



RUNNERS' GUIDE



42KM | 21KM | 10KM | 5KM
12 & 13 NOVEMBER 2022



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MESSAGES

MAYOR OF KUALA LUMPUR



Welcome Remarks by Datuk Seri Mahadi Che Ngah Mayor of Kuala Lumpur

Assalamualaikum Warahmatullahi Wabarakatuh, warmest greetings, and heartfelt wishes to all.

As Mayor of Kuala Lumpur, it gives me great pleasure to welcome all of you to the 12th edition of the Kuala Lumpur Standard Chartered Marathon (KLSCM) 2022, which also marks the 12th time that the Kuala Lumpur City Hall (DBKL) has played host to this exciting event. We look forward to welcome the 34,000 runners from around the world as they converge at Dataran Merdeka to participate in Malaysia's premier distance running event, one of the most prominent local sporting competitions of the year.

Indeed, KLSCM 2022 is especially important as it marks the return of running events following a two-year hiatus due to the pandemic. While we are not yet entirely COVID-free, running events are slowly but surely making a comeback. This is great news for the running community and the sports enthusiasts among us. It has certainly been a privilege and honour for DBKL to support this iconic event over the many years, and we hope that KLSCM will be a catalyst for the full return of running sports to pre-pandemic levels.

The vibrant cosmopolitan city of Kuala Lumpur benefits from international events like KLSCM as it attracts international tourists and economic benefits while adding to its energy and vitality. Malaysia, and Kuala Lumpur in particular, offers visitors a fantastic array of delectable cuisine, unrivalled shopping and tourist attractions that delight as well as inform, all tied together by the welcoming embrace of its unique multicultural population. We hope all of you who have travelled to Kuala Lumpur for this event will take the time to enjoy all that the city has to offer.

On behalf of DBKL, I would also like to convey our many thanks to Rainer Biemans and Dirigo Events for all their hard work in putting together the most anticipated weekend in the Malaysian running calendar and for granting us the opportunity to support the event as well as engage with the public. I would also like to thank the title sponsor, Standard Chartered Bank, for continuing to anchor the event and ultimately ensuring the continued success of KLSCM. My heartfelt thanks to all the teams who have worked tirelessly, both at the forefront and behind the scenes, to ensure the smooth running of KLSCM, from volunteers and the police to medical personnel, technical officials and DBKL staff.

MESSAGES

STANDARD CHARTERED BANK MALAYSIA



Welcome Remarks by Mak Joon Nien Chief Executive Officer Standard Chartered Bank Malaysia

Welcome to the 2022 Kuala Lumpur Standard Chartered Marathon.

After two years of staging the marathon virtually, I am delighted that the country's premier international distance running event is now back in its physical format - connecting thousands of people from around the world who share the passion for running and for the Marathon.

For many, race day is always filled with many memorable moments. From achieving that personal record that many of us trained for, to the sound of the buzzer flagging off the race, seeing the first rays of the sun and most importantly the exuberant cheering of the crowd epitomises the extraordinary spirit of the Kuala Lumpur Standard Chartered Marathon. For me, my favourite race-day memories are seeing how friendships are formed both on and off the track, runners supporting each other along the way, and as families and friends cheer on their loved ones as they cross the finish line.

As proud title sponsors for the 14th consecutive year, our continued sponsorship of the Marathon is built on our belief in nurturing and advocating mental and physical wellbeing and creating meaningful running experiences. It is an honour to support an iconic sporting event that brings runners through a positive journey leading to a sense of triumph and accomplishment, fostering positive changes to their physical and mental wellbeing.

My sincere thanks to our partners, officials and volunteers for making the Kuala Lumpur Standard Chartered Marathon possible again. To our runners, I hope you will take in the sights and sounds of the city in a unique way and enjoy the Marathon route which is set against the majestic backdrop of Kuala Lumpur's key landmarks, culture and heritage.

All the best at the race, have fun and stay safe!

MESSAGES

MALAYSIA ATHLETICS FEDERATION



Welcome Remarks by Dato Seri Dr Shahidan Kassim President of Malaysia Athletics Federation

I am honored to be given the opportunity to write this in the Kuala Lumpur Standard Chartered Marathon (KLSCM) 2022 Runners' Guide. As the newly elected President of MAF, I am delighted to be a part of my first KLSCM, which has grown to become the premier distance running event in Malaysia, and wholeheartedly celebrated by the running community.

The last two years have been tough on Race organizers due to the Covid pandemic but we hope that KLSCM can pave the way forwards and help inspire other events to greater heights.

On behalf of MAF, I would like to warmly welcome all runners to KLSCM 2022 and wish you all the best on a successful race and hope you enjoy a memorable event. In this 12th edition of KLSCM, in an effort to freshen up the event, the organizers have informed me that changes have been made to the routes which could potentially make finishing times faster. We encourage all runners to take some time to study the new routes (which can be found in this guide) and wish you all the best if you're attempting to break your Personal Bests. The other major difference is that the Kids Dash has been omitted this year due to health and safety concerns.

KLSCM has played a major role in elevating the sport of distance running in Malaysia and combined with MAF's commitment to raising the standard of athletes in the country, we hope that together we can continue to advance the sport of running. An internationally recognized running event like KLSCM serves to provide a great platform for established and aspiring runners and we hope that MAF's continued involvement will ensure that KLSCM remains one of the most sought after events in the region.

In conclusion, I would like to wish all participants of KLSCM 2022 a fantastic weekend of racing and hope that all of you have a hassle-free and memorable race experience!

MESSAGES

ORGANISING COMMITTEE



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

Welcome to the 12th edition of the Kuala Lumpur Standard Chartered Marathon (KLSCM). This KLSCM however, is a little unique as it comes after a two-year hiatus due to the Covid pandemic, and largely consists of runners who signed up for KLSCM in 2020. I would like to take this opportunity to thank all of you who signed up in 2020 and held onto your registrations for KLSCM 2022. Your unwavering support for this event is truly humbling and much appreciated by all of us here at Dirigo Events. We have always believed in the power of the marathon to bring people together to achieve great things and we are always grateful to our loyal participants who truly embody this belief.

There will be some changes for this year's event, primarily the fact that we will not be putting on the Kids Dash categories due to health and safety concerns, as well as changes made to the routes to make it potentially quicker. We like to try to innovate as much as possible and bring something new and fresh to the proceedings every year and hope that the new improvements this year could potentially lead to course records being broken.

I would also like to take this opportunity to urge all of you to spare a thought and hopefully some ringgit for the charities under our Run For A Reason (RFAR) platform. These charities have endured difficult times over the last two years as most resources were diverted to fight the Covid pandemic. These charities perform a tremendous service for all Malaysians and we sincerely hope that you can help and support them in any way.

Do make full use of this Runners' Guide as it contains all the necessary information to ensure that your Race Weekend is a fantastic and unforgettable experience. It contains everything from start times and pens to baggage checks and parking locations, as well as information regarding the routes and historical statistics.

On behalf of Dirigo Events, I would like to extend my heartfelt thanks to all our sponsors and partners, especially our title sponsor Standard Chartered Bank who have been with us since the beginning. Thanks also to returning sponsors Brooks, Seiko, 100 Plus, Pacific Regency, AKLEH and TudungPeople and a warm welcome to Compressports and our new 10km sponsors Boost Juice. I would also like to record my sincere appreciation to our venue host DBKL, along with MAF, FTKLAA, PDRM, our medical partners, media partners, staff and volunteers, without whom it would be impossible to stage this event.

It's been a tough two years for all concerned but we hope those times are well and truly behind us. I also hope you've all been training well and raring to go at KLSCM 2022. We're looking forward to a fantastic Race Weekend so see you at the starting line!

