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Waiver of Liability

Participants shall read and understand the Rules and Regulations of Kuching Marathon 2022. 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 2022.

Message



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

Premier of Sarawak

Guest of Honour

Welcome to Kuching, Sarawak for the 2022 Edition of Kuching Marathon.

The last 2 years has been a challenging time for everyone. Fortunately, the worse is over. Borders are open, restrictions are lifted and we welcome visitors back to our friendly shores again.

Please take this opportunity to explore more to see what Sarawak have to offer. We look forward to seeing you visit again, whether as a tourist, to attend a conference or for business as an investor.

Sarawak is entering an exciting phase in our development. We are moving fast into new fields like the digital economy, investing in new technologies like hydrogen production and fuel cells and even powering our ART system using clean hydrogen fuel cells.

We welcome all of you to explore exciting new business with us. Do contact us, We are open for business!

In the meantime, do enjoy our exciting local food, beautiful nature and our multitude cultures and experiences.

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

Message



YB DATO SRI HAJI ABDUL KARIM RAHMAN HAMZAH

*Minister For Tourism, Creative Industry & Performing Arts of Sarawak
Cum Minister for Youth, Sports & Entrepreneur Development of Sarawak*

A warm welcome to Kuching, Sarawak.

After a hiatus of 2 years, I am happy to see that the Kuching Marathon is back again, with a very strong support from the running community and all the supporting agencies, NGOs and volunteers.

With the pandemic over, I am happy to extend a welcome you again to the Kuching Marathon on 2nd October 2022. I hope you will have a good run and new personal best time!

We just finished hosting our Kuching Food Festival. In the coming month after the Kuching Marathon, we will host a myriad of exciting activities like the Spartan Race, The Sarawak Adventure Challenge, The Sarawak Regatta, the Kuching Jazz Festival and the Miri Country Music Festival. We look forward to welcoming you to these festivals.

Do explore the quaint smaller towns and our national parks, enjoy our wide range of food from street food to excellent restaurants, our cultural festivals and local music. There is so much to see and do.

Congratulations to the Kuching Marathon Association for taking up the challenge to organise this exciting race again.

I wish you all the best.

YB DATO SRI HAJI ABDUL KARIM RAHMAN HAMZAH

Message



MR. LIEW TANG CHIEH
Event Director of Kuching Marathon 2022

Welcome to the 7th Edition of the Kuching Marathon.

The Kuching Marathon Association is pleased to bring back this long-awaited marathon again after 2-year break.

The route has been amended slightly due to some works carried out, but rest assured, there will be ample signage and marshals to guide you along the way.

Once again, the race will see runners being flagged off from the Padang Merdeka and passing through various iconic parts of Kuching. You will pass by a new landmark, the Borneo Cultural Museum, run through our kampung, old shop houses, colonial buildings and various temples and mosques.

This year we estimate that 10,000 runners will join in the various categories, which will match the pre-pandemic edition in 2019.

Thank you for strong support.

We would like to put on record our thanks to the Ministry of Tourism, Creative Industry and Performing Arts and the Tourism Malaysia for their strong support for this event, without which we would not be able to organise the Kuching Marathon. We also would like to thank the government agencies and departments, NGOs and volunteers as well for their strong support.

We would also like to thank the various sponsors who have contributed in-kind sponsorship.

I wish you all a safe race on 2 October 2022 and look forward to seeing you all in 2023.

Liew
LIEW TANG CHIEH

Venue INFORMATION



Race Pack Collection

Date : Thursday & Friday (29 & 30 September) 10:00 a.m. to 7:00 p.m.
Saturday (1 October) 10:00 a.m. to 5:00 p.m.
Venue : The Secondary 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 10:00 p.m. on 1st October 2022 at race venue, Padang Merdeka and all items not claimed by 9:00 a.m. on 2nd October 2022 will be transferred to the Organiser's office.

