



## 4th Malaysia International 24 hour walk 2007

Starts: **August 11, 2007 - 0800 hours**  
 Ends: **August 12, 2007 - 0800 hours**

Registration Fees: **Before July 2, 2007 - RM60**  
 (Individual) **July 3 to July 21, 2007 - RM80**  
**July 22 to July 31, 2007 - RM120**

Venue: **Dataran Merdeka**  
**Kuala Lumpur, Malaysia**

(Team ) **Before July 2, 2007 - RM80**  
**July 3 to July 21, 2007 - RM160**  
**July 22 to July 31, 2007 - RM320**

**Closing Date: July 31, 2007**

Chip Deposit: **(Refundable) RM20**

Please indicate Category entering

Men Open

Women Open

Team

**Personal Particular (Individual)**

Name: \_\_\_\_\_ Sex (M/F): \_\_\_\_\_  
 (According to Identity Card/Passport)

Date of Birth: \_\_\_\_\_ Age as of December 31, 2007: \_\_\_\_\_

Blood Group: \_\_\_\_\_ IC/Passport No: \_\_\_\_\_

Address: \_\_\_\_\_

Country: \_\_\_\_\_

Tel. No.: \_\_\_\_\_ Fax No.: \_\_\_\_\_ E-Mail: \_\_\_\_\_

**Particular (Team) if applicable only**

Name of Team: \_\_\_\_\_

Name of Team Leader: \_\_\_\_\_

Address: \_\_\_\_\_

**Declaration:**

- 1.0 I hereby declare that I am medically fit and I am entering this event at my own risk and will not hold the organizing committee responsible for any injuries or accidents, which may incur before, during and after the event.
- 2.0 I declare that my age is above 21 years of age and correctly calculated against the date of birth stated in my identity card/Passport.
- 3.0 I have read and agree to abide by the Rules & Regulations of the 4th Malaysia International 24 Hour Walk.
- 4.0 In the event of a catastrophic or natural disaster resulting a postponement or cancellation of the above event the organizers shall not be held responsible for any claims what so ever in any form made by any individual or parties concerned.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## 4<sup>th</sup> Malaysia International 24 hour walk 2007

### General Rules/Regulations

The 4<sup>th</sup> Malaysia International 24 Hour Walk is to be held under the specific Rules & Regulation of the 4<sup>th</sup> Malaysia International 24 Hour Walk. Where there is doubt in the interpretation of the rules, the Official English version of the rules shall be enforced. The 4<sup>th</sup> Malaysia International 24 Hour Walk would hereafter be referred to as the "Walk Event".

#### 1.0 Organizer

- 1.01 Race Walkers Association of Malaysia (Persatuan Lumba Jalan Kaki Malaysia)

#### 2.0 Co-organizers

- 2.01 The Ministry of Youth and Sports Malaysia
- 2.02 The Ministry of Tourism Malaysia
- 2.03 Dewan Bandaraya Kuala Lumpur
- 2.04 Federal Territory Amateur Athletics Association

#### 3.0 Participation

- 3.01 This Walk Event is open to all Malaysian and Foreign Walkers.
- 3.02 The Organizing committee reserves the right to invite certain Foreign Participants.
- 3.03 The Organizing committee also reserves the right to reject any entry or entries received.
- 3.03 The Men Open 24 Hour Walk
- 3.04 The Women Open 24 Hour Walk
- 3.05 The Team Event 24 Hour Walk – Men Open (Consist of four walkers)
- 3.06 The Team Event 24 hour Walk – Women Open (Consist of four walkers)

#### 4.0 Date, Time and Venue

- 4.01 Starting August 11, 2007 - 0800 hours
- 4.02 Ending August 12, 2007 - 0800 hours
- 4.03 The venue will be held at the Dataran Merdeka, Kuala Lumpur, Malaysia and each lap/round of the course is 626 meters.
- 4.04 The temperature during the day about 27 - 33 C and 25 -29 C at night.