RACE FACTS

RACE INFORMATION

EVENT OWNER & ORGANISER	Dirigo Events Sdn Bhd	
SANCTIONED & SUPPORTED BY	World Athletics, Ministry of Youth and Sports, MAF, FTKLAA	
VENUE	Dataran Merdeka and the City of Kuala Lumpur	
DATES	12 November 2022, Saturday	13 November 2022, Sunday
START TIMES	6:00am	3:45am
CATEGORIES	<ul style="list-style-type: none">• Boost Juice 10km Speed, Cruise & Leisure• Boost Juice 10km Corporate Challenge• 5km Speed & Fun Run (4.78km)	<ul style="list-style-type: none">• Full Marathon (42.195km)• Half Marathon (21.0975km)

EVENT DAY SCHEDULE (12 NOVEMBER 2022, SATURDAY)

START TIME & PROGRAMME

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	Time	Venue
Boost Juice 10km Warm-up	5:30am	Dataran Merdeka
Boost Juice 10km Speed Flag-off	6:00am	Dataran Merdeka
Boost Juice 10km Cruise Flag-off	6:15am	Dataran Merdeka
Corporate Challenge Flag-off	6:15am	Dataran Merdeka
Boost Juice 10km Leisure Flag-off	6:30am	Dataran Merdeka
5km Speed & Fun Run Flag-off	7:15am	Dataran Merdeka

Prize Presentation Programme

Boost Juice 10km Speed Men & Women Open Award	8:00am	Dataran Merdeka
Boost Juice 10km Speed Men & Women Veteran Award	8:15am	Dataran Merdeka
5km Speed Men & Women Youngster Awards	8:30am	Dataran Merdeka
5km Speed Men & Women Veteran Awards	8:45am	Dataran Merdeka
5km Speed Men & Women Open Awards	9:00am	Dataran Merdeka

RACE FACTS

EVENT DAY SCHEDULE (13 NOVEMBER 2022, SUNDAY)

START TIME & PROGRAMME

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	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	5:15am	Dataran Merdeka
Race Technical / Safety Announcements	5:30am	Dataran Merdeka
Half Marathon Flag-off	5:45am	Dataran Merdeka
Prize Presentation Programme		
Half Marathon Men & Women Open Awards	8:30am	Dataran Merdeka
Full Marathon Men & Women Open Awards	8:45am	Dataran Merdeka
Full Marathon Men & Women Veteran Awards	9:00am	Dataran Merdeka
Full Marathon Men & Women Malaysian Awards	9:15am	Dataran Merdeka
Full Marathon Men & Women Malaysian Veteran Awards	10:00am	Dataran Merdeka
Half Marathon Men & Women Veteran Awards	10:15am	Dataran Merdeka
Half Marathon Men & Women Malaysian Awards	10:30am	Dataran Merdeka
Half Marathon Men & Women Malaysian Veteran Awards	10:45am	Dataran Merdeka

ESTIMATED FINISHING TIMES

12 NOVEMBER 2022 , SATURDAY

Boost Juice 10km Speed Men	6:30am	Dataran Merdeka
Boost Juice 10km Speed Women	6:40am	Dataran Merdeka
5km Speed Men	7:30am	Dataran Merdeka
5km Speed Women	7:35am	Dataran Merdeka

13 NOVEMBER 2022, SUNDAY

Full Marathon Men Open	6:00am	Dataran Merdeka
Full Marathon Men Malaysian	6:15am	Dataran Merdeka
Full Marathon Women Open	6:15am	Dataran Merdeka
Full Marathon Women Malaysia	7:00am	Dataran Merdeka
Half Marathon Men Open	6:50am	Dataran Merdeka
Half Marathon Men Malaysian	6:55am	Dataran Merdeka
Half Marathon Women Open	7:05am	Dataran Merdeka
Half Marathon Women Malaysian	7:10am	Dataran Merdeka

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RACE FACTS

AWARDS (12 NOVEMBER 2022, SATURDAY)

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.

PRIZE MONEY - 10KM CATEGORY (IN MYR)

Boost Juice 10 KM Speed : OPEN CATEGORY

Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	1,000	500	350	250	150	-	-	-	-	-
Women	1,000	500	350	250	150	-	-	-	-	-
Winner's Medal	Gold	Silver	Bronze							

Boost Juice 10 KM Speed : VETERAN CATEGORY (40 years old and above)

Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	500	250	200	150	100	-	-	-	-	-
Women	500	250	200	150	100	-	-	-	-	-
Winner's Medal	Gold	Silver	Bronze							

PRIZE - 5KM CATEGORY

5 KM Speed : YOUNGSTER CATEGORY

Rank	1st	2nd	3rd
Men	-	-	-
Women	-	-	-
Winner's Medal	Gold	Silver	Bronze

5 KM Speed : OPEN CATEGORY

Rank	1st	2nd	3rd
Men	-	-	-
Women	-	-	-
Winner's Medal	Gold	Silver	Bronze

5 KM Speed : VETERAN CATEGORY (40 years old and above)

Rank	1st	2nd	3rd
Men	-	-	-
Women	-	-	-
Winner's Medal	Gold	Silver	Bronze

RACE FACTS

AWARDS (13 NOVEMBER 2022, SUNDAY)

PRIZE MONEY - MARATHON OPEN CATEGORY (IN USD)

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	-	-	-	-
Winner's Medal	Gold	Silver	Bronze							

PRIZE MONEY - OTHER CATEGORIES (IN MYR)

Marathon : MALAYSIAN CATEGORY										
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 : VETERAN CATEGORY (40 years old and above)										
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 : MALAYSIAN VETERAN CATEGORY (40 years old and above)										
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 : OPEN 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 : MALAYSIAN CATEGORY										
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 : VETERAN CATEGORY (40 years old and above)										
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	1,000	600	300	200	150	-	-	-	-	-
Women	1,000	600	300	200	150	-	-	-	-	-
Winner's Medal	Gold	Silver	Bronze							

Half Marathon : MALAYSIAN VETERAN CATEGORY (40 years old and above)										
Rank	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Men	1,000	600	300	200	150	-	-	-	-	-
Women	1,000	600	300	200	150	-	-	-	-	-
Winner's Medal	Gold	Silver	Bronze							

BONUS (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



FINANCIAL FREEDOM

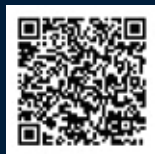
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RACE FACTS

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.

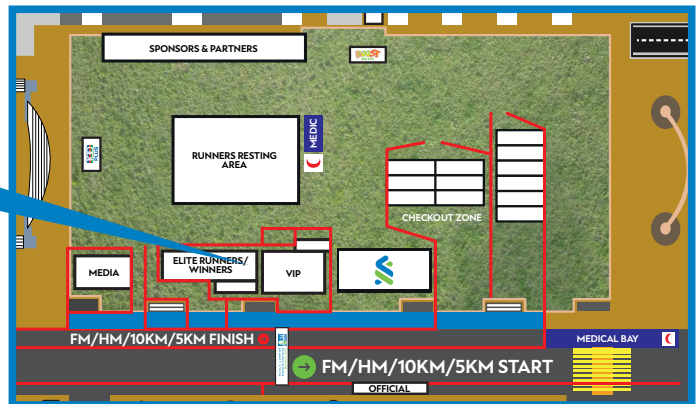
Potential winners will be verified by a jury representative appointed by the Malaysia Athletics Federation, with the right to reject or disqualify any potential winner carrying invalid or fake documentation(s).

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)

WINNERS' TENT



FULL MARATHON CATEGORIES	WINNER VERIFICATION PERIODS	
	FROM	TO
Full Marathon Men & Women Open Awards	6:30am	8:00am
Full Marathon Men & Women Veteran Awards	7:15am	8:15am
Full Marathon Men & Women Malaysian Awards	7:00am	8:30am
Full Marathon Men & Women Malaysian Veteran Awards	8:15am	9:15am
HALF MARATHON CATEGORIES	FROM	TO
Half Marathon Men & Women Open Awards	7:00am	8:00am
Half Marathon Men & Women Veteran Awards	7:30am	8:30am
Half Marathon Men & Women Malaysian Awards	8:00am	9:00am
Half Marathon Men & Women Malaysian Veteran Awards	8:30am	9:30am
BOOST JUICE 10KM CATEGORIES	FROM	TO
Boost Juice 10km Speed Men & Women Open Awards	6:30am	7:15am
Boost Juice 10km Speed Men & Women Veteran Awards	6:45am	7:30am
5KM CATEGORIES	FROM	TO
5km Speed Men & Women Youngster	7:30am	8:05am
5km Speed Men & Women Veteran	7:40am	8:20am
5km Speed Men & Women Open	7:55am	8:35am

RACE FACTS

ELITE ATHLETES

FULL MARATHON CATEGORIES	GENDER	NATIONALITY
ANDERSON SEROI SAITOTI	Male	Kenya
BEATRICE JELAGAT CHEROP	Female	Kenya
DAVID BARMASI TUMO	Male	Kenya
ELIZABETH CHEPKANAN RUMOKOL	Female	Kenya
EUNICE NYAWIRA MUCHIRI	Female	Kenya
EL TALHAOUI MOHAMED	Male	Morocco
FELICIEN MUHITIRA	Male	Rwanda
HANANE QALLOUJ	Female	Morocco
JAMES CHERUTICH TALLAM	Male	Kenya
KIPROP TONUI	Male	Kenya
MESERET DESALEGN YRDAW	Female	Ethiopia
MOSES KIPTOO KURGAT	Male	Kenya
NDIRITU MONICA WATETU	Female	Kenya
SHELMITH NYAWIRA MURIUKI	Female	Kenya
TESFANESH MERGA DENBI	Female	Ethiopia



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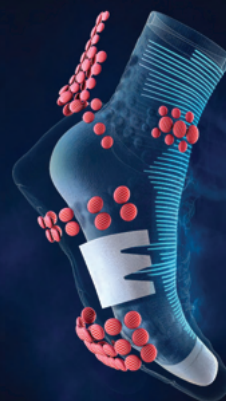
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RACE FACTS

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, Futuremakers by Standard Chartered, Hospis Malaysia, National Cancer Society Malaysia and Teach for 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.