Participants are encouraged to leave valuables at home/hotel 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 known as 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, 45 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. Water 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, water station can be found averagely 3km apart.
5. Food stations can be found at KM21 and KM31 on full marathon route.
6. Mobile toilets can be found at various intervals along the routes and Start/Finish point.
7. Mosques/surau can be found along full marathon and half marathon route. Kindly check the signage for it.
8. Personnel manning the water 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 Amatir 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 2 October 2022

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, 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 in 2023 -

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 KM2022

42KM Full Marathon

CATEGORY	POSITION & PRIZE (RM)										Total Prize per Category (RM)
	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	
MEN OPEN	9,000	4,500	2,500	1,500	750	500	500	500	500	500	20,750
WOMEN OPEN	9,000	4,500	2,500	1,500	750	500	500	500	500	500	20,750
MEN NATIONAL	5,000	2,500	1,250	750	500	250	250	250	250	250	11,250
WOMEN NATIONAL	5,000	2,500	1,250	750	500	250	250	250	250	250	11,250
MEN VETERAN	2,000	1,000	700	450	300	200	200	200	200	200	5,450
WOMEN VETERAN	2,000	1,000	700	450	300	200	200	200	200	200	5,450

21KM Half Marathon

CATEGORY	POSITION & PRIZE (RM)										Total Prize per Category (RM)
	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	
MEN OPEN	2,500	1,500	750	500	350	200	200	200	200	200	6,600
WOMEN OPEN	2,500	1,500	750	500	350	200	200	200	200	200	6,600
MEN VETERAN	1,000	750	500	350	200	150	150	150	150	150	3,550
WOMEN VETERAN	1,000	750	500	350	200	150	150	150	150	150	3,550

10KM Run

CATEGORY	POSITION & PRIZE (RM)										Total Prize per Category (RM)
	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	
MEN OPEN	750	500	300	200	150	100	100	100	100	100	2,400
WOMEN OPEN	750	500	300	200	150	100	100	100	100	100	2,400

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 COLOUR	START TIME	CUT-OFF TIME	RUNNERS ENTITLEMENT
42KM FULL MARATHON	A10001	1:00 AM	7 HOURS	<p>Runners Receive</p> <ul style="list-style-type: none"> Runners Bag Runners T-shirt Runners Race Bib Runners Race Chip Runners Race Medal <p>Finishers Receive</p> <ul style="list-style-type: none"> Finishers Bag Finishers T-shirt Finishers Race Bib Finishers Race Chip Finishers Race Medal <p>Finisher T-shirt and medal will be given to the finishers who have successfully completed the run within the cut-off time of 7 hours.</p>
21KM HALF MARATHON	E20001	4:00 AM	4 HOURS	<p>Runners Receive</p> <ul style="list-style-type: none"> Runners Bag Runners T-shirt Runners Race Bib Runners Race Chip Runners Race Medal <p>Finishers Receive</p> <ul style="list-style-type: none"> Finishers Bag Finishers T-shirt Finishers Race Bib Finishers Race Chip Finishers Race Medal <p>Finisher T-shirt and medal will be given to the finishers who have successfully completed the run within the cut-off time of 4 hours.</p>
10KM RUN	J30001	5:30 AM	2 HOURS 30 MINUTES	<p>Runners Receive</p> <ul style="list-style-type: none"> Runners Bag Runners T-shirt Runners Race Bib Runners Race Chip Runners Race Medal <p>Finishers Receive</p> <ul style="list-style-type: none"> Finishers Bag Finishers T-shirt Finishers Race Bib Finishers Race Chip Finishers Race Medal <p>Finisher medal will be given to the finishers who have successfully completed the run within the cut-off time of 2 hours 30 minutes.</p>
5KM RUN	L50001	6:30 AM	1 HOUR 30 MINUTES	<p>Runners Receive</p> <ul style="list-style-type: none"> Runners Bag Runners T-shirt Runners Race Bib Runners Race Chip Runners Race Medal <p>Finishers Receive</p> <ul style="list-style-type: none"> Finishers Bag Finishers T-shirt Finishers Race Bib Finishers Race Chip Finishers Race Medal <p>Finisher medal will be given to the finishers who have successfully completed the run within the cut-off time of 1 hour 30 minutes.</p>

* 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.

