



Standard Chartered KL Marathon 2016

STANDARD CHARTERED KL MARATHON GUIDE 2016

42KM | Honda 21KM | 10KM | 5KM | 3KM | 1KM



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IMPORTANT NOTICES

MESSAGE > MAYOR OF KUALA LUMPUR



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

Assalamualaikum Warahmatullahi Wabarakatuh

On behalf of Kuala Lumpur, we welcome all 35,000 runners taking part in the Standard Chartered KL Marathon.

The Marathon has been an iconic event which has helped put Kuala Lumpur on the world map. We are very happy that so many have taken the opportunity to see the city in a unique way as the route takes runners all around iconic landmarks with a breathtaking view of the city.

As such, we are pleased to have been co-organisers with Dirigo Events for the last eight years to deliver a great experience for runners and showcasing the beauty of Kuala Lumpur.

Playing host to one of the most iconic races in Malaysia has also been encouraging as we do see more citizens practicing healthier lifestyles and as a city, we are also constantly evolving to accommodate to these lifestyles.

Among those initiatives is our "KL Car Free Morning" hosted on the first and third Sunday of every month, which is free to anyone who wish to cycle, run and skate in the city. We are developing more bicycle lanes throughout the city to encourage more people to cycle.

For those who have yet to take advantage of those initiatives, I encourage you to do so and we hope to see you soon!

I would also like to take the opportunity to thank event owner and organiser, Dirigo Events, title sponsor Standard Chartered Bank Malaysia, the traffic police, medical personnel and the 3,000 volunteers for the hard work in the making of Standard Chartered KL Marathon.

I wish all runners good luck and have a great race day!

To our international visitors, Selamat Datang ke Kuala Lumpur and we hope you will enjoy your stay here!

Thank you.

MESSAGE > STANDARD CHARTERED BANK



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

Welcome to the Standard Chartered KL Marathon 2016.

We are proud to see that the marathon has grown to become Malaysia's most anticipated running event, attracting more than 35,000 runners from over 50 countries including Malaysia in its eighth instalment.

Our continued sponsorship of the marathon is built on our belief in promoting a healthy lifestyle and enabling ordinary people to do extraordinary things. Whether as a runner, volunteer or donor, people from all walks of life can be a part of this phenomenal race.

The community engagement element as embodied in 'Run for a Reason' is an integral part of the marathon each year. More than RM3 million has been raised for charity in the past 7 years. Through the Standard Chartered Foundation, we have also provided a platform for children with autism and the visually impaired to take part in the race.

My sincere thanks to our partners, officials and community for making the Standard Chartered KL Marathon possible again. Once a year we get this opportunity to experience the city of Kuala Lumpur in a different light. I hope you will enjoy every minute of your run and good luck!

MESSAGE > MALAYSIA ATHLETICS FEDERATION



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

It is with great pleasure that the Malaysia Athletics Federation welcome all participants of the Standard Chartered KL Marathon 2016.

This year, it will be exciting to see the new checkpoint system and cut-off point come into play, further elevating the standards of the marathon itself. Some runners will find the new system difficult to navigate while some will use it to challenge themselves. Either way, all will agree that a new standard of running would have been set.

Once again, my gratitude and full support goes out to Dirigo Events Sdn. Bhd. and their tireless efforts in ensuring the success of the marathon. It is my hope that the Standard Chartered KL Marathon will continue to pave the way and continue to set standards in distance running events.

Congratulations to the organising committee, crew, officials, police personnel, medical practitioners, sponsors, partners, volunteers. To all the runners, congratulations on a fantastic run and keeping the spirit of distance running alive and to visitors from near and far, welcome to Malaysia and hope you have a pleasant stay.

MESSAGE > ORGANIZING COMMITTEE



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

The team and I have been humbled by the amazing show of support by runners from all around the world. We are looking forward to seeing you and 35,000 others when we flag off in the morning.

Year on year, I am always energised by the individuals taking part in the race and often think about the hard work, and discipline to get ready for the Standard Chartered KL Marathon. We have always seen the Marathon as a platform for people looking to push the limits of their physical and mental capabilities.

The stage is set for runners to unleash their full potential, and we hope you take note of all facilities, start-times, and plan your journey ahead to have a great race day. We are looking forward to creating amazing and enjoyable moments together with you as you cross the finish line!

