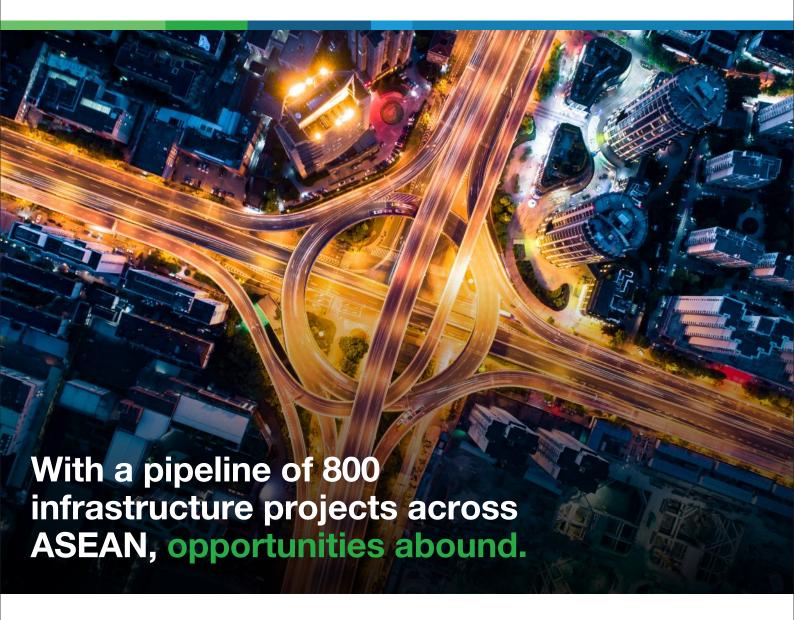


42km | 21km | 10km | 5km | 3km | 1km 28 & 29 SEPTEMBER 2019





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### Welcome Remarks by YB Syed Saddiq Minister of Youth and Sports

Salam Sejahtera to all participants of the Kuala Lumpur Standard Chartered Marathon (KLSCM) 2019. It is indeed heartening to see this event grow over the years to become a truly international race, one that is now a mainstay in the global running calendar and highly anticipated by runners from all across Malaysia and the rest of the world.

This year will see an unprecedented 40,000 runners taking part, which requires tremendous organisation and coordination. This would not be possible without the strong collaboration among the organisers, the city council, corporate sponsors, technical officials, the police and medical personnel and the thousands of volunteers who will be working to ensure its continued success. KLSCM is indeed a great example of how the private and public sectors can come together to achieve something that is mutually beneficial to all.

Distance running has become increasingly popular in Malaysia in recent years and this augurs well for the health and fitness aspirations of the country. We tend to live sedentary and stressful lives, especially in the cities, and running is a fantastic way to counter these negative effects, while being outdoors and away from our screens is always a welcome respite. The best thing about running is anyone can do it as the human body was built to run. All you need is a pair of running shoes and off you go!

The Ministry of Youth and Sports is strongly committed to improving the lives of our citizenry and to this end, we have expanded the National Sports Day platform to become a month-long affair in October which we hope will allow more people to be involved and ultimately raise the fitness levels of as many Malaysians as possible. The Malaysian running community is known to be a close-knit family who are incredibly supportive of the scene and I would like to take this opportunity to invite all of you to participate in the Bulan Sukan Negara (National Sports Month) to make it a resounding success.

Finally, I would like to thank Dirigo Events for inviting me to participate in KLSCM2019 and be amongst the 40,000 of you who will converge on Dataran Merdeka on 28 and 29 September. I will be making my debut appearance at the event and will be running in the Half Marathon category. I look forward to seeing all of you there at the starting line and wish you all the best in running well and finishing strong!

Majulah Sukan Untuk Negara!





# Welcome Remarks by YBhg. Dato' Nor Hisham bin A Dahlan Mayor of Kuala Lumpur

### Assalamualaikum Warahmatullahi Wabarakatuh

As mayor of the fair city of Kuala Lumpur it gives me great pleasure to welcome all of you to the Kuala Lumpur Standard Chartered Marathon (KLSCM) 2019, which is the 11th year of us being venue hosts of this iconic event. Come the weekend of 28 & 29 September, 40,000 runners will take to the field at Dataran Merdeka, making this the largest edition of KLSCM to date.

It has been a privilege and honour for Dewan Bandaraya Kuala Lumpur (DBKL) to be involved in KLSCM over the years and we are extremely pleased that the event has continued to progress into the premier distance running event in the country and one that is eagerly anticipated by the local and international running community. A cosmopolitan and vibrant city like Kuala Lumpur needs iconic events like KLSCM to add to the energy of the city while drawing visitors from around the world.

To that end, I believe we're on the right track with this year's event bringing a record number of running tourists to compete in the race. I hope that these tourists, along with local visitors from other parts of Malaysia, will take this opportunity to also sample the best of what the capital city has to offer. Kuala Lumpur offers visitors an endless array of gastronomical delights, activities to suit every possible interest, tourist attractions that dazzle and enlighten, all tied together by the fabric of its multicultural population. The city has grown to become a melting pot of cultures, delicately balancing the advances in technology with the underpinnings of tradition.

I hope that the KLSCM brand will continue to grow and progress in the coming years, and in the process continue to educate and encourage Malaysians from all walks of life to engage in healthy pursuits and play a part in uplifting their respective communities. DBKL is committed to this objective as a healthy populace provides for a more productive and progressive society.

I would like to thank organiser Dirigo Events for continuing to put on one of the best distance running events in the country and for providing us with many touch points to engage with our citizens through this event. I would also like to congratulate Standard Chartered Bank for extending their title sponsorship of KLSCM till 2022, effectively providing all involved parties the necessary time-frame to implement improvements. Heartfelt thanks also to the army of volunteers, police and medical personnel, technical delegates and DBKL staff who rally around to ensure that the event is a success.

I wish all of you a memorable race weekend and enjoy your stay in Kuala Lumpur!





### Welcome Remarks by Abrar A. Anwar Managing Director and Chief Executive Officer Standard Chartered Bank Malaysia

A warm welcome to all of you to the 2019 Kuala Lumpur Standard Chartered Marathon.

It is inspiring to see the passion that people have for running and for the Kuala Lumpur Standard Chartered Marathon. I applaud your commitment and I'm sure many will be inspired by you to live an active lifestyle.

Over the years, the Kuala Lumpur Standard Chartered Marathon has captured the hearts of runners across Malaysia and beyond. It continues to bond communities and bring people from all walks of life together, through running. With your support, the marathon has grown to become the most anticipated sporting event in the country. From pioneering the concept of being the first running event to run through iconic landmarks in Kuala Lumpur, the Kuala Lumpur Standard Chartered Marathon has never stood still and has set the benchmark and gold standard for running events in Malaysia.

As a bank with a rich and diverse heritage spanning 144 years in Malaysia, we believe in empowering people to do great things. We remain committed to running a race with opportunities for all, from newcomers trying their first race to our local, regional and international elite runners aiming to set new records. Our tropical climate makes the Kuala Lumpur Standard Chartered Marathon particularly challenging, even for the most experienced athletes. For them, a win in Malaysia is no small achievement.

What we have accomplished in the past decade has been tremendous, but it pales in comparison to what lies before us. This year, we plan to host 40,000 runners, 2,400 volunteers and more than 1,000 support staff over two days - our biggest one yet.

My sincere thanks to our stakeholders, sponsors, partners, volunteers and all of you, our runners. I commend your determination to deliver a quality sporting event that has gained reputation as an experience many look forward to.

I hope that we will continue working together in making this year's Kuala Lumpur Standard Chartered Marathon better than ever. All the best at the race and see you at Dataran Merdeka!





