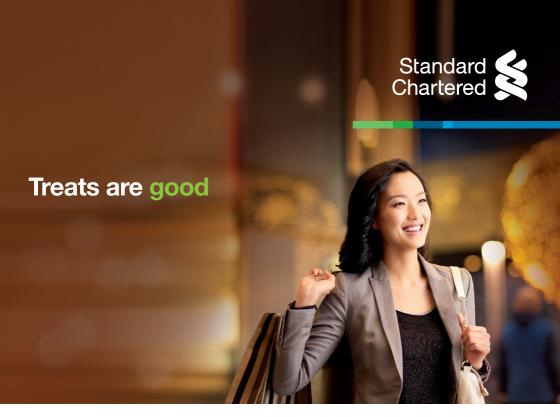




GUIDE 2015

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Welcome Remarks by Y.Bhg Datuk Amin Nordin bin Abdul Aziz Mayor of Kuala Lumpur

Assalamualaikum Warahmatullahi Wabarakatuh

This will be my first Standard Chartered KL Marathon as Mayor of Kuala Lumpur and we are proud that the city of Kuala Lumpur will once again be host to such an iconic event.

It gives me great pleasure to welcome all the courageous runners at this Standard Chartered KL Marathon 2015 and I wish event owners, Dirigo Events and title sponsor, Standard Chartered Bank Malaysia all the best on Race Day.

Kuala Lumpur is increasingly becoming home to many sporting events and the Standard Chartered KL Marathon is indeed one of the major events we look forward to on our annual calendar. It is always encouraging to see the City filled with energy and excitement on Race Day, and I'm positive that this year we will witness a livelier atmosphere as we welcome more marathon enthusiasts from around the world.

With the overwhelming support from our local and foreign runners, this Marathon has indeed firmly placed Malaysia as an international venue for sports tourism. We are proud to showcase the beauty of Kuala Lumpur through the Marathon's route so that runners can get to know the City better during the race.

DBKL is truly honoured to be a part of an event that not only nurtures healthy living among Malaysians but brings the nation and our international friends together in the name of Standard Chartered KL Marathon. I take this opportunity to wish all runners and visitors a good race, and an excellent experience of Kuala Lumpur during the Marathon. Good luck to all of you and thank you for keeping the City running with excitement!





Welcome Remarks by Mahendra Gursahani Managing Director & Chief Executive Officer Standard Chartered Bank Malaysia

Welcome to the seventh edition of the Standard Chartered KL Marathon, one of Malaysia's most anticipated sporting events of the year.

Over the years, the marathon has become synonymous with Standard Chartered Bank, a bank with a rich and diverse heritage spanning 140 years in Malaysia. We are proud to witness the marathon growing into an iconic sporting event in Kuala Lumpur with participation by runners from over 80 countries around the world.

The Standard Chartered KL Marathon has become a powerful platform since its modest beginnings, giving thousands of ordinary people a reason to feel extraordinary. What began as a simple event with only 12,500 marathon runners, the number has tripled to close to 35,000 this year.

Charity is a key element in the Standard Chartered KL Marathon. It is an event with a heart, challenging a runner's personal limits but also leveraging the marathon to give back to the community by raising funds for the less fortunate. This year, Standard Chartered Foundation, the charity arm of the Bank, is channelling funds raised from the marathon towards the cause of autism. My utmost gratitude to everyone who has come forward through 'Run for a Reason' in support of the Foundation to create that much needed awareness of autism and its effects on so many within our communities.

I hope whatever your reason to run may be, that you enjoy the unique opportunity to pace through the city of Kuala Lumpur, take in some of its iconic landmarks and raise money for a worthy cause.

See you at the race!





Welcome Remarks by Yang Berbahagia Dato' Karim Ibrahim, President of Malaysia Athletics Federation

It is with great pride and honor that I on behalf of the Malaysian Athletics Federation welcome all participants of the Standard Chartered KL Marathon 2015. It is indeed a thrilling event in Malaysia that sports enthusiast not only in Malaysia but throughout the world look forward to each year.

The popularity of this prestigious marathon has since gained momentum where the number of participants have increased tremendously. Winning is not the prime concern of most participants, but the spirit of participation and sportsmanship embraced by all is something that is much appreciated and welcomed. The tireless effort by the organizers, Dirigo Events Sdn. Bhd. to transform the nature of this entire event into a highly technical and professional race is something that needs to be applauded.

The Malaysian Athletic Federation is fully committed to support Dirigo Events Sdn. Bhd. throughout to ensure that the success of this event is attained. I strongly believe stringent efforts are being put forward by the organizer to ensure no untoward incidents happen throughout this event.

It is my sincere wish and desire that all participants will take part in this iconic event in a friendly and sporting spirit which will instill unity amongst all races from different walks of life and ultimately portray the true hospitality of all Malaysians to the world.

Congratulations to Dirigo Events Sdn Bhd for putting up a wonderful job to ensure this event meets the quality that is required which will pave way for a bigger participation in the years to come. To all foreign participants I wish you all a pleasant stay here in Malaysia and hope you will enjoy the warm hospitality of the people of this country and taste the sumptuous food that is available.

Good luck and best wishes to all participants.





Welcome Remarks by Rainer Biemans
Director of Dirigo Events,
Event owner and organiser of Standard Chartered KL Marathon

4 days.

That's how long it took for the Standard Chartered KL Marathon to fill up with 35,000 runners.

This overwhelming response is extremely humbling and I thank all of you for your continuous support and commitment. It is going to be a privilege and an honour to welcome all runners at the starting lines and an even greater privilege to welcome all runners across the finish lines of all the categories we feature.

This guide is designed to enhance your experience. It contains key information about the race. As you look forward to seeing your training, hard-work and discipline come to fruition on Race Day, do take some time to read through this guidebook for the information that you might need – where to go, how to get there, where facilities are, schedules and all the necessary race information to help make your SCKLM experience an enjoyable one.

Over 3,000 race personnel will also be there on race day to assist you wherever they can from the organising team, traffic police, race officials, medical personnel and last but certainly not least, volunteers.

To all our friends from around the country and overseas, "Welcome to Kuala Lumpur" and we hope that you will bring home with you memorable memories of your SCKLM experience.

From the bottom of our hearts, Thank you.





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Race Information < RACE FACTS

IAAF, AIMS, Kementerian Belia & Sukan, Malaysia MAF, FTAAA

Event Owner : Dirigo Events Sdn. Bhd.

