x safety sling – 120cm length 3. 2 x screw gate carabineer 4. 1 x figure of eight 	<p>Each team member Each team member Each team member Each team member</p>



LIST OF EQUIPMENT [RECOMMENDED 12H]

NO	EQUIPMENT DETAILS	RECOMMENDED
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3 **THE FOLLOWING ITEMS, ARE EITHER STRONGLY RECOMMENDED BY ORGANIZERS**

1. Hat
2. Sun glasses
3. Soft flask
4. Water filter straw
5. Money or debit card
6. Trash bag or plastic
7. Pens and instruments for marking maps
8. Sun protections creams
9. Eye protection
10. Ration pack food & sustenance (suitable 12H races)



FULL NAVIGATION
MOUNTAIN BIKING
ABSEILING
ORIENTEERING
TRAIL
CAVING



FULL NAVIGATION
MOUNTAIN BIKING
ABSEILING
TRAIL
KAYAKING
CAVING



48H MALAYSIA IRON BOUND A1 ASIA WORLD CUP
RACE FORMAT

**RACE CUT OFF TIME
(LONG COURSE)**

48 HOURS

**RACE CUT OFF TIME
(SHORT COURSE)**

38 HOURS

**RACE DISTANCE
(LONG COURSE)**

250+ KM

**RACE DISTANCE
(SHORT COURSE)**

150+ KM



**NO OF TEAMS
(TEAM OF 4)**

*3 MEN / 1 WOMAN
3 WOMEN / 1 MAN
2 MEN / 2 WOMEN
3 WOMEN*

100 TEAMS x 4 RACERS

NO OF RACERS

**400 RACERS
(OVERALL)**

LOCAL & INTERNATIONAL

12H MALAYSIA IRON BOUND A1 ASIA WORLD CUP
RACE FORMAT

**RACE CUT OFF TIME
(LONG COURSE)**

12 HOURS

**RACE CUT OFF TIME
(SHORT COURSE)**

8 HOURS

**RACE DISTANCE
(LONG COURSE)**

100+ KM

**RACE DISTANCE
(SHORT COURSE)**

80+ KM



**NO OF TEAMS
(TEAM OF 2)**

*MEN OPEN
MIXED OPEN*

50 TEAMS x 2 RACERS

NO OF RACERS

**100 RACERS
(OVERALL)**

LOCAL & INTERNATIONAL

LENGGONG - HISTORICAL TEMPERATURE AVERAGE IN NOVEMBER 2024

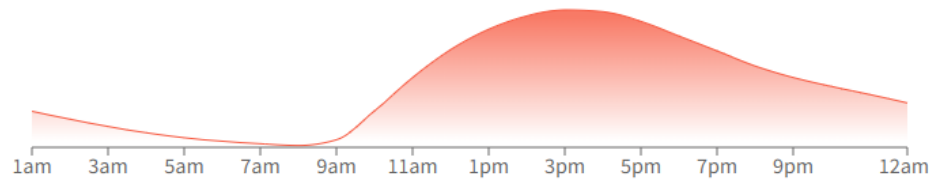


Historical temperature average in November

In Lenggong, Malaysia

Other months ▾ °F/inches/miles ▾

82°F highs **72°F** lows



General weather summary

Very warm, humid but cool
FEELS LIKE

11.9 hrs
DAYLIGHT LENGTH

Sleeveless shirt, rain coat and rain boots
WHAT TO WEAR

91% **1.119 in**
CHANCE OF RAIN AMOUNT

7:03 AM **6:57 PM**
SUNRISE SUNSET

5.9 mph **88%**
WIND SPEED HUMIDITY

18%
CLOUD COVER

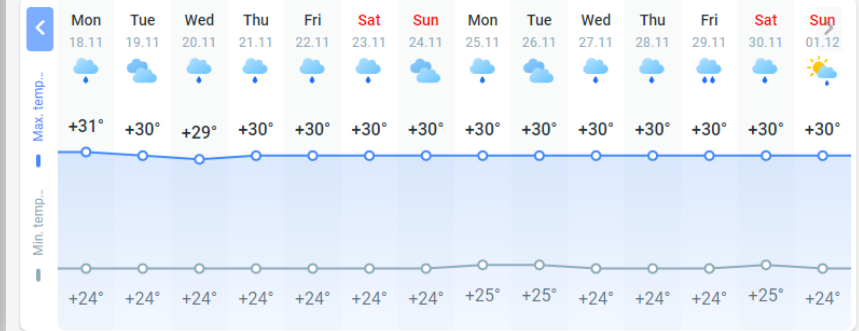
November in Pekan Lenggong

Max. temperature
+32.9°C

Min. temperature
+19.1°C

Monthly precipitation
78.22mm

Wind speed
13.45m/s



EVENT T

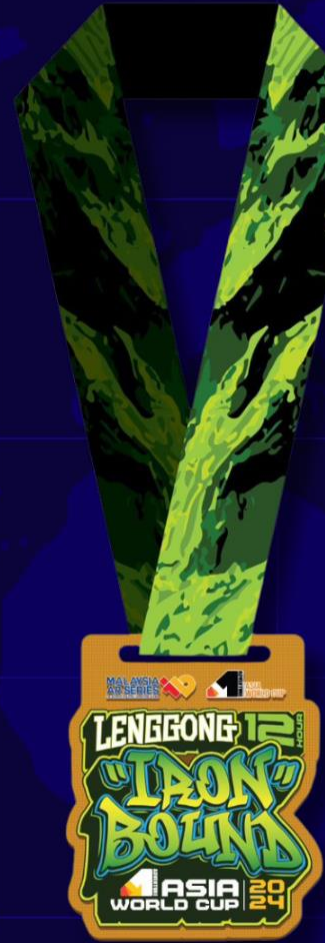


**IRONBOUND
EXPEDITION**
THE ULTIMATE MALAYSIA ADVENTURE RACING



1 ADVENTURE
ASIA
WORLD CUP

FINISHER MEDAL





MAJLIS PELANCONGAN

LENGGONG

LENGGONG | PERAK | MALAYSIA