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 : FUTUREMAKERS BY STANDARD CHARTERED
Address : Standard Chartered Bank, Corporate Affairs and Brand Marketing, Level 26, Equatorial Plaza, Jalan Sultan Ismail, 50200 Kuala Lumpur.
Phone : +603 7682 9000
Website : <http://www.sc.com/my/>



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 MALAYSIA
Address : No. 66, 2nd Floor, Bangunan Persatuan Kebangsaan Kanser Malaysia, Jalan Raja Muda Abdul Aziz, 53000 Kuala Lumpur.
Phone : +603 2698 7300
Website : <http://www.cancer.org.my>



Charity Name : TEACH FOR MALAYSIA
Address : Level 1, Ming Annexe, 9 Jalan Ampang, 50450 Kuala Lumpur.
Phone : +603 2026 0700
Website : <http://www.teachformalaysia.org>



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RUNNERS' INFORMATION

GENERAL FACTS

DRINK STATIONS

Ice Mountain Drinking Water will be available at the Start/Finish area.

- For the Full Marathon category on the route, Ice Mountain drinking water is available at 18 stations, located at: 4.7km, 7.5km, 10km, 12km, 14km, 16km, 18km, 20km, 22.8km, 25km, 27km, 29km, 31km, 33km, 35km, 37km, 39km, 41km & after the finish line.
- For the Half Marathon category on the route, drinking water is available at 8 stations, located at 4.7km, 7.5km, 10km, 12km, 14km, 16km, 18.5km, 19km & after the finish line.
- For the 10km category on the route, drinking water is available at 2.5km, 5km, 7.5km & after the finishing line. For the 5km category drinking water is available at km 2.5km & after the finish line.

ISOTONIC STATIONS

100PLUS Isotonic drinks will be available at the Start/Finish area.

- For the Full Marathon category on the route, isotonic drinks are available at 9 stations, located at 4.7km, 10km, 14km, 18km, 22.8km, 27km, 31km, 35km, 39km & after the finish line.
- For the Half Marathon category on the route, isotonic drinks are available at 4 stations, located at 4.7km, 10km, 14km, 18.5km & after the finish line.
- For the 10km category on the route, isotonic drinks is available at 2.5km, 7.5km & after the finishing line. For the 5km category isotonic drinks are available at km 2.5km & after the finish line.

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 13 November 2022.

ENERGY GEL STATIONS

HIGH5 Energy Gels are available at the 27km and 33km marks for Full Marathon runners.

FRUIT STATIONS

Bananas are available at the 20km and 37km marks for Full Marathon runners and 14km 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 (3.3km), Mobile Mussola (AKLEH) (15km & 19.8km), Plaza Tol Batu (DUKE) (34.3km)

HALF MARATHON: Surau Kampung Baru (3.3km), Mobile Mussola (AKLEH) (15km)

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 4 hours from their respective start times (Gun Time). The event officially closes at 12:00pm on 13 November 2022.

ROAD CLOSURES

Normal traffic conditions will resume at 10:00am on 12 November 2022 and at 11:00am on 13 November 2022. Full Marathon runners, please take note of the checkpoints on page 21.

RACE ROUTES

The Full Marathon and Half Marathon routes are AIMS Certified. All routes for all categories are undulating.

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

1,006 foreign runners from 47 countries will participate in the event. Welcome to our beautiful city!

VOLUNTEERS

1,900 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.

RUNNERS' INFORMATION

FULL MARATHON CHECKPOINTS

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 :



20KM MARK - 7:40AM

(On AKLEH)



35KM MARK - 10:15AM

(Right after exiting DUKE)



25KM MARK - 8:30AM

(After entering DUKE)



42KM MARK - 11:00AM

(Pedestrian Bridge) *Gate will close once the 7:15 pacers have crossed the Pedestrian Bridge



Runners must collect **ONE 2022 checkpoint wristband** at the 35km mark. Runners without the wristband will not be entitled for the Full Marathon Finisher Tee and Medal

HALF MARATHON CHECKPOINT



15KM MARK - 8.45AM

(After entering AKLEH)

SWEeper BUS SERVICES

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.

VEHICLE ACCESS



RUNNERS' INFORMATION

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 2022 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 2022 checkpoint wristband (to be collected at the 35km 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 2022.

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 World Athletic's 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 12 November 2022 (5:00am-10:30am) or 13 November 2022 (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 13 November 2022 at the Finish Area for a minimal fee.

DRINK STATION

100PLUS and Boost Juice drinks station will be available at Dataran Merdeka.

REMINDERS

DO'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.

“Doing something new.
That’s the adventure.”

— Adventurer, Naomi Uemura

Keep Going Forward

 **PROSPEX**



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RUNNERS' INFORMATION

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.

12 November 2022, Saturday

START AREA : DATARAN MERDEKA

START TIME : 6:00AM

Boost Juice 10km Speed Men Open	Boost Juice 10km Speed Men Veteran	Boost Juice 10km Speed Women Open	Boost Juice 10km Speed Women Veteran
 <p>K1-30001</p> <p>MEDAL: JOHN DOE 28 CHARACTERS</p> <p>DATE: SATURDAY, 12.11.2022</p> <p>START: 6:00AM</p> <p>CATEGORY: BOOST JUICE 10KM SPEED</p> <p>START PIN: 1234</p>	 <p>M1-40001</p> <p>MEDAL: JOHN DOE 28 CHARACTERS</p> <p>DATE: SATURDAY, 12.11.2022</p> <p>START: 6:00AM</p> <p>CATEGORY: BOOST JUICE 10KM SPEED</p> <p>START PIN: 1234</p>	 <p>N1-41001</p> <p>MEDAL: JOHN DOE 28 CHARACTERS</p> <p>DATE: SATURDAY, 12.11.2022</p> <p>START: 6:00AM</p> <p>CATEGORY: BOOST JUICE 10KM SPEED</p> <p>START PIN: 1234</p>	 <p>P1-42001</p> <p>MEDAL: JOHN DOE 28 CHARACTERS</p> <p>DATE: SATURDAY, 12.11.2022</p> <p>START: 6:00AM</p> <p>CATEGORY: BOOST JUICE 10KM SPEED</p> <p>START PIN: 1234</p>

START TIME : 6:15AM

Boost Juice 10km Cruise Men Open	Boost Juice 10km Cruise Men Veteran	Boost Juice 10km Cruise Women Open	Boost Juice 10km Cruise Women Veteran
 <p>K2-43001</p> <p>MEDAL: JOHN DOE 28 CHARACTERS</p> <p>DATE: SATURDAY, 12.11.2022</p> <p>START: 6:15AM</p> <p>CATEGORY: BOOST JUICE 10KM CRUISE</p> <p>START PIN: 1234</p>	 <p>M2-45001</p> <p>MEDAL: JOHN DOE 28 CHARACTERS</p> <p>DATE: SATURDAY, 12.11.2022</p> <p>START: 6:15AM</p> <p>CATEGORY: BOOST JUICE 10KM CRUISE</p> <p>START PIN: 1234</p>	 <p>N2-46001</p> <p>MEDAL: JOHN DOE 28 CHARACTERS</p> <p>DATE: SATURDAY, 12.11.2022</p> <p>START: 6:15AM</p> <p>CATEGORY: BOOST JUICE 10KM CRUISE</p> <p>START PIN: 1234</p>	 <p>P2-48001</p> <p>MEDAL: JOHN DOE 28 CHARACTERS</p> <p>DATE: SATURDAY, 12.11.2022</p> <p>START: 6:15AM</p> <p>CATEGORY: BOOST JUICE 10KM CRUISE</p> <p>START PIN: 1234</p>

START TIME : 6:15AM

Boost Juice 10km Corporate Challenge
 <p>CC-49001</p> <p>MEDAL: JOHN DOE 28 CHARACTERS</p> <p>DATE: SATURDAY, 12.11.2022</p> <p>START: 6:15AM</p> <p>CATEGORY: BOOST JUICE 10KM CC</p> <p>START PIN: 1234</p>

