



MKH SEREMBAN INTERNATIONAL 12 HOUR WALK 2014

General Rules / Regulations

The event is to be held under the specific rules of the MKH SEREMBAN International 12 Hour Walk Organising Committee set out herein. The MKH SEREMBAN INTERNATIONAL 12 HOUR WALK 2014 is hereafter being referred to as the "Walk Event".

1.0 **Organiser & Joint Organiser**

Persatuan Lumba Jalan Kaki Malaysia
Majlis Perbandaran Seremban (MPS)

1.01 **Supported by**

Tourism of Malaysia
Ministry of Youth and Sports

2.0 **Participation**

- 2.01 This walk is open to all Malaysians and Foreigners. The Organising Committee reserves the right to reject any entry or entries received without giving any reason and any decision of rejection shall be final. Entries are limited to 1000 only and will be on first come first serve basis.
- 2.02 Participants must register in their individual categories to be eligible for the mixed team event.

3.0 **Venue/Course for the Walk Event**

- 3.01 Dataran Seremban
3.02 Each lap/circuit of the course is 1000 M

4.0 **Date & Time**

Starting	Saturday	December 6, 2014	2000 Hours
Ending	Sunday	December 7, 2014	0800 Hours

5.0 **Categories of participants Age (as at December 31, 2014)**

- | | | | |
|------|------------|---------------------------------|----------------|
| 5.01 | Men Open | [12 Hour Walk + 50km] | Above 18 years |
| 5.02 | Women Open | [12 Hour Walk + 50km] | Above 18 years |
| 5.03 | Mixed Team | [4 members / at least 1 Female] | Above 18 years |

6.0 **Conditions of Entry & Fees**

- 6.01 **RM95.00 before November 23, 2014**, ~~RM115.00 October 6 to November 2, 2014, RM150.00 November 3 to November 23, 2014 (Late Entry)~~ per competitor for each entry.
- 6.02 Mix Team Category is **FREE Entry**, but participants must register as Individual Category to be eligible for it.
- 6.03 Participants are encourage to register Online at www.themarathonshop.com.my
- 6.04 Paper entry form can be downloaded from www.racewalkermalaysia.com
- 6.05 Qualifying age is 18 years and above as on 31 December, 2014.
- 6.06 No refund will be made once submitted or wrongly entries or multiple.
- 6.07 Substitution is NOT allowed.

7.00 **Health/Fitness of Competitors**

- 7.01 All competitors who take part in this walk must be medically fit to participate the whole duration of the 12 Hour Walk.
- 7.02 While every possible step is taken to ensure the safety of competitors, the Organising Committee will not be responsible for any accident, injuries or death however caused before, during or after the competition.
- 7.03 The Medical Doctor/Personal appointed by the Organising Committee will have the right to stop any competitor from further participating in the Walk Event if in the opinion of the Medical Doctor/Personal there is danger to the life or health of the competitor concerned.

8.00 **Determination of Winners**

- 8.01 All competitors must START at the START/FINISH LINE AT 2000 hours on December 6, 2014, failing to start the competitor/competitors is considered voluntarily withdrawing from the competition.
- 8.02 For the purpose of the determination of the winners, the Walk Event shall end at the START/FINISH LINE on the course.
- 8.03 Subject to any penalty or disqualification by the Judges, the competitor who has covered the longest distance shall be declared the winner.
- 8.04 The Walk Event shall be deemed to have been concluded at the end of the 12th hour after it has been commenced.
- 8.05 Competitors who cover a distance of 10km or more will be awarded an e-Certificate of Participation.
- 8.06 Medals will be given to participants who cover more than **40km for Men 30km for Women**.
- 8.07 Men / Women Open - 50KM Walk competition will be base on the result of Men / Women Open Event, for the first three walkers completing the 50KM Walk will be awarded the Cash Prizes.
- 8.08 Team winner will be determined base on overall total distance completed by four members in each team

9.00 Prizes

9.01 Cash Prizes will be awarded to winners for individual categories of the Walk Event as listed below. In order to be qualified for receiving these cash prizes, the competitors must cover **at least 50km** in the case of men categories & **40km** in the case for the women categories.

Code	Categories	1st	2nd	3rd	4th	5th	6 th - 10 th	11 th -20 th	21 st -30 th	31 st -50 th
A	Men Open	RM1500	RM1000	RM700	RM500	RM300	RM200	RM120	RM80	RM50
B	Women Open	RM1500	RM1000	RM700	RM500	RM300	RM200	RM120	RM80	RM50
C	Men Open – 50KM Walk	RM1000	RM700	RM500						
D	Women Open – 50KM Walk	RM1000	RM700	RM500						
E	Mixed Team	RM300	RM200	RM100						

10.0 Reporting Time

- 10.01 All competitors must collect their numbers at the venue on Saturday December 6, 2014 between 2.00 pm to 7.00 pm (no numbers and chips will be issued after date line).
- 10.02 All competitors must report for briefing at 1930 Hours on December 6, 2014 at the designated point determined by the Organising Committee. Any competitor without the "Timing chip" at the starting time will not be allowed to take part.
- 10.03 Any competitor who fails to report on time and/or does not have the "Timing chip" will not be allowed to Start and is considered to have been voluntarily withdrawn from the competition.

11.0 Leaving the Competition Venue/Arena

- 11.01 At all times during the competition, a competitor must remain within the premises of the "Competition Venue/Arena".
- 11.02 When a competitor leaves the competition arena without the permission, he or she is considered voluntarily withdrawing from the competition.