Organiser / Promoter : Dirigo Events Sdn. Bhd., Dewan Bandaraya Kuala Lumpur

Sanctioned & Supported by

Start Time : 4.30 am

Date : Sunday, 04 October 2015

Venue : Dataran Merdeka and the City of Kuala Lumpur

Discipline : Full Marathon (42.195km)

Half Marathon (21.0975km)

MSIG 10km (Speed, Leisure and Cruise)

5km Fun Run

Kids Dash

3km (10 – 12 year olds) 1km (6 – 9 year olds)

EVENT DAY SCHEDULE

It is recommended that you arrive at your respective start areas at least 20 minutes before the gun goes. If you are not at the start area when the gun is fired, you may not be allowed to start.

Time		Venue
4.00am	Warm-ups for Full Marathon runners	Dataran Merdeka
4.15am	Race technical/Safety announcements	Dataran Merdeka
4.30am	Full Marathon (42.195km)	Dataran Merdeka
5.30am	Warm-ups for Honda Half Marathon	Dataran Merdeka
5.45am	Race technical/Safety announcements	Dataran Merdeka
6.00am	Honda Half Marathon (21.1km)	Dataran Merdeka
6.30am	Warm-ups for MSIG 10km Speed	Jalan Tuanku Abdul Rahman (Jalan TAR)
6.45am	MSIG 10km Speed	Jalan Tuanku Abdul Rahman (Jalan TAR)
7.15am	MSIG 10km Cruise	Jalan Tuanku Abdul Rahman (Jalan TAR)
7.45am	MSIG 10km Leisure	Jalan Tuanku Abdul Rahman (Jalan TAR)
8.45am	5km Fun Run	Jalan Tuanku Abdul Rahman (Jalan TAR)
8.50am	3km Kids Dash	Royal Selangor Club
8.55am	1km Kids Dash	Royal Selangor Club

ESTIMATED FINISHING TIMES

The following table highlights the times that each winner is expected to cross the finish line. Each runner will have they own estimated finishing times. Be ready to cheer your friends and family on.

Runners, remember to flash that winning smile as you cross the finish line!

Full Marathon (42.195km)	6.45am
Honda Half Marathon (21.1km)	7.05am
MSIG 10km Speed	7.05am
MSIG 10km Cruise	8.00am
MSIG 10km Leisure	8.30am
Corporate, Ministries and Universities Challenges	8.15am
5km Fun Run	9.10am
3km Kids Dash	9.10am
1km Kids Dash	9.00am

2014 WINNERS AND FINISHING TIMES

FULL MARATHON 42 KM (MEN - OPEN)

Bib. No	Name	Country	Gun Time
A-00001	KENNEDY KIPROO LILAN	Kenya	2:17:47
A-00005	CHELIMO LUKA KIPKEMOI	Kenya	2:18:45
A-00036	ENOCK KIPCHIRCHIR MITEI	Kenya	2:19:17
	A-00001 A-00005	A-00001 KENNEDY KIPROO LILAN A-00005 CHELIMO LUKA KIPKEMOI	A-00001 KENNEDY KIPROO LILAN Kenya A-00005 CHELIMO LUKA KIPKEMOI Kenya

FULL MARATHON 42 KM (WOMEN - OPEN)

Rank	Bib. No	Name	Country Gun Time
1	C-06006	MUGO HELLEN WANJIKU	Kenya 2:43:22
2	C-06008	DEMES ALEMTSEHAY MESFIN	Ethiopia 2:43:59
3	C-06015	RUTH CHEMISTO MATEBO	Kenya 2:44:32

HONDA HALF MARATHON 21 KM (MEN - OPEN)

Rank	Bib. No	Name	Country	Gun Time
1	E-12961	JAMES MAREGU	Kenya	1:07:48
2	E-08029	PAUL KIMANI KIRAGU	Kenya	1:09:01
3	E-08030	NJOKI CHARLES MMUNYUA	Kenya	1:09:16

HONDA HALF MARATHON 21 KM (WOMEN - OPEN)

Rank	Bib. No	Name	Country	Gun Time
1	G-14015	JACKLINE MUSYAWA NZIVO	Kenya	1:20:01
2	G-14010	KIGURU MARY WANGUI	Kenya	1:22:03
3	G-14017	YUCABETH BORE	Kenya	1:22:47



MSIG 10 Rank 1 2 3	O KM (MEN - OPE Bib. No K1-20394 K1-19808 K1-18510	EN) Name ANDRI DAUNI TIM GARRETT CHEW JEE KENG	Country Malaysia Australia Singapore	Gun Time 0:36:50 0:37:02 0:38:08
MSIG 10 Rank 1 2 3	O KM (WOMEN - 0 Bib. No N1-22221 N1-23266 N1-22634	OPEN) Name EMEBET HAILU MULATE SHEELA A/P SAMIVELLU JESSICA NG SZE CHIA	Country Ethiopia Malaysia Malaysia	Gun Time 0:39:38 0:40:02 0:52:16
FULL M Rank 1 2 3	ARATHON 42 KM Bib. No A-00183 A-00071 A-00085	I (MEN - MALAYSIANS) Name MUHAIZAR MOHAMAD SHAHARUDIN BIN HASHIM TAN HUONG LEONG	Country Malaysia Malaysia Malaysia	Gun Time 2:41:11 2:46:24 2:47:23
FULL M Rank 1 2 3	ARATHON 42 KN Bib. No C-06035 C-06054 D-07024	I (WOMEN - MALAYSIANS) Name YUAN YU FANG ADELE WONG LI-PENG LING MEE ENG	Country Malaysia Malaysia Malaysia	Gun Time 3:34:27 3:35:07 3:37:00
HALF M Rank 1 2 3	IARATHON 21 KN Bib. No E-08084 E-08122 E-08094	M (MEN - MALAYSIANS) Name MOHD JIRONI RIDUAN VENUGOPAL AL RAJENDRAN MURALI A/L MUNIANDY	Country Malaysia Malaysia Malaysia	Gun Time 1:15:21 1:17:22 1:23:12
HALF M Rank 1 2 3	ARATHON 21 KN Bib. No G-14008 H-17007 H-17021	NOOR AMELIA BINTI MUSA LEE KHUM CHIEW LIM AI LIN	Country Malaysia Malaysia Malaysia	Gun Time 1:27:31 1:44:19 1:48:17

COURSE RECORDS

		Men			
Date	Discipline	Name	Country	Time	
24 Jun 12	Marathon	Kennedy Kiproo Lilan	Kenya	2:14:45	
		Women			
Date	Discipline	Name	Country	Time	6
26 Jun 11	Marathon	Rose Kerubo Nyangacha	Kenya	2:34:37	V.