### Welcome Remarks by Dato' Marathamutu Subramaniam President of Malaysia Athletics Federation

It gives me great pleasure to be able to pen a few words in the Kuala Lumpur Standard Chartered Marathon 2019 Race Guide and I would like to thank Dirigo Events for the opportunity to do so. Dirigo has done an amazing job organizing this event every year and elevating it to the sought-after international event that thousands of runners anticipate in the yearly running calendar.

On behalf of MAF, I would like to extend a warm welcome to all local and international runners to the Kuala Lumpur Standard Chartered Marathon 2019 and sincerely hope that you have a memorable event and a successful race. There will be a record 40,000 runners participating in this year's edition of the event with unprecedented participation numbers in the Full and Half Marathon categories, which is fantastic for the development of the sport.

This will be my first KLSCM as the newly elected President of MAF and I would like to take this opportunity to thank everyone involved in making the Kuala Lumpur Standard Chartered Marathon the premier distance running event in the country, and in the process providing the benchmark for other events to emulate. The sold-out status of the event over the last few years is testimony to this success so much so that public registrations for this year's event had to be balloted due to the tremendous demand!

In the 11th edition of KLSCM, we will be largely retaining last year's routes for the FM, HM and 10km categories while the 5km event has been brought forward to Saturday, 28 September and will employ a new route beginning and ending under the main Start/Finish arch. A new competitive Speed category has also been added to the 5km run to make it competitive for stronger runners. The Kids Dash categories have been expanded to include another 500 children and will take place on the Saturday as well.

At MAF we are committed to improving the standard of our athletes and it is indeed heartwarming to note that participation in KLSCM has helped elevate the standard of marathon running in the country. We presently have three or four dedicated Malaysian athletes who are regular KLSCM participants, and who are constantly pushing each other to faster times while breaking the national record in the distance in the process. With the right encouragement, these athletes can help take Malaysia to greater heights in the marathon and inspire others to follow suit.

On behalf of MAF Council members, I would also like to thank Dirigo Events for organising a fantastic event and that MAF will always cooperate to ensure the quality and standard of KLSCM is maintained to the highest esteem. In conclusion, I would like to wish all participants of KLSCM2019 a fantastic weekend of racing and hope that all of you have a hassle-free and memorable race experience!





# Welcome Remarks by Rainer Biemans Director of Dirigo Events Event Owner and Organiser of the Kuala Lumpur Standard Chartered Marathon

With our first 10 years well and truly behind us now, I would like to take this opportunity to welcome all of you to the beginning of the next 10 years with the 11th edition of the Kuala Lumpur Standard Chartered Marathon (KLSCM). The next chapter of our progress began in January 2019 and this particular milestone was marked with KLSCM being the first ever Marathon in Malaysia whose public registrations were balloted.

The decision to ballot public registrations was made with our runners' best interests at heart and based on learnings from the 2018 edition of KLSCM when we sold out in less than 12 hours, depriving a large number of prospective runners from being able to access our website due to network congestion. The ballot, we felt, was a more equitable method that ensured everyone had an equal chance of earning a race slot. In the end, more than 30,000 runners balloted for less than 15,000 race slots. So come race weekend, a record 40,000 runners will descend on Dataran Merdeka to compete in KLSCM2019!

The two-day format introduced last year is maintained for this edition but with the 5km category brought forward to the first day. This category will also for the first time have a competitive element in the 5km Speed, to be flagged off before the 5km Fun Run and Friendship Run participants join the fray. This has allowed us to expand the capacities of the Full and Half Marathon categories on Sunday to an unprecedented 13,200 for the 42.195 km distance and 12,700 for the 21km distance.

It's fantastic that the blue-ribbon KLSCM categories are becoming more competitive, and this augurs well for the development of the sport in Malaysia. Most of the top marathoners in the country want to participate in KLSCM to test themselves against their peers and their international counterparts. We expect intense competition for the coveted titles and are confident that Malaysians can expect a thrilling and fun-filled race weekend.

There's a great deal of information that Race participants need to be equipped with for a hassle-free race experience and this Guide Book will serve as a handy companion to that end. All the relevant information from start times and pens to baggage-check and parking locations are contained within the book, as well as in the award-winning KLSCM App that you can download for free.

One of the key factors that contributes to the success of KLSCM is the tremendous support we get from all our partners and sponsors who over the years have helped make KLSCM the premier distance running event in the country. On behalf of Dirigo Events, I would like to extend my heartfelt appreciation to title sponsor Standard Chartered Bank Malaysia, who will be with us till 2022, as well as all our other sponsors, Under Armour, Seiko, 100PLUS, Banana Boat, Jaybird, TudungPeople and Pacific Regency. I would also like to thank our Venue Host DBKL, along with MAF and FTKLAA for their technical support, Traffic Police and PDRM for all the security measures put in place, as well as all our media partners, staff and volunteers, for their unwavering support.

As the 11th edition of KLSCM dawns on us, I wish all runners a safe, competitive, fun and memorable race experience. See you at the start line!



# **Race Information**

EVENT OWNER & ORGANISER	Dirigo Events Sdn Bhd			
SANCTIONED & SUPPORTED BY	IAAF/AIMS, Ministry of Youth and Sports, MAF, FTKLAA			
VENUE	Dataran Merdeka and the City of Kuala Lumpur			
DATES	28 September 2019, Saturday 29 September 2019, Sunday			
START TIMES	7:45am 3:45am			
CATEGORIES	5km Speed & Fun Run Full Marathon (42.195km)			
	Kids Dash ( 3km : 10-12 year olds ) Half Marathon ( 21.0975km )			
	Kids Dash (1km: 6-9 year olds) 10km (Speed / Cruise / Leisure)			

# **Event Day Schedule (28 September 2019, Saturday)**

### **Start Times & Venue**

It is recommended that you arrive at your 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
1km & 3km Kids Dash Assembly	7:00am	Dataran Merdeka
1km & 3km Kids Dash Warm-up	7:15am	Dataran Merdeka
1km Kids Dash Proceed to Start Pens	7:35am	Dataran Merdeka
3km Kids Dash Proceed to Start Pens	7:45am	Dataran Merdeka
1km Kids Dash Speed Flag-off	7:45am	Dataran Merdeka
1km Kids Dash Fun Run Flag-off	7:47am	Dataran Merdeka
3km Kids Dash Speed Flag-off	7:55am	Dataran Merdeka
3km Kids Dash Fun Run Flag-off	7:57am	Dataran Merdeka
5km Speed & 5km Fun Run Proceed to	8:00am	Dataran Merdeka
Start Pens		
Friendship Run Proceed to Start Pen	8:10am	Dataran Merdeka
5km Speed, 5km Fun Run & Friendship	8:10am	Dataran Merdeka
Run Warm-up		
5km Speed Flag-off	8:30am	Dataran Merdeka
Friendship Run & 5km Fun Run Flag-off	8:35am	Dataran Merdeka

### **Prize Presentation Programme**

RACE CATEGORIES	START	VENUE
1km Kids Dash Speed Boys' & Girls' Award	9:45am	Dataran Merdeka
3km Kids Dash Speed Boys' & Girls' Award	10:00am	Dataran Merdeka
5km Speed Men's & Women's Youngster, Open & Veteran Awards	10:15am	Dataran Merdeka