To create this moment, I would like to thank the team, our title sponsor, Standard Chartered Bank Malaysia, our gold sponsor, Honda Malaysia and all our official partners and suppliers. Your support has been vital in getting the Marathon off the road.

I would also like to thank everybody who has been working tirelessly behind the scenes to make it all happen.

And finally I would like to say;

To all returning runners, welcome back!

To all new runners, have a great race!

To all international runners, selamat datang ke Kuala Lumpur! (Welcome to Kuala Lumpur!) Once again, from the bottom of our hearts, we thank you and have a good time!



The climb calls to me. To scale peak after peak. And horizons with no end. This is my playground, Where I show what I'm made of. I never say no, only go. Creating my own path, And bettering yesterday. The challenge has no end. But I will rise to it. After all, I am proof that dreams can be brought to life.

all-new

HONDA

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Honda celebrates those that go forth and chase their dreams. And to them, the All-New Civic belongs. Feel a 1.5L turbo engine that thrills like a 2.4L engine yet offers a fuel efficient drive. A cabin that cools before you enter. And a console that entertains, navigates and communicates. Take the wheel and never stop driving your dreams.

CIVIC



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RACE FACTS > RACE INFORMATION / EVENT DAY SCHEDULE

Event Owner	:	Dirigo Events Sdn. Bhd.
Organiser/ Promoter	:	Dirigo Events Sdn. Bhd., Dewan Bandaraya Kuala Lumpur
Sanctioned & Support by	:	IAAF, AIMS, Ministry of Youth & Sports Malaysia, MAF, FTKLAA
Start Time	:	4:00AM
Date	:	Sunday, 07 August 2016
Venue	:	Dataran Merdeka and the City of Kuala Lumpur
Discipline	:	Full Marathon (42.195KM)
		Honda Half Marathon (21.0975KM)
		10KM (Speed, Cruise and Leisure)
		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 area at least 20 minutes before your flag off time. If you are not at the start area when the gun is fired, you may not be allowed to start.

Race Categories	Start Time	Venue
Warm-ups for Full Marathon	3:30 am	Dataran Merdeka
Race technical/ Safety announcements	3:45 am	Dataran Merdeka
Full Marathon (42.195 km)	4:00 am	Dataran Merdeka
Warm-ups for Honda Half Marathon	5:00 am	Dataran Merdeka
Race technical/ Safety announcements	5:15 am	Dataran Merdeka
Half Marathon (21.1 km)	5:30 am	Dataran Merdeka
Warm-ups for 10 km Speed	6:15 am	Jalan Tuanku abdul Rahman (Jalan TAR)
10 km Speed	6:45 am	Jalan Tuanku Abdul Rahman (Jalan TAR)
10 km Cruise	7:15 am	Jalan Tuanku Abdul Rahman (Jalan TAR)
Corporate, Ministries & Universities Challenge	7:15 am	Jalan Tuanku Abdul Rahman (Jalan TAR)
10 km Leisure	7:45 am	Jalan Tuanku Abdul Rahman (Jalan TAR)
5 km Fun Run & Seeing Is Believing Run	8:45 am	Jalan Tuanku Abdul Rahman (Jalan TAR)
3 km Kids Dash	8:50 am	Royal Selangor Club
1 km Kids Dash	8:55 am	Royal Selangor Club

RACE FACTS > ESTIMATED FINISHING TIMES

The following table highlights the times that each winner is expected to cross the finish line. Each runner will have their 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)	6:10AM
Honda Half Marathon (21.1KM)	6:10AM
10KM Speed	7.15AM
10KM Cruise	7:55AM
10KM Leisure	8:25AM
5KM Fun Run	9:10AM
3KM Kids Dash	9:10AM
1KM Kids Dash	9:00AM

