

KUCHING MARATHON 2018



RUNNER'S BOOKLET

12 AUGUST 2018

PADANG MERDEKA

www.marathonkuching.com



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Waiver of Liability

Participants shall read and understand the Rules and Regulations of Kuching Marathon 2018. A complete list of the Rules and Regulations can be obtained at www.marathonkuching.com and all participants shall be bound by all rules and regulations therein. The Organisers shall not be held liable for any bodily injury or death whatsoever directly or indirectly caused to any participant and/or for any loss or damage or anything else whatsoever directly or indirectly caused to properties belonging to any participant in respect of and/or in any manner whatsoever arising out of and/or due to their participation in Kuching Marathon 2018.

Message By



YAB DATUK PATINGGI (DR) ABANG HAJI ABDUL RAHMAN ZOHARI BIN TUN DATUK ABANG HAJI OPENG
Chief Minister of Sarawak

Once again we welcome you all to our beautiful Sarawak for the Kuching Marathon.

I am happy that the Kuching Marathon has grown from strength to strength since the inaugural event in 2014. It has successfully attracted thousands of international, regional and local runners' participation.

It is now a major yearly event.

I am pleased to learn that Kuching Marathon is part of the GREAT Borneo Series (GBS) where special recognition is given to runners who have completed Kuching Marathon, Borneo Marathon and Miri Marathon in a row.

Please be assured that the state government will continue to render support to this event in order to be able to achieve international status eventually and hopefully attract world record runners.

I must congratulate the Kuching Marathon Association for making this event happened since 2014 which have proven to be successful every time.

All the best to the runners and I hope to see you next year.

**DATUK PATINGGI (DR) ABANG HAJI ABDUL RAHMAN ZOHARI
BIN TUN DATUK ABANG HAJI OPENG**

Message By



YB DATUK ABDUL KARIM RAHMAN HAMZAH
Minister For Tourism, Arts, Culture, Youth and Sports

Welcome to Sarawak, where adventure lives.

Whether it is for the prize, your personal best or a challenge to finish, I wish you all the best in your participation in the Kuching Marathon this year.

The Ministry of Tourism Arts Culture Youth and Sports fully supports the Kuching Marathon.

While you are here I hope you will explore and enjoy and see that Sarawak have so much to offer.

We are blessed with many natural attractions like our National Parks in Bako and Mulu where you can enjoy a hike to get in touch with nature.

You can also cycle in Bau or the local *kampung*, kayak in the river or climb to the numerous waterfalls.

After an enjoyable day out with nature, do enjoy our wide diverse local cuisine. Whether it is seafood or street food, there will be something for you to enjoy.

There are also many night spots where you can chill out for a drink.

Sarawak plays host to many festivals, like the award winning Rainforest World Music Festival, the Borneo Cultural Festival, the Miri Jazz Festival and the Kuching Waterfront Jazz Festival.

Do check these out and you will surely have a good time.

Once again I hope you will have a memorable outing and I hope to welcome you all back again.

YB DATUK ABDUL KARIM RAHMAN HAMZAH

Message By



YANG BERBAHAGIA DATUK HAJI ABANG ABDUL WAHAP BIN HAJI ABANG JULAI
*Mayor of Kuching City North
Advisor*

Dear Runners,

Welcome to Kuching Marathon 2018.

This 5th series of the Kuching Marathon promises to be another colourful and fun event for runners and everyone in this beautiful State Capital of Sarawak.

The Kuching Marathon have not only helped to generate much local interest in road races as a sport and running in general, it has helped to place Kuching on the sport tourism map with its international accreditation.

To all those international runners and those from outside Kuching do take some time off to enjoy the sights and tastes that Kuching city has to offer.

Wishing all runners and everyone an enjoyable outing. Run safely.

**YANG BERBAHAGIA DATUK HAJI ABANG ABDUL WAHAP
BIN HAJI ABANG JULAI**
DBKU Mayor

Message By



MR WONG CHEN YI

President

Kuching Marathon Association

A big thank you to all the runners for the 5th Edition of the Kuching Marathon.