START TIME : 6:30AM

Boost Juice 10km Leisure Men Open	Boost Juice 10km Leisure Men Veteran	Boost Juice 10km Leisure Women Open	Boost Juice 10km Leisure Women Veteran
 <p>K3-50001</p> <p>MEDAL: JOHN DOE 28 CHARACTERS</p> <p>DATE: SATURDAY, 12.11.2022</p> <p>START: 6:30AM</p> <p>CATEGORY: BOOST JUICE 10KM LEISURE</p> <p>START PIN: 1234</p>	 <p>M3-52001</p> <p>MEDAL: JOHN DOE 28 CHARACTERS</p> <p>DATE: SATURDAY, 12.11.2022</p> <p>START: 6:30AM</p> <p>CATEGORY: BOOST JUICE 10KM LEISURE</p> <p>START PIN: 1234</p>	 <p>N3-53001</p> <p>MEDAL: JOHN DOE 28 CHARACTERS</p> <p>DATE: SATURDAY, 12.11.2022</p> <p>START: 6:30AM</p> <p>CATEGORY: BOOST JUICE 10KM LEISURE</p> <p>START PIN: 1234</p>	 <p>P3-56001</p> <p>MEDAL: JOHN DOE 28 CHARACTERS</p> <p>DATE: SATURDAY, 12.11.2022</p> <p>START: 6:30AM</p> <p>CATEGORY: BOOST JUICE 10KM LEISURE</p> <p>START PIN: 1234</p>

RUNNERS' INFORMATION

BIBS

12 November 2022, Saturday

START AREA : DATARAN MERDEKA

START TIME : 7:15AM



















RUNNERS' INFORMATION

BIBS















13 November 2022, Sunday

START AREA : DATARAN MERDEKA

START TIME : 3:45AM

FM Men Open  A-00001 MAS P M FINISHER : XXL JOHN DOE 20 CHARACTERS DATE : SUNDAY 13.11.2022 START : 3:45AM CATEGORY : FM START PIN : (1) 	FM Men Veteran  B-01001 MAS P M FINISHER : XXL JOHN DOE 20 CHARACTERS DATE : SUNDAY 13.11.2022 START : 3:45AM CATEGORY : FM START PIN : (1) 	FM Women Open  C-13001 MAS P M FINISHER : XXL JOHN DOE 20 CHARACTERS DATE : SUNDAY 13.11.2022 START : 3:45AM CATEGORY : FM START PIN : (1) 	FM Women Veteran  D-14001 MAS P M FINISHER : XXL JOHN DOE 20 CHARACTERS DATE : SUNDAY 13.11.2022 START : 3:45AM CATEGORY : FM START PIN : (1) 
FM Men Malaysian  AM-02001 MAS P M FINISHER : XXL JOHN DOE 20 CHARACTERS DATE : SUNDAY 13.11.2022 START : 3:45AM CATEGORY : FM START PIN : (1) 	FM Men Malaysian Veteran  BM-09001 MAS P M FINISHER : XXL JOHN DOE 20 CHARACTERS DATE : SUNDAY 13.11.2022 START : 3:45AM CATEGORY : FM START PIN : (1) 	FM Women Malaysian  CM-15001 MAS P M FINISHER : XXL JOHN DOE 20 CHARACTERS DATE : SUNDAY 13.11.2022 START : 3:45AM CATEGORY : FM START PIN : (1) 	FM Women Malaysian Veteran  DM-17001 MAS P M FINISHER : XXL JOHN DOE 20 CHARACTERS DATE : SUNDAY 13.11.2022 START : 3:45AM CATEGORY : FM START PIN : (1) 

START TIME : 5:45AM

HM Men Open  E-18001 MAS MEDAL JOHN DOE 20 CHARACTERS DATE : SUNDAY 13.11.2022 START : 5:30AM CATEGORY : HM START PIN : (1) 	HM Men Veteran  F-19001 MAS MEDAL JOHN DOE 20 CHARACTERS DATE : SUNDAY 13.11.2022 START : 5:30AM CATEGORY : HM START PIN : (1) 	HM Women Open  G-30001 MAS MEDAL JOHN DOE 20 CHARACTERS DATE : SUNDAY 13.11.2022 START : 5:30AM CATEGORY : HM START PIN : (1) 	HM Women Veteran  H-31001 MAS MEDAL JOHN DOE 20 CHARACTERS DATE : SUNDAY 13.11.2022 START : 5:30AM CATEGORY : HM START PIN : (1) 
HM Men Malaysian  EM-20001 MAS MEDAL JOHN DOE 20 CHARACTERS DATE : SUNDAY 13.11.2022 START : 5:30AM CATEGORY : HM START PIN : (1) 	HM Men Malaysian Veteran  FM-27001 MAS MEDAL JOHN DOE 20 CHARACTERS DATE : SUNDAY 13.11.2022 START : 5:30AM CATEGORY : HM START PIN : (1) 	HM Women Malaysian  GM-32001 MAS MEDAL JOHN DOE 20 CHARACTERS DATE : SUNDAY 13.11.2022 START : 5:30AM CATEGORY : HM START PIN : (1) 	HM Women Malaysian Veteran  HM-36001 MAS MEDAL JOHN DOE 20 CHARACTERS DATE : SUNDAY 13.11.2022 START : 5:30AM CATEGORY : HM START PIN : (1) 



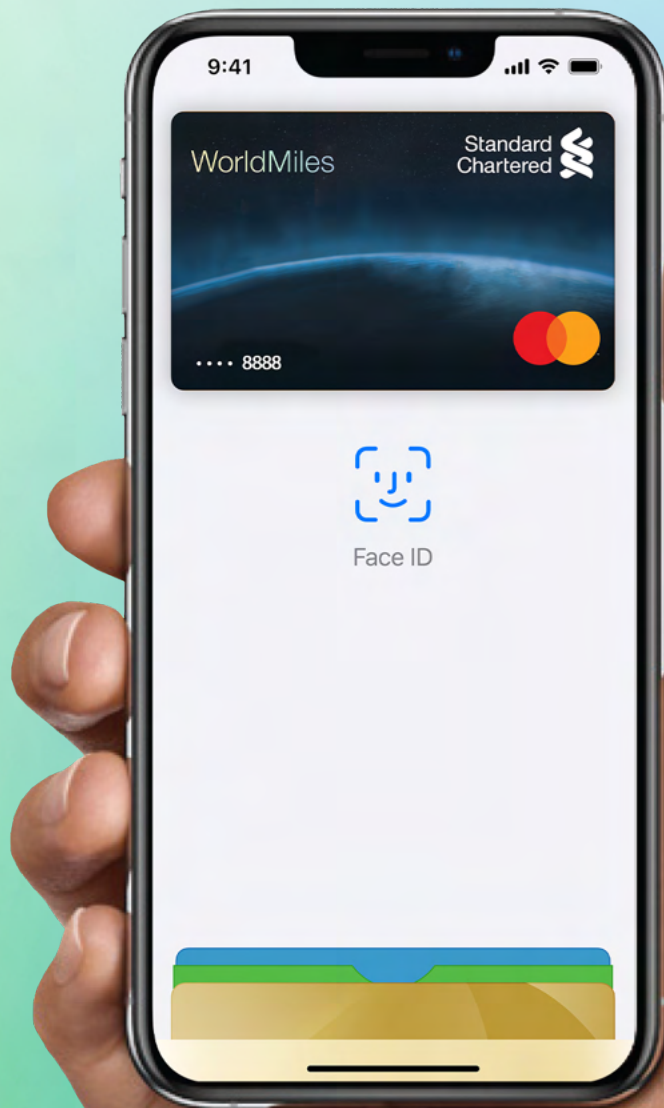
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RUNNERS' INFORMATION

TIMING DEVICE

At the Kuala Lumpur Standard Chartered Marathon 2022, 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 to correctly put on 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

- Place 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.



Pacific Express Hotel Central Market Rooftop Pool



ROOM - A - THON START TO FINISH

Terms and Conditions apply
Images are for Illustration purposes only



**Pacific Regency
Hotel Suites**
from
RM360 NETT
per room/night



**Pacific Express Hotel
Central Market**
from
RM300 NETT
per room/night



**Pacific Express Hotel
Chinatown**
from
RM240 NETT
per room/night



For more information or reservations, please contact us at
reservation@pacific-regency.com for Booking or Enquiries

Booking Period

1st November - 12th November 2022

Stay Period

10th November - 12th November 2022



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RUNNERS' INFORMATION

BAGGAGE SERVICE

Baggage Service is available as follows:

DATE	CATEGORIES	LOCATION
12 November 2022, Saturday	10km & 5km	Dataran Merdeka Flag Pole
13 November 2022, Sunday	FM & HM	

- 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 12 November 2022 (5:00am - 10:30am) or 13 November 2022 (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.