# **Event Day Schedule (29 September 2019, Sunday)**

### **Start Times & Venue**

It is recommended that you arrive at your 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
Full Marathon Warm-up	3:15am	Dataran Merdeka
Race Technical / Safety Announcements	3:30am	Dataran Merdeka
Full Marathon Flag-off	3:45am	Dataran Merdeka
Half Marathon Warm-up	5:00am	Dataran Merdeka
Race Technical / Safety Announcements	5:20am	Dataran Merdeka
Half Marathon Flag-off	5:30am	Dataran Merdeka
10km Speed Warm-up	6:15am	Jalan Tuanku Abdul Rahman ( Jalan TAR )
10km Speed Flag-off	6:45am	Jalan Tuanku Abdul Rahman ( Jalan TAR )
10km Cruise Flag-off	7:15am	Jalan Tuanku Abdul Rahman ( Jalan TAR )
Corporate Challenge Flag-off	7:15am	Jalan Tuanku Abdul Rahman ( Jalan TAR )
10km Leisure Flag-off	7:45am	Jalan Tuanku Abdul Rahman ( Jalan TAR )

# **Prize Presentation Programme**

RACE CATEGORIES	START	VENUE
10km Speed Men's & Women's Open Awards	8:30am	Dataran Merdeka
Half Marathon Men's & Women's Open Awards	8:45am	Dataran Merdeka
Full Marathon Men's & Women's Open Awards	9:00am	Dataran Merdeka
10km Speed Men's & Women's Veteran Awards	9:15am	Dataran Merdeka
Full Marathon Men's & Women's Veteran Awards	9:30am	Dataran Merdeka
Full Marathon Men's & Women's Malaysian Awards	9:45am	Dataran Merdeka
Full Malaysian Men's & Women's Malaysian Veteran Awards	10:00am	Dataran Merdeka
Half Marathon Men's & Women's Veteran Awards	10:15am	Dataran Merdeka
Half Marathon Men's & Women's Malaysian Awards	10:30am	Dataran Merdeka
Half Marathon Men's & Women's Malaysian Veteran Awards	10:45am	Dataran Merdeka



# **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 Men Open	5:55an
Full Marathon Men Malaysian	6:15an
Full Marathon Women Open	6:15an
Full Marathon Women Malaysian	6:55an
Half Marathon Men Open	6:35an
Half Marathon Men Malaysian	6:45an
Half Marathon Women Open	6:45an
Half Marathon Women Malaysian	6:50an
10km Speed Men	7:15an
10km Snaed Women	7:202n







# Awards

The following categories are competitive categories. Except for medical reasons, it is mandatory that you attend the prize presentation ceremony to be eligible for your prize money.

Marathon: OPEN (	CATEGORY									
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	17,500	7,500	5,000	3,000	2,000	1,000	-	-	*	-
Women	17,500	7,500	5.000	3,000	2,000	1,000		-	- 41	- 1
Winner's Medal	Gold	Silver	Bronze							
19 PRIZE MONEY	OTHER CATEGO	DRIFS (IN I	MYR)							
Marathon: MALAY	WHEN PERSON NAMED IN COLUMN 2 IS NOT THE OWNER.	No.								
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	20,000	10,000	5.000	3.000	2.000	1,000	750	600	500	400
Women	20,000	10,000	5,000	3,000	2,000	1,000	750	600	500	400
Winner's Medal	Gold	Silver	Bronze		,					
Marathon: VETER	AN CATEGORY (4	0 vears of	d and abov	/e)						
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	5,000	2.500	1.500	700	600	-	-	-	*	-
Women	5,000	2,500	1,500	700	600	-	-	-		-
Winner's Medal	Gold	Silver	Bronze							
Marathon: MALAY	SIAN VETERAN (	CATEGOR	/ I40 years	old and a	hovel					
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	5,000	2,500	1,500	700	600	-	-	-	-	-
Women	5,000	2,500	1,500	700	600	-	-	-		
Winner's Medal	Gold	Silver	Bronze							
Half Marathon: OF	EN CATEGORY									
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	4,000	2,000	1,000	500	400	-	-	-	-	-
Women	4,000	2.000	1,000	500	400	-	-	-	-	-
Winner's Medal	Gold	Silver	Bronze							
Half Marathon: MA	LAYSIAN CATE	ORY								
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	2,000	1,000	500	400	300	-	-	-	+	-
Women	2,000	1,000	500	400	300	-		-	-	
Winner's Medal	Gold	Silver	Bronze							
Half Marathon: VE	TERAN CATEGO	BY (40 year	rs old and	above)						
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	1,000	600	300	200	150	- 501		-	-	100
Women	1,000	600	300	200	150	-	-		2	
Winner's Medal	Gold	Silver	Bronze		100					
Half Marathon: MA	ALAYSIAN VETER	RAN CATE	SORY (40 v	ears old :	and above					
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	1,000	600	300	200	150	001	7.01	Oli	301	TOM
Women	1,000	600	300	200	150	-	_	-	-	_
Winner's Medal	Gold	Silver	Bronze	200	100					
10 KM: OPEN CATE	CORV									
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	1,000	500	350	250	150	OHI	7.111	OUI	30)	TOU
Women	1,000	500	350	250	150	-	-	-	-	-
Winner's Medal	Gold	Silver	Bronze	200	100					
	11 2500000					l.				
10 KM: VETERAN C.		2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	1st 500	250	200	150	100	DIII	7 tn	oun	9111	100
		COU	200	100	100	-	-	_	-	

NUS (NEW ROUTE RECORD & MALAYSIA RECORD) (IN MYR)						
CATEGORY	MARATHON (OPEN CATEGORY) NEW ROUTE RECORD	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			



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# Winners' Verification

All potential winners must check in at the Winners' Tent (located next to the main stage) for verification, at least 60 minutes before the scheduled time of your prize presentation ceremony.

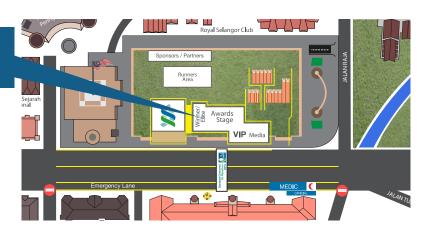
Potential winners will be verified by a jury representative appointed by the Malaysia Athletics Federation, with the right to reject or disqualify any potential winner carrying invalid or fake documentation(s).

The 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.

Potential 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)





FULL MARATHON CATEGORIES	WINNER VERIFIC	CATION PERIODS
FULL WANAITHUN GALEGUNIES	FROM	то
Full Marathon Men's & Women's Open Awards	6:45am	8:15am
Full Marathon Men's & Women's Veteran Awards	7:45am	8:45am
Full Marathon Men's & Women's Malaysian Awards	7:30am	9:00am
Full Marathon Men's & Women's Malaysian Veteran Awards	8:15am	9:15am
HALF MARATHON CATEGORIES	FROM	то
Half Marathon Men's & Women's Open Awards	7:00am	8:00am
Half Marathon Men's & Women's Veteran Awards	7:30am	8:30am
Half Marathon Men's & Women's Malaysian Awards	8:00am	9:00am
Half Marathon Men's & Women's Malaysian Veteran Awards	8:30am	9:30am
HALF MARATHON CATEGORIES	FROM	то
10km Men's & Women's Open Awards	7:00am	8:00am
10km Men's & Women's Veteran Awards	7:30am	8:30am



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# **Elite Athletes**

FULL MARATHON CATEGORIES	GENDER	NATIONALITY
Asnakech Mengistu Egigayehu	Female	Ethiopia
David Kiptui Tarus	Male	Kenya
Dominic Kimwetich Kangor	Male	Kenya
Elizabeth Chepkanan Rumokol	Female	Kenya
Gladys Jepkemoi Chemweno	Female	Kenya
Kennedy Kiproo Lilan	Male	Kenya
Kiprop Tonui	Male	Kenya
Nancy Joan Rotich	Female	Kenya
Naomi Jepkogei Maiyo	Female	Kenya
Raymond Kimutai Bett	Male	Kenya
Shadrack Kipkogey	Male	Kenya
Tecla Kirongo	Female	Kenya
Titus Tuwei	Male	Kenya
Tizita Terecha Dida	Female	Ethiopia
Victor Kipchirchir	Male	Kenya



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# **Run For A Reason**

Kuala Lumpur Standard Chartered Marathon has always made a conscious effort to raise funds for charities, helping the less fortunate of various ages and ethnicities, and this year is no exception.