RACE FACTS > PRIZE PRESENTATION PROGRAMME

Race Categories	Time	Venue
10km Men's and Women's Open Awards	8:15 am	Dataran Merdeka
Half Marathon Men's & Women's Open Awards	8:30 am	Dataran Merdeka
Full Marathon Men's & Women's Open Awards	8:45 am	Dataran Merdeka
10km Men's & Women's Veteran Awards	9:00 am	Dataran Merdeka
Full Marathon Men's & Women's Veteran Awards	9:15 am	Dataran Merdeka
Full Marathon Men's & Women's Malaysian Awards	9:30 am	Dataran Merdeka
Half Marathon Men's & Women's Veteran Awards	9:45 am	Dataran Merdeka
Half Marathon Men's & Women's Malaysian Awards	10:00 am	Dataran Merdeka
1km Kids Dash Boys' & Girls' Awards	10:15 am	Dataran Merdeka
3km Kids Dash Boys' & Girls' Awards	10:30 am	Dataran Merdeka
Corporate Challenge Awards	10:45 am	Dataran Merdeka
Ministries Challenge Awards	11:00 am	Dataran Merdeka
Universities Challenge Awards	11:15 am	Dataran Merdeka

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RACE FACTS > AWARDS

AWARDS

The following categories are competitive categories. Winners' must 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.

A hearty congratulations to all winners!

2016 PRIZE MONEY - FULL MARATHON OPEN CATEGORY (IN USD)

Full Marathon (42.195KM): 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							

2016 PRIZE MONEY - OTHER CATEGORIES (IN MYR)

Full Marathon (42.195KM): MALAYSIAN CITIZENS										
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	20,000	10,000	6,000	3,500	2,000	1,500	1,000	800	600	400
Women	20,000	10,000	6,000	3,500	2,000	1,500	1,000	800	600	400
Winner's Medal	Gold	Silver	Bronze							
Full Marathon (42.195KM): VETERAN CATEGORY (40+)										

Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	6,000	3,000	2,000	1,500	1,000	500	300	200	150	100
Women	6,000	3,000	2,000	1,500	1,000	500	300	200	150	100
Winner's Medal	Gold	Silver	Bronze							

Honda Half Marathon (21.1KM): OPEN CATEGORY										
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	4,000	2,000	1,500	1,000	700	-	-	-	-	-
Women	4,000	2,000	1,500	1,000	700	-	-	-	-	-
Winner's Medal	Gold	Silver	Bronze							

Honda Half Marathon (21	Honda Half Marathon (21.1KM): MALAYSIAN CITIZENS									
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	2,000	1,000	800	600	400	-	-	-	-	-
Women	2,000	1,000	800	600	400	-	-	-	-	-
Winner's Medal	Gold	Silver	Bronze							

Honda Half Marathon (21	Honda Half Marathon (21.1KM): VETERAN CATEGORY (40+)									
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	1,500	750	350	250	200	-	-	-	-	-
Women	1,500	750	350	250	200	-	-	-	-	-
Winner's Medal	Gold	Silver	Bronze							

10 KM: OPEN CATEGORY										
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	750	400	250	200	150	-	-	-	-	-
Women	750	400	250	200	150	-	-	-	-	-
Winner's Medal	Gold	Silver	Bronze							

10 KM: VETERAN CATEGORY (40+)										
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	300	150	100	75	50	-	-	-	-	-
Women	300	150	100	75	50	-	-	-	-	-
Winner's Medal	Gold	Silver	Bronze							

BONUS (NEW ROUTE RECORD & MALAYSIA RECORD) (IN MYR)

CATEGORY	MARATHON (OPEN CATEGORY)	MARATHON (MALAYSIAN CITIZENS) NEW NATIONAL RECORD	HALF MARATHON (MALAYSIAN CITIZENS) NEW NATIONAL RECORD
Men	10,000	5,000	2,500
Women	10,000	5,000	2,500

RACE FACTS > WINNERS' VERIFICATION

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.

Potential winners will be verified by a jury representative appointed by the Malaysia Athletics Federation and he/she has the right 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.

