



# 1<sup>st</sup> MALACCA INTERNATIONAL 12 HOUR WALK 2010

## General Rules / Regulations



The event is to be held under the specific rules of the 1<sup>st</sup> Malacca International 12 Hour Walk Organizing Committee set out herein. The 1<sup>st</sup> MALACCA MALAYSIA INTERNATIONAL 12 HOUR WALK 2010 is hereafter being referred to as the "Walk Event".

### 1.0 Organizer

Persatuan Lumba Jalan Kaki Malaysia  
Majlis Bandaraya Melaka Bersejarah (MBMB)

### 1.01 Supported by

Tourism of Malaysia  
Ministry of Youth and Sports  
Malacca AAA

### 2.0 Participation

This walk is open to all Malaysians and Foreigners. The Organizing 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 a first come first serve basis.

### 3.0 Venue/Course for the Walk Event

3.01 St. Paul Hill, A Famosa  
3.02 Each lap/circuit of the course is 1000 M

### 4.0 Date & Time

Starting	Saturday	December 11, 2010	2000 Hours
Ending	Sunday	December 12, 2010	0800 Hours

### 5.0 Categories of participants Age (as at December 31, 2010)

5.01	Men Open	[12 Hour Walk + 50km]	Above 18 years
5.02	Women Open	[12 Hour Walk + 50km]	Above 18 years

### 6.0 Conditions of Entry & Fees

6.01 RM70.00– before October 15, 2010 (Early Bird), RM90.00 – October 16 to November 15, 2010, RM120.00 November 16 - 30, 2010 (Late Entry) per competitor for each entry and RM20.00 as deposit for the "Timing chip" which will be refunded at the end of the Walk Event upon return of the "Timing chip". **(Deposit for the "Timing chip" will collected during the Chip and Number collection day)**

6.02 Entry Fees must be paid only by Money Order or Cheque to **PERSATUAN LUMBA JALAN KAKI MALAYSIA**.

6.03 Entry Fees for Foreign Participants will **ONLY be collected** on the day of number distribution (Reporting Time 3.00 pm – 7.00 pm) December 11, 2010.

6.04 **Qualifying age: 18 years and above as on 31 December, 2010.**

### 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 Organizing 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 Organizing 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 11, 2010, 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 a Certificate of Participation.

- 8.06 Medals will be given to participants who cover more than **30km for Men 24km for Women**.
- 8.07 Competitors who wish to rest more than two hour are required to report to the Technical Official at the Official Designated location only.
- 8.08 Men / Women Open - 50KM Walk competition will be base on the result of Men / Women Open Event, for the 1<sup>st</sup> three walkers who achieve the 50KM Walk will be awarded the Cash Prizes as below.

## **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 <sup>th</sup> – 10th	11th-15th	16th-20th	21 <sup>st</sup> -30th
A	Men Open	RM1500	RM1000	RM700	RM500	RM300	RM200	RM100	RM70	RM50
B	Women Open	RM1500	RM1000	RM700	RM500	RM300	RM200	RM100	RM70	RM50
C	Men Open – <b>50KM Walk</b>	RM1000	RM700	RM500						
D	Women Open – <b>50KM Walk</b>	RM1000	RM700	RM500						

## **10.0 Reporting Time**

- 10.01 All competitors must collect their numbers, pay cash of RM20 as deposit for "Timing chip" and collect the "Timing Chip" at the venue on Saturday December 11, 2010 between 3.00 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 11, 2010 at the designated point determined by the Organizing 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 No competitor shall leave the Competition Venue/Arena unless he or she has obtained the permission of a Course Official and has been given a card for the purpose. Upon re-entering the Competition Venue/Arena and competition, the card must be surrendered to the relevant Course Official.
- 11.02 At all times during the competition, a competitor must remain within the premises of the "Competition Venue/Arena".
- 11.03 Competitors are allowed to leave or join back the competition at the "Pause Zone" only.
- 11.04 When a competitor leaves the competition arena without the permission of the Course Official at the "Pause Zone", he or she is considered voluntarily withdrawing from the competition.

## **12.0 Numbers**

- 12.01 Competitors shall wear only numbers provided by the Organizing Committee.
- 12.02 The numbers must be pinned onto the clothing of the competitor, one number on the chest and another at the back. The numbers should not be stitched onto the competitor's clothing.
- 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 red card and the total distances to be deducted will therefore depend on the number of red cards accumulated by the competitor.
- 13.04 The decision of the Organizing 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 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 so 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.

## **16.0 Rest and food areas**

- 16.01 Adequate refreshments will be provided by the Organizing 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 keep at the Rest Area for a fee of RM1/- and a tag will be issued by the officer in charge of the Rest 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 Organizing Committee shall not be responsible for any loss of any items which are placed at the Rest Area or any where.
- 17.03 All personal belongings must be collected from the Rest Area within **half an hour** after the race has ended.

## **18.0 Finish of the Race**

The race officially end by the firing of the pistol at 0800 hours on the December 12, 2010

## **19.0 Attire for Prize Presentation**

- 19.01 All winners are required to wear proper attire when attending the Prize Presentation ceremony.
- 19.02 Prizes presentation will be held at 0830 hours on December 12, 2010.

## **20.0 Closing Date**

- 20.01 The Closing Date for the Walk Event shall be December 1, 2010
- 20.02 All entry/entries must be sent to –
  1. **PERSATUAN LUMBA JALAN KAKI MALAYSIA,**  
**c/o No. 39, Jalan SS 5A/6, 47301, Petaling Jaya, Selangor D.e. Malaysia.**
  2. **PERSATUAN OLAHRAGA AMATUR WILAYAH PERSEKUTUAN, (FTAAA)**  
**2<sup>nd</sup> Floor, Wisma OCM, Jalan Hang Jebat, 50150, Kuala Lumpur, Malaysia.**

## **21.0 General Information** can be obtained at website below

- 21.01 <http://racewalkermalaysia.synthasite.com/>

## **22. Dispute**

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

## **23. Bank in Account:**

1. Please cash deposit the entry fees to Maybank account stated below.
2. Once banked, you can **fax** or **email** or **post** over the bank in slip/receipt & entry form to +603-8736 5436 or +603-7874 7298 as a confirmation.
3. Please keep a copy of the entry forms and bank in slip for your own reference.
4. For further enquires, please email [racewalkermalaysia@gmail.com](mailto:racewalkermalaysia@gmail.com) or contact 03-87378228 ext 25020 or 019-9345106.

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