The number of runners have grown steadily over the years and your support has inspired us at the Kuching Marathon Association to do our best for you.

Some of you are first timers while others have joined us every year. I wish you all the best.

I must say a big thank you to all the agencies, authorities and departments' and their staff for their continuing support. The same goes to the volunteers who work behind the scenes to ensure that the marathon goes on smoothly.

Last but not least, we want to thank all our sponsors for their generosity and support.

Have a good run and we will see you again in 2019.

WONG CHEN YI

Venue Information



Race Pack Collection

Date: Thursday and Friday (9 - 10 August) 11:00 a.m. to 8:00 p.m.

Saturday (11 August) 10:00 a.m. to 6:00 p.m.

Venue: The Atrium, Ground Floor, Plaza Merdeka Shopping Mall, Jalan Pearl, Kuching

Drop Zone

You may leave your personal items at the Drop Zone counter where bag deposit will be made available to the participants on a complimentary basis. Drop Zone counter will be open from 11:00 p.m. on 11th August 2018 at race venue, Padang Merdeka and all items not claimed by 11:00 a.m. on 12th August 2018 will be transferred to the Organiser's office.

Participants are encouraged to leave valuables at home and to bring as little as possible with them as space may be tight on the day.

Bib & Timing Device

Runners of all categories of run with the exception of 5km Run will be receiving a Bib with timing chip which is to be worn visibly in front of running vest.

Car Parks

Runners who are driving to the race venue are advised to park their vehicles on first-come first-served basis at Plaza Merdeka Shopping Mall, Plaza Aurora (Formerly Kuching Plaza), Saujana Car Park, Pelita Car Park and Taman Kereta Car Park *(Please check with the respective car parks for their operation hours and charges if any).*

Road Closure

There are sections of roads leading to race venue which will be closed for the event. Kindly check the details from the local newspapers and our Facebook page.

Notes to Runners

1. All runners are required to be at start venue Padang Merdeka, 30 minutes before the start time of their respective categories.
2. No runner shall step over the timing mats at the start line and/or finish line before the commencement of the run failing which he/she will be disqualified in the timing system.
3. Always keep yourself hydrated. Drink stations can be found averagely 3km apart for the first 30km and averagely 2km apart for the remaining 12km for full marathon route.
4. For the Half Marathon, 10km and 5km routes, drink station can be found averagely 3km apart.
5. Food stations can be found at KM21 and KM34 on full marathon route.
6. Mobile toilets can be found at various intervals along the routes and Start/Finish point.
7. *Suraus* can be found along full marathon route. Kindly check the signage for it.
8. Personnel manning the drink stations will render help to runners who are in need of medical assistance.
9. Marshalls and volunteers are on standby for you. If you need assistance, please approach them for help.
10. Participants must retire from the race immediately, if required to do so by a marshal, medical personnel, Jabatan Kesihatan Negeri Sarawak, Jabatan Pertahanan Awam Malaysia (JPAM), Jabatan Bomba & Penyelamat Negeri Sarawak, Malaysian Red Crescent Society, St John Ambulance Sarawak, Polis Diraja Malaysia, Military Police, Rela, Markas Divisyen Pertama Infantri Malaysia, Dewan Bandaraya Kuching Utara, Persatuan Olahraga Amatur Sarawak (SAAA), referee, Event Director and/or any official authorised by the Organiser, failing which his/her bib number will be recorded and he/she will be removed from the race, from this point onwards he/she will be continuing independently of the event and at his/her own risk.