#### 5.0 Registration fees

- 5.01 Before July 2, 2007 - RM60 (Individual) - RM80.00 Per Team
- 5.02 July 3 to July 22, 2007 - RM80 (Individual) - RM160.00 Per Team
- 5.03 July 23 to July 31, 2007 - RM120 (Individual) – RM320.00 Per Team

#### 6.0 Conditions of Entry of Walk Event:

- 6.01 Team event shall consist of 4 participant of their own category and you must registered as an individual participant to form a team.
- 6.02 The total distance covered by all competitors will score for the team.
- 6.03 Team with most distance will be declared as winner.
- 6.04 Deposit for chip is RM20 for all competitors and is to be paid during the number collection only.
- 6.05 All chips must be return at the end of race (08.10am to 9.00am), failing which the deposit will be forfeited.
- 6.06 Payment of entry fees by post must be paid only by Money Order or Postal Order to "Persatuan Lumba Jalan Kaki Malaysia". Cash will not be accepted through the Post.
- 6.07 Entrance fees for Foreign participants **will be paid** at the number collection only before 6.00 a.m. on August 11, 2007. **(Rates base on entry form received date)**
- 6.08 All competitors must report to the Briefing Venue at 07.00 a.m. on August 11, 2007 at the designated point determined by the Organizing Committee.
- 6.09 Failure to report on time, the competitor shall not be allowed to start and is considered to have voluntarily withdrawing from the Walk Event.
- 6.10 Qualifying age: 21 years and above on December 31, 2007.

#### 7.0 Health/Fitness of Competitors

- 7.01 All competitors who take part in this Walk Event must be medically fit to participate the whole duration of the competition.
- 7.02 While every possible step is taken to ensure the safety of the competitors, the Organizing Committee will not be held responsible for any accident, injuries or death however caused before, during or after the competition.
- 7.03 The Medical Personal appointed by the Organizing Committee will have the right to stop any competitor from further continue participating in the Walk Event if in the opinion of the Medical Personal there is danger to the life or health of the competitor concerned.

#### 8.0 Determination of Winners

- 8.01 The Walk Event shall be deemed to have been concluded at the end of the 24th hour after it has commenced.
- 8.02 All competitors must START at the START/FINISH LINE at 08.00 hours on August 11, 2007, failing to start the competitor/competitors is considered voluntarily withdrawing from the walk event.
- 8.03 Subject to any penalty or disqualification by the Judges, the competitor who has covered the longest distance shall be declared the winner.
- 8.04 For purposes of the determination of the winners, the Walk Event shall end at the START/FINISH LINE on the course at 08.00 hours on August 12, 2007.

- 8.05 Any walker who is found to be running along the course will be deemed to have infringed the rules of competitive walking and shall be penalized by having the lap deducted from the total distance covered by the competitor concerned. Thus, one infringement will mean a loss of one lap in distance covered by the competitor.
- 8.06 A count-back will be applied if there is a tie between the competitors covering the most number of laps of the circuit during the last 18 hours of the race, be declared the winner.
- 8.07 If a tie still exists, the competitor who covers the most number of laps in the last 12 hours or the last 6 hours of the race, as the situation may warrants, be declared the winner.
- 8.08 If a tie still remains after applying the count-back system as above, the competitor returning with the best time (lowest time) in the most numbers of laps in the last 6 hours of the race will be declared the winners.
- 8.09 This count-back will apply to every position in the order to adjust the winner or winners.
- 8.10 The decision of the Organizing Committee is final and no appeal or correspondence will be entertained.

## 9.0 Prizes

- 9.01 Cash Prizes will be awarded to winners of 1st to 20th placing for the Open category of the Walk Event while the Team Event will be for the 1st to 5th placing as listed below. In order to be qualified for receiving these cash prizes, the competitors must cover at least 75 km in the case of men categories & 50 km in the case for the women categories.