Our initiative is community-based and is only made possible from the support of runners, corporations, media, etc. As such, Kuala Lumpur Standard Chartered Marathon always strives to be a true community event and "a Race with a Heart".

We are honoured to welcome back Dignity for Children Foundation, Hospis Malaysia and National Cancer Society Malaysia.

All funds raised will be channeled in its entirety to all our charity partners, and on their behalf, we thank you from the bottom of our hearts.

dignity transforming the poor through education

Charity Name : DIGNITY FOR CHILDREN FOUNDATION

Address: No. 21-5, Jalan 15/48A, Sentul Boulevard,

51000 Kuala Lumpur. Phone : +603 4044 1397

Website : http://www.dignityforchildren.org



Charity Name: HOSPIS MALAYSIA

Address : No. 2, Jalan 4/96, Off Jalan Sekuci

Taman Sri Bahtera, Jalan Cheras, 56100 Kuala Lumpur.

Phone : +603 9133 3936

Website : http://www.hospismalaysia.org



Charity Name

: NATIONAL CANCER SOCIETY OF MALAYSIA

Address: No. 66, 2nd Floor, Bangunan Persatuan Kebangsaan Kanser Malaysia, Jalan Raja Muda Abdul Aziz,

50300 Kuala Lumpur.

Phone : +603 2698 7300

Website : http://www.cancer.org.my



# **General Facts**

### **DRINK STATIONS**

Mineral water is available at the Start/Finish Areas. For the Full Marathon and Half Marathon category, they will also available every 2km after the first 4km. For the 10km category, they will be available at the 3.2km, 4.5km, 7.2km and 8.8km marks, and at the 1.5km and 3.5km marks for the 5km category.

### ISOTONIC STATIONS

100PLUS isotonic drinks are available every 4km after the first 4km for Full Marathon and Half Marathon. 100PLUS isotonic drinks are also available at the 3.2km and 7.2km marks for the 10km category, and at the 3.5km mark for the 5km category. Every finisher will receive water and isotonic drinks at the Finish Area.

### SPECIAL DRINKS (FULL MARATHON AND HALF MARATHON ONLY)

Runners can submit their own drinks at the Information Tent, near the Sponsor/Partner booths. Officials will be there to assist, from 2:00am to 2:30am on 29 September 2019.

### **ENERGY GEL STATIONS**

HIGH5 Energy Gels are available at the 20.1km and 34km marks for Full Marathon runners.

### FRUIT STATIONS

Bananas are available at the 28km and 37,5km marks for Full Marathon runners and 9km mark for Half Marathon runners.

### TOILETS

Toilets are available at the Start and Finish Areas as well as at every drink station along the routes.

### DISTANCE MARKERS

Distance markers are placed at every kilometre, along the routes.

### SURAU

Male and female surau facilities are available at the following locations:

FULL MARATHON: Surau Kampung Baru (5.3km), Surau Tabung Haji (14.2km), Petronas Jalan Ampang (15.5km), Mobile Mussola, DUKE (20.6km), Plaza Tol Batu, DUKE (29.6km)
HALF MARATHON: Surau Kampung Baru (2.9km), Plaza Tol Batu (11km)

### TIMING

All runners will be timed using the MYLAPS BibTag system.

### TIME LIMIT

Cut-off time for Full Marathon is 7 hours 15 minutes, and for Half Marathon is 3 hours 30 minutes from their respective start times (Gun Time). The event officially closes at 12:00pm on 29 September 2019.

### ROAD CLOSURES

Normal traffic conditions will resume at 10:30am on 28 September 2019 and at 11:00am on 29 September 2019. Full Marathon runners, please take note of the checkpoints on page 20.

### RACE ROUTES

The 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 and Finish Areas, as well as at 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! Refer to page 33 for more details.

### **OVERSEAS RUNNERS**

1,900 foreign runners from 73 countries will participate in the event. Welcome to our beautiful city!

### **VOLUNTEERS**

 $2,\!400\ volunteers\ will\ be\ working\ tirelessly\ at\ the\ event.\ Thank\ you\ for\ your\ contribution!$ 

### **SUPPORTERS**

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



# **Full Marathon Checkpoints & Sweeper Bus Services**

Normal traffic conditions will resume at 11:00am, 7 hours 15 minutes after the Full Marathon start time (3:45am).

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

### 21km mark - 7:35am

(Just after entering DUKE, from Jalan Lingkaran Tengah 2)

### 36km mark - 10:05am

(Near Kementerian Kerja Raya, Jalan Sultan Salahuddin)

\* No sweeper shuttle buses here. Runners to walk back to Dataran Merdeka.

### 30km mark - 9:05am

( Just before exiting DUKE, after toll plaza towards Jalan Kuching )

### 42km mark

(Pedestrian Bridge)

\* Gate will close once the 7:15 pacers have crossed the Pedestrian Bridge.

Runners must collect <u>ONE</u> 2019 checkpoint wristband at the 21km mark. Runners without the wristband will not be entitled for the Full Marathon Finisher Tee and Medal.

Runners on the sweeper bus will be dropped off near Bank Negara Malaysia. All sweeper buses will have a Kuala Lumpur Standard Chartered Marathon Vehicle Access sticker on the windshield.













# **Runners' Entitlements & Services**

A Race Entry Pack comprises of :

- Event Bag
- Exclusive Running Tee/Singlet
- · Bib with safety pins
- Timing Chip
- Hand Towel (Full Marathon runners only)
- Sponsored items

Once you cross the finish line, remember to collect:

### **FINISHER MEDAL (All Categories)**

All runners who complete their race within the stipulated cut-off time will receive a Finisher Medal. All Full Marathon runners must also produce the 2019 checkpoint wristband.

### **EXCLUSIVE FINISHER TEE (Full Marathon only)**

All Full Marathon runners who complete their race within 7 hours 15 minutes will receive an exclusive Kuala Lumpur Standard Chartered Marathon Finisher T-shirt, by presenting the 2019 checkpoint wristband (to be collected at the 21km mark) at the check-out counters, after the finish line.

### **E-CERTIFICATES**

All runners who complete their race within the stipulated time can download their certificate at www.kl-marathon.com within 48 hours, after the race. The e-certificate will only be available until 31 December 2019.

### **RESULTS**

Results will be posted on www.kl-marathon.com within 48 hours after the event. All results and rankings for Top 10 are according to 'Gun Time', in compliance with IAAF rules. Overall results and ranking will be based on 'Net Time'. Race results are final.

### **BAGGAGE FACILITIES**

Runners may deposit/collect their event bag at the baggage service counters on 28 September 2019 (6:30am-10:30am) or 29 September 2019 (2:45am-12:00pm). All bags not collected after the respective closing times will be donated to charity or disposed of at the organiser's discretion.

### **POST-RACE MASSAGE**

Post-race massage services are available on 29 September 2019 at the Finish Area for a minimal fee.

### **DRINK STATION**

100PLUS drink station will be available at Dataran Merdeka.

### **REMINDERS**

### D0's



- Do use the garbage bins provided.
- Do observe discipline and patience.
- Do respect volunteers, officials, crew and other runners.
- Do listen to your body.
- Do retire at once if recommended to do so by a Medical Official.

