



# **KUCHING** **MARATHON** **2023**

*Together, let's run Cat City!*

## **RUNNER'S BOOKLET**

**1 OCTOBER 2023 | PADANG MERDEKA**



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## **Waiver of Liability**

*Participants shall read and understand the Rules and Regulations of Kuching Marathon 2023. 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 2023.*

# Message



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

*Premier of Sarawak*

*Guest of Honour*

I would like to extend a warm welcome to Sarawak.

Good luck to to all our guests here for the Kuching Marathon 2023. I hope you will have will have an enjoyable stay in Sarawak.

Sarawak is a big state. I hope you will visit us more, whether for a holiday, to visit friends or to invest in our business.

After the pandemic, our State Government have set out a long term plan to transform our economic structure.

This is encapsulated in our Post Covid -19 Development Strategy.

Our objective are:

- To change the economic structure to increase our scale of production to capture efficiencies and grow the services sector,
- To modernise and increase efficiency through digital and physical connectivity in a sustainable way,
- To increase household income by creating jobs and entrepreneurship.

These will be in six key sectors, namely: tourism, commercial agriculture, manufacturing, forestry, mining and social services.

We are also pushing new frontiers in many exciting areas like the digital economy and hydrogen economy, the leading government in Asia to do so.

So I welcome you all to Sarawak and join us as we embark on this exciting path into a new era.

Thank you.



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

I welcome you all to the 8th Edition of the Kuching Marathon that will be held on 1st October 2023.

Some of you are the first-time visitors, while others have been here many times before. I do hope you will take time to chill out and enjoy the sights and sounds of the City.

This year has been a busy one for our State, as we hosted many international events, world conferences and musical and cultural festival, and welcome guests all over the world.

There is a strong testament to the wonderful range of attractions from our culinary delights, nature and adventure and our warm friendly people.

I hope this visit will be a memorable one for you as you and your friends explore what Kuching have to offer.

Have an enjoyable stay and I hope to welcome you all again.



**YB DATO SRI HAJI ABDUL KARIM RAHMAN HAMZAH**

# Message



**MR. LIEW TANG CHIEH**  
*Race Director of Kuching Marathon 2023*

Welcome to the Kuching Marathon 2023.

Our team have been busy as we are working with the authorities, law enforcement agencies, medical teams and volunteers to make the final preparation to host you all on 1 October 2023.

I am sure you are all training hard and making your own final preparations for your race.

I hope you will achieve your running goals in the Kuching Marathon 2023 and you all have a safe race.



*Liew*  
**LIEW TANG CHIEH**

# Venue INFORMATION



## Race Pack Collection

Date : Thursday & Friday (28 & 29 September) 10:00 a.m. to 7:00 p.m.  
Saturday (30 September) 10:00 a.m. to 5:00 p.m.  
Venue : Level 1, Majma Mall, jalan P. Ramlee, 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 30th September 2023 at race venue, Padang Merdeka and all items not claimed by 9:00 a.m. on 1st October 2023 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 1 October 2023