Winners must present the documents below during verification:

- ORIGINAL passport or NRIC
- ORIGINAL Bib
- Winner Tag
- Potential winner form (to be duly completed with valid account details)





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RACE FACTS > ELITE ATHLETES

Name	Gender	Country
ALEMTSEHAY MESFIN DEMSE	FEMALE	ETHIOPIA
CHARLES WACHIRA MAINA	MALE	KENYA
COSMERS KIBET KEMBOI	MALE	KENYA
DAVID BARMASAI TUMO	MALE	KENYA
DERIBA MERGA EJIGU	MALE	ETHIOPIA
ELIZABETH JERUIYOT CHEMWENO	FEMALE	KENYA
EMILY CHEPKEMOI SAMOEI	FEMALE	KENYA
FRIDAH CHEPKEMOI DOMONGOLE	FEMALE	KENYA
FRIDAH JEPKITE LODEPA TOO	FEMALE	KENYA
GUDISA SHENTEMA KUDAMA	MALE	ETHIOPIA
HELLEN WANJIKU MUGO	FEMALE	KENYA
HIRUT BEYENE GUANGUL	FEMALE	ETHIOPIA
JACQULINE NYETIPEI KIPLIMO	FEMALE	KENYA
JOSEPH NGANGA MAREGU	MALE	KENYA
JOSPHAT KIPTANUI TOO CHOBEI	MALE	KENYA
KENNEDY LILAN KIPROO	MALE	KENYA
LUKA KIPKEMOI CHELIMO	MALE	KENYA
MATHEW KIPCHIRCHIR KOECH	MALE	KENYA
MATHEW KOSGEI BOWEN	MALE	KENYA
MELAKU BELACHEW BIZUNEH	MALE	ETHIOPIA
NAOMI JEPNGETICH	FEMALE	KENYA
ROBERT KILAGAT KOSGEI	MALE	KENYA
ROBERT KIPKORIR KIPCHUMBA	MALE	KENYA
ROSE CHEKURUI KOSGEI	FEMALE	KENYA
SUFA CHALA DAMESSA	MALE	ETHIOPIA
TIGIST KIFLE GEBREMESKEL	FEMALE	ETHIOPIA
TIRUALEM BEKELE WORKE	FEMALE	ETHIOPIA
URGE DIRO SOBOKA	FEMALE	ETHIOPIA
WINFRIDAH KWAMBOKA NYANSIKERA	FEMALE	KENYA

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Standard Chartered KL Marathon 2016

Plano-concave' dual front design





RACE FACTS > RUN FOR A REASON

RUN FOR A REASON

Standard Chartered KL Marathon is making a conscious effort to help raise funds for many of Malaysia's charities, so we can focus on what we do best - caring for and serving the less fortunate.

Our initiative is a community effort and cannot be successful without the support of runners, corporations, media and other organisations. Through this the Standard Chartered KL Marathon is taking a step forward to become a true community event and helping the less fortunate across all ages and ethnicities. The target groups include underprivileged communities with disabilities and environmental topics.

The money that is raised will be 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.

Standard Chartered Foundation	Charity Name Address Phone Website	 STANDARD CHARTERED FOUNDATION Level 16, Menara Standard Chartered, No. 30, Jalan Sultan Ismail, 50250 Kuala Lumpur. +603 2117 7941 http://www.sc.com/my/newsmedia/ foundation.html
HOSPIS	Charity Name Address Phone Website	 HOSPIS MALAYSIA 2 Jalan 4/96, off Jalan Sekuci, Taman Sri Bahtera, Jalan Cheras, 56100 Kuala Lumpur. +603 9133 3936 http://www.hospismalaysia.org
SEJOHTERA Building Sustainable Communities	Charity Name Address Phone Website	 YAYASAN SEJAHTERA A-16-5, Menara UOA Bangsar, No 5, Jalan Bangsar Utama 1, 59200 Kuala Lumpur. +603 2268 0044 http://www.sejahtera.my/
foundation	Charity Name Address Phone Website	 IJN FOUNDATION c/o Institut Jantung Negara, 145 Jalan Tun Razak, 50400 Kuala Lumpur. +603 2617 8312 / 8315 http://www.ijnfoundation.com

RUNNER'S INFORMATION > GENERAL FACTS

DRINKS STATIONS

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

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.

SPECIAL DRINKS (FULL MARATHON AND HALF MARATHON ONLY)

Athletes can submit their own drinks at the information tent on Dataran Merdeka. Officials will be there from 2:00 – 2:30am on 7 August 2016.

POWER GEL STATIONS

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

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 at every drinks stations along the routes.

DISTANCE MARKERS

Distance markers are placed at every kilometer along the routes.