PRIZE PRESENTATION PROGRAMME

Time		Venue
8.15am	MSIG 10km Speed Awards	Dataran Merdeka
8.30am	Honda Half Marathon Men's & Women's Open Awards	Dataran Merdeka
8.45am	Full Marathon Men's & Women's Open Awards	Dataran Merdeka
9.15am	MSIG 10km Men's & Women's Veteran Awards	Dataran Merdeka
9.30am	Honda Half Marathon Men's & Women's Veteran Awards	Dataran Merdeka
9.45am	Honda Half Marathon Men's & Women's Malaysian Awards	Dataran Merdeka
10.00am	Prize Presentation Full Marathon Men's & Women's Veteran Awards	Dataran Merdeka
10.15am	Prize Presentation Full Marathon Men's & Women's Malaysian Awards	Dataran Merdeka
10.30am	Prize Presentation Corporate Challenge	Dataran Merdeka
10.45am	Prize Presentation Ministries Challenge	Dataran Merdeka
11.00am	Prize Presentation Universities Challenge	Dataran Merdeka

AWARDS

The following categories are competitive categories. A hearty congratulations to all winners! Please check in at the winners' tent no later than 60 minutes before the scheduled time of your prize presentation ceremony. With the exception of medical reasons, it is mandatory that you attend the prize presentation ceremony to be eligible for your prize money.

THE AWARDS ALLOCATION FOR THE COMPETITIVE CATEGORIES (IN USD)

Full Marathon (42.195 KM): OPEN CATEGORY										
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	17,500	7,500	5,000	3,500	2,500	1,500	-	-	-	-
Women	17,500	7,500	5,000	3,500	2,500	1,500	-	-	-	-
Winner's Medal	Gold	Silver	Bronze							

Full Marathon (42.195 KM): MALAYSIAN CITIZENS										
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	5,000	2,500	1,250	750	500	400	300	200	100	70
Women	5,000	2,500	1,250	750	500	400	300	200	100	70
Winner's Medal	Gold	Silver	Bronze							

Full Marathon (42	2.195 KN	I): VETE	RAN CAT	EGORY	(40+)					
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	1,500	700	400	350	250	150	100	75	50	40
Women	1,500	700	400	350	250	150	100	75	50	40
Winner's Medal	Gold	Silver	Bronze							



Honda Half Mara	thon (21	.1 KM):	OPEN CA	TEGOR	Υ					
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	1,000	500	350	250	150	-	-	-	-	-
Women	1,000	500	350	250	150	-	-	-	-	-
Maria a sula Bala alal	0-1-1	0:1	D							

Honda Half Mara	thon (21	I.1 KM): N	MALAYSI.	AN CITI	ZENS					
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	700	350	200	150	100	-	-	-	-	-
Women	700	350	200	150	100	-	-	-	-	-
Winner's Madel	Cold	Cilvor	Dronzo							

Honda Half Mara	thon (21	.1 KM):	VETERAN	CATE	ORY (40)+)				
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	400	200	100	80	60	-	-	-	-	-
Women	400	200	100	80	60	-	-	-	-	-
Winner's Medal	Gold	Silver	Bronze							

MSIG 10 KM: OP	EN CATI	EGORY								
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	200	100	75	60	50	-	-	-	-	-
Women	200	100	75	60	50	-	-	-	-	-
Winner's Medal	Gold	Silver	Bronze							

MSIG 10 KM: VET	TERAN (CATEGO	RY (40+)							
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	100	50	35	30	25	-	-	-	-	-
Women	100	50	35	30	25	-	-	-	-	-
Winner's Medal	Gold	Silver	Bronze							

BONUS (NEW RO	UTE RECORD & MALAYSIA R	ECORD) (IN USD)	
Category	Full Marathon (Open Category)	Full Marathon (Malaysian Citizens) New National Record	Honda Half Marathon (Malaysian Citizens) New National Record
Men	2,500	1,500	1,000
Women	2,500	1,500	1,000

BONUS (MSIG 10 KM	OPEN CATEGORY CHAMPION)
Men	*Return trip for 2 to Osaka, Japan
Women	*Return trip for 2 to Osaka, Japan

- *Only Malaysian Citizens or PR holders are eligible to the bonus prize. Return trip for 2 is ex. Kuala Lumpur only. All expenses incurred for winners who are travelling from outside of Kuala Lumpur shall be borne by the winners. Includes MSIG Travel Insurance for 2.
- Permanent and/or temporary staff or employees of MSIG Insurance (Malaysia) Bhd are NOT eligible for the Bonus Prize.
- 3. Prize is not transferable nor exchangeable for cash.
- 4. Prize must be utilized within 12 months from the issuing date of Travel certificate redemption.
- Failure to comply with the Rules and Regulations of the Standard Chartered KL Marathon will result in the automatic forfeit of the prize.
- Redemption and travel is at your own risk. The Organisers and Sponsors of SCKLM will not be held liable for any damages, losses or any inconveniences which may occur before, during and after the redemption of the prize.



WINNERS' VERIFICATION

All potential winners are required to check-in at the winners' tent (located next to the main stage) no later than 60 minutes before the scheduled time of your prize presentation ceremony for winners' verification.

During verification, please present your:

- > Original passport or NRIC
- > Bib
- > Winner tag
- > Potential winner form (to be duly completed with valid account details)

Potential winners will be verified by a jury representative appointed by the Malaysia Athletics Federation and he/she has the rights to reject or disqualify potential winners carrying invalid or fake documentation(s).

Top 5 potential winners in the Full Marathon Open category and top 3 potential winners in the Full Marathon Malaysian category are required to undergo and pass the full screen doping and EPO testing (conducted in the winners' tent) to be eligible for prize money.