### 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 in 2024 -



# 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 KM2023

## 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

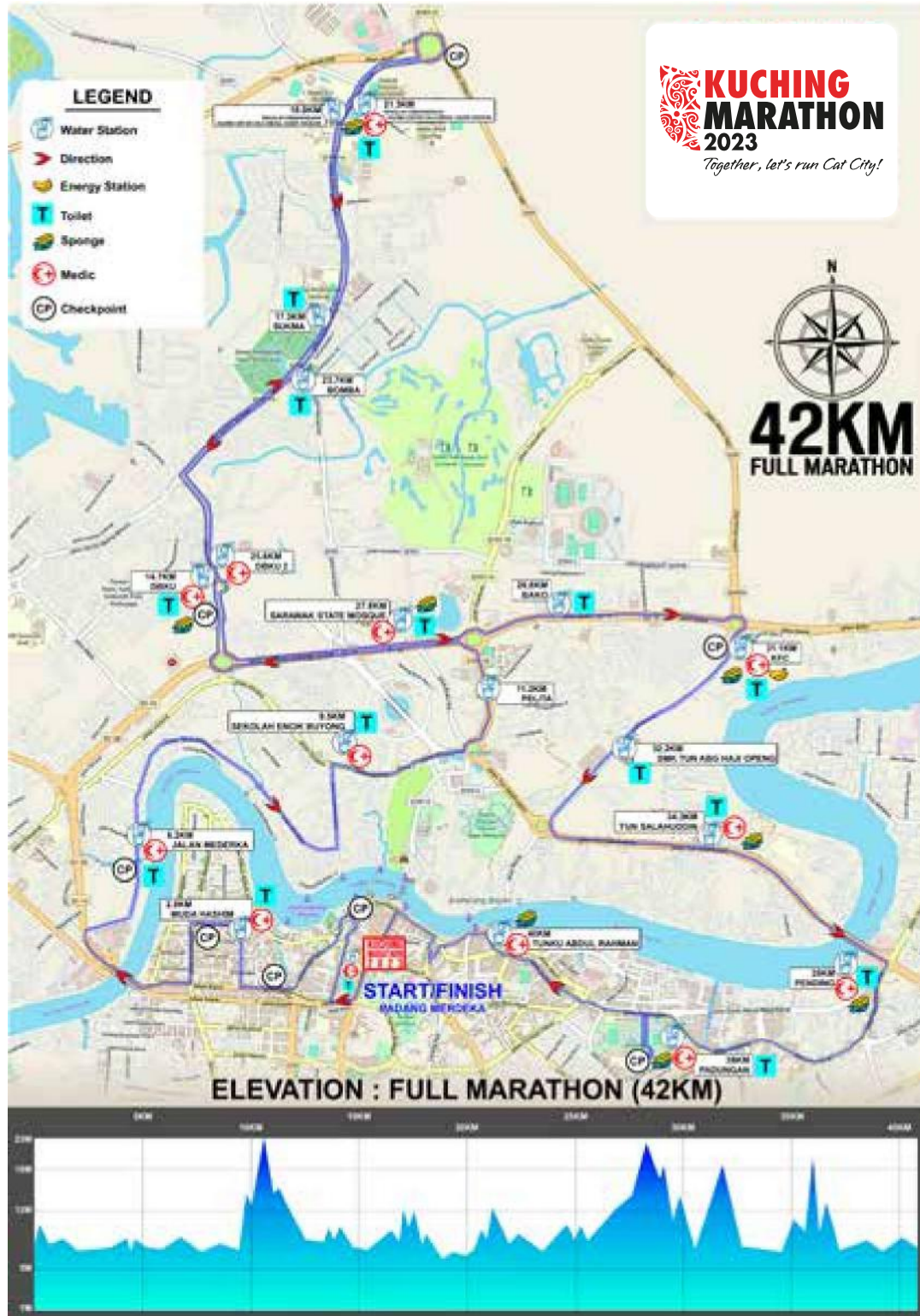
CATEGORY	BIB COLOUR	START TIME	CUT-OFF TIME	RUNNERS ENTITLEMENT
<b>42KM FULL MARATHON</b>		 <b>1:00 AM</b>	<b>7 HOURS</b>	<p><b>Runners Receive</b></p> <ul style="list-style-type: none"> <li> Bib</li> <li> T-shirt</li> <li> Medal</li> <li> Water bottle</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> </ul> <p><b>Finishers Receive</b></p> <ul style="list-style-type: none"> <li> Bib</li> <li> T-shirt</li> <li> Medal</li> <li> Water bottle</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> </ul> <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>
<b>21KM HALF MARATHON</b>		 <b>4:00 AM</b>	<b>4 HOURS</b>	<p><b>Runners Receive</b></p> <ul style="list-style-type: none"> <li> Bib</li> <li> T-shirt</li> <li> Medal</li> <li> Water bottle</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> </ul> <p><b>Finishers Receive</b></p> <ul style="list-style-type: none"> <li> Bib</li> <li> T-shirt</li> <li> Medal</li> <li> Water bottle</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> </ul> <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>
<b>10KM RUN</b>		 <b>5:30 AM</b>	<b>2 HOURS 30 MINUTES</b>	<p><b>Runners Receive</b></p> <ul style="list-style-type: none"> <li> Bib</li> <li> T-shirt</li> <li> Medal</li> <li> Water bottle</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> </ul> <p><b>Finishers Receive</b></p> <ul style="list-style-type: none"> <li> Bib</li> <li> T-shirt</li> <li> Medal</li> <li> Water bottle</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> </ul> <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>
<b>5KM RUN</b>		 <b>6:30 AM</b>	<b>1 HOUR 30 MINUTES</b>	<p><b>Runners Receive</b></p> <ul style="list-style-type: none"> <li> Bib</li> <li> T-shirt</li> <li> Medal</li> <li> Water bottle</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> </ul> <p><b>Finishers Receive</b></p> <ul style="list-style-type: none"> <li> Bib</li> <li> T-shirt</li> <li> Medal</li> <li> Water bottle</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> <li> Energy gel</li> </ul> <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.

