

# Night Run '10

presented by **NATURE VALLEY**

Registration begins  
1 June 2010

**SIGN UP  
early  
to avoid  
disappointment**

**GOODIES  
WORTH OVER  
RM300  
AWAIT EACH  
RUNNER!**

*[Maximum 3,500 participants for competitive categories (using a timing-chip system) & 1,500 for the non-competitive category]*

» **Saturday,  
31 July 2010**

» **FROM 6pm - midnight**

» **Starting point: Kompleks  
Perbadanan Putrajaya,  
Presint 3**

Grab your copy of *SHAPE MALAYSIA* & *MEN'S HEALTH MALAYSIA* to find out more!



# ENTRY FORM /BORANG PENYERTAAN

CODE KOD	CATEGORY KATEGORI	AGE UMUR	COLOUR WARNA	KM	FEE YURAN	MARK (✓) TANDAKAN
A	MEN'S OPEN	18 YRS & ABOVE (1992 OR EARLIER)	BLACK	12.3	40	
B	WOMEN'S OPEN	18 YRS & ABOVE (1992 OR EARLIER)	RED	12.3	40	
C	MEN'S JUNIOR VETERAN	40 YRS - 49YRS (1961 - 1970)	GREEN	12.3	40	
D	MEN'S SENIOR VETERAN	50 YRS & ABOVE (1960 OR EARLIER)	BLUE	12.3	40	
E	WOMEN'S VETERAN	40 YRS & ABOVE (1970 OR EARLIER)	BROWN	12.3	40	
F	FUN RUN	18 YRS & ABOVE (1992 OR EARLIER)	PURPLE	5	30	

TIMING-CHIP SYSTEM IS USED FOR ALL THE COMPETITIVE CATEGORIES (CODE A, B, C, D & E)

FULL NAME (in BLOCK letters) / *NAME PENUH* (dalam HURUF BESAR)

NATIONALITY / *WARGANEGARA*

ADDRESS (in BLOCK letters) / *ALAMAT* (dalam HURUF BESAR)

POSTCODE / *POSKOD*

TEL

EMAIL

AGE / *UMUR* SEX / *JANTINA* I.C/PASSPORT NO. / *NO. KP/PASPORT*

DATE OF BIRTH / *TARIKH LAHIR* (DDMMYY)

### IN THE EVENT OF AN EMERGENCY, PLEASE CONTACT / *SEKIRANYA BERLAKU KECEMASAN, SILA HUBUNGI:*

NAME / *NAMA*

TEL

RELATIONSHIP / *HUBUNGAN*

Did you participate in the **Shape & Men's Health Night Run '09'**? / *Adakah anda mengambil bahagian dalam acara Shape & Men's Health Night Run '09'?*

YES / *YA*  NO / *TIDAK*

I herewith enclose cash/a cheque (crossed) numbered ..... amounting to RM..... as the entry fee to the **Shape & Men's Health Night Run '10'**. Dengan ini saya sertakan wang tunai/cek bernombor ..... bernilai RM..... bagi bayaran penyertaan untuk **Shape & Men's Health Night Run '10'**.

### DECLARATION OF AMATEUR STATUS / *PENGIKTIRAFAN TARAF AMATUR*

I declare that I am entering the competition at my own risk and shall not hold the Organizers responsible for any injury, accident or death, however caused before, during or after the competition. My age is calculated from my identity card/birth certificate and is given correctly as above. / *Dengan ini saya mengakui bahawa saya adalah seorang Amatur menurut peraturan KOAM. Saya juga mengakui bahawa saya menyertai pertandingan ini di atas risiko sendiri terhadap sebarang kecederaan, kemalangan atau kematian atas sebab-sebab tertentu sebelum, semasa atau selepas larian. Umur saya adalah menurut kad pengenalan/suratberanak diri dan adalah betul seperti yang diberi di atas.*

### DECLARATION FOR REEBOK RUNNER'S TEE / *PENGIKTIRAFAN BAJU*

**LARIAN REEBOK** I am aware that size availability of the Reebok Runner's Tee is based on a first come first serve basis. / *Saya sedia maklum bahawa saiz baju larian Reebok adalah terhad untuk mereka yang mendapatkannya selagi stok masih ada.*

Signature / *Tandatangan:* ..... Date / *Tarikh:* .....