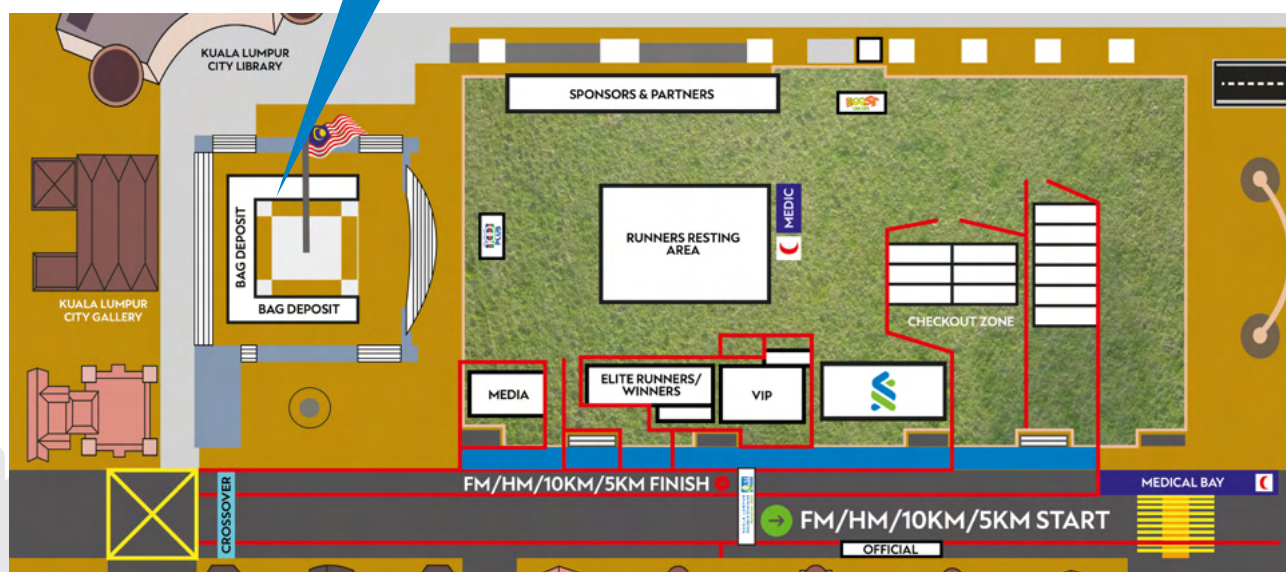
*TERMS AND CONDITIONS

- Runners deposit their bags at their own risk. The organiser 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 capacity of bag to store is limited on a first come, first served basis. The organiser will not guarantee a space to drop your bag.
- 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.

BAGGAGE SERVICE

Boost Juice 10km & 5km
12 November 2022
5:00am-10:30am (Saturday)

FM & HM
13 November 2022
2:45am-12:00pm (Sunday)



RUNNERS' 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 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.





B3

B12

B6

**HYDRATION
WITHOUT
FIZZ**

WITH ADDED B VITAMINS

MS 1500
1008-01/2004

RUNNERS' INFORMATION

HEALTH & SAFETY

The Organising Committee of the Kuala Lumpur Standard Chartered Marathon 2022 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 available at every drinkstation along the route for all categories

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.

RUNNERS' INFORMATION

HEALTH & SAFETY (COVID PRECAUTIONS)

While the Covid pandemic might have entered an endemic period, cases are still being recorded and so we would like to advise all our runners to continue to practice safety measures to prevent its spread. We encourage you to:

1. Administer a Covid self-test before and after your race and quarantine yourself if you are positive.
2. Wear your masks when you are in a crowd of people, especially at the Race Entry Pack Collection (REPC), in the Start Pens awaiting your flag-off on Race Day, at Dataran Merdeka before and after your race and while you travel on public transport.
3. Wash or sanitize your hands regularly.
4. Be mindful of others if you have to sneeze, cough, spit or blow your nose when you're running. Be hygienic and maintain physical distancing where possible

The safety and health of our runners are our primary concern so we will be providing hand sanitizing stations and distributing face masks at the KLSCM REPC and Active Lifestyle Expo and during the KLSCM Race Weekend. Have a safe and enjoyable race!

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 are 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, 10km & 5km).
- 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.

RUNNERS' INFORMATION

ROAD CLOSURE

The running routes will be closed to traffic between 5:00am and 9:00am on 12 November 2022 (Saturday) and between 12:00am and 11:30am on 13 November 2022 (Sunday).

Jalan Raja (in front of Bangunan Sultan Abdul Samad) will be closed from 8:00pm, 11 November 2022 until 2:30pm, 13 November 2022.

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

3 KEY NUTRITIONAL DEMANDS DURING SPORTS:

ENERGY

USE HIGH5 ENERGY GEL FOR AN INSTANT ENERGY BOOST

- ✓ Carbohydrate to fuel your muscle
- ✓ Made with real fruit juice

HYDRATION

ZERO ELECTROLYTES TO KEEP YOU HYDRATED

- ✓ Reduce muscle cramping
- ✓ Reduce tiredness and fatigue

RECOVERY

RECOVERY DRINK FOR MUSCLE GROWTH AND REPAIR AFTER EXERCISE

- ✓ High in whey protein isolate (which contains BCAA's)

HIGH5 products help you to optimise your performance and enjoy your sport more



100% Natural Flavour

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enquiry@hobbies-sports.my

WWW.HIGH5.MY



RUNNERS' INFORMATION

PARKING

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	1,203	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
11, Jalan Raja Laut	98	800m
Jalan Sultan Hishamuddin	685	500m
41, Leboh Ampang	55	500m
89, Jalan Ampang	37	1.0km
Menara Maybank	1,565	800m
Padang Merbok	120	800m
NuSentral Mall	1,970	2.3km
KLCC Carpark	4,889	2.8km
Mandarin Oriental Open Carpark	259	2.6km
Permata Sapura	531	2.6km

DROP-OFF POINT

Menara DBKL 1 & 2, Jalan Raja Laut

DROP-OFF TIME

Before 3:00am

PARKING RESTRICTIONS

*PARKING STRICTLY FORBIDDEN

Saturday, 12 November 2022

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

Saturday, 13 November 2022

Jalan Gereja at Dataran Merdeka, Jalan Raja Laut, Jalan Tuanku Abdul Rahman (Jalan TAR), Jalan Berjasa, Jalan Tun Ismail, near Padang Merbok

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BOOST

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RUNNERS' INFORMATION

PACE YOUR RACE

If you have a specific finishing time goal, follow our Kuala Lumpur Standard Chartered Marathon 2022 Pacers to pace yourself. Just look out for the large coloured helium balloons!

FULL MARATHON



Two male pacers wearing yellow 'SEIKO PACER' singlets are shown in individual frames. To their right is a digital display showing the pace 3:45.

LIONEL PHILIP PUAA



Three pacers (two women and one man) wearing yellow 'SEIKO PACER' singlets are shown in individual frames. To their left is a digital display showing the pace 4:00.

ALVIN TAN GENE CHONG YK



Three pacers (two men and one woman) wearing yellow 'SEIKO PACER' singlets are shown in individual frames. To their right is a digital display showing the pace 4:30.

DAVID KEE MAY MALCALM



Three pacers (two women and one man) wearing yellow 'SEIKO PACER' singlets are shown in individual frames. To their left is a digital display showing the pace 5:00.

KC TEOH BJ YUKI

RUNNERS' INFORMATION

PACE YOUR RACE

FULL MARATHON



ABU

FELICIA

JRONN KEE



6:00

HK LAI

SIM KK

SEAH LS



6:30

DANNY LOH

HADAFI

LUKE



7:00

DENNIS

KYLEE



7:15

ALWIN TAN

CHOOI WAN

RUNNERS' INFORMATION

PACE YOUR RACE

HALF MARATHON



Two male runners, Julian and Munintaran, are shown in yellow Seiko singlets. They are positioned next to a blue digital display showing the time 2:00.

JULIAN MUNINTARAN



Two female runners, Ashley and Nora, are shown in yellow Seiko singlets. Ashley is on the left and Nora is on the right, wearing an orange hijab. They are positioned next to a green digital display showing the time 2:30.

