

# KUCHING MARATHON 2019

## RUNNER'S BOOKLET

18 AUGUST 2019 | PADANG MERDEKA



[www.marathonkuching.com](http://www.marathonkuching.com)





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## Waiver of Liability

Participants shall read and understand the Rules and Regulations of Kuching Marathon 2019. A complete list of the Rules and Regulations can be obtained at [www.marathonkuching.com](http://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 2019.

# Message By



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

A warm welcome to everyone to Kuching, the most vibrant city in this beautiful State of Sarawak, for the 6th installment of the Kuching Marathon.

Be it for leisure, sports or personal achievement, I believe everyone has their own reason to be here in Kuching on 18 August 2019.

You will be joining more than 10,000 other participants in this annual international running event at Padang Merdeka.

I understand from the Kuching Marathon Association that they have an aspiration to make Kuching Marathon a world class mass running event in near future. I wish to assure you that the Sarawak Government will support this, and we will assist wherever we can to help the Kuching Marathon Association realize this aspiration and put us on the international stage.

I am pleased to learn that once again Kuching Marathon is part of the GREAT Borneo Series (GBS) where special recognition is given to runners who have successfully completed the series of Kuching Marathon, Borneo Marathon and Miri Marathon consecutively in one year.

I wish to congratulate the Kuching Marathon Association for organizing this event again, and I am confident that this will be another successful marathon.

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

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



**YB DATUK ABDUL KARIM RAHMAN HAMZAH**

*Minister For Tourism, Arts, Culture, Youth and Sports*

Welcome to Sarawak, where adventure lives.

Whether you are joining for the prize money, to set your personal best time, or to challenge yourself, I wish you all the best in the Kuching Marathon 2019.

The Ministry of Tourism, Arts, Culture, Youth and Sports fully supports the Kuching Marathon, which has been successfully held for the last 6 years.

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

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 try to join one of these festivals soon.

We also have many natural attractions like parks, forests, and rivers where you can hike, bike or just relax with the flora and fauna.

Currently the Kuching Festival is being held in the city. If you are a foodie, it is a must visit yearly festival held in August where you will enjoy a wide array of local and international food.

Once again I hope you have enjoyable stay in Sarawak and look forward to welcome you all back again in 2020.

**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 the 6th series of the Kuching Marathon.

The Kuching Marathon 2019 promises to be another fun and colourful event for all runners and everyone in this beautiful and vibrant "Cat City" the capital of Sarawak.

Whether you are running for fun, catching up with your old friends, endeavouring to achieve your personal best timing, or for whatever other reasons to participate in this Kuching Marathon 2019, I wish everyone a Happy Marathon and all the best.

Cheers!

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



**MR LIEW TANG CHIEH**

*Event Director  
Kuching Marathon*

Welcome to the 6th Edition of Kuching Marathon!

On 18th August 2019, you and more than 10,000 other runners will be flagged off at the starting line of Kuching Marathon at Padang Merdeka.

With the aim of giving you the best running experiences, Kuching Marathon Association will continue to find ways to elevate the standard of this road race event, while offering some of the best sceneries along running routes and its hospitalities.

The route of Full Marathon and Half Marathon will take participants through both Kuching City North and Kuching City South. You will see a wide array of our city landscape, from traditional Malay houses, mosques, temples to pre-war era shop houses; from historical heritage buildings to 5 star hotels.

This year, runners will be welcomed by the Malay houses lighted in colorful and decorated manner. For Muslim runners, surau and mosques have been identified along the routes of all 4 categories of runs and they're incorporated in the route maps for their convenience.

KM is offering a total cash prizes of RM100,000 for all winners in 2019. For runners who are determined to improve their personal best timing, they should aim to become the first 200 runners to cross finishing line of Full or Half Marathon in order to win the specially made TOP 200 Finisher Tee.

We have extended the COT for half marathon to encourage more runners especially the first timer to take up the challenge to take part in half marathon category.

Being a NGO, KMA has been racing against all odds and all types of challenges, year after year to make Kuching Marathon a high standard road race event. Its success thus far has been made possible with the blessing and support from Yang Berhormat Datuk Abdul Karim, local government in particular our Advisors, Mayor Datuk Haji Abdul Wahap and Mayor Datuk James Chan and Datuk Steve Ng of Plaza Merdeka Holdings.