Event Schedule

Race Day Event Programme

12 August 2018

Flag-Off Ceremony

(Padang Merdeka, Jalan Tun Abang Haji Openg)

12:00 am	Arrival and gathering of Full Marathon runners at start point
1:00 am	Flag off for Full Marathon Categories (Men, Women for Open and Veteran)
3:00 am	Arrival and gathering of Half Marathon runners at start point
3:20 am	Estimated finishing time for Full Marathon runners (2:20 hrs)
4:00 am	Flag off for Half Marathon Categories (Men, Women for Open and Veteran)
4:10 am	Arrival and gathering of 10KM run runners at start point
5:10 am	Estimated finishing time for Half Marathon runners (1:10 hrs)
5:30 am	Flag off for 10KM Categories
6:00 am	Estimated finishing time for 10KM run runners (30 mins)
6:10 am	Arrival and gathering of 5KM run runners at start point
6:30 am	Flag off for 5KM Categories
6:47 am	Estimated finishing time for 5KM run runners (17 mins)
7:30 am	Cut-off time for Half Marathon, 10KM run & 5KM run
8:00 am	Cut-off time for Full Marathon

Prize Presentation Ceremony

(Padang Merdeka, Jalan Tun Abang Haji Openg)

8:00 am	Arrival of Guest of Honour, WVIP, VIP and Guests
8:15 am	Speech by Guest of Honour
8:45 am	Prize Presentation Ceremony for winners of 10KM Run Category
9:00 am	Prize Presentation Ceremony for winners of Half Marathon Category
9:15 am	Prize Presentation Ceremony for winners of Full Marathon Category
9:30 am	Refreshment
10:00 am	End

- SEE YOU NEXT YEAR - 18 AUGUST 2019 -

Prize Money

A total of cash amounting to RM80,000 are up for grabs by winners of all categories of run except 5KM run in KM2018

42KM

Categories Of Run	Position											Total Prize Money For Each Category
		1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	
Open (Men)	RM	8,500	3,500	2,000	1,000	750	350	350	350	350	350	17,500.00
Open (Women)	RM	8,500	3,500	2,000	1,000	750	350	350	350	350	350	17,500.00
National (Men)	RM	4,500	2,000	1,000	500	350	250	250	250	250	250	9,600.00
National (Women)	RM	4,500	2,000	1,000	500	350	250	250	250	250	250	9,600.00
Veteran (Men)	RM	1,500	750	500	300	250	150	150	150	150	150	4,050.00
Veteran (Women)	RM	1,500	750	500	300	250	150	150	150	150	150	4,050.00

21KM

Categories Of Run	Position										Total Prize Money For Each Category	
		1st	2nd	3rd	4th	5th	6th	7th	8th	9th		10th
Open (Men)	RM	2,000	1,000	500	350	250	150	150	150	150	150	4,850.00
Open (Women)	RM	2,000	1,000	500	350	250	150	150	150	150	150	4,850.00
Veteran (Men)	RM	750	400	300	200	150	100	100	100	100	100	2,300.00
Veteran (Women)	RM	750	400	300	200	150	100	100	100	100	100	2,300.00























10KM

Categories Of Run	Position										Total Prize Money For Each Category	
		1st	2nd	3rd	4th	5th	6th	7th	8th	9th		10th
Open (Men)	RM	500	350	200	150	100	80	80	80	80	80	1,700.00
Open (Women)	RM	500	350	200	150	100	80	80	80	80	80	1,700.00

Notes:

The organisers have the absolute, complete and discretionary rights to conduct doping test on winners in all categories at any time before payment of prizes are released in which event the payment of prizes shall be kept in abeyance pending and subject to the full and final result(s) of the doping test.

RACE INFORMATION

CATEGORY	BIB COLOR	TIMING CHIP	START TIME	CUT-OFF TIME *	RUNNERS ENTITLEMENT **
42KM Full Marathon	<i>Open / Veteran</i> 	Yes	 1:00am	7 Hours	   
21KM Half Marathon		Yes	 4:00am	3.5 Hours	   
10KM Run		Yes	 5:30am	2 Hours	  
5KM Run		No	 6:30am	1.5 Hour	  

* Runners who do not complete the run within the respective cut-off time at sectional closure of routes will be picked up by Sweeper Van.