Lenggong is situated in the Lenggong Valley, sandwiched between the Bintang and Titiwangsa Ranges. It is a rural area, with small kampongs surrounded by green vegetation and limestone hills with numerous caves. The Lenggong Valley is one of Peninsular Malaysia's most important areas for archaeology, as excavations have revealed many traces of Malaysia's prehistory, with finds such as cave drawings, jewellery, pottery, weapons and stone tools. It is the site of one of the oldest known place of human activity in the Peninsula. The Lenggong Valley was listed by UNESCO as a World Heritage Site on 30 June 2012.

Lenggong is accessible by trunk roads connecting it with neighbouring towns and cities. The town of Lenggong is situated some 100 kilometres north of Ipoh on the Kuala Kangsar to Grik road (highway 76). The road to Lenggong is surrounded mostly by oil palm estates and jungles. As cows and buffalo are part of the agriculture, they are often seen along the road. The jungles (about million years old) are now in danger of heavy illegal logging.

To visit Lenggong, from the North–South Expressway take Exit No.143 at Kuala Kangsar – that's about 3 hours away from Kuala Lumpur. Then take Route 76 to Lenggong. The new highway is open and has replaced the old scenic kampung road.

Gua Gunung Runtuh is situated in Bukit Kepala Gajah or Elephant's Head Hill. In the same hill other caves have yielded archaeological remains such as stone tools and food remnants. The caves were probably used as temporary shelters as seasonal or hunting camps, whereas Gua Gunung Runtuh was lived in for longer periods. Gua Harimau, or Tiger Cave, is a site about 3 kilometres away from Gua Gunung Runtuh which was probably used as a burial ground about 3,000 – 5,000 years ago as seven human skeletons have been found at the site along with bronze axes and various articles of jewellery. The bronze axes show that there was an early Bronze tradition in Malaysia, as well as in north Thailand and China. It is the earliest use of metal in south-east Asia. Porcelain containers of various shapes and sizes were also found containing meat and snail shells. Archaeological digs in other caves have revealed pottery, axes stone tools and flakes. Food also remains, and in some sites, human bones. Unfortunately, some caves have been disturbed by guano diggers and any remains have been lost



LENGGONG NATIONAL GEOPARK (UNESCO WORLD HERITAGE SITE)