SURAU

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

TIMING

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

TIME LIMIT

The event officially closes at 11:00AM on 7 August 2016.

ROAD CLOSURES

Normal traffic conditions will resume 7 hours after the Full Marathon start time (4.00am). Full Marathon participants please take note of the checkpoints on page 18.

RACE ROUTES

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

MEDICAL ASSISTANCE

Medical assistance is available at the Start & Finish area as well as every 4km 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!

OVERSEAS RUNNERS

Over 2,000 foreign runners from 70 countries will participate in the event. WELCOME to our beautiful city!

VOLUNTEERS

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

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 designated areas within Dataran Merdeka.

BUINNER'S INFORMATION > CHECKPOINTS AND SWEEPER BUS SERVICES

Normal traffic conditions will resume 7 hours after the Full Marathon start time (11.00am), after which you will be required to board the sweeper shuttle bus provided.

Full Marathon runners who do not meet the checkpoint cut-off times will be required to board the sweeper bus provided at the following checkpoints:

> 15.0km mark along AKLEH - cut-off from 06:40am (just before toll plaza)

> 21.0km mark along DUKE - cut-off from 07:40am (just after entering DUKE from MRR2)

> 31.0km mark along DUKE - cut-off from 09:15am (just before exiting DUKE after toll plaza)

Please make sure to collect the Standard Chartered KL Marathon 2016 wristband at the 31km mark. Runners without the wristband will not be able entitled for the Full Marathon finisher's Tee & Medal.

> 37km mark along Jalan Sultan Salahuddin - cut-off from 10:10am (near Bank Negara)

Runners on sweeper bus services will be taken to Bank Negara. All shuttle buses will have a Standard Chartered KL Marathon Vehicle Access sticker on the windshield.





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RUNNER'S INFORMATION > RUNNER'S ENTITLEMENT & SERVICES

Race Entry Packs shall comprise;

- Event bag
- Exclusive Running Singlet
- · Bib with safety pins
- Timing Chip (Full Marathon, Half Marathon and 10km runners only)
- Acrylic photo frame (Full Marathon runners only)
- Sponsored items

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

FINISHER & PARTICIPATION MEDAL (All Categories)

All runners who complete their race within the stipulated cut-off time will receive a Finisher's or a Participation Medal. All FM runners must also produce the Standard Chartered KL Marathon wristband.

EXCLUSIVE FINISHER'S TEE (Full Marathon only)

All Full Marathon runners who complete their race within 7 hours will receive an exclusive Standard Chartered KL Marathon Finisher T-shirt by presenting the Standard Chartered KL Marathon wristband (to be collected at KM 31) at the check-out counters after the finish line.

CERTIFICATES

All participants (except for 5km and Kids Dash) who complete their race within stipulated time can download their certificate at www.kl-marathon.com within 48 hours after the race.

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

Results will be posted on www.kl-marathon.com within 24 hours after the event. All results and rankings are according to 'Gun Time', in compliance with IAAF rules. 'Net Time' results will be provided to give runners an idea of their actual timing. Race results are final.

BAGGAGE FACILITIES

Any bags not collected by 12:00pm on 7 August 2016 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 8 August 2016 and 28 February 2017. 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.

N Μ R BRIE FELNAGLE - 5000M RUNNER

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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 : RSC Royal Selangor Club

Start time 8:50am

Start time 8:55am



21



with us

minin

Run up your rewards



Run up your rewards with us

SCKLM Runners Booster

Make your dedication pay off when you challenge yourself in the Standard Chartered KL Marathon 2016! With our SCKLM Runners Booster Rewards, finish your race within a specific run time and be rewarded with great prizes!

Categories	Finishing Time (hr:min:sec)	Rewards
42km	04:30:00	Limited to first 150 eligible runners RM50 CashBack and RM50 Adidas e-vouchers
21km	02:30:00	Limited to first 100 eligible runners RM50 CashBack and RM50 Adidas e-vouchers
10km	01:10:00	Limited to first 100 eligible runners RM50 CashBack and RM50 Adidas e-vouchers

To participate, SMS RB and send to 66300

Registration ends 6 August 2016.

sc.com/mv

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Terms and Conditions apply. Please visit sc.com/my for full Terms and Conditions.