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ELITE ATHLETES

BIB No.	Full Name	Country	Gender	Best Time	Year	Place
A-00010	SAMMY KIPKORIR KIBET	KENYA	MALE	2:08:17	2011	WARSZAWA
A-00002	EDWIN KOECH KUTTO	KENYA	MALE	2:08:57	2011	EINDHOVEN
A-00020	LABAN KIPKEMOI MOIBEN	KENYA	MALE	2:09:13	2012	OTTAWA, CAN
A-00003	ISAAC KIPKEMOI KOSGEI	KENYA	MALE	2:09:17	2013	ENSCHEDE
A-00016	ADUGNA BEKELE BULII	ETHIOPIA	MALE	2:09:42	2015	GERMANY
A-00011	NELSON KIRWA ROTICH	KENYA	MALE	2:10:13	2009	SOUTH KOREA
A-00008	TOLA BANE EDEA	ETHIOPIA	MALE	2:10:14	2011	GERMANY
A-00021	ELIUD KAPCHANGA CHEPTEI	KENYA	MALE	2:10:21	2011	CHINA
A-00007	COSMERS KIBET KEMBOI	KENYA	MALE	2:10:33	2012	CHONGQING
A-00006	CHELIMO LUKA KIPKEMOI	KENYA	MALE	2:10:37	2012	ODENSE
A-00004	MATHEW KOSGKEI BOWEN	KENYA	MALE	2:10:57	2013	FRANCE
A-00001	KENNEDY KIPROO LILAN	KENYA	MALE	2:11:36	2011	ZHENGZHOU
A-00005	MELAKU BELACHEW BIZUNEH	ETHIOPIA	MALE	2:13:10	2015	GERMANY
C-07003	ELIZABETH J. CHEMWENO	KENYA	FEMALE	2:29:21	2010	VENEZIA
C-07009	KIPSOI GLADYS CHEPCHIRCHIR	KENYA	FEMALE	2:29:53	2014	MUMBAI
C-07004	MUGO HELLEN WANJIKU	KENYA	FEMALE	2:29:59	2012	KOŠICE
C-07001	HIRUT TIBEBU DAMTE	ETHIOPIA	FEMALE	2:30:58	2015	CHINA
C-07005	ELIZABETH CHEPKANAN RUMOKOL	KENYA	FEMALE	2:31:31	2012	SÃO PAULO
C-07002	HIRUT BEYENE GUANGUL	ETHIOPIA	FEMALE	2:34:02	2012	USA
C-07007	DEMSE ALEMTSEHAY MESFIN	ETHIOPIA	FEMALE	2:34:22	2012	ITALY
C-07006	NAOMI JEPNGETICH	KENYA	FEMALE	2:36:55	2012	CHILE
C-07008	ROSE CHEKURUI KOSGEI	KENYA	FEMALE	2:41:05	2013	KUALA LUMPUF



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RUN FOR A CAUSE

Keeping up with tradition, the Standard Chartered KL Marathon is proud to once again feature the 'Run for a Cause' programme where individuals can raise funds for charity and the 'Corporate Challenge' where business entities can raise funds while fostering teamwork by sending their own team of runners to the marathon.

We are proud to welcome back Hospis Malaysia, EcoKnights and of course, the Standard Chartered Trust fund. We are also pleased to welcome the Malaysian National Cancer society.

The money that is raised is channelled to the respective charities in its entirety and we are proud to truly be, 'a Race with a Heart'.

On behalf of all our charity partners, thank you from the bottom of our hearts.

Our Charity Partners;



Charity Name: **STANDARD CHARTERED FOUNDATION**Address: P.O Box No. 12276, 50732 Kuala Lumpur

Contact No : +603 2781 7212

Website : www.standardchareted.com.my/media-center/sctf/

index.html



Charity Name: HOSPIS MALAYSIA

Address : 2 jalan 4/96, off Jalan Sekuci, Taman Sri Bahtera,

Jalan Cheras, 56100 Kuala Lumpur

Contact No : +603 9133 3936

Website : www.hospismalaysia.org



Charity Name: THE NATIONAL CANCER SOCIETY OF MALAYSIA

Address : Bangunan Persatuan Kanser Kebangsaan, 66, Jalan

Raja Muda Abdul Aziz, 50300 Kuala Lumpu

Contact No : +603 2698 7300 Website : www.cancer.org.my



Charity Name: PERTUBUHAN ALAM SEKITAR ECOKNIGHTS

Address : KUALA LUMPUR DAN SELANGOR

No 41 Lorong Burhanuddin Helmi 11, Taman Tun Dr

Ismail, 60000 Kuala Lumpur

Contact No : +603 7731 8361

Website : www.ecoknights.org.my



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^{*} Responses taken from SM community, February 2014.



RUNNER'S INFORMATION

1. DRINKS STATIONS

Ice Mountain drinking water is available at the Start area and every 2km after the first 4km and every 1.6km after the first 20km.

2. ISOTONIC STATIONS

100Plus isotonic drinks are available every 4km after the first 4km. Every finisher will get water and isotonic drinks at the Finish area.

3. SPECIAL DRINKS (FULL MARATHON AND HALF MARATHON ONLY)

Athletes can submit their own drinks at the information tent located near the fountain on Dataran Merdeka. Officials will be there from 2 – 3am on 4 October 2015.

4. POWER GEL STATIONS

Power Gels are available at the 26.4km mark and 32.8km marks for Full Marathon runners.

5. FRUIT STATIONS

Bananas are available at the 29.6km mark and 36km for Full Marathon runners and 14km mark for Half Marathon runners.

TOILETS

Toilets are available at the Start & Finish area as well as at every drinks station along the routes.

7. DISTANCE MARKERS

Distance markers are placed at every kilometer along the routes.

8 SURAL

Male and Female surau facilities are available at Dataran Merdeka. Surau facilities are also available at the 11km & 15km mark for Full Marathon runners for Subuh prayers (AKLEH Toll).

9. TIMING

All runners except for 5km and Kids Dash categories will be timed using the MyLaps bib tag system.

10. TIME LIMIT

The event officially closes at 12.00pm (noon) on 4 October 2015.

11. ROAD CLOSURES

Normal traffic conditions will resume 6 hours after the Full Marathon start time (4.30am) after which you will be required to board the sweeper bus. Should you insist on continuing your run, please do so on the pavements and be mindful of traffic conditions.

12. RACE ROUTES

Full Marathon, Half Marathon and 10km routes are AIMS certified routes which is undulating and in some parts, hilly.

13. MEDICAL ASSISTANCE

Medical assistance is available at the Start & Finish area as well as every 2km along the routes. Medical Officials are authorised to stop any runner and remove their timing chip as they see fit to ensure runners' safety. Your health is top priority! Do not put yourself at risk!