(Participant / *Peserta*)

**SIZE CHART**—TICK YOUR TEE SIZE FOR OUR DATABASE COLLECTION / **CARTA SAIZ**—TANDAKAN SAIZ BAJU LARIAN ANDA UNTUK PUNGUTAN DATA KAMI

FEMALE / <i>PEREMPUAN</i>	<b>XS</b> — Width: 32"; Length: 22"
	<b>S</b> — Width: 34"; Length: 22"
	<b>M</b> — Width: 36"; Length: 23"
	<b>L</b> — Width: 38"; Length: 24"
	<b>XL</b> — Width: 40"; Length: 25"
	<b>2XL</b> — Width: 42"; Length: 26"
<b>3XL</b> — Width: 44"; Length: 27"	

MALE / <i>LELAKI</i>	<b>XS</b> — Width: 36"; Length: 24"
	<b>S</b> — Width: 38"; Length: 25"
	<b>M</b> — Width: 40"; Length: 26"
	<b>L</b> — Width: 42"; Length: 27"
	<b>XL</b> — Width: 44"; Length: 28"
	<b>2XL</b> — Width: 46"; Length: 29"
<b>3XL</b> — Width: 48"; Length: 30"	

(Width / *Lebar*=Armpit to armpit / *Dada*: Length / *Panjang*=Shoulder to hem / *Bahu ke kelim*)

# RULES & REGULATIONS

## EVENT DETAILS

Date of Competition : 31 July 2010 (Saturday)

Venue : In front of Kompleks Perbadanan Putrajaya, Presint 3

# Night Run '10

presented by **NATURE VALLEY**

COMPETITIVE CATEGORIES		DISTANCE	REPORTING TIME	FLAG OFF
A	MEN'S OPEN	12.3KM	7.00PM	8.00PM
B	WOMEN'S OPEN	12.3KM	7.00PM	8.00PM
C	MEN'S JUNIOR VETERAN	12.3KM	7.00PM	8.00PM
D	MEN'S SENIOR VETERAN	12.3KM	7.00PM	8.00PM
E	WOMEN'S VETERAN	12.3KM	7.00PM	8.00PM
NON-COMPETITIVE CATEGORY				
F	FUN RUN	5KM	7.10PM	8.20PM

### 1. RULES & REGULATIONS

The *Shape & Men's Health Night Run '10* shall be conducted under the rules of MAAU and also a set of competition rules. This competition is open to all Malaysians, Singaporeans, foreigners with Malaysian Permanent Residence status, and expatriates with a Malaysian work permit, aged 18 and over as of 31 December 2010. Please refer to the table on the reverse of this form for age qualifications.

### 2. ENTRY FEES & PRIZES

Please refer to reverse of this form.

### 3. PRIZE WINNERS

All prize winners must produce their identity card (Malaysians) or passport (Singaporeans) for age verification.

### 4. MANUAL REGISTRATION VENUE & REGISTRATION TIMES (WALK-IN)

F.T.A.A. Office, 2nd Floor, Wisma OCM  
Jalan Hang Jebat, 50150 Kuala Lumpur  
9.30am - 5.30pm (Monday to Friday)  
9.30am - 2.00pm (Saturday)

- Payment at the counter must be in the form of cash or a cheque.
- For all payments by cheque, please make it payable to: **Twenty First Century Sports (M) Sdn Bhd**
- Postal entries are **NOT** accepted.
- No refund will be made for wrongful or multiple registrations.
- Substitution and changing of categories is **NOT** allowed, so please select the category you're eligible to sign up according to the age qualification, correctly. Otherwise, you will have to re-register.
- Incomplete and/or late entries, and entries without, or with insufficient fees will be rejected. The decision of the Competition Committee is final when accepting entries.