### DONT's



- Don't litter anywhere.
- 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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- Terms and conditions apply.
- Prices and promotions are only valid for purchases made between 26th 28th September 2019 at Standard Chartered KL Marathon.
- While stocks last

Additional

discount when you present
this voucher at Jaybird Booth.

Terms and conditions apply.



## **Bibs**

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: DATARAN MERDEKA

28 SEPTEMBER 2019

START TIME: 7:45AM









START TIME :

7:55AM







Standard Chartered
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2019

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KI. Marathan
2019

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Standard Standard
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START AREA: DATARAN MERDEKA

28 SEPTEMBER 2019

START TIME: 8:30AM















# **Bibs**

START AREA: DATARAN MERDEKA.

29 SEPTEMBER 2019

START TIME: 3:45AM

















START AREA: DATARAN MERDEKA

**29 SEPTEMBER 2019** 

START TIME : 5:30AM

















START AREA: SOGO KL, JALAN TUANKU ABDUL RAHMAN (JALAN TAR)

29 SEPTEMBER 2019

START TIME: 6:45AM



















# Bibs

START AREA: SOGO KL, JALAN TUANKU ABDUL RAHMAN (JALAN TAR)

29 SEPTEMBER 2019

START TIME: 7:15AM



START TIME : 7:45AM











# **Timing Device**

At the Kuala Lumpur Standard Chartered Marathon 2019, the MYLAPS BibTag system will be used to time your race.

The BibTag makes timing very easy for you. It is a single tag attached to the back of your bib, and all you have to do is correctly wear your bib (visible on your chest).

At every timing point, (start, splits and finish) detection mats will be on the ground to measure your time.

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 visibly on the chest of your running vest. Do not cover the bib with your jacket or 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, especially not the BibTag.
- Use four pins on the corners of the bib. 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 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.



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Terms and Conditions Excerpts

- 1. Only retail purchases are entitled for 5x points and counted to meet minimum spend of RM1,500.
- 2. Overseas spend refers to transactions made in foreign currency.
- 3. The above is merely an excerpt of the Terms and Conditions governing the Standard Chartered Visa Platinum Credit Card. Please refer to **sc.com/my** for full Terms and Conditions.

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The hotel is located in the heart of Kuala Lumpur's revitalized downtown area within walking distance of some of the city's most popular historical landmarks such as Dataran Merdeka, Masjid India, Central Market and Petaling Street.

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### Scan for booking

Pacific Regency Hotel Group, (Opposite KL Tower's front entrance), KH Tower, Jalan Punchak Off Jalan P.Ramlee, 50250 Kuala Lumpur, Malaysia.

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www.pacificregencygroup.com











# **Baggage Service**

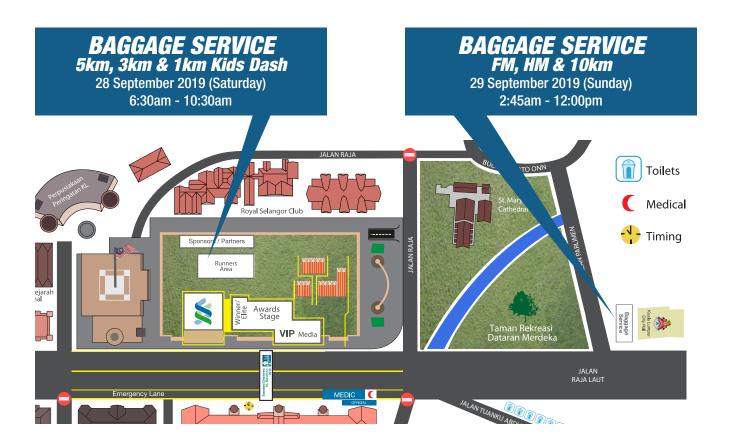
Baggage Service is available as follows:

DATE	CATEGORIES	LOCATION
28 September 2019 (Saturday)	5km, 3km & 1km Kids Dash	Runners Area
29 September 2019 (Sunday)	FM, HM & 10km	Dataran DBKL

- Please ensure that your belongings are kept in the event bag.
- Depending on the category, runners may deposit/collect their event bag at the baggage service counters on 28 September 2019 (6:30am 10:30am) or 29 September 2019 (2:45am 12:00pm). All bags not collected after the respective closing times will be donated to charity or disposed of at the organiser's discretion.
- At the counter, you will be given a baggage tag to be attached to your bib. A corresponding numbered tag will also be attached to your bag and then stored.
- After your run, present your bib with the baggage tag at the same counter to collect your bag.
- 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 service counters.
- The organisers reserve the right to examine contents of any bags deposited at the baggage service counters.
- Only bags not exceeding 45cm x 35cm x 13cm will be accepted.





# **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 later.
- 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 drinks 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 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.





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- Redemption period: 26-28 Sept
- While stocks last







# **Health & Safety**

The Organising Committee of the Kuala Lumpur Standard Chartered Marathon 2019 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 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 immediate 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 feel dizzy or pass out, while resting or during physical activities?
- 11. Do you have any problems with your musculoskeletal system, which worsens during physical activities?
- 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 located as follows:

- Full Marathon and Half Marathon routes every 2km after the first 4 kilometres
- 10km route at the 3.2km, 4.5km, 7.2km and 8.8km marks
- 5km route at the 1.5km and 3.5km marks

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 to 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. Plan to arrive earlier than usual to avoid any inconvenience.



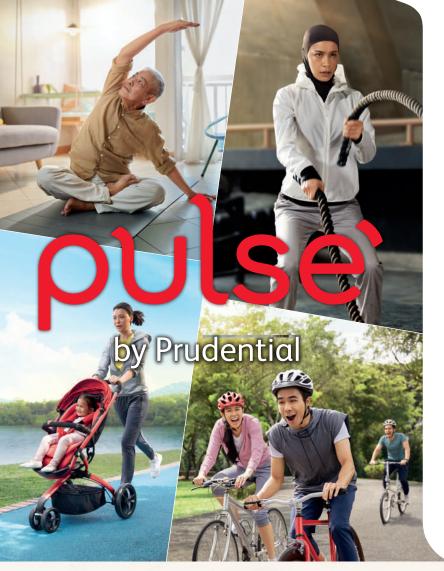
# **Race Safety & Etiquette**

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 the safety of all participants.
- Always follow the instructions of the race officials and medical officers.
- Run in the starting pen/block that is indicated on your bib (Full Marathon & Half Marathon only).
- · 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 to 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".

### REMINDER

- 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 do, move to the side of the road to allow other runners to pass.
- BE AWARE of your surroundings.



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Symptom

Assessment

Consultation

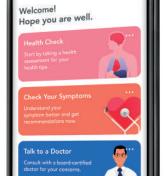
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## **Road Closures & Parking**

The running routes will be closed to traffic between 7:00am and 10:00am on 28 September 2019 (Saturday) and between 12:00am and 12:30pm on 29 September 2019 (Sunday).

Jalan Raja (in front of Bangunan Sultan Abdul Samad) will be closed from 8:00pm, 27 September 2019 until 2:30pm, 29 September 2019.