14. OVERSEAS RUNNERS

Over 800 foreign runners from more than 30 countries will participate in the event. WELCOME to our beautiful city!

15. **VOLUNTEERS**

Over 1,500 volunteers will be working tirelessly during the event. THANK YOU!

16. SUPPORTERS

The event aims to also provide supporters with a great experience. Supporters are encouraged to cheer the runners on along the routes or at Dataran Merdeka.



SWEEPER SHUTTLE BUS SERVICES

Normal traffic conditions will resume 6 hours after the Full Marathon start time (4.30am), after which you will be required to board the sweeper shuttle bus provided. Should you insist on continuing your run, please do so on the pavements and be mindful of traffic.

Please see below the Shuttle Stations for the Full Marathon:

- > 20.0km mark along Jalan Lingkaran Tengah II (Jalan Ulu Kelang)
- 23.0km mark along DUKE (just before Setiawangsa exit)
- > 31.2km mark along Jalan Kuching (just after exiting DUKE)
- 33.4km mark along Jalan Tuanku Abdul Halim (at exit to Jalan Langgak Tunku)

There will be shuttle bus services to Pasar Seni Depot and shuttle van services along AKLEH to ferry runners to Jalan Sultan Ismail.

Please look out for our Sweeper Shuttle signs. All shuttle buses or vans will have a Standard Chartered KL Marathon Vehicle Access sticker on the windshield.







Phiten is a Japan Body Care Brand for over 30 years, popularly known for its Titanium-based accessories (namely Rakuwa Necklace and Bracelet) and its scientifically proven health promoting Technology for

Pain Management, Body /Sports Recovery and Injuries Prevention and suitable for use by anyone, everyone.



Runners' Entitlements and Services < RUNNER'S INFORMATION

Race Entry Packs shall comprise;

- > Event bag
- > Exclusive Running Singlet
- > Bib with safety pins
- > Timing Chip (Full Marathon, Half Marathon and 10km runners only)
- > Face Towel (Full Marathon runners only)
- > Sponsored items

At The Finish Line...

Once you've crossed the finish line, don't forget to collect;

FINISHER'S MEDAL (All Categories)

All runners who complete their race within the stipulated cut-off time will receive a Finisher's Medal.

EXCLUSIVE FINISHER'S TEE (Full Marathon only)

All Full Marathon runners who complete their race within 6 hours will receive an exclusive Standard Chartered KL Marathon Finisher T-shirt.

CERTIFICATES

5km and Kid's Dash participants who complete their race within stipulated time can collect their certificates immediately after the race. Finishers in other categories will receive their certificates within 2 months after the race either via online download or mail (for those who opted for the certificate mailing option).

RESULTS (Full Marathon, Half Marathon and 10km only)

Results will be posted on www.kl-marathon.com within 24-hours after the event. The results and rankings for Full and Half Marathon are according to 'Gun Time', in compliance with IAAF rules. Net time results will be used for the overall ranking of the three 10km blocks (Speed, Cruise & Leisure), whereas only the Speed category is eligible for prize money. Race results are final.

BAGGAGE FACILITIES

Any bags not collected by 12.00pm on 4 October 2015 will be donated to charity or disposed of at organiser's discretion.

PHOTOS

Photos of runners crossing the finishing line can be found on Marathon-photos.com between 5 October 2015 and 30 April 2015. Runners can find their photos by entering their bib number and purchase the photos at a fee set by Marathon-photos.com Don't forget to flash that winning smile and display your bib number clearly when you cross that finish line!

POST RACE MASSAGE

Massage services are available at the Finish Area for a minimal fee.

REFRESHMENTS

Light refreshments are available at Dataran Merdeka at minimal costs.

REMINDERS

DO's

- Use the garbage bins provided
- Observe discipline and patience
- Respect volunteers, officials, crew and other runners
- Listen to your body.
- Retire at once if recommended to do so by a medical officer

DONT'S

- Don't litter everywhere
- Don't jump queues
- Don't argue with Officials. They have the right to remove you from the race and impound your timing chip if they find you guilty of wrong-doing
- Don't run if you are feeling unwell





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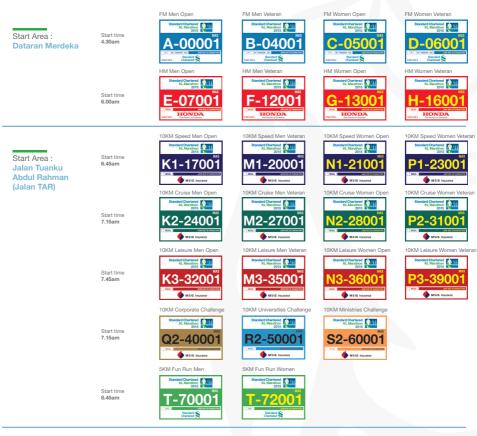
Partnership celebrates iconic race, giving a fresh boost to SCKLM 2015 with the latest Licensed Merchandise and Supernova Glide Boost.



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- > All bibs are colour coded indicating which category you are registered in. You must run in the category you are registered in.
- > Bibs are strictly not transferable nor exchangeable.
- > The timing device is attached to the back of your bib.
- > Do not fold or remove the timing device from your bib.
- > If you do not run in your registered race category, your time will not register resulting in automatic disqualification and you will not receive a Finisher's medal or Certificate of Achievement.



Start Area : Royal Selangor Club Start time 8.50am

Start time
8.55am

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TIMING DEVICE

At the Standard Chartered KL Marathon 2015, the MYLAPS BibTag system will be used to time your race.

The BibTag is a single tag attached to the back of your bib number. At every timing point, (start, splits and finish) detection mats will be on the ground to measure your time.

The BibTag makes timing very easy for you. All you have to do is correctly wear your bib number (visible on your chest).

The BibTag timing device is disposable and does not need to be returned after your race.

Tips for a guaranteed correct timing:

- > Wear the bib number visibly on the chest of your running vest.
 Do not cover the bib number with your jacket or with your hands while crossing the mats at the start, split or finish line. These mats receive the signal from your BibTag by direct line of sight, so nothing should be placed in between your bib number and the mat
- > Do not fold or crumple your bib number, especially not the BibTag
- > Use four pins on the corners of the bib number, do not pierce the BibTag
- > Do not remove the foam spacer. The foam is needed to give you an accurate time

The BibTags do not have to be collected after the race, you can keep the bib number with BibTag as a souvenir or it can be thrown away with the regular waste.