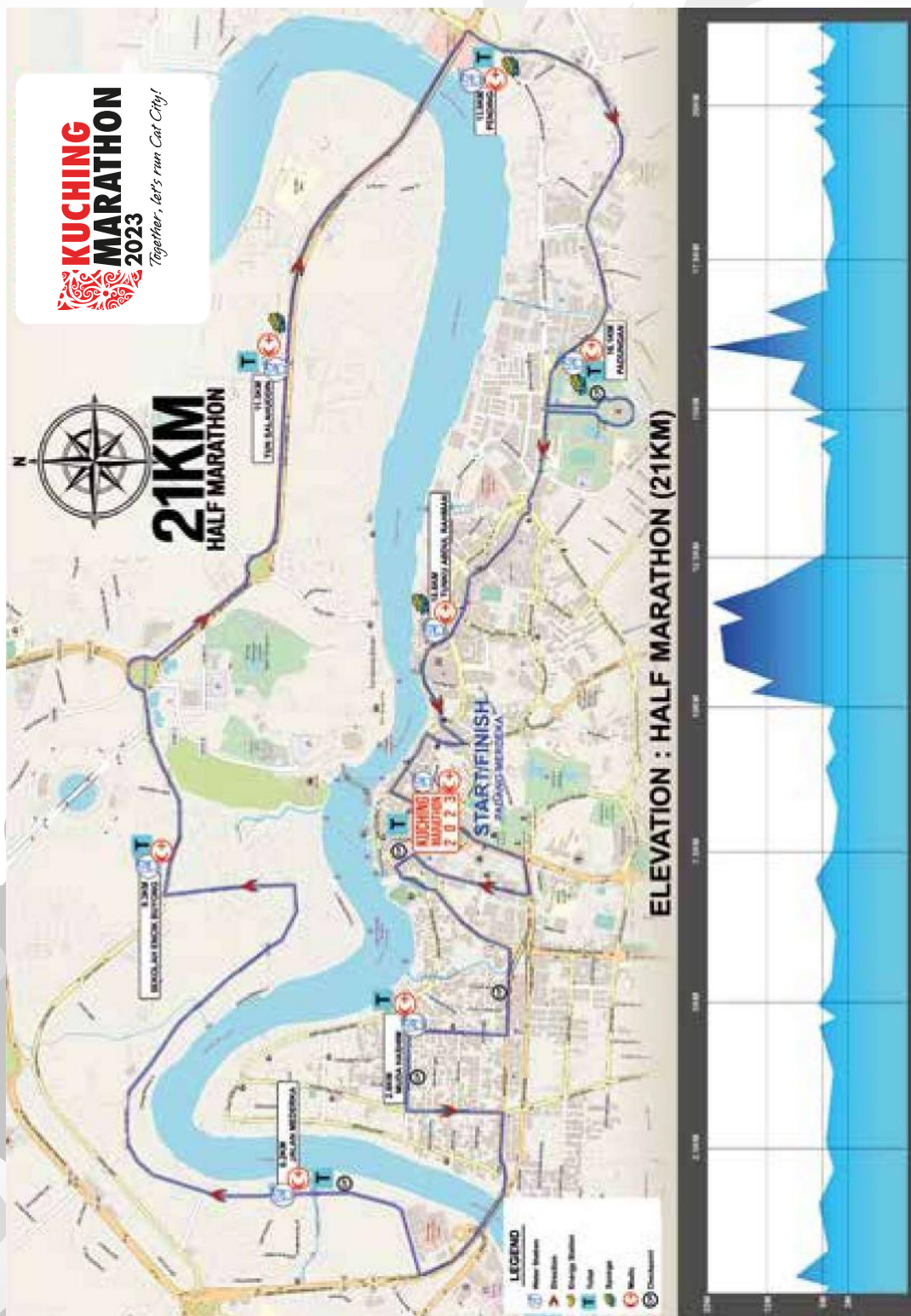
# Route Map

## 42 KM FULL MARATHON



# Route Map

## 21 KM HALF MARATHON



# Masjid/Surau

## ALONG 42KM & 21KM RACE ROUTE

19 Masjid/Surau along 42KM race route of KM2023 are as follows:

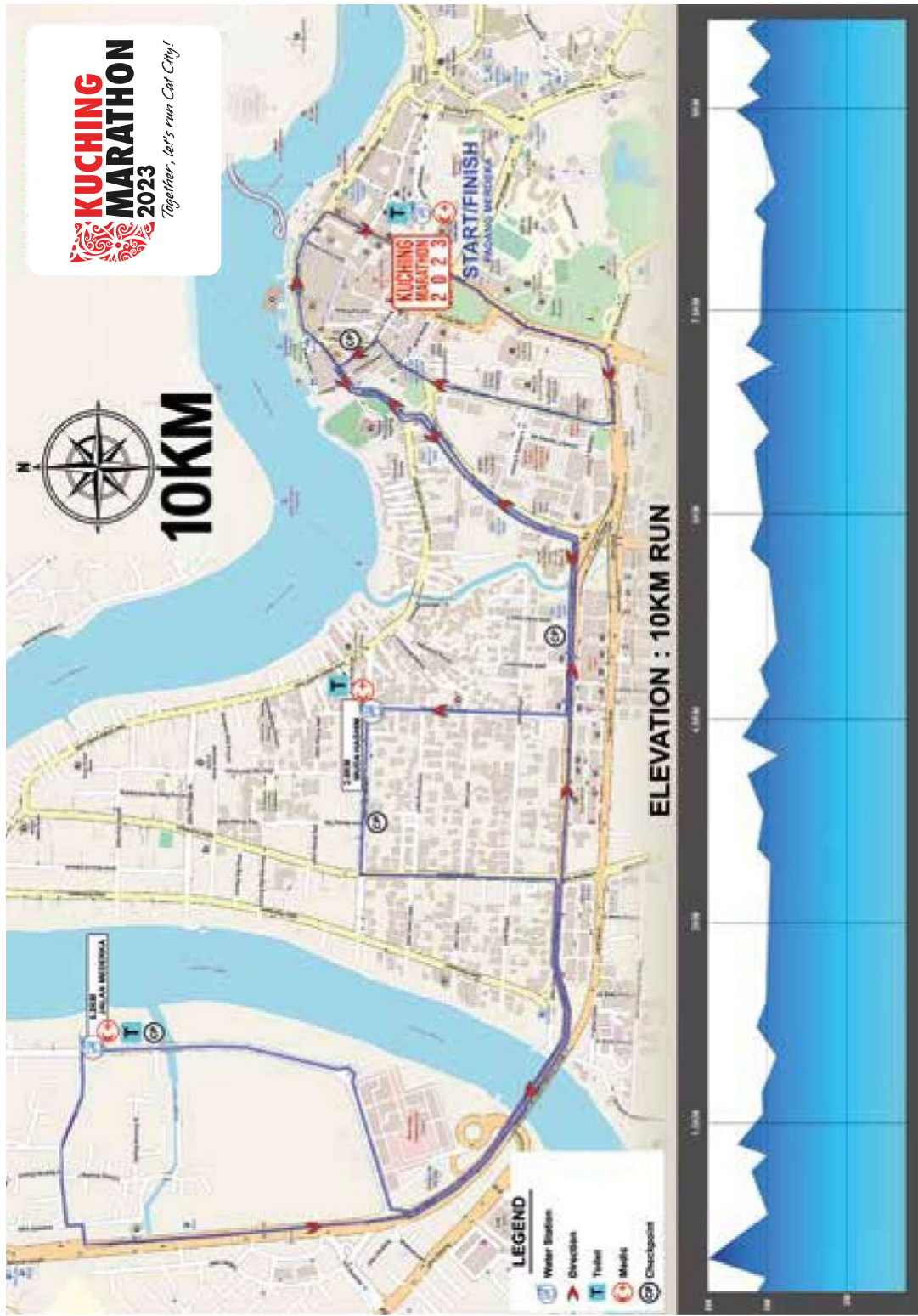
1. Surau inside Plaza Merdeka
2. Masjid Bandaraya Kuching, Jln Masjid Bahagian
3. Masjid Al Hakim Kampung Muda Hashim
4. Surau Darul Hijrah, Jln Merdeka
5. Surau Darul Falah, Jln Merdeka
6. Masjid Darul Naim, Jln Hashim Jaafar
7. Surau Darul Ibadat, Jln Astana
8. Surau Darul Muhasibin, Lorong Petra 1
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 Darul Hassan, Sungai Apong
19. Surau @ Stesen Petronas near iCom