For the latest updates and full list of road closure and times, please visit www.kl-marathon.com and follow us on Facebook

Parking is available at the following venues:

PARKING LOTS	BAYS	DISTANCE TO Dataran Merdeka
Public Multi storey Carpark, Jalan Tanglin	400	1.3km
Daya Bumi Complex	1203	500m
Open Carpark, Swiss Hotel, Jalan TAR	30	500m
Open Carpark, in front of IPD Dang Wangi	50	1.4km
Central Market	150	700m
Taman Megalith Petronas, City Parking	539	750m
Campbell Complex (1st - 4th floor only)	150	1.4km

DROP-OFF POINT
Menara DBKL 1 & 2, Jalan Raja Laut

DROP-OFF TIME Before 3:00am

### \*PARKING STRICTLY FORBIDDEN

Jalan Sultan Salahuddin
Jalan Cenderawasih
Jalan Lembah
Jalan Tembusu
Jalan Perdana
Jalan Parlimen
Jalan Gereja at Dataran Merdeka
Jalan Raja Laut
Jalan Tuanku Abdul Rahman (Jalan TAR)
Jalan Dato Onn
Jalan Berjasa
Jalan Tun Ismail, near Padang Merbok

\*CARS PARKED ALONG THESE ROADS WILL BE TOWED

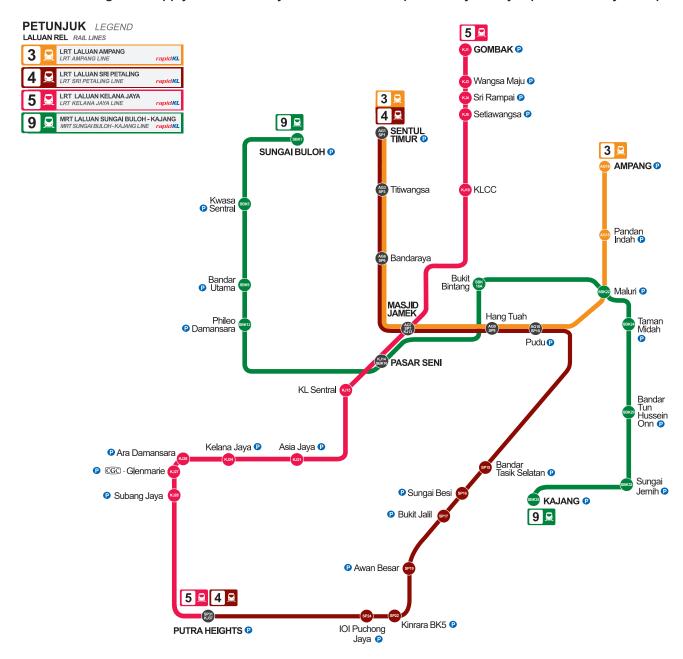
# RUNNERS' INFORMATION

## **Public Transportation Services**

Dirigo Events Sdn Bhd is proud to announce its sponsorship of public transportation services on Sunday, 29 September 2019 for all Kuala Lumpur Standard Chartered Marathon runners.

Selected stations on the Ampang, Sri Petaling and Kelana Jaya LRT lines will commence operations from 1:45am and will run at intervals of 15 minutes. Selected MRT stations along the Sungai Buloh - Kajang line will also commence operations from 1:45am and will run at intervals of 20 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. Parking fees may apply.

Courtesy of Dirigo Events, the LRT and MRT services will be complimentary from 1:45am 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.





## **Station Parking (29 September 2019, Sunday)**

MRT SBK LINE STATION	NO. PARKING BAY
Sungai Buloh	1,236
Kwasa Sentral	500
Bandar Utama	500
Maluri	250
Phileo Damansara	516
Taman Midah	1,355
Bandar Tun Hussien Onn	305
Sungai Jernih	921
Kajang	1,180

KELANA JAYA LINE STATION	NO. PARKING BAY
Gombak	1,260
Wangsa Maju	N/A
Sri Rampai	N/A
Setiawangsa	125
KLCC	N/A
Masjid Jamek	N/A
Pasar Seni	N/A
KL Sentral	N/A
Asia Jaya	N/A
Kelana Jaya	452
Ara Damansara	667
Glenmarie	569
Subang Jaya	N/A
Putra Height	N/A

N I	-4
N	OTD:
1 4	OLC.

- Parking fees may apply
- N/A Information not available

AMPANG / SRI PETALING LINE	NO. PARKING BAY
Ampang	1,140
Pandan Indah	277
Maluri	N/A
Pudu	107
Hang Tuah	N/A
Masjid Jamek	N/A
Bandaraya	N/A
Titiwangsa	N/A
Sentul Timur	55
Bandar Tasik Selatan	N/A
Sungai Besi	N/A
Bukit Jalil	N/A
Awan Besar	193
Kinrara BK5	176
IOI Puchong Jaya	464
Putra Height	452





## **Pace Your Race**

If you have a specific finishing time goal, follow our Kuala Lumpur Standard Chartered Marathon 2019 Pacers to pace yourself. Just look out for the large coloured helium balloons!

**FULL MARATHON** 









Lionel Lee

Alan Toh Jin Joo

Muhammad Huzaifah

04:00 HRS







Richard Tang



Tan Eu Jin









Malcalm Chew



Abu Soffian

05:00 HRS



Kartini Ahmad Kamal



Renee Tan Hong Ping



Yuki Cheong





**FULL MARATHON** 





Kelvin Ng

Evelyn Cheah

Yum Kin Kok

06:00 HRS



Chan Wai Yee

Jackie Woo

SEIKO PACER

Choi Chik Choi

# 06:30 HRS



Irwan Anuar

Lam Kai Li

Danny Loh Kien Waei

07:15 HRS



Alwin Tan

Low Chooi Wan

Barkley Wong



**HALF MARATHON** 





Fong Chee Weng

Munintaran Sundram

02:30 HRS



Fanny Tian

Simon Leong

# 03:00 HRS



Rosaline Tee Miin Jy

Murali Subramaniam



The man who lived 31 days under water

"We have explored less than 5% of our ocean world," Fabien tells us. "As we push further, longer and deeper, we can learn a lot more." For the adventurous, discovery has no boundaries.

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SEIKO BOUTIQUES

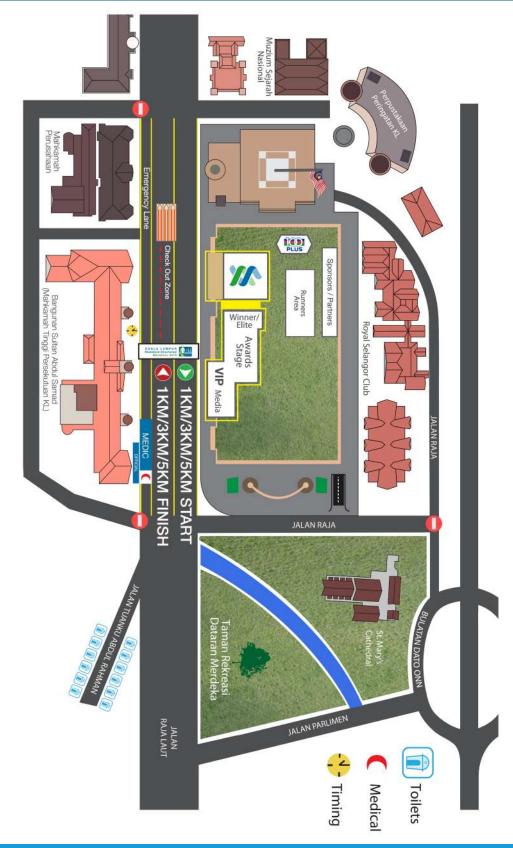
Lot LG 1.112, Lower Ground One, Sunway Pyramid. Tel: (603) 5622 1424 G042, Ground Floor, Mid Valley Megamall. Tel: (603) 2283 3263