** E-certificate can be downloaded at Kuching Marathon Official Website after full results have been released and published.

ROUTE MAP - 42 KM FULL MARATHON




Kuching Marathon 2018 Category : 42.195KM Full Marathon



ROUTE MAP - 21 KM HALF MARATHON

Kuching Marathon 2018 Category : 21.0975KM Half Marathon

Legend

	Race Running Route		Medical Post
	Drink Station		Sponge
	Mobile Toilet		



SURAU MAP - 42KM FULL MARATHON



Masjid/Surau along 42KM Race Route with location number in red colour

1. Surau inside Plaza Merdeka
2. Masjid Bandaraya Kuching, Jln Masjid Bahagian
3. Surau Bandarsah, Kpg No.2, Jln Datuk Ajibah Abol
4. Surau Nurul Islam, Kpg No.5, Jln Datuk Ajibah Abol
5. Masjid Darul Hana, Kpg No.6, Jln Muhibbah
6. Surau Darul Uyuun, Jln Datuk Paduka Sitom
7. Surau Darul Hijrah, Jln Merdeka
8. Surau Darul Falah, Jln Merdeka
9. Masjid Darul Naim, Jln Hashim Jaafar
10. Surau Darul Ibadat, Jln Astana
11. Surau Darul Muhasibin, Lorong Petra 1
12. Surau @ Stesen Petronas, Jln Sultan Tengah
13. Surau Darul Ikhlas, Jalan Sultan Tengah
14. Surau @ Sek Keb Agama Datuk Haji Abdul Kadir Hassan, Jln Sultan Tengah
15. Surau @ 1st floor, Jabatan Pertahanan Awam, Jln Diplomatik
16. Masjid Demak Baru, Jln Bako
17. Surau Khairul Amal, Kampung Demak Baru Fasa 2, Jalan Bako

SURAU MAP - 21KM HALF MARATHON



Masjid/Surau along 21KM race route with location number in red colour

1. Surau inside Plaza Merdeka
2. Masjid Bandaraya Kuching, Jln Masjid Bahagian
3. Surau Bandarsah, Kpg No.2, Jln Datuk Ajibah Abol
4. Surau Nurul Islam, Kpg No.5, Jln Datuk Ajibah Abol
5. Masjid Darul Hana, Kpg No.6, Jln Muhibbah
6. Surau Darul Uyuun, Jln Datuk Paduka Sitom
7. Surau Darul Hijrah, Jln Merdeka
8. Surau Darul Falah, Jln Merdeka
9. Masjid Darul Naim, Jln Hashim Jaafar
10. Surau Darul Ibadat, Jln Astana
11. Surau Darul Muhasibin, Lorong Petra 1
12. Surau @ Stesen Petronas Ulu Bintawa, Jln Tun Sallahuddin