Special thanks to ISUZU Malaysia for becoming the Main Sponsor for Kuching Marathon 2019.

I must also say a big thank you to all the agencies, authorities and departments and their staffs for their continuing support. The same goes to the volunteers who work behind the scenes to ensure that KM2019 goes on smoothly.

Have a good run and see you again in 2020.

A handwritten signature in black ink that reads "Liew".

**LIEW TANG CHIEH**

# Venue Information



## Race Pack Collection

Date: Thursday and Friday (15 - 16 August) 11:00 a.m. to 8:00 p.m.

Saturday (17 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 17th August 2019 at race venue, Padang Merdeka and all items not claimed by 11:00 a.m. on 18th August 2019 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 30.5 KM on full marathon route.
6. Mobile toilets can be found at various intervals along the routes and Start/Finish point.
7. *Surau* 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.

## Race Day Event Programme 18 August 2019

### 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
- 5:15 AM Estimated finishing time for Half Marathon runners (1:15 hrs)
- 5:30 AM Flag off for 10KM Categories
- 6:05 AM Estimated finishing time for 10KM run runners (35 mins)
- 6:10 AM Arrival and gathering of 5KM run runners at start point
- 6:30 AM Flag off for 5KM Categories
- 6:48 AM Estimated finishing time for 5KM run runners (18 mins)
- 8:00 AM Cut-off time for Full Marathon, Half Marathon, 10KM run & 5KM run

### Prize Presentation Ceremony (Padang Merdeka, Jalan Tun Abang Haji Openg)

- 8:00 AM Arrival of Guest of Honour, VVIP, 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 - 16 August 2020 -



# Prize Money



A total of cash amounting to RM100,000 are up for grabs by winners of all categories of run except 5KM run in KM2019

## 42 KM

Categories Of Run	Position										Total Prize Money For Each Category
	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	
Open (Men)	RM 9,000	4,500	2,500	1,500	750	500	500	500	500	500	20,750.00
Open (Women)	RM 9,000	4,500	2,500	1,500	750	500	500	500	500	500	20,750.00
National (Men)	RM 5,000	2,500	1,250	750	500	250	250	250	250	250	11,250.00
National (Women)	RM 5,000	2,500	1,250	750	500	250	250	250	250	250	11,250.00
Veteran (Men)	RM 2,000	1,000	700	450	300	200	200	200	200	200	5,450.00
Veteran (Women)	RM 2,000	1,000	700	450	300	200	200	200	200	200	5,450.00

## 21 KM

Categories Of Run	Position										Total Prize Money For Each Category
	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	
Open (Men)	RM 2,500	1,500	750	500	350	200	200	200	200	200	6,600.00
Open (Women)	RM 2,500	1,500	750	500	350	200	200	200	200	200	6,600.00
Veteran (Men)	RM 1,000	750	500	350	200	150	150	150	150	150	3,550.00
Veteran (Women)	RM 1,000	750	500	350	200	150	150	150	150	150	3,550.00























## 10 KM

Categories Of Run	Position										Total Prize Money For Each Category
	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	
Open (Men)	RM 750	500	300	200	150	100	100	100	100	100	2,400.00
Open (Women)	RM 750	500	300	200	150	100	100	100	100	100	2,400.00