RUNNER'S INFORMATION > TIMING DEVICE

At the Standard Chartered KL Marathon 2016, the MYLAPS BibTag system will be used to time your race.

The BibTag is a single tag attached to the back of your bib.

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 (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, splits 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 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 returned after the race, you can keep the bib with the 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 system, 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.

RUNNER'S INFORMATION > BAGGAGE SERVICE

Please ensure that your belongings are kept in the Standard Chartered KL Marathon 2016 event bags. For security reasons, all contents of your bag will be deposited into a clear plastic bag prior to baggage handling. The clear plastic bags will be available at the baggage collection counters.

- Runners may deposit/collect their Standard Chartered KL Marathon 2016 event bag at the baggage collection counters on 7 August 2016 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, you will be provided with a clear plastic bag. You will be required to empty the contents
 of your bag into the clear plastic bag along with your bag. It will be sealed in front of you and stored.
 You will then be given a baggage tag. Attach the baggage tag to your bib and a corresponding
 numbered tag will be attached to your bag.
- 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.



RUNNER'S INFORMATION > 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 sleeping 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 mark 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 and other entitlements.
- 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.

RUNNER'S INFORMATION > HEALTH AND SAFETY

The Organising Committee of the Standard Chartered KL Marathon 2016 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 to 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 2 km after the first 3 kilometers. On the 5km route, a Medical Aid station is location at the 3 km 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.

ADDITIONAL SECURITY

Security control measures will be implemented at all access points to Dataran Merdeka. You may be asked to reveal the contents of your baggage at these points. Do plan to arrive earlier than usual in order to avoid any inconveniences.

RUNNER'S INFORMATION > 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 pen/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

RUNNER'S INFORMATION > ROAD CLOSURES AND PARKING

The running routes will be closed to traffic between 2:00am and 11.00am on 7 August 2016. Roads around Dataran Merdeka will be closed from 3:30am on 7 August 2016. Jalan Raja (in front of Bangunan Sultan Abdul Samad) will be closed from 9pm on Friday, 5 August 2016 till 2pm on Sunday, 7 August 2016.

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:

PARKING LOTS	BAYS	PARK BEFORE	EXIT AFTER
Daya Bumi Complex	150	3:00am	9:30am
Jalan Tanglin	120	3:00am	11:00am
Jalan Kebun Bunga (Taman Botani)	100	3:00am	11:00am
Metro Parking (Next to LRT Bandaraya)	50	3:00am	10:00am
Central Market	70	Anytime	Anytime

DROP-OFF POINT

DROP-OFF TIME

Before 3.00am

***PARKING STRICTLY FORBIDDEN**

Menara DBKL 1 & 2, Jalan Raja Laut

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

RUNNER'S INFORMATION > PUBLIC TRANSPORTATION SERVICES

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

Selected stations at the Ampang, Sri Petaling, Kelana Jaya and Monorail train lines will commence operations from 2:00am and will run at an interval of 10 minutes. Please refer to the map below for the selected stations that will be open. You may park your vehicle at stations with park-and-ride facilities free of charge provided you exit parking by 10:00am.

Courtesy of Dirigo Events, the LRT service will be complimentary from 2:00am till 6:00am. Normal operations and standard charges will apply thereafter. All you need to do is to purchase your MyRapid cards for your trip home.





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RUNNER'S INFORMATION > PACE YOUR RACE

* 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!



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Chronograph SNDG87P1



criteria

START & FINISH AREA > DATARAN MERDEKA





START & FINISH AREA > START PENS FOR FULL MARATHON & HALF MARATHON

START PEN FULL MARATHON / HALF MARATHON





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ROUTE MAP > FULL MARATHON

ROUTE MAP FULL MARATHON (42.195KM) START TIME : 4.00AM



START & FINISH AREA > HALF MARATHON

ROUTE MAP HONDA HALF MARATHON (21.1KM)

START TIME : 5.30AM









IMPORTANT NOTICES

- Please adhere to all the rules and regulations as set and found on www.kl-marathon.com.
- 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 within 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.

FOR MORE INFORMATION, PLEASE

Email: 2016@kl-marathon.com

EMERGENCY CONTACTS

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



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Terms and Conditions Excerpts

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