ASHLEY NORA

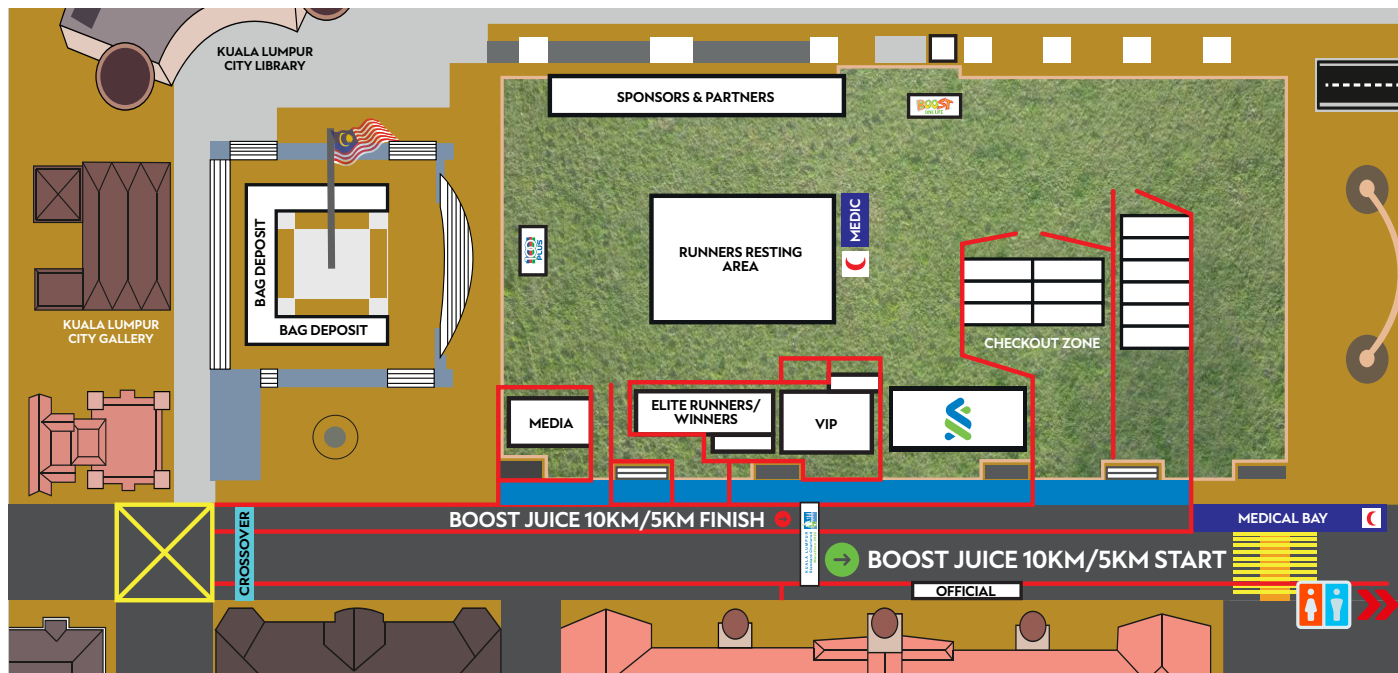


Two female runners, Amalina and Viki Soh, are shown in yellow Seiko singlets. Amalina is on the left, wearing a black hijab, and Viki Soh is on the right. They are positioned next to a yellow digital display showing the time 3:00.

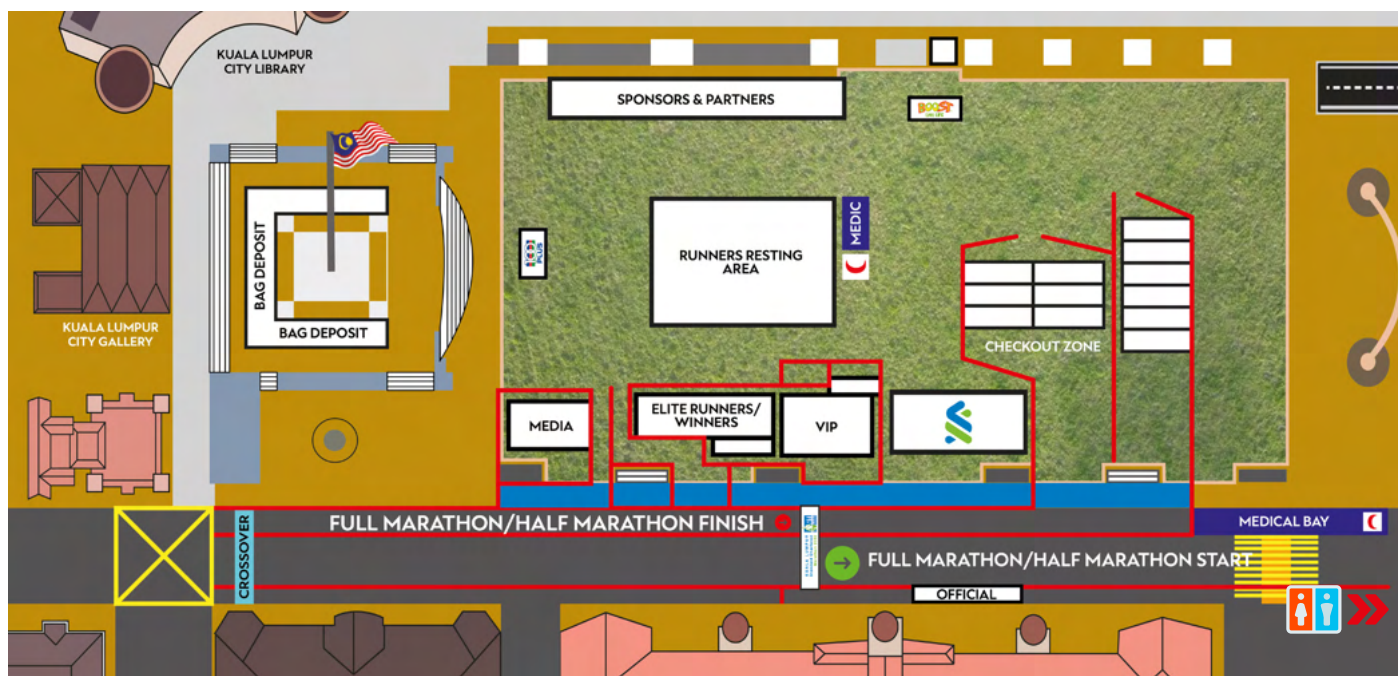
AMALINA VIKI SOH

START & FINISH AREAS

BOOST JUICE 10KM & 5KM (SATURDAY)

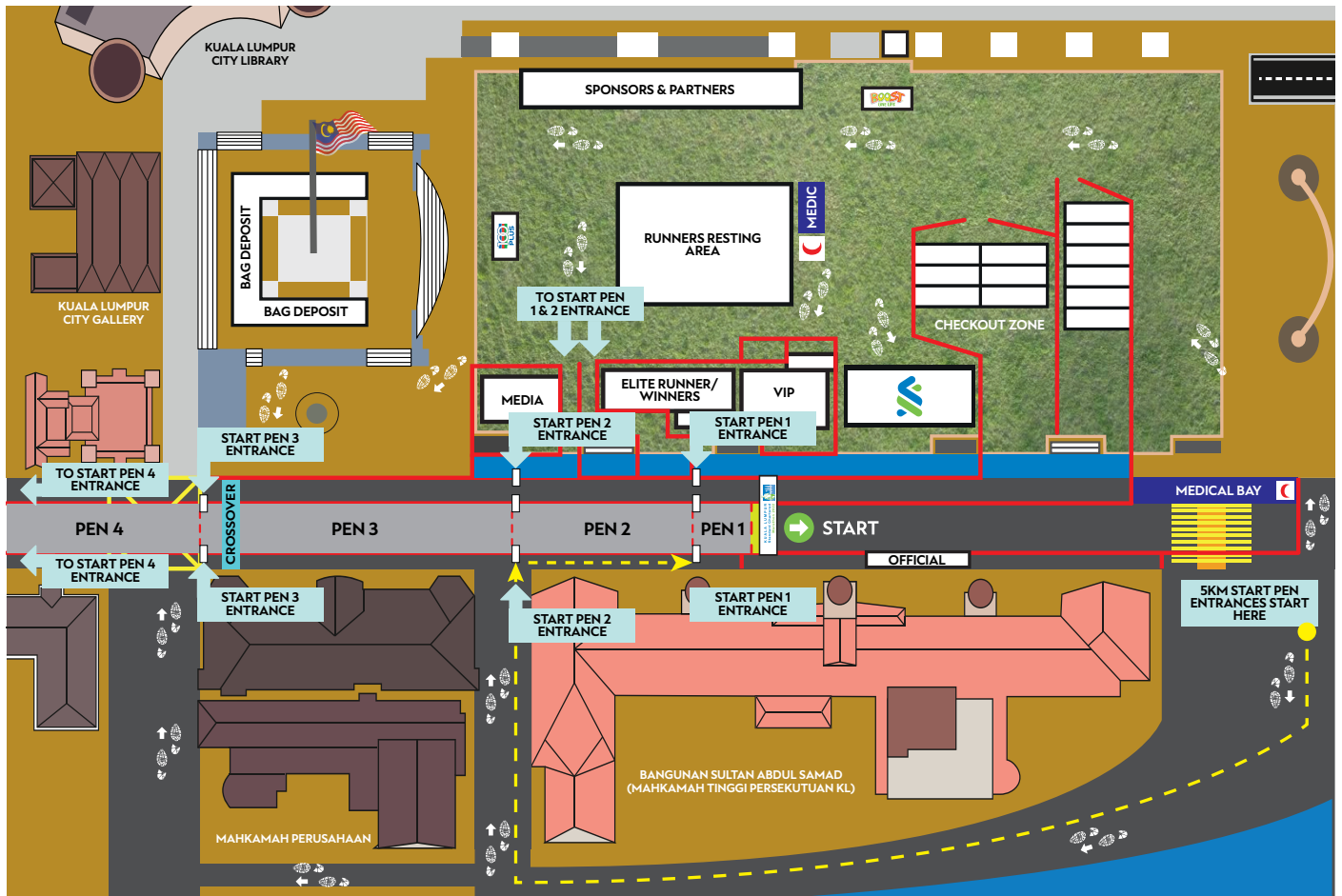


FULL MARATHON & HALF MARATHON (SUNDAY)