12 Masjid/Surau along 21KM race route of KM2023 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 Darul Hassan, Sungai Apong
12. Surau @ Stesen Petronas near iCom

# Route Map

## 10 KM RUN



# Route Map

## 5 KM RUN



# Race Venue

## SITE MAP

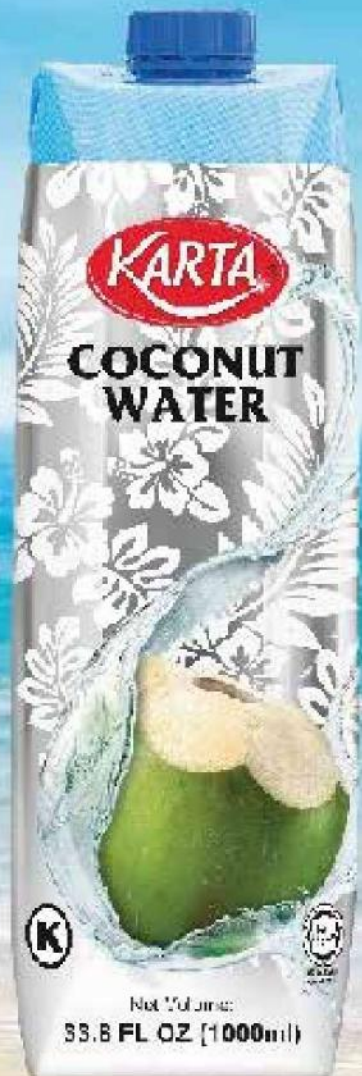






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## EVENTS



The perfect location for a business meeting or special event, Imperial Hotel Kuching creates the environment to make your event a success.

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So be it a lavish banquet, board meeting, intimate cocktail reception or international conference, Imperial Hotel Kuching offers distinct quality, impeccable service and a select range of choices.

We'll make it happen exactly the way you want it.



# Acknowledgements

Kuching Marathon Association wish to express our heartfelt appreciation to the following for their invaluable contribution and supports for making Kuching Marathon 2023 a success.



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**KUCHING  
MARATHON  
2023**



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**LANGKAH 1**

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**LANGKAH 2**

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**Shaheizy Sam**  
Pelakon dan Selebriti

**Tempoh penyertaan DILANJUTKAN**  
**sehingga 30 Nov 2023!**

**KAMI SAMPAIKAN**

**GANJARAN HEBAT**