### 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.

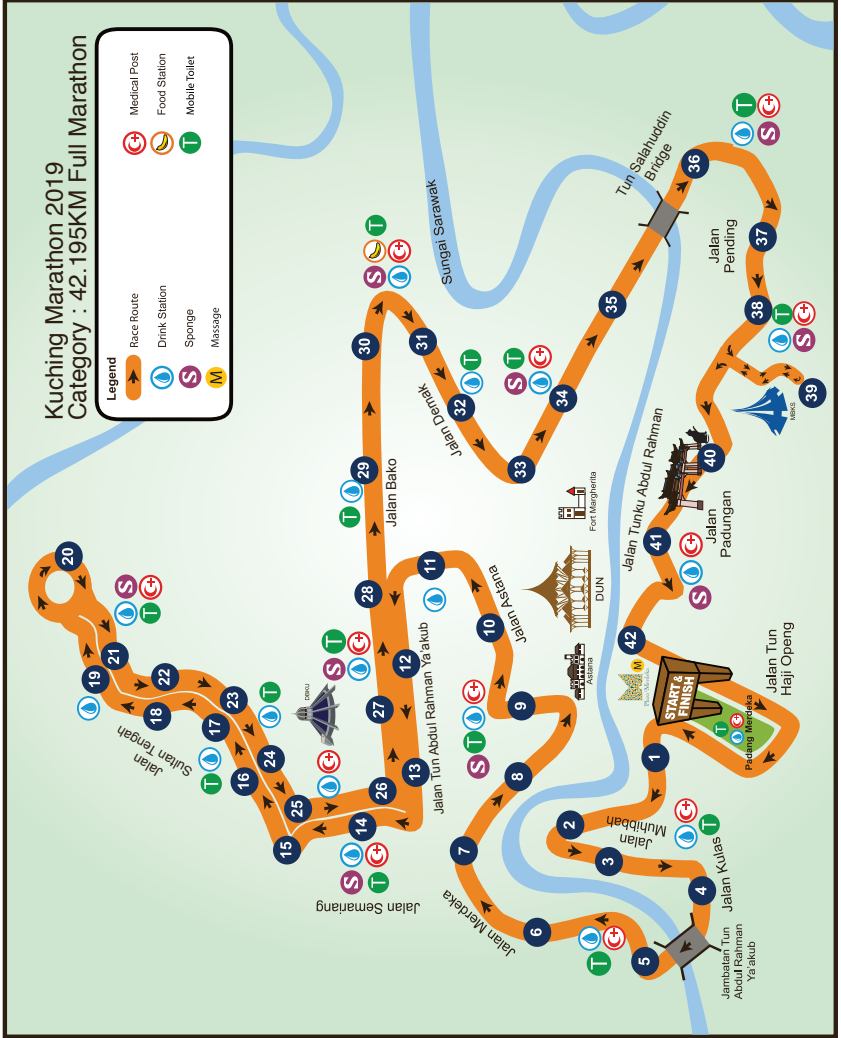
## RACE INFORMATION

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

\* 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.