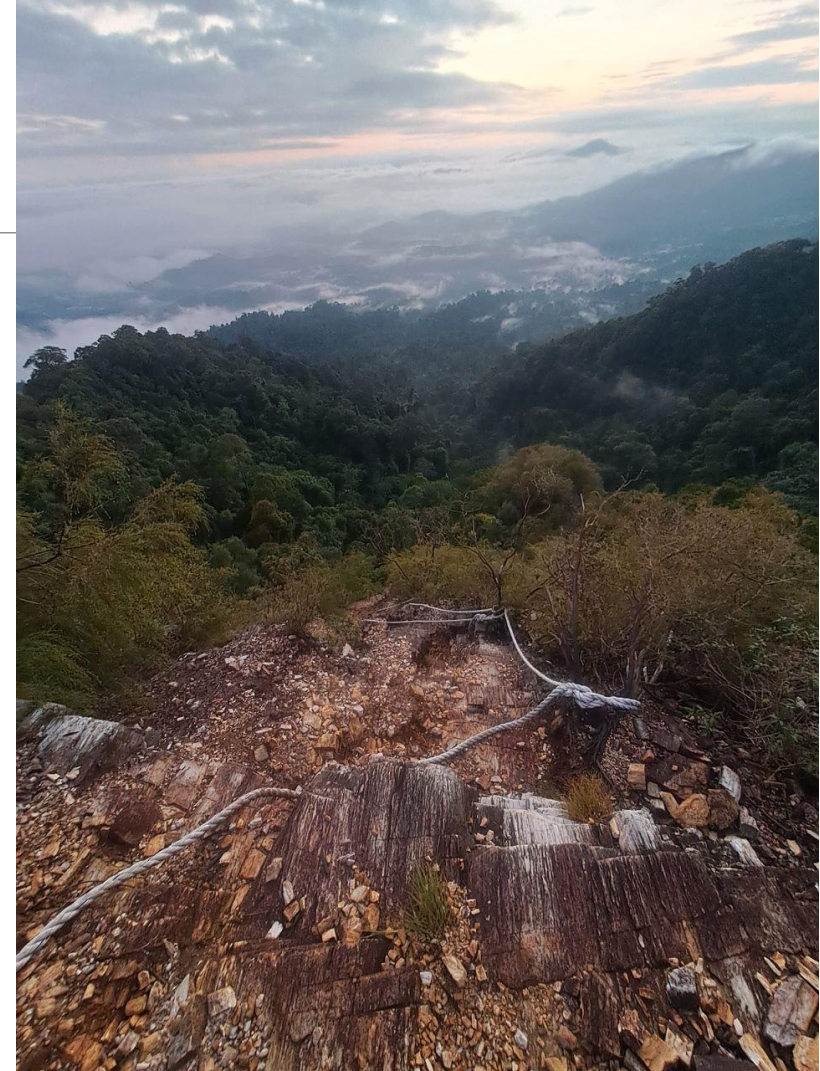
The oldest human skeleton found in Malaysia was at Gua Gunung Runtuh in the state of Perak in Peninsular Malaysia. The cave was his final resting place situated in Bukit Kepala Gajah or Elephant's Head Hill in the Lenggong Valley of Ulu Perak. The skeleton was a male with a height of approximately 157 cm, estimated to have been in his 50s. The skeleton was discovered in 1991 and has been dated to around 11,000 years old. It is one of the most complete skeletons for this time period in this region

He was buried in the fetal position, with deposits of animal bones at his right shoulder, to his left and to his bottom, and deposits of stone tools around the body. There were no other burials in the cave. The Perak Man had a malformed left hand, his left arm and hand were much smaller compared to his right arm and hand. This deformity could be from a genetic disorder known as brachymesophalangia. This evidence is further supported by the fact that his spine is curved towards the right due to living with only one good hand.