About MYLAPS

Automatic sports timing was invented over 30 years ago by the founders of MYLAPS Sports Timing. Since then we have become the worldwide market leader in sports timing and scoring. With a wide range of timing systems we have a timing solution for all sports where time determines the performance.

Every year MYLAPS captures the performance of over 20 million racers and athletes. From professional to amateur level, from small to high density events, all choose MYLAPS as their technology partner. The following companies trust us as their partner; marathons of Boston, Berlin, and Hong Kong, the Olympic Games, MotoGP and NASCAR.



BAGGAGE SERVICE

- > Please ensure that your belongings are kept in the Standard Chartered KL Marathon 2015 event bag provided with your race entry items. Loose items will not be accepted.
- > Runners may deposit/collect their Standard Chartered KL Marathon 2015 event bag at the baggage collection counters on 4 October 2015 from 3.00am till 12.00pm. All bags not collected after 12.00pm will be donated to charity or disposed of at organiser's discretion.
- > At the counter, exchange your bag for a baggage tag attach the baggage tag to your bib and the corresponding numbered tag will be attached to your event bag and stored.
- > Present your bib with the baggage tag at the same counter to collect your bag after your run.
- > Runners are encouraged to pack light on event day and refrain from bringing any valuables to the event.
- > Runners are also encouraged to pass their belongings to their friends, family or trusted supporters and use the baggage handling service as a last resort to avoid having to queue for bag collection.
- > Please be aware that queuing time for bag collection may take up to 45 minutes.

TERMS AND CONDITIONS

- > Runners deposit their bags at their own risk. The organisers will not be held liable for any loss and/or damage, whether personal or otherwise, to any items deposited at the baggage collection counters.
- > The organisers reserve the right to examine contents of any bags deposited at the baggage collection counters.
- > Only bags not exceeding 60cm x 50cm x 20cm will be accepted.
- > Storage of bags is at the sole discretion of the organisers and the organisers reserve the right to refuse storage of any bags without notice.





RACE DAY HEALTH

PRE-RACE TIPS

- > Eat well throughout the entire day before Race Day. Low fibre and compact sugar foods like carbohydrates are recommended
- > You may even like to use liquid meal supplements that are low in residue, leaving you with an empty stomach to race light
- > Keep yourself hydrated by drinking lots of water
- > Do not attempt to change your sleep pattern. You will be excited, so rest early and relax your body

RACE DAY TIPS

- > Get there early and do a head-to-toe warm up before the race
- Start at a pace you can keep. It's better to hold back and finish stronger than struggle in the later stages
- > If you feel any discomfort 10 20 minutes into the race, walk for a few minutes and take deep breaths until you feel ready to continue running
- For those running the Full or Half Marathon, it is advisable that you drink water and isotonic drink at the 20km marker to replenish your blood sugar and electrolytes
- > Don't be afraid to stop, walk or drink. Many finish by doing all three. If you have to walk, keep to the left and do not obstruct other runners
- > If overtaking, please call out politely, "overtaking on your right"
- If you feel unwell at any stage, go to the medical aid stations or approach the Course Officials. Remember, SAFETY FIRST! No one knows how you feel better than yourself

FINISHING THE RACE

- > Savour the moment and cross the line with a winning smile
- > Finish in your specific lane
- > Don't crowd at the finish line as it obstructs other runners about to finish
- > Have a good stretch and cool-down
- > Queue in an orderly manner to collect your well-deserved finisher's medal
- > Change into dry clothes and slip into your most comfortable footwear

POST RACE TIPS

- > Make sure to drink water and eat a light snack
- It is acceptable to receive a massage but avoid partaking in any activities in which you are exposed to heat for an extended period of time (i.e sitting in a hot bath or sauna)
- > 24-hours after the race, it is recommended that you jog for 20 minutes as this will help stimulate muscle recovery. If you experience unusual pain or discomfort during or after the race, consult a physician



HEALTH AND SAFETY

The Organising Committee of the Standard Chartered KL Marathon 2015 has its primary focus on the health, safety and well-being of its runners. It is important to remember that the medical provisions are retrospective. i.e, they only respond when a runner is in trouble. Prevention is better than cure and the prevention of problems lie solely in your hands.

We strongly recommend all runners to get a medical check-up before running. This is to ensure that you are in good shape to run. The following is a list of questions you should ask yourselves;

- 1. Has your doctor ever warned you that you have "heart issues" or that you should only be physically active or do sports under medical supervision?
- 2. Are you overweight or underweight?
- 3. During blood pressure monitoring, have you ever recorded high blood pressure?
- 4. Have you ever been diagnosed with high cholesterol?
- 5. Do you smoke or have you smoked extensively in the past?
- 6. Has anyone in your direct family ever suffered from high blood pressure, calcification of the coronary blood vessels/heart attack, blood sugar disease or stroke?
- 7. Do you have diabetes?
- 8. In the past few months, have you had the sensation of a 'racing heart', problems breathing or chest pains, whether while at rest or during physical activity?
- 9. Are you taking any medication for high blood pressure, heart or breathing conditions?
- 10. Do you every feel dizzy or pass out, whether at rest or during physical activity?
- 11. Do you have any problems with your musculoskeletal system, which worsen during physical activity?
- 12. Are you physically and mentally prepared for the run that you are about to embark on?

Remember, any of these symptoms could be indicative of a more serious underlying medical problem. The most important thing you can do is, **Listen To Your Body**. If you develop unusual symptoms either before or during your run such as chest pains, dizziness, nausea, unusual shortness of breath, change in your running style, confusion and disorientation, stop running and seek medical attention.

On the Route

Medical Aid stations are location every 2 km after the first 4 kilometers for the Full Marathon and Honda Half Marathon routes. For the 10km route, Medical Aid stations are located every 2km after the first 3 kilometers. On the 5km route, a Medical Aid station is location at the 3km point. A Medical Centre is also available at the finish area. Emergency Response Vehicles will be located along the routes. For medical attention, please report to an aid station or ask a race marshal for assistance.



Do take every advantage of the refreshment stations located along the routes and replenish your electrolytes and avoid dehydration.