| Category            | 1st            | 2nd           | 3rd           | 4th           | 5th           | 6–10th       | 11-20th      |
|---------------------|----------------|---------------|---------------|---------------|---------------|--------------|--------------|
| <b>Men Open</b>     | <b>RM10000</b> | <b>RM6000</b> | <b>RM3000</b> | <b>RM1500</b> | <b>RM1000</b> | <b>RM600</b> | <b>RM400</b> |
| <b>Women Open</b>   | <b>RM10000</b> | <b>RM6000</b> | <b>RM3000</b> | <b>RM1500</b> | <b>RM1000</b> | <b>RM600</b> | <b>RM400</b> |
| <b>Team – Men</b>   | <b>RM4000</b>  | <b>RM2000</b> | <b>RM1000</b> | <b>RM500</b>  | <b>RM300</b>  | ---          | ---          |
| <b>Team – Women</b> | <b>RM4000</b>  | <b>RM2000</b> | <b>RM1000</b> | <b>RM500</b>  | <b>RM300</b>  | ---          | ---          |

- 9.02 Each competitor who has covered more than 60km would be awarded a certificate of participation.
- 9.03 Medal will be given to participants who cover more than 60 km for Men 48 km for Women.
- 9.04 All participants shall be entitled a “goodies bag” upon reporting to the numbering collection before 5.00a.m. on August 11, 2007.
- 9.05 Participants who covered more than 162.5km will be awarded as a “MALAYSIA CENTURIAN CLUB”
- 9.06 In the event of a catastrophic or natural disaster resulting a postponement or cancellation of the above event the organizers shall not be held responsible for any claims what so ever in any form made by any individual or parties concerned.

## 10.0 Conduct

- 10.01 Any competitor found guilty of misconduct will be disqualified.
- 10.02 Any competitor, after having voluntarily left the route, without the permission of the Technical Official shall not be allowed to continue in the Walk Event.
- 10.03 Competitor must wear clothing, which is clean and so designed and worn as not to be objectionable. The clothing must be made of materials which should be non-transparent even if wet.
- 10.04 Any jostling, obstruction or interpersonal act of aggression by one competitor against another aimed at impeding his/her progress shall be liable for disqualification.
- 10.05 Only T-shirt issued by the Organizing Committee can be worn by the competitors when attending the Prize Presentation ceremony.

## 11.0 Leaving the Competition Venue/Arena

- 11.01 At all times during the competition a competitor must remain within the premises of the “Competition Venue/Arena” as defined in Rule 4.0 as above.
- 11.02 Competitors are allowed to leave and join back the competition at the “Pause Zone” only. A competitor must obtain prior permission of the Technical Official before he or she is allowed to leave the designated “Competition Venue/Arena”.
- 11.03 When a competitor leaves the “Competition Venue/Arena” without the permission of the official-on duty at the “Pause Zone”, he/she is considered voluntarily withdrawing from the competition.

## 12.0 Numbers

- 12.01 Competitors shall wear only numbers provided by the Organizing Committee.
- 12.02 The numbers must be pinned onto the clothing of the competitor, one number on the chest and another at the back. The numbers should not be stitched onto the competitor’s clothing.
- 12.03 No transfer of competition number to another competitor or another person is allowed. Any such transfer will result in automatic disqualification of both parties.

## 13.0 Nutritional / Refreshments

- 13.01 Adequate refreshments will be provided by the Organizing Committee for the duration of the Walk Event at the designated Refreshment Station.
- 13.02 Competitors are allowed to have their own refreshment at the official refreshment station only.
- 13.03 Refreshments may be carried or taken by any competitor during the Walk Event. Any litter to be thrown must be at the Refreshment Station only. Any littering around the route, each littering a lap will be deducted from the competitor for each litter.
- 13.04 You are encouraged to prepare your personal Nutritional Food, sleeping facilities (if desire).

## 14.0 Closing Date

- 14.01 The Closing Date for the Walk Event shall be July 31, 2007.
- 14.02 All entries must be sent to:

**Persatuan Lumba Jalan Kaki Malaysia**  
 No. 39, Jalan SS5A/6  
 47301 Petaling Jaya, Selangor, Malaysia  
 Fax: +60 3 7874 7298  
 E-mail: cbkhoo@hotmail.com

**Persatuan Olahraga Amator Wilayah Persekutuan**  
 Tingkat 2, Wisma OCM  
 Jalan Hang Jebat, 50150 Kuala Lumpur, Malaysia  
 Tel: +60 3 2715 2843 Fax: +60 3 2715 2678  
 E-mail: sportftaa@hotmail.com