### 5. ONLINE REGISTRATION & PAYMENT

[www.hoocha.asia](http://www.hoocha.asia) (A RM4 transaction fee will be incurred upon each transaction)

### 6. COLLECTION OF REEBOK RUNNER'S TEE\*, NUMBER BIB & TIMING DEVICE

- Date : 28, 29 & 30 July 2010  
Time : 10.00am - 6.00pm  
Venue : Level 2, Multi Purpose Hall, Wisma OCM, Jalan Hang Jebat, 50150 Kuala Lumpur
- Please note that all uncollected race kits will be deemed as unwanted and therefore become the property of the organizers upon closure of the distribution hall on 30 July 2010.
- Please be advised that sizes of the Runners' Tee are limited. Distribution will be carried out on a first-come, first-serve basis.
- There will be **NO** distribution of kits on race day.

### 7. CLOSING DATE FOR REGISTRATION

**10 July 2010 at 2.00pm** or when registration is full; whichever is earlier.

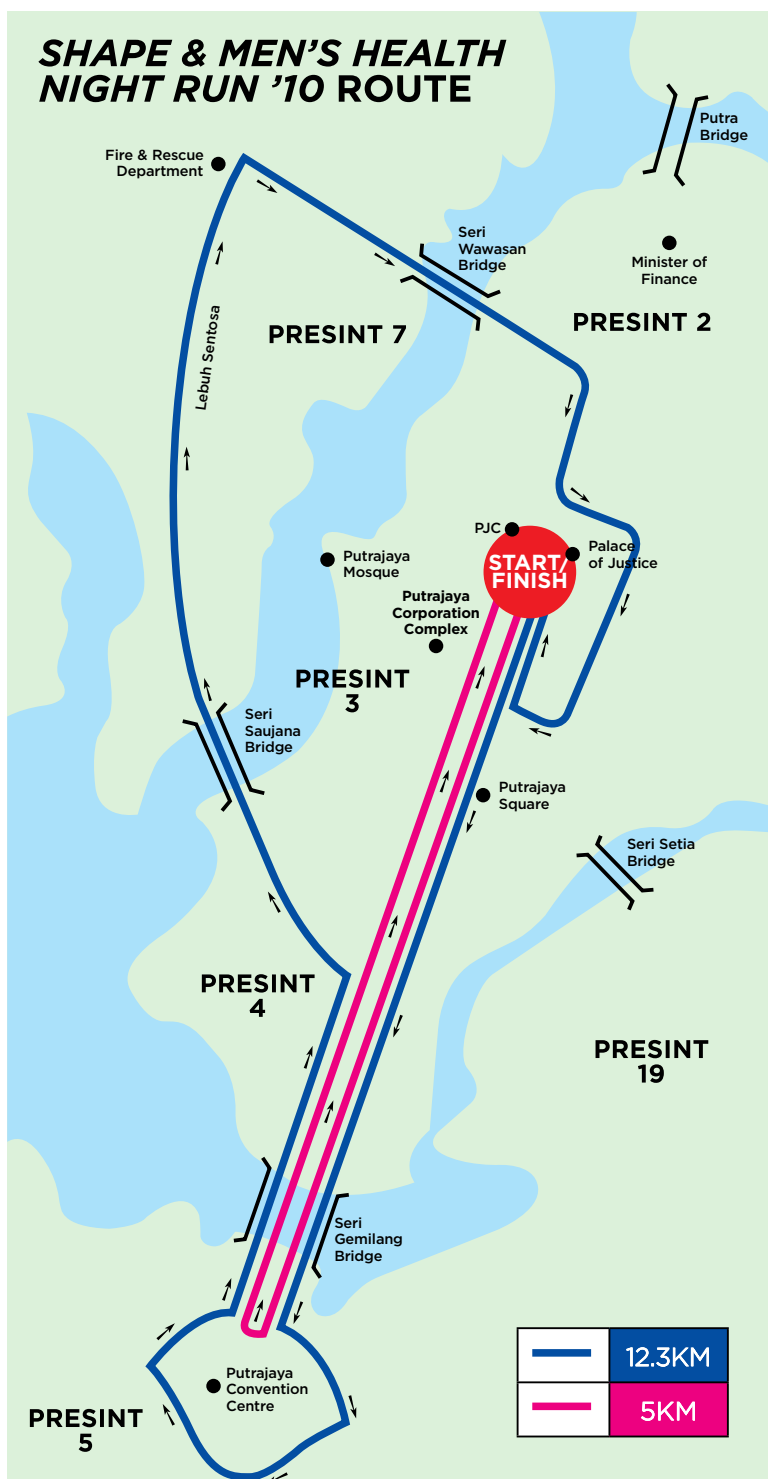
### 8. ENQUIRIES

#### a) General enquiries

For any general enquiries pertaining to the *Shape & Men's Health Night Run '10*, please contact:  
Telephone : +603-5637 3821  
Email: [enquiry@twentyfirstcenturysports.com](mailto:enquiry@twentyfirstcenturysports.com)

#### b) Online registration & payment

For all enquiries pertaining to online registration and payment, please email to: [enquiry@hoocha.asia](mailto:enquiry@hoocha.asia)