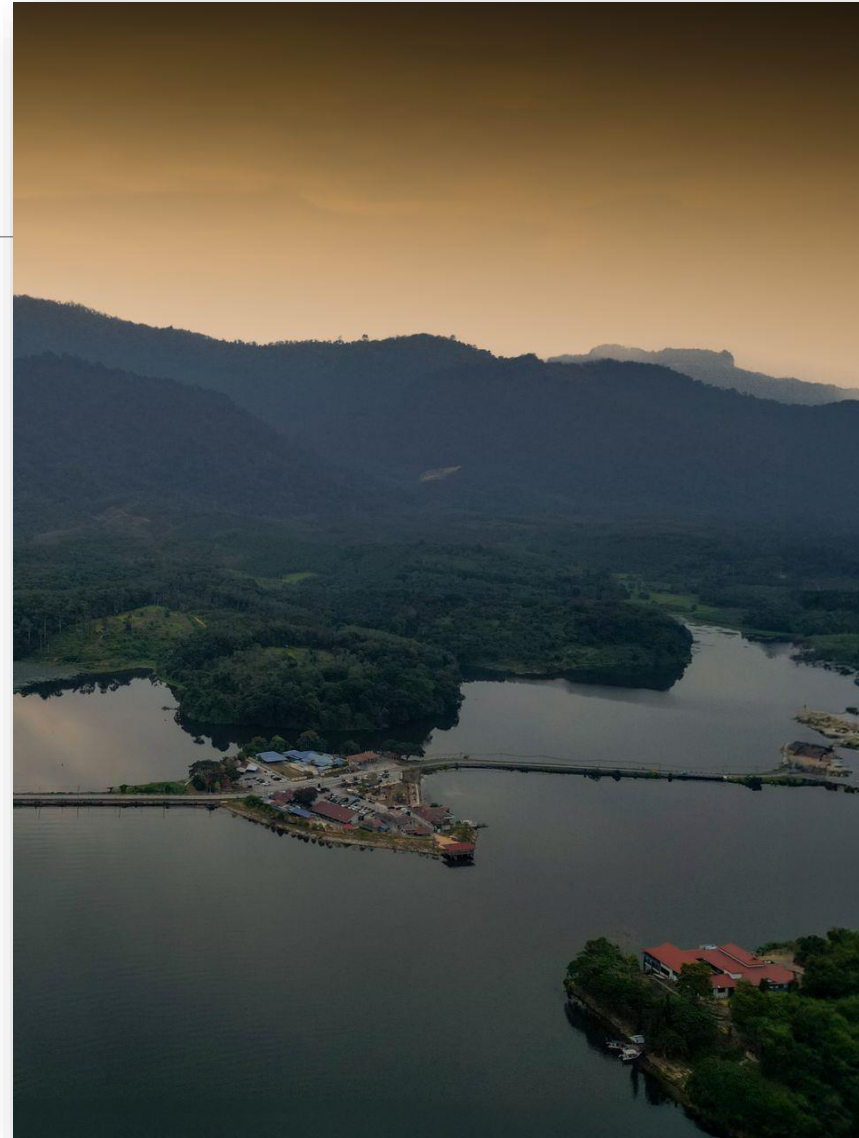
The bones that were found deposited near him were identified to have come from wild boar, monkey, monitor lizard and deer and are thought to have been food deposits. There were about ten stone tools scattered around the body, and most of them were pebble tools and some hammer stones

One conclusion that the study made was that he must have been an important member of society because his burial was very elaborate and labour intensive. The Perak Man was put into the pit with food offerings, covered with small shells, then more offerings and tools, and then another shell layer, followed by a final dirt layer. Furthermore, he was estimated to have been in his 50s which was very old for a person from that era with a disability. People had to take care of him – and people would not take it upon themselves unless he was respected or highly ranked in some sort of social hierarchy.

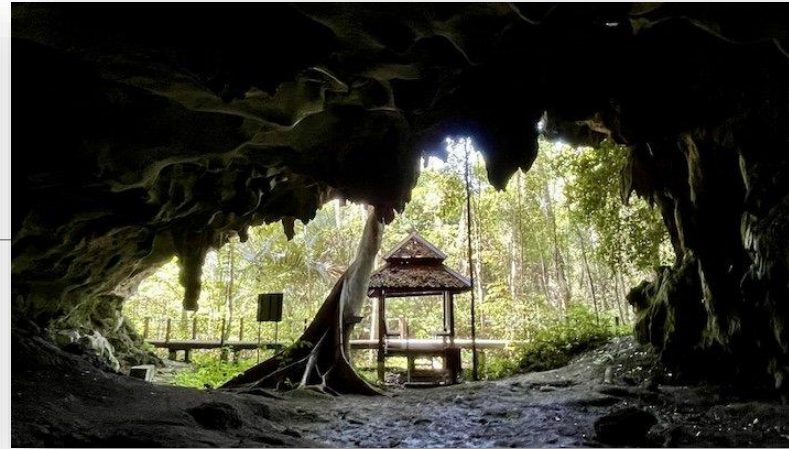
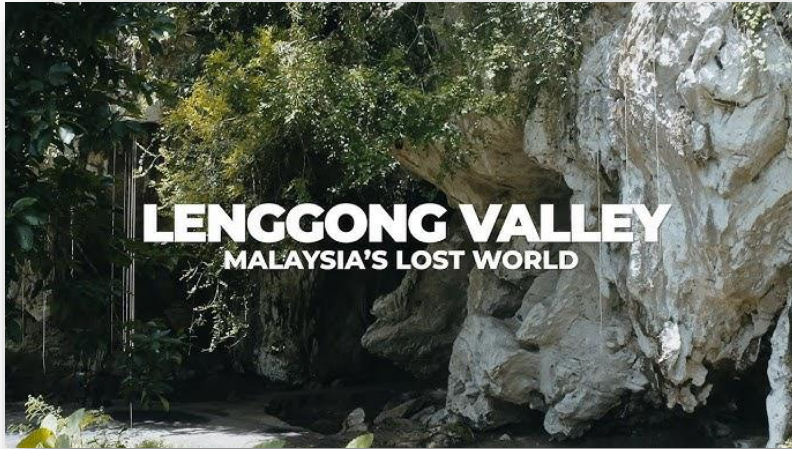
LENGGONG HERITAGE