CITY CHAIN and authorised dealers

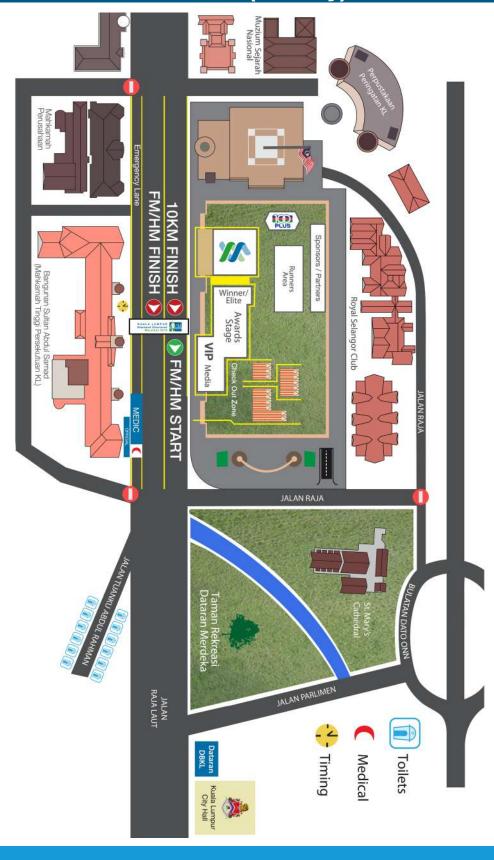




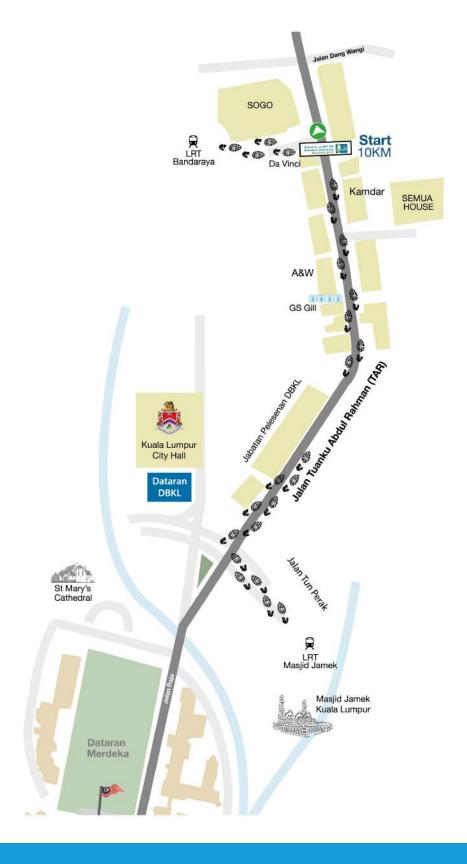
## 3km & 1km Kids Dash, 5km (Saturday)



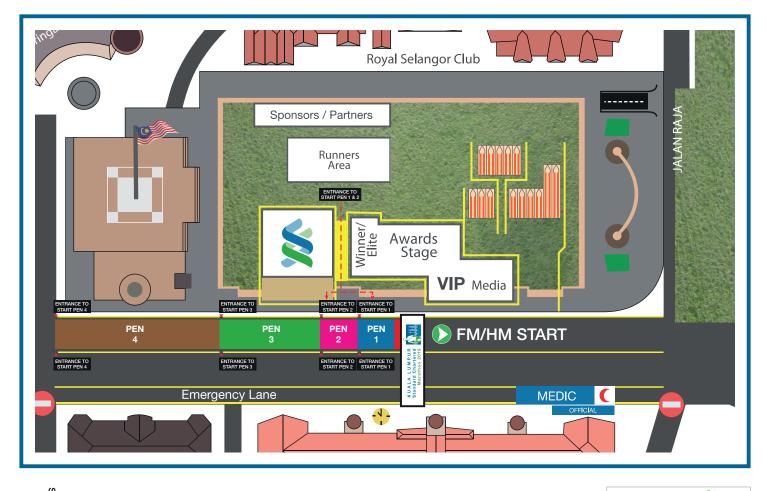
## Full Marathon & Half Marathon (Sunday)



## 10km (Sunday)



## **Start Pens for Full Marathon & Half Marathon**



START PEN ENTRANCE



















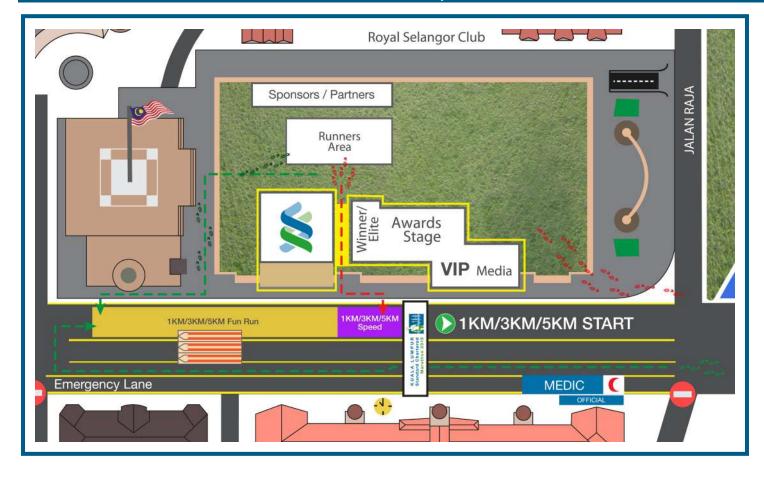




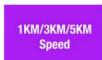




## Start Pens for 3km & 1km Kids Dash, 5km













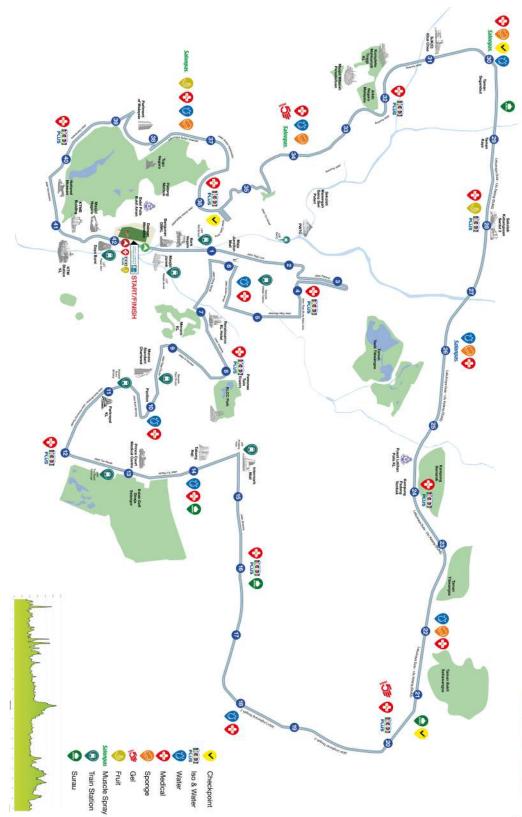








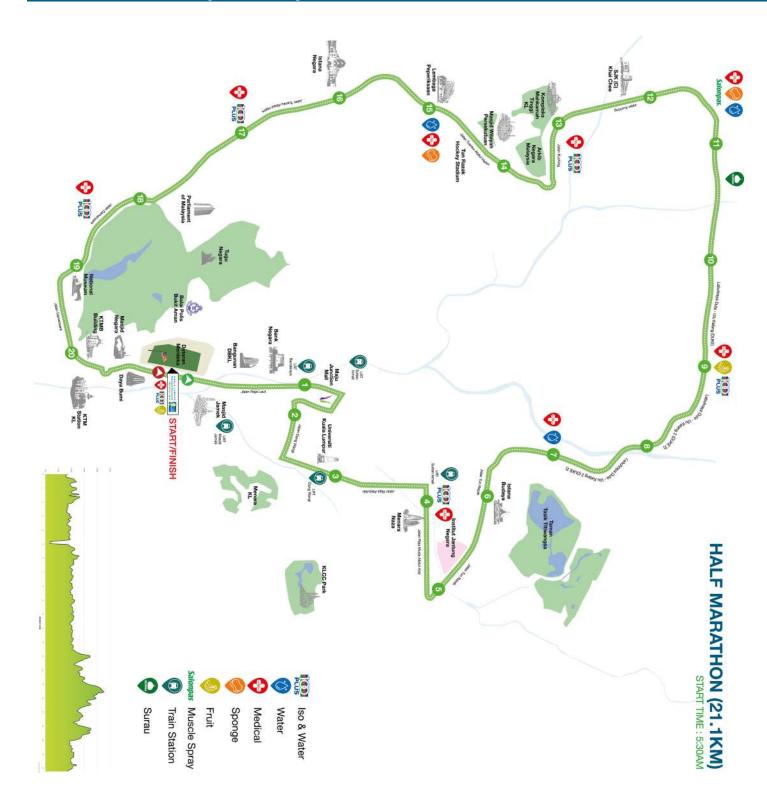
## Full Marathon (42.195km)