ROUTE MAP - 10KM RUN

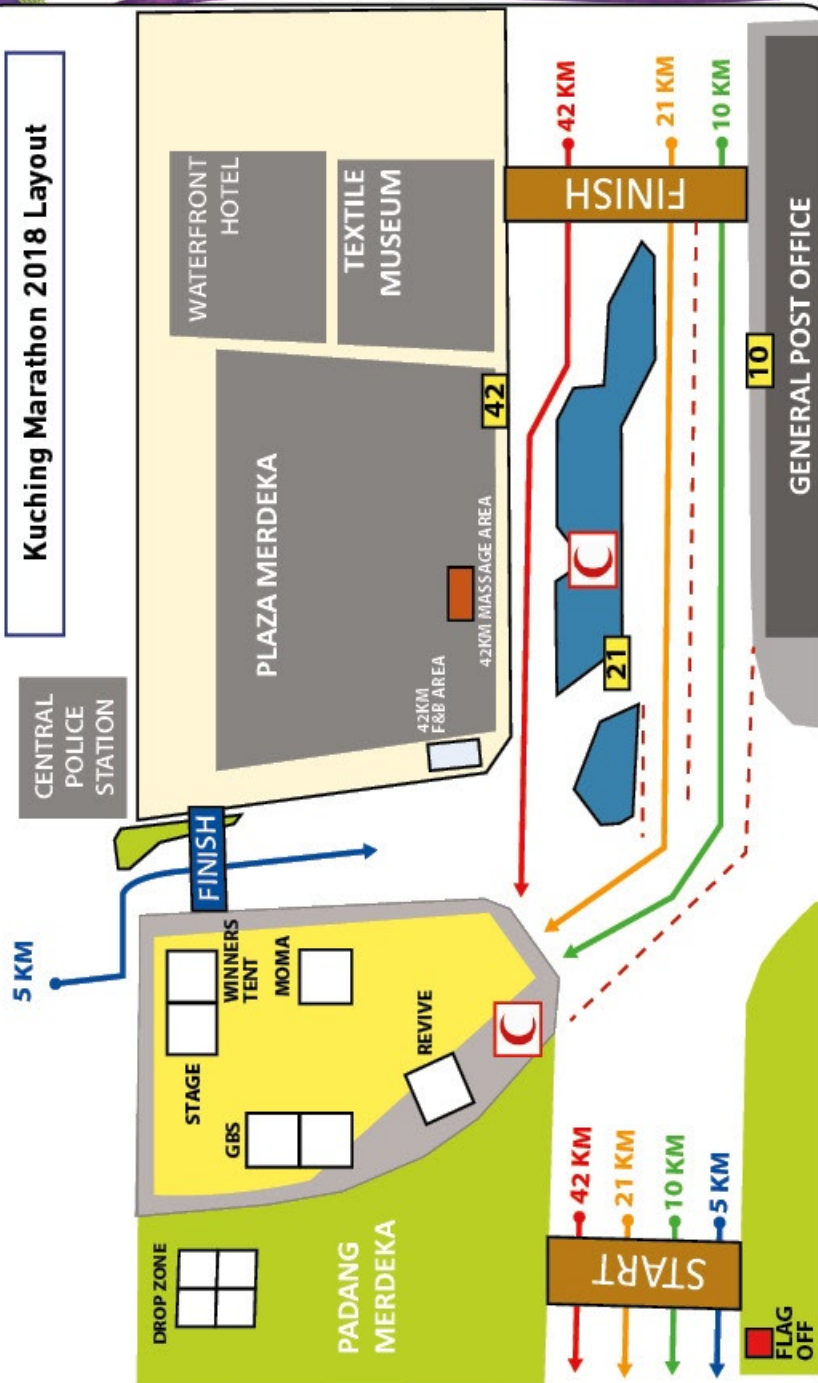


ROUTE MAP - 5KM RUN



RACE VENUE SITE MAP

Kuching Marathon 2018 Layout



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Plaza Merdeka Shopping Centre

is located downtown in the heart of Legacy Square Historic District in Kuching. Strategically basking in the oldest charm of the city where India Street and Carpenter Street are just literally across the street, the shopping centre is surrounded by Kuching's most affluent landmarks, such as the Brooke Monument, Old Court House and Central Post Office. The iconic DUN building is within walking distance across the Darul Hana Bridge, the latest Kuching landmark.

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LOCATION



WEBSITE



Plaza Merdeka

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INSURANCE



LYMIN INSURANCE
利民保險

Lot 40-40, UTC 2 (Level 5), UTC,
93100 Kuching, Sarawak.
Tel/Fax : 082-231033

SL 5, Jln Chung Fung, Batu 12,
Jln Kch Serian,
93250 Kuching, Sarawak.



Acknowledgements

Kuching Marathon Association wish to express our heartfelt appreciation to the following for their invaluable contribution and supports for making Kuching Marathon 2018 a success.

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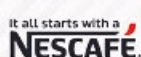
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