12.0 Numbers

- 12.01 Competitors shall wear only numbers provided by the Organising Committee.
- 12.02 The numbers must be pinned onto the clothing of the competitor, one number on the chest and another at the back.
- 12.03 No tampering with the competition numbers is allowed and any competitor doing so will be disqualified.
- 12.04 No transfer of competition number to another competitor or another person is allowed. Any such transfer will result in automatic disqualification.

13.0 Award of Winners

- 13.01 The winners shall be determined by the longest distances covered by the competitor.
- 13.02 Any walker who is found to be running along the course will be deemed to have infringed the rules of competitive walking shall be penalized by having one lap deducted from the total distance covered by the competitor concerned. Thus, one infringement will mean a loss of one lap in distance covered by the competitor and subsequent infringements will mean a loss of one lap for each infringement.
- 13.03 The competitor who has committed an infringement will be shown one yellow card and the total distances to be deducted will therefore depend on the number of yellow cards accumulated by the competitor.
- 13.04 The decision of the Organising Committee is final and no appeal or correspondence will be entertained.

14.0 Solving a Tie

- 14.01 In the event of more than one competitor being adjudged to have finished the race with the same distances, the following rules shall apply.
- 14.02 A count-back with the competitor covering the most number of laps of the circuit during the last 9 hours of the race declared the winner.
- 14.03 If a tie still exists in the competitor who covers the most number of laps in the last 6 hours or the last hours, as the situation may warrants, be declared the winner.
- 14.04 If a tie still remains after the count back system as above, the competitor returning the best time (lowest time) in the most number of laps in the last 3 hours of the race will be declared the winner.

15.0 Conduct

- 15.01 Any competitor found guilty of misconduct will be disqualified.
- 15.02 Competitor must wear clothing which is clean and designed and worn as not to be objectionable. The clothing must be made of a material which is non-transparent even if wet.
- 15.03 Any jostling, obstruction or interpersonal act of aggression by one competitor against another aimed at impeding his/her progress shall be liable for disqualification.
- 15.04 Pacer is not allowed during the Walk Event. Any competitor found with a pacer will be liable for disqualification.
- 15.05 Participants are barred from wearing any attire displaying unethical messages.

16.0 Rest and food areas

- 16.01 Adequate refreshments will be provided by the Organising Committee for the duration of the Walk Event.
- 16.02 The rest and food areas are located with proper signs. Only competitors and officials are allowed to have access to these areas.
- 16.03 All Competitors are encouraged to prepare their own Refreshment/Food if they do desire, a special location will be provided
- 16.04 Any litter to be thrown must be at the refreshment station **designated BIN** only. Each littering will result in deduction of **ONE** lap.

17.0 Personal Belongings

- 17.01 Personal belongings of the competitors can be kept at the Baggage Area for **FREE** and a tag will be issued by the officer in charge of the Baggage Area. The tag must be produced when the competitor wishes to claim his/her personal belongings.
- 17.02 Competitors should only bring the bare essentials and no fragile or valuable belongings should be brought on to the circuit. The Organising Committee shall not be responsible for any loss of any items which are placed at the Baggage Area or anywhere.
- 17.03 All personal belongings must be collected from the Rest Area by 8.30am after the race has ended.

18.0 Finish of the Race

The race officially end at 0800 hours on the December 7, 2014

19.0 Prize Presentation

- 19.01 All winners are required to wear official attire, provided by the organizers, for the Prize Presentation ceremony. Only shoes are allowed at the prize presentation ceremony
- 19.02 Prizes presentation will be held at 0830 hours on December 7, 2014.
- 19.03 Winners must be present for the prize presentation. No representatives are allowed.
- 19.04 All photos and video recording taken before, during and after the Walk Event is property of the organizer and shall be used for current and future official walk promotions and merchandizing.
- 19.05 All prizes must be collected by 09.30am on December 7, 2014

20.0 Closing Date

- 20.01 The online e-submission and paper submission Closing Date for the Walk Event shall be **November 23, 2014**

Online Registration: www.themarathonshop.com.my

Paper Submission: No 39, Jalan SS5A/6, 47301, Petaling Jaya, Selangor, Malaysia

- 21.0 **General Information** can be obtained at our website www.racewalkermalaysia.com or www.themarathonshop.com.my

22.0 Dispute

If there is any dispute in the interpretation of these Rules the decision of the Organising Committee shall be final and conclusive. No appeal or correspondence will be entertained.

23.0 Payment / Bank in Account:

- 23.01 Please pay the entry fees to Maybank account stated below.
- 23.02 No cash will be accepted for Paper submission.
- 23.04 Once banked, kindly **fax** the bank in slip/receipt and the entry form to +603-78630260.
- 23.05 lease keep a copy of the entry forms and bank in slip for own reference.
- 23.06 For further enquiries, please email racewalkermalaysia@gmail.com

Name :	Persatuan Lumba Jalan Kaki Malaysia
Bank Country :	MALAYSIA
Bank Branch Name :	Maybank, Kuala Lumpur Main Branch.
Bank Branch Address :	No. 100, Jalan Tun Perak, 50000 Kuala Lumpur.
Bank Number/Code :	MAYBANK - 514 011 717 390
SWIFT Code/IBN Code :	MBBEMYKL
Bank Account Currency :	Ringgit Malaysia