RACE SAFETY AND ETIQUETTE

As we strive to provide a safe and enjoyable experience for everybody, please be mindful of some common race etiquette;

- > The use of ipods and mp3 players is discouraged in the interest of safety of all participants.
- > Always follow the instructions of the race officials and medical officers.
- > Run in the starting block that you have selected.
- > Do not stop or change directions suddenly.
- If you need to slow down or walk, keep to the left of the road and allow runners to pass you on the right.
- While every precaution has been taken to maintain running routes free of vehicular traffic, it is advisable to always be alert of your surroundings, watch out for errant motorists and alert each other if you notice any imminent danger.
- > If you are overtaking a slower runner, call out politely, "overtaking on your right".

REMEMBER

- > DRINK enough water.
- > EAT if necessary.
- > DO NOT RUN if you are not fit enough or properly prepared.
- > DO NOT RUN if you have been sick or on antibiotics in the 3 weeks prior to the race.
- > DO NOT MEDICATE during the race.
- > DO NOT BE AFRAID to slow down, walk or even stop. If you have to, move to the side of the road to allow other runners to pass.
- > BE AWARE of your surroundings















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^{1.} Interest rates, loan amount and tenure is subject to credit approval. 2. Your credit card will share the same credit limit with the CashOne credit limit. 3. You must give us one month notice in advance of your intention to settle the facility. 4. Terms and Conditions apply. Visit our website for full Terms and Conditions.

ROAD CLOSURES AND PARKING

The running routes will be closed to traffic between 2.00am and 12.00pm on 4 October 2015.

Roads around Dataran Merdeka will be closed from 3.30am on 4 October 2015. Jalan Raja (in front of Bangunan Sultan Abdul Samad) will be closed from 9pm on Friday, 2 October 2015 till 2pm on Sunday, 4 October 2015.

For latest updates and full list of road closures and time please visit www.kl-marathon.com and follow us on facebook.

Parking is available at this following venues:

BAYS	PARK BEFORE	EXIT AFTER
150	3.30am	10.00am
150	3.30am	9.30am
120	3.30am	11.00am
100	3.30am	11.00am
50	3.30am	10.00am
70	anytime	anytime
	150 150 120 100	150 3.30am 150 3.30am 120 3.30am 100 3.30am

DROP OFF POINT	DROP OFF TIME
DBKL Menara 1 & 2, Jalan Raja Laut	before 3.30am

PARKING STRICTLY FORBIDDEN*	
Jalan Sultan Salahuddin	Jalan Parlimen
Jalan Cenderawasih	Jalan Gereja at Dataran Merdeka
Jalan Lembah	Jalan Raja Laut
Jalan Tembusu	Jalan Tuanku Abdul Rahman (Jalan TAR)
Jalan Perdana	

^{*} Cars parked along these roads will be towed



PUBLIC TRANSPORTATION SERVICES

Dirigo Events Sdn. Bhd. is the proud to announce its sponsorship of public transportation services for all Standard Chartered KL Marathon runners.

The Ampang, Sri Petaling, Kelana Jaya and Monorail train lines will commence operations from 2.30am and will run at an interval of 10 minutes. The relevant stations will be open from 2.45am. The nearest station to Dataran Merdeka is Masjid Jamek. Alternatively, you may also alight at Stesen Bandaraya.

Courtesy of Dirigo Events, the LRT service will be complimentary from 2.30am – 6.00am. Normal operations and standard charges will apply thereafter. All you need to do is purchase your MyRapid cards for your trip home.

MyRapid cards can also be purchased at the Standard Chartered KL Marathon Race Entry Pack Collection Expo from 1 – 3 October 2015.







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* If you have a specific finishing time goal, keep an eye out for our Standard Chartered KL Marathon Pacers and follow them to pace yourself. Just look out for the large coloured helium balloons!

PACE YOUR RACE

Blue: 3.30





Green: 4.00







Yellow: 4.30





White: 5.00







Orange : 5.30









Red: 6.00











START & FINISH AREA > Dataran Merdeka





10KM & 5KM < START & FINISH AREA



START PENS

Please take note:

- > Start Pen number is indicated on your bib, please use the designated entrance for each Start Pen.
- > The Red, Blue, Green & Brown Pens will be closed 10 minutes before flag-off. Late comers will forfeit their privilege and have to start from the Pink Pen.
- > Full Pen closure will be in effect 20 minutes after flag-off. No runners will be allowed into the starting pens thereafter.













MULAI 9 SEPT 2015 HANYA BAYARAN





DITERIMA DI SEMUA PLAZA TOL LEBUHRAYA DUKE



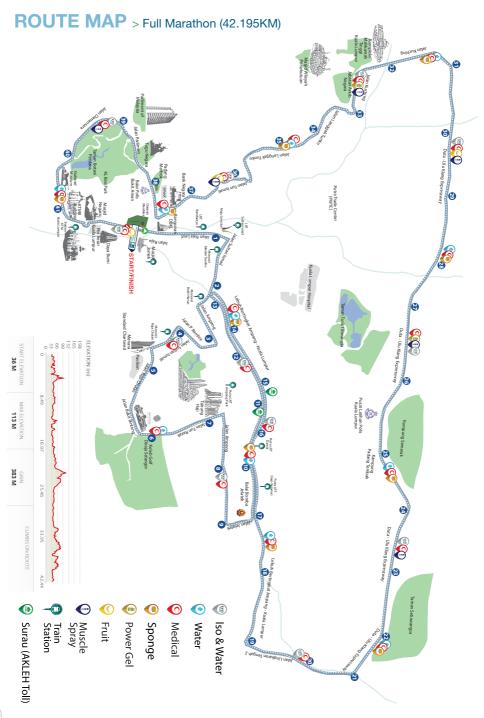
Dapatkan **Sekarang..!!**

*Harga jualan adalah untuk kos tambah nilai sahaja.

*Sementara stok masih ada.