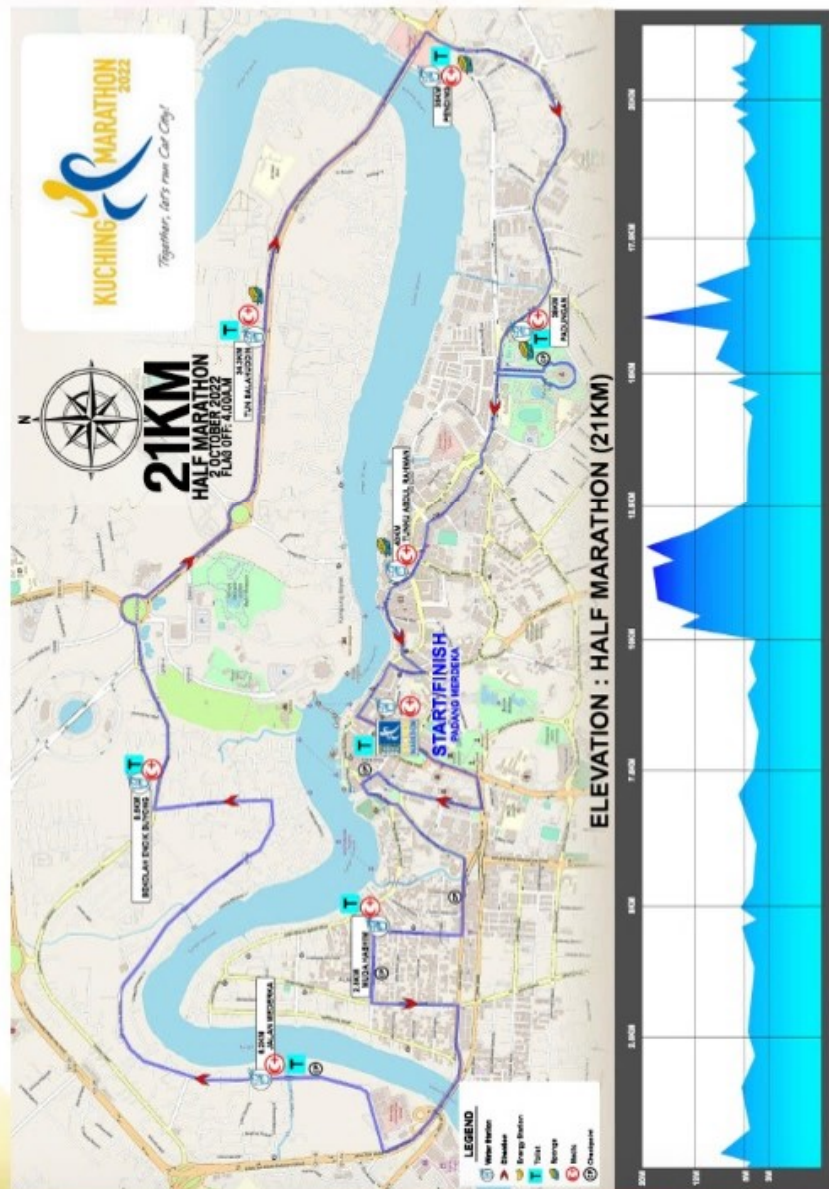
Route Map

42 KM FULL MARATHON



Route Map

21 KM HALF MARATHON



Masjid/Surau

ALONG 42KM & 21KM RACE ROUTE



18 Masjid/Surau along 42KM race route of KM2022 are as follows:

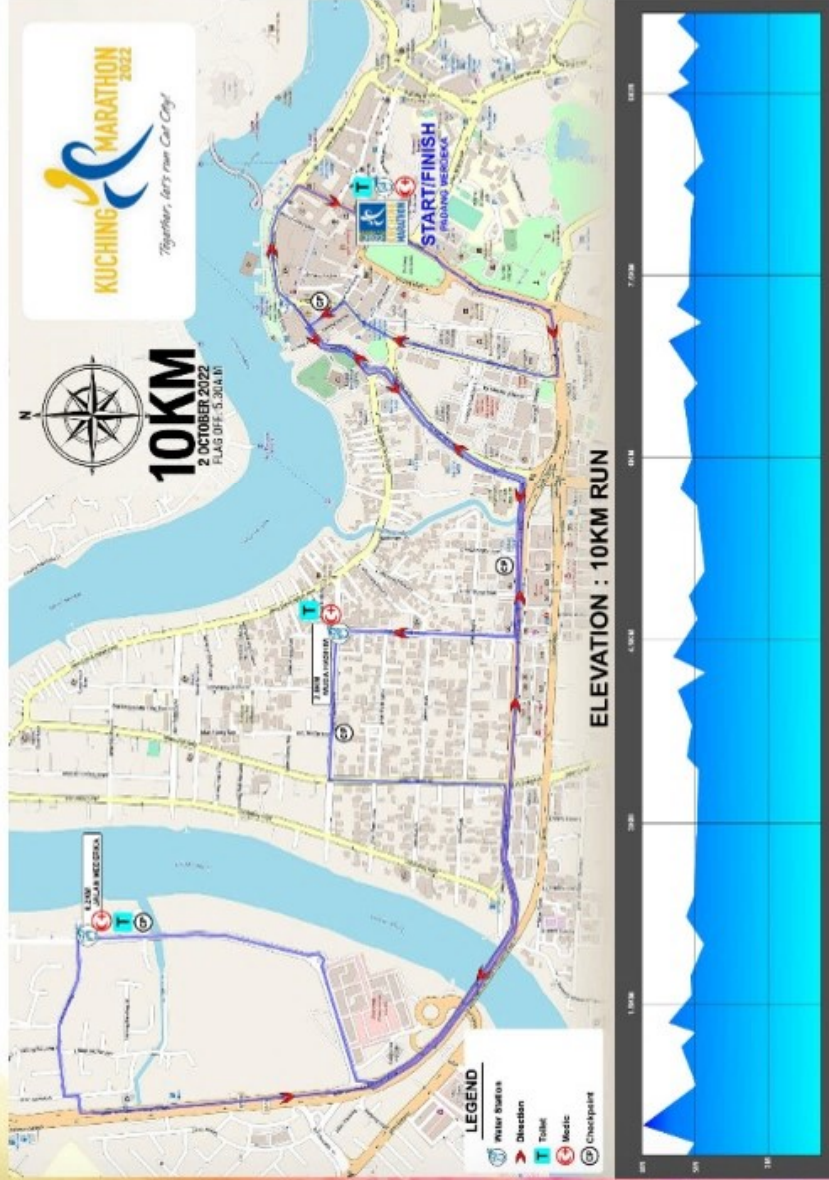
1. Surau inside Plaza Merdeka
2. Masjid Bandaraya Kuching, Jln Masjid Bahagian
3. Masjid Al Hakim Kampung Muda Hashim
4. Surau Darul Hijrah, Jln Merdeka
5. Surau Darul Falah, Jln Merdeka
6. Masjid Darul Naim, Jln Hashim Jaafar
7. Surau Darul Ibadat, Jln Astana
8. Surau Darul Muhasibin, Lorong Petra 1
9. Surau @ Stesen Petronas, Jln Sultan Tengah
10. Surau Darul Ikhlas, Jalan Sultan Tengah
11. Surau Telekom
12. Surau @ Shell Jalan Sultan Tengah
13. Masjid Jamek
14. Surau Demak Jaya (Medan Hamidah)
15. Surau SMK Tun Abang Haji Openg
16. Masjid Darul Hana, Jln Tun Salahuddin
17. Surau @ Stesen Petronas Ulu Bintawa, Jln Tun Salahuddin
18. Surau @ Stesen Petronas near iCom

11 Masjid/Surau along 21KM race route of KM2022 are as follows:

1. Surau inside Plaza Merdeka
2. Masjid Bandaraya Kuching, Jln Masjid Bahagian
3. Masjid Al Hakim Kampung Muda Hashim
4. Surau Darul Hijrah, Jln Merdeka
5. Surau Darul Falah, Jln Merdeka
6. Masjid Darul Naim, Jln Hashim Jaafar
7. Surau Darul Ibadat, Jln Astana
8. Surau Darul Muhasibin, Lorong Petra 1
9. Masjid Darul Hana, Jln Tun Salahuddin
10. Surau @ Stesen Petronas Ulu Bintawa, Jln Tun Salahuddin
11. Surau @ Stesen Petronas near iCom

Route Map

10 KM RUN



Route Map

5 KM RUN



Race Venue

SITE MAP



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



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