**SHAPE & MEN'S HEALTH NIGHT RUN '10 PRIZES**

CODE KOD	CATEGORY KATEGORI	AGE UMUR	KM	FEE YURAN	MEDALS PINGAT	CERT. SIJIL	CASH PRIZE & PRIZES HADIAH TUNAI & HADIAH			
							1ST	2ND	3RD	4TH - 10TH
A	MEN'S OPEN	18 YRS & ABOVE (1992 OR EARLIER)	12.3	40	1ST - 75TH	ALL	RM700 & PRODUCTS WORTH RM14,200	RM500 & PRODUCTS WORTH RM4,300	RM200 & PRODUCTS WORTH RM3,900	- PRODUCTS WORTH RM3,000
B	WOMEN'S OPEN	18 YRS & ABOVE (1992 OR EARLIER)	12.3	40	1ST - 75TH	ALL	RM700 & PRODUCTS WORTH RM12,200	RM500 & PRODUCTS WORTH RM4,700	RM200 & PRODUCTS WORTH RM4,700	- PRODUCTS WORTH RM2,000
C	MEN'S JUNIOR VETERAN	40 YRS - 49YRS (1961 - 1970)	12.3	40	1ST - 75TH	ALL	RM700 & PRODUCTS WORTH RM14,200	RM500 & PRODUCTS WORTH RM4,300	RM200 & PRODUCTS WORTH RM3,900	- PRODUCTS WORTH RM3,000
D	MEN'S SENIOR VETERAN	50 YRS & ABOVE (1960 OR EARLIER)	12.3	40	1ST - 75TH	ALL	RM500 & PRODUCTS WORTH RM12,600	RM300 & PRODUCTS WORTH RM4,100	RM100 & PRODUCTS WORTH RM3,700	- PRODUCTS WORTH RM2,700
E	WOMEN'S VETERAN	40 YRS & ABOVE (1970 OR EARLIER)	12.3	40	1ST - 75TH	ALL	RM500 & PRODUCTS WORTH RM11,000	RM300 & PRODUCTS WORTH RM4,700	RM100 & PRODUCTS WORTH RM4,700	- PRODUCTS WORTH RM2,000
F	FUN RUN	18 YRS & ABOVE (1992 OR EARLIER)	5	30	-	ALL	-	-	-	-

Title Presenter



Organizer



Co-organizer



Sanctioned By



Media Partner



Venue Host



Main Sponsors



Official partners