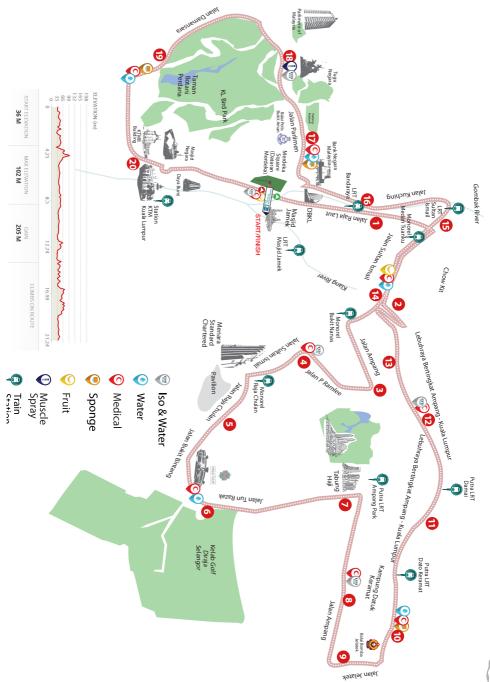


DUKE HOTLINE 03 6251 3100 www.duke.com.mv

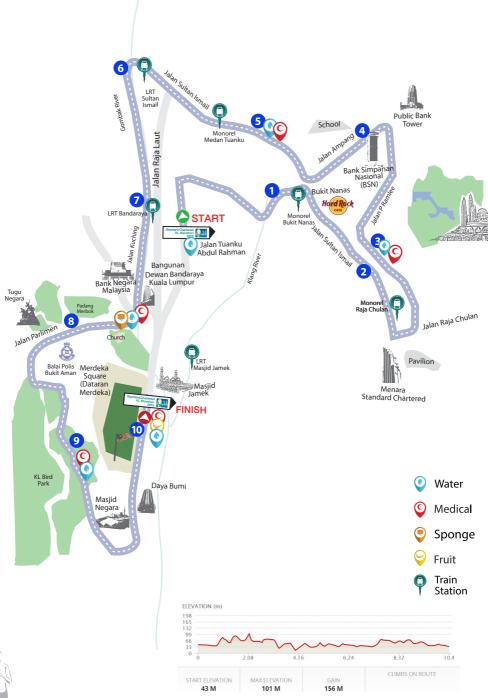




Honda Half Marathon (21.1KM) < ROUTE MAP



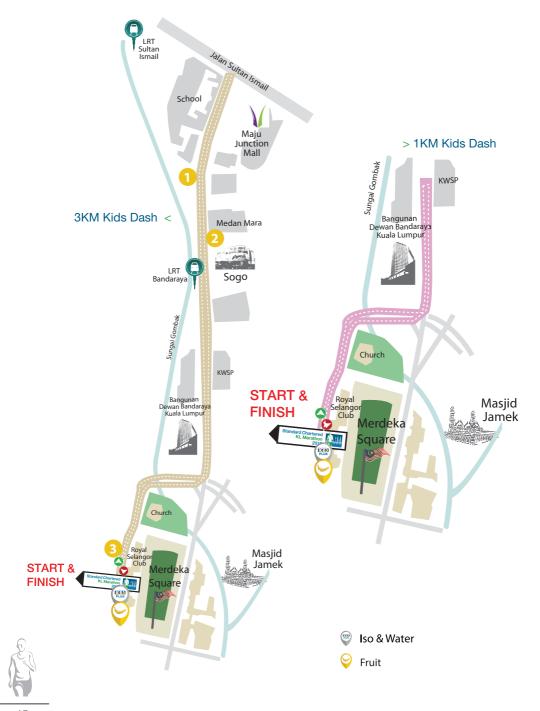
ROUTE MAP > MSIG 10KM



5KM Fun Run < ROUTE MAP



ROUTE MAP KIDS DASH





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** On the road (OTR) price (Peninsular Malaysia only). Subject to change without prior notice.





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IMPORTANT NOTICES

- > Please adhere to all the rules and regulations as set and found on www.kl-marathon.com.
- > Insurance All runners are entitled to complimentary accidental insurance coverage courtesy of MSIG.
- > Doping test The Organisers reserve the right to conduct random doping tests on Full Marathon runners according to IAAF anti-doping policies.
- > Race results and certification Race results will be posted on the event website within 24 hours after the event. All results and rankings are based on gun time, in accordance with IAAF rules.

Corporate Challenge results will be available 48 hours after the race but runners can still search for their individual results in the regular search mode with 24 hours after the race.

> Protests and appeals – Race results are final and any disputes must be submitted in writing within 5 days of the results being published. Disputes and appeals by prize winners must be made on-the-spot and within 30 minutes of the results being published on the notice board on-site or immediately after the prize presentation, whichever is earlier.

The organiser's decision is final and no protests or appeals thereafter will be entertained. Finisher certificates will be sent by post beginning 20 October 2015 for runners who chose the hard-copy certificate mailing option. Kindly email if you do not receive your certificate by 30 November 2015. Any requests after 15 December 2015 will not be entertained.

The organiser is not responsible for delivery failures due to incomplete/wrong addresses or lost mail.

FOR MORE INFORMATION, PLEASE

Email: 2015@kl-marathon.com

EMERGENCY CONTACTS

Ambulance/Police: 999 Fire Department: 994 Rescue: 991





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* Calculation based on customers that meet the highest minimum retail spend of RM2,500 a month consecutively with RM700 of it spent on petrol. Standard Chartered JustOne Platinum MasterCard credit card Terms and Conditions Excerpts:

"Eligibility" 1. You are eligible to apply for a JustOne Platinum MasterCard if you meet: (a) The minimum age requirement of 21 years for principal cardholder; (b) The minimum age requirement of 18 years for supplementary cardholder.

"Petrol CashBack" 2. We give you Petrol CashBack in the following situations: (a) Petrol CashBack of 4% when you spend a minimum of RM500 but less than RM1,000 per month in retail purchases (local and international) on your JustOne Platinum MasterCard credit card as shown in your credit card statement, subject to a cap of RM12 per month; (b) Petrol CashBack of 7% when you spend a minimum of RM1,000 but less than RM2,500 per month in retail purchases (local and international) on your JustOne Platinum MasterCard credit card as shown in your credit card statement, subject to a cap of to RM28 per month; (c) Petrol CashBack of 10% when you spend a minimum of RM2,500 or more per month in retail purchases (local and international) on your JustOne Platinum MasterCard credit card as shown in your credit card statement, you will receive a Petrol CashBack cap up to RM70 per month. 3. The amount of retail purchases made by your supplementary cardholders will count towards meeting your minimum retail purchase requirement to be eligible to receive the Petrol CashBack. 4. Retail purchases exclude cash advances, cash withdrawals, charges for cash advance or cash withdrawals, annual fees, interest, finance charges, disputed transactions, Balance Transfers, and other such charges. 5. 360° Rewards Points are not applicable for this product. Please refer to the full terms and conditions of JustOne Platinum MasterCard credit card, available on our website at sc.com/my, or at our branches.

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