START & FINISH AREAS

START PENS FOR BOOST JUICE 10KM & 5KM (SATURDAY)



BOOST JUICE 10KM

SPEED



PEN 1

CRUISE



PEN 2

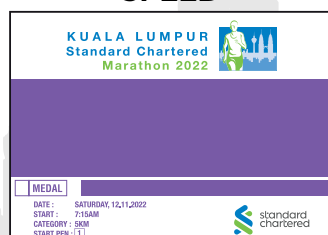
LEISURE



PEN 3

5KM

SPEED



PEN 1

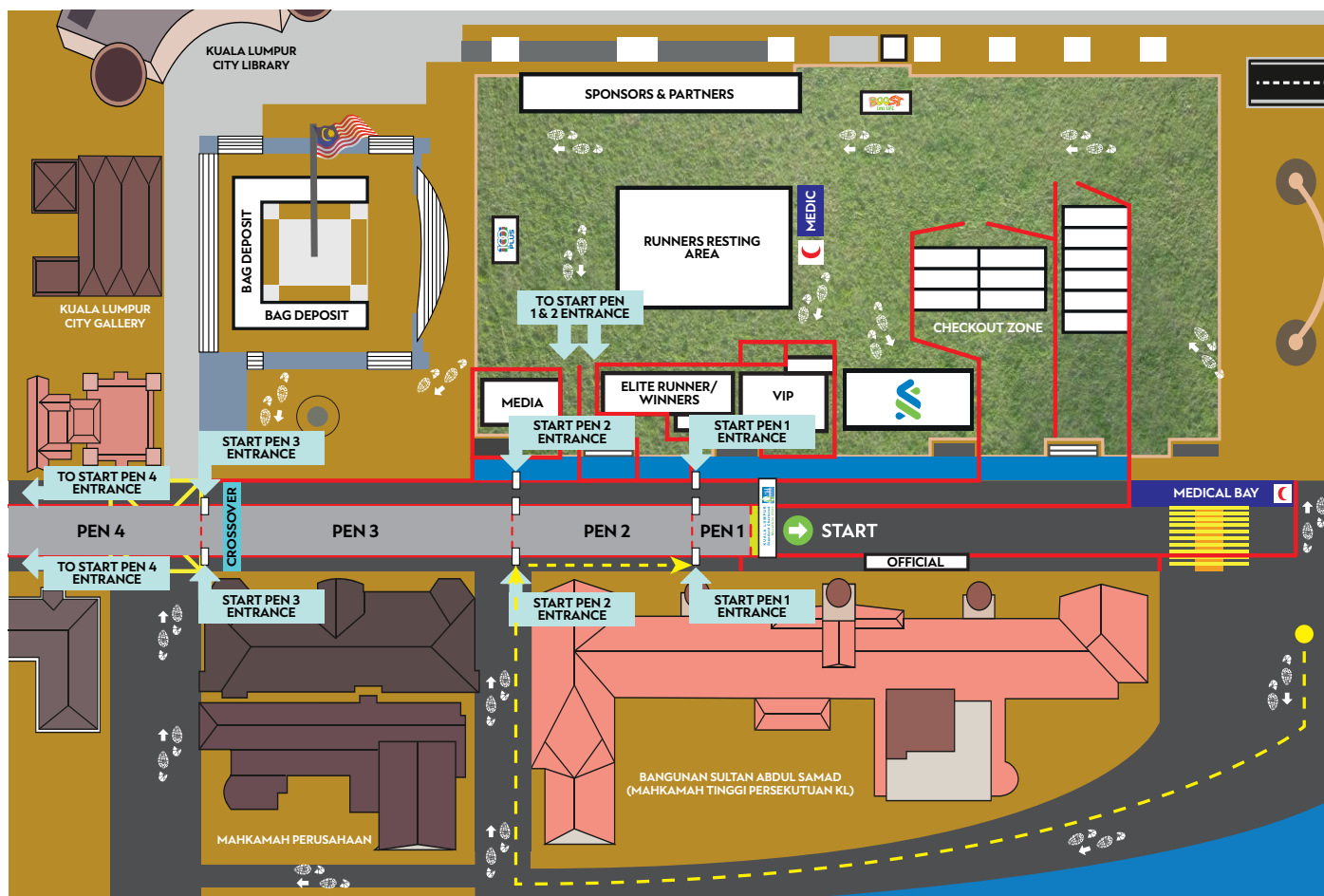
FUN RUN



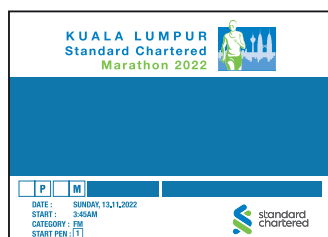
PEN 2

START & FINISH AREAS

START PENS FOR FM & HM (SUNDAY)