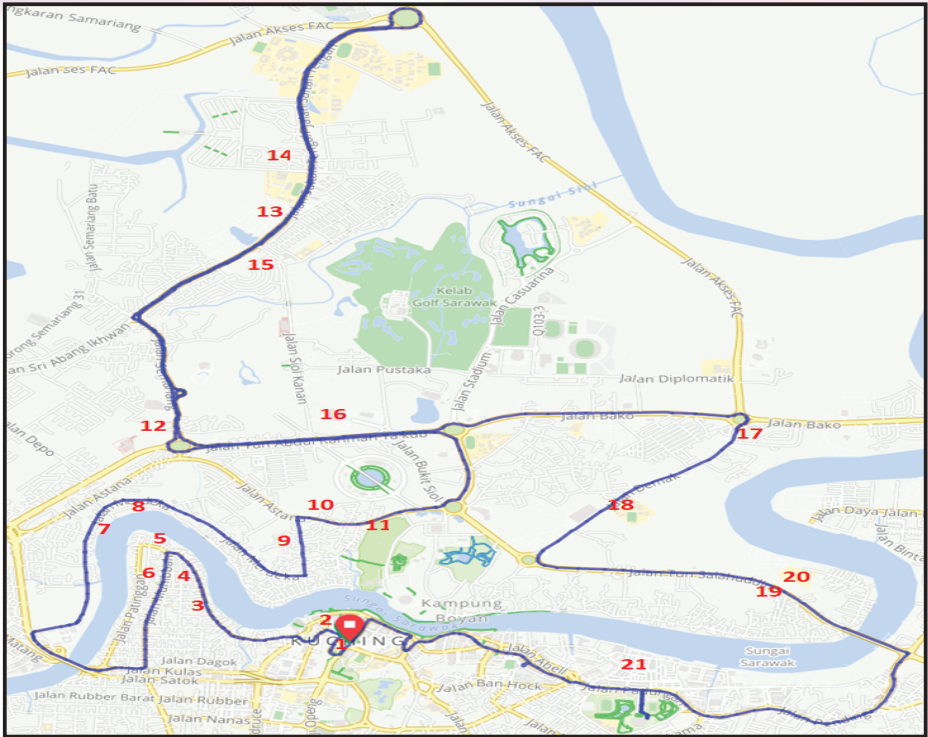
# ROUTE MAP - 42 KM FULL MARATHON



# ROUTE MAP - 21 KM HALF MARATHON



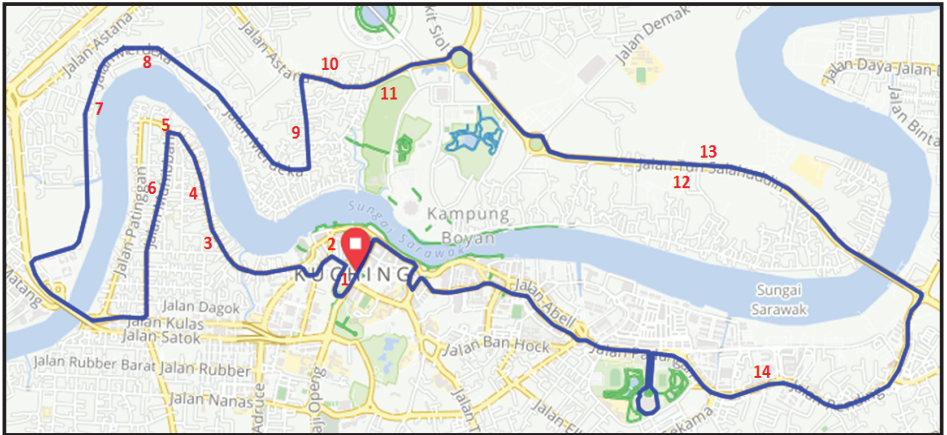
# SURAU MAP - 42KM FULL MARATHON



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

- |   |  |
|---|--|
| 1. Surau inside Plaza Merdeka                         | 17. Surau Demak Jaya (Medan Hamidah)                         |
| 2. Masjid Bandaraya Kuching, Jln Masjid Bahagian      | 18. Surau SMK Tun Abang Haji Openg                           |
| 3. Surau Bandarsah, Kpg No.2, Jln Datuk Ajibah Abol   | 19. Masjid Darul Hana, Jln Tun Sallahuddin                   |
| 4. Surau Nurul Islam, Kpg No.5, Jln Datuk Ajibah Abol | 20. Surau @ Stesen Petronas Ulu Bintawa, Jln Tun Sallahuddin |
| 5. Masjid Darul Hana, Kpg No.6, Jln Muhibbah          | 21. Petronas near i Com                                      |
| 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 Telekom                                     |  |
| 15. Surau @ Shell Jalan Sultan Tengah                 |  |
| 16. Masjid Jamek                                      |  |

## 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
11. Masjid Darul Hana, Jln Tun Sallahuddin
13. Surau @ Stesen Petronas Ulu Bintawa, Jln Tun Sallahuddin
14. Petronas near i Com

# ROUTE MAP - 10KM RUN



# ROUTE MAP - 5KM RUN



# RACE VENUE SITE MAP





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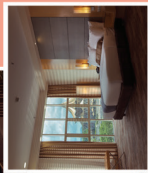
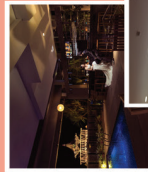
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## A Place Which Never Ceases To Amaze Excitement In The Heart Of Kuching City

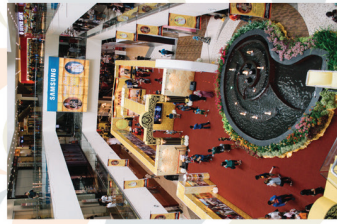
Located within the same classical building façade, The Waterfront Hotel and Plaza Merdeka Shopping Centre is nestled in the heart of Kuching City, where adventure begins! Enjoy the view of the majestic Sarawak River and bright greenery view of Padang Merdeka from the comfort of our hotel rooms, while you shop-fill-you-drop in the modern, state-of-the-art shopping mall which houses an impressive range of shops, from acclaimed local brands to iconic international labels.



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Jalan 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 2019 a success.

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