LENGGONG HERITAGE



LENGGONG HERITAGE



LENGGONG HERITAGE



ARRIVAL SCHEDULE FOR INTERNATIONAL TEAMS

Best 1 hr 47... 2 hr 23 5 hr 55 1 day

Resort Tasik Raban, Kampung Raban, 330

Penang International Airport

Add destination

Leave now Options

Send directions to your phone Copy link

via Lebuhraya Utara - Selatan/AH2/E1 1 hr 47 min 149 km
Fastest route now due to traffic conditions
This route has tolls.
Details

via A6 2 hr 9 min 143 km

Explore nearby Penang International Airport

Restaurants Hotels Gas stations Parking Lots More

Lenggong 48 Hours "Iron" Bould ASIA WORLD CUP 2024

ARRIVAL SCHEDULE FOR INTERNATIONAL TEAMS

20 NOVEMBER 2024

- ARRIVAL OF TEAMS AT **PENANG INTERNATIONAL AIRPORT (MALAYSIA)**
- TEAMS WILL BE GREETED BY THE ORGANIZERS
- SPORTS EQUIPMENT WILL BE BROUGHT BY THE ORGANIZERS
- TEAMS CHECK IN AT **TASIK RABAN RESORT (LENGGONG)**

PLEASE EMAIL YOUR FLIGHT SCHEDULE TO THE ORGANIZERS

malaysiaarsport@gmail.com

TRIP TO Lenggong Malaysia

www.ibmalaysiaiseries.com

CAR RENTAL SERVICES (IF YOU WANT TO MANAGE IT YOURSELF)



www.rentalcars.com

www.eurocars.com

www.penangairport.com

www.kayak.com.my

MALAYSIA IRON BOUND ADVENTURE RACING SERIES SINCE 2002-2022

YEAR	EDITION	FORMAT EVENT TITLE	VENUE
2002	1 ST	8H MALAYSIA IRON BOUND SERIES	BUKIT MERAH
2002	2 ND	8H MALAYSIA IRON BOUND SERIES	LATA KINJANG
2004	3 RD	8H MALAYSIA IRON BOUND SERIES	TAIPING
2005	4 TH	8H MALAYSIA IRON BOUND SERIES	KUALA KANGSAR
2007	5 TH	8H MALAYSIA IRON BOUND SERIES	BUKIT MERAH
2009	6 TH	8H MALAYSIA IRON BOUND SERIES	TAIPING
2012	7 TH	STAGE RACE (2 DAYS) MALAYSIA IRON BOUND SERIES	PULAU PANGKOR
2013	8 TH	24H MALAYSIA IRON BOUND SERIES	PULAU LANGKAWI
2015	9 TH	STAGE RACE (2 DAYS) MALAYSIA IRON BOUND SERIES	ROYAL BELUM
2016	10 TH	10H MALAYSIA IRON BOUND SERIES	PORT DICKSON
2021	11 TH	12H & 6H MALAYSIA IRON BOUND SERIES	LENGGONG
2022	12 TH	48H MALAYSIA A1 NATIONAL SERIES	LENGGONG



www.ibmalaysiaseries.com

THE LIST OF CASH PRIZES WILL BE ANNOUNCED IN THE SECOND BULLETIN

RACE DATE

22-25 NOVEMBER 2024
LENGGONG GEOPARK | PERAK | MALAYSIA





Welcome to MALAYSIA

MALAYSIA AR SERIES

IBAI ASIA WORLD CUP



LENGGONG 48 HOUR
"IRON"
BOUND
IBAI ASIA WORLD CUP 2024

WORLD OBSTACLE
FEDERATION INTERNATIONALE DE SPORTS D'OBSTACLES

REGISTRATION QR CODE

IBAI ASIA WORLD CUP
WEBSITE



+6012.407.2495 | +6012.447.6371