FULL MARATHON



**ELITE ATHLETES,
PEN 1 - PEN 4**

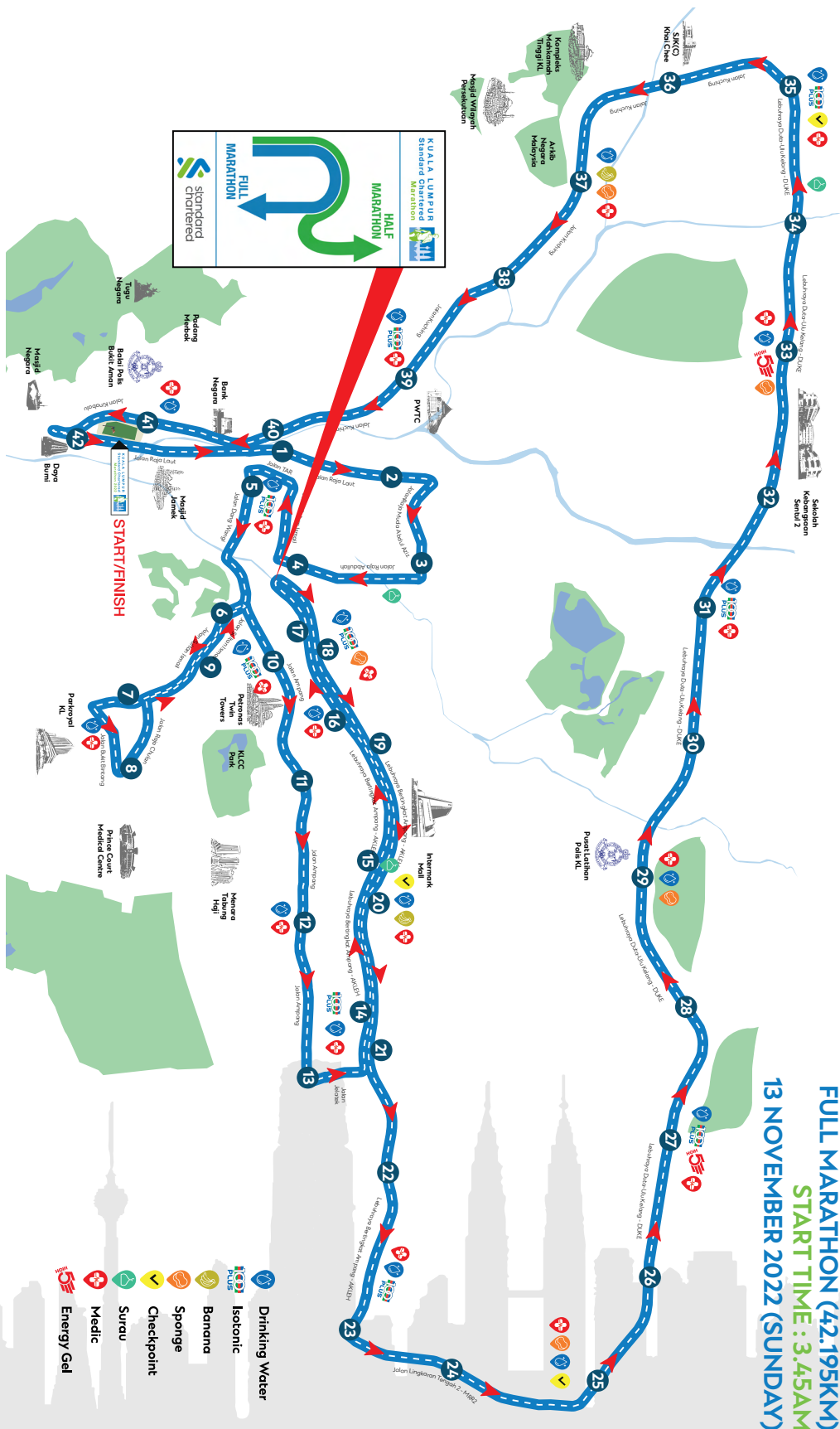
HALF MARATHON



PEN 1 - PEN 4

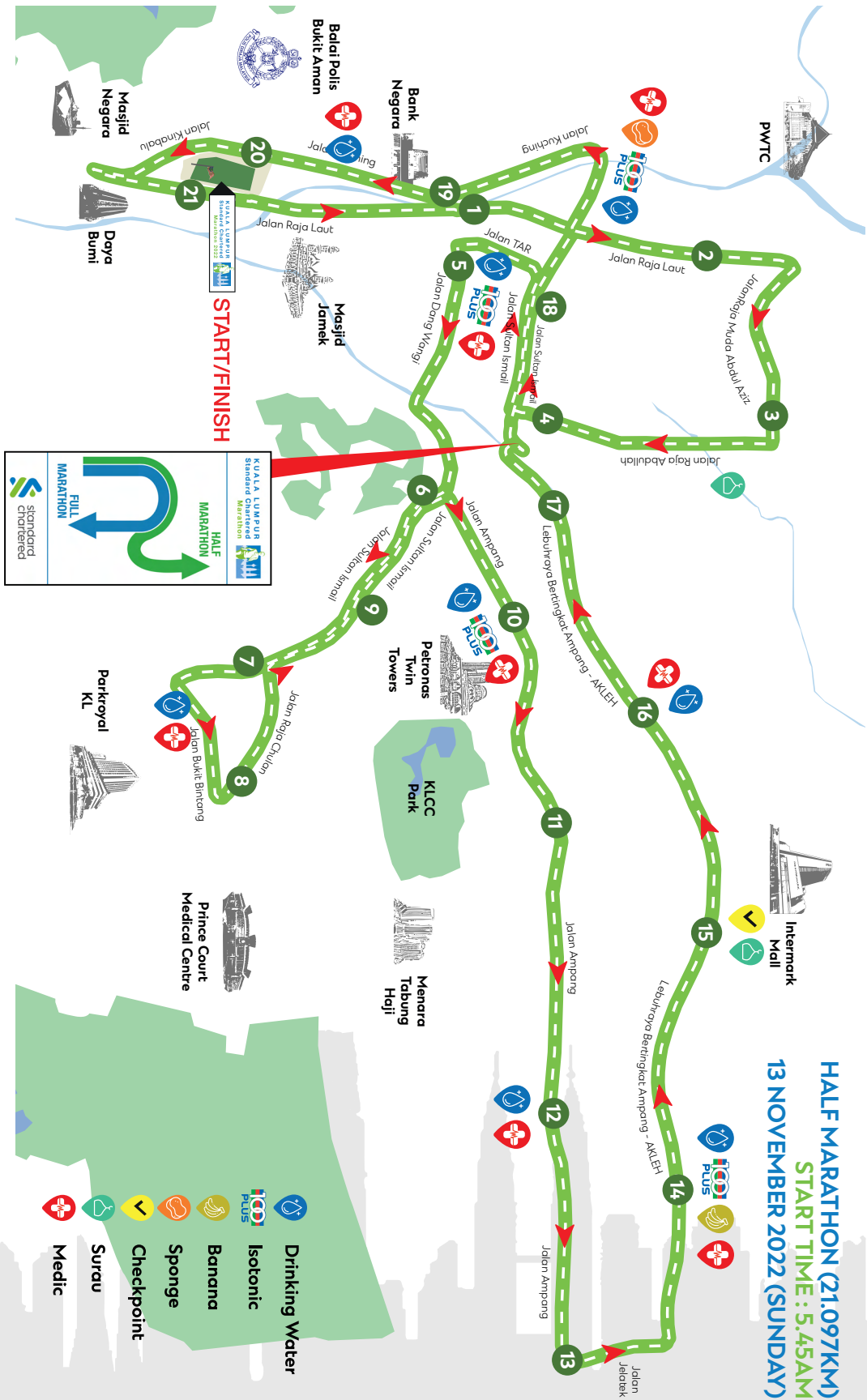
ROUTE MAPS

FULL MARATHON (42.195KM)



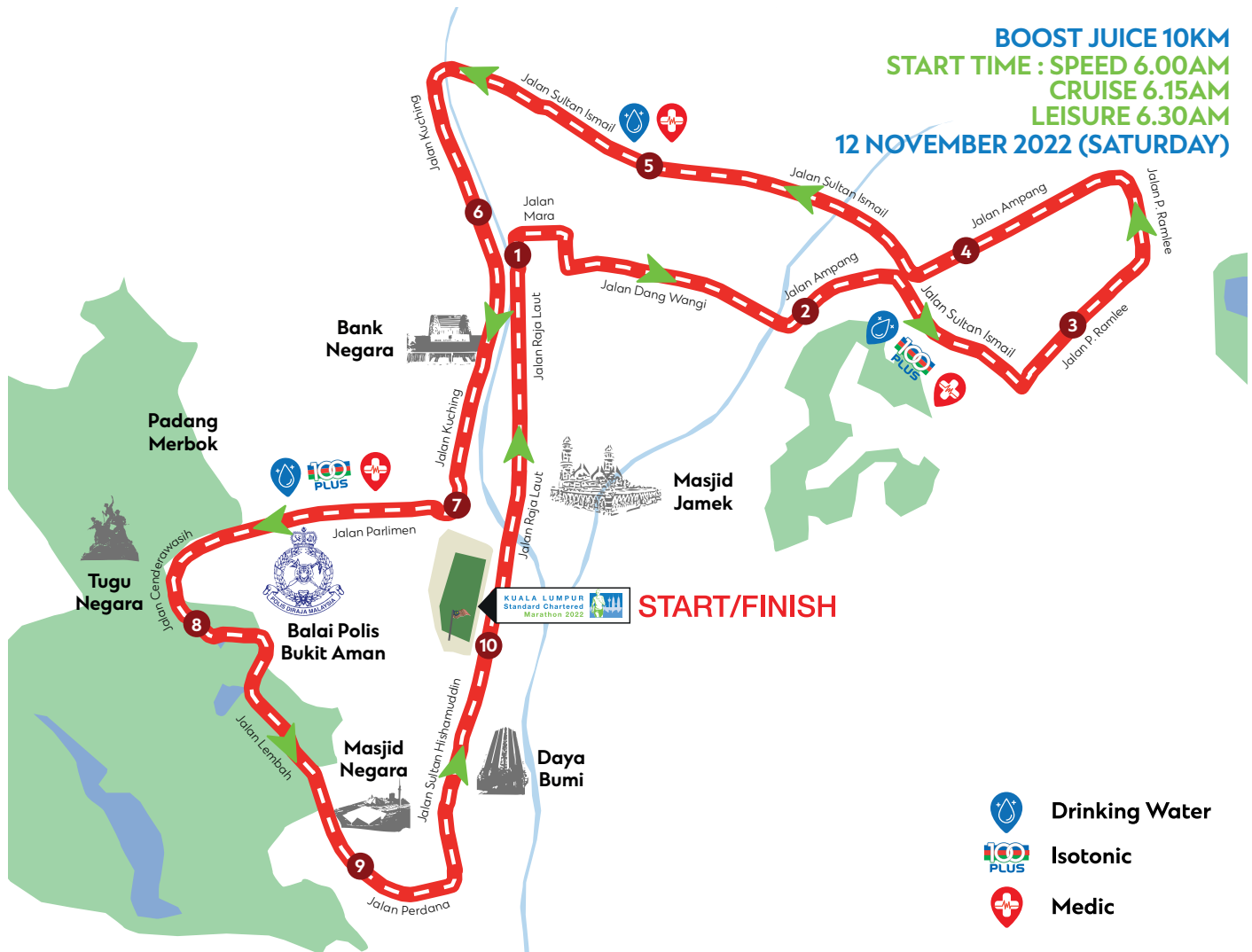
ROUTE MAPS

HALF MARATHON (21.097KM)



ROUTE MAPS

BOOST JUICE 10KM SPEED, CRUISE & LEISURE



ROUTE MAPS

5KM SPEED & FUN RUN

5KM (4.78KM)

START TIME : 7.15AM

12 NOVEMBER 2022 (SATURDAY)



IMPORTANT NOTICES

- 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 World Athletics 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 World Athletics rules. Overall results and ranking will be based on '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 : helpdesk@kl-marathon.com

EMERGENCY CONTACTS

Ambulance / Police : 999

Fire Department : 994

Rescue : 991



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