FULL MARATHON (42.195KM)
START TIME: 3:45AM

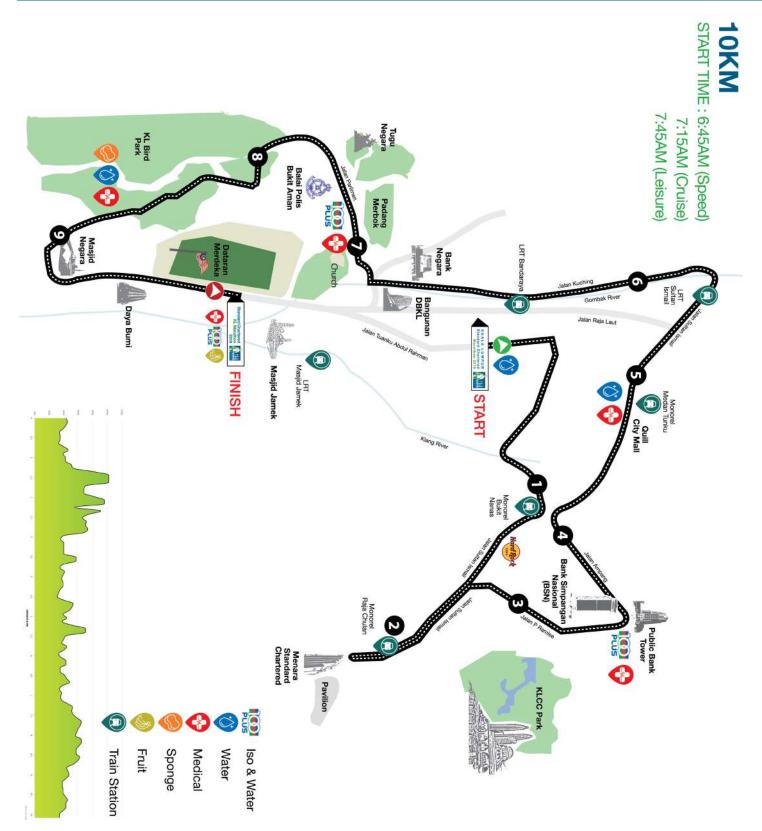
# ROUTE MAPS

## Half Marathon (21.1km)



# ROUTE MAPS

## 10km (Speed / Cruise / Leisure)



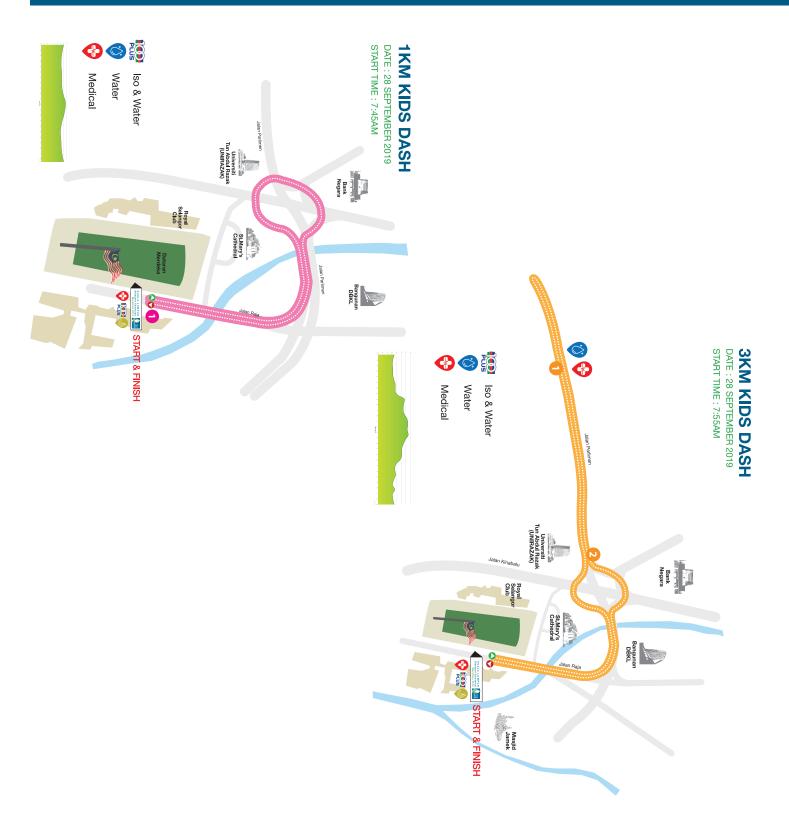


## 5km Speed & Fun Run





# 3km & 1km Kids Dash





- Please adhere to all the rules and regulations as set and found on www.kl-marathon.com.
- Doping test The organiser reserves 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 48 hours after the event.
   All results and rankings for Top 10 are according to 'Gun Time', in compliance with IAAF rules. Overall results and ranking will be based of 'Net Time'. Race results are final.
- 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.

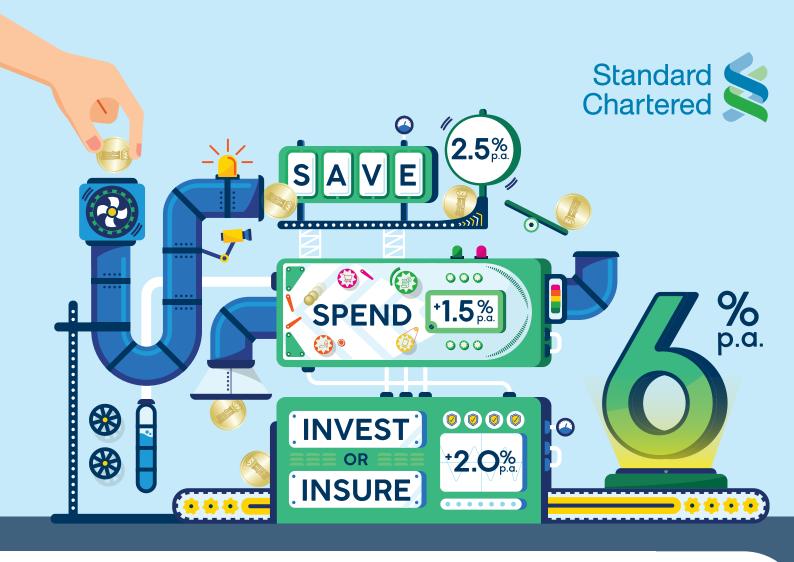
### FOR MORE INFORMATION, PLEASE

Email: 2019@kl-marathon.com

### **EMERGENCY CONTACTS**

Ambulance / Police: 999 Fire Department: 994

Rescue: 991





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## **VENUE HOST**



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