



RACE INSTRUCTIONS

Venue : Taman Perbandaran Pulau Pinang (Youth Park)

RACE SCHEDULE

| | |
|------------------------------|---|
| Saturday, 29 May 2010 | |
| 11.00am till 5.00pm | : Race kit collection (<i>All 26km runners must bring along RM10 for their timing chip deposit</i>) |
| Sunday, 30 May 2010 | |
| 3.30am | : Arrival of Race Officials & Race Crew |
| 4.30am | : Arrival of Runners |
| 5.15am | : 26km runners to collect start ribbons |
| 5.30am | : RACE STARTS for 26km |
| 6.15am | : 6km runners to collect start ribbons |
| 6.30am | : RACE STARTS for 6km |
| 6.50am | : Expected arrival of runners |
| 9.00am | : VIP arrival |
| 9.30am | : Prize presentation |
| 10.30am | : Race officially ends |

****IMPORTANT****

We strongly urge that you read this entire instruction brochure. It will assist you on race day regarding water stations, timing and scoring, parking, toilets and vitally important aspects of your race day.

Finishers' Photograph on Certificates (For 26km runners ONLY)

While this is still not listed in the entry form as our deliverable, we will, on a best effort basis, take a finisher photograph for every runner. Our photographers will snap your photo when you cross the finish line. Therefore, it would be helpful if you raise your arms so that we can capture your bib number, as this is our only basis of identification. The digital photo is then printed on a photo quality certificate together with your time and position. This unique certificate will be sent via post within 12 weeks.



Detailed Results (For 26km runners ONLY)

On a best effort basis, the club will load the results of the event on our website within 3 days after the event. Please refer to the ChampionChip Sports Timer instructions attached on how to wear your timing chip. Upon completion of your race, you will need to exchange your timing chip for a finisher medal and to collect your refundable deposit of RM10. All runners' times will also be electronically clocked.

Bibs, Safety Pins, Event Vests & T-shirt Allocation

You should have collected one bib with 4 pins. Ensure your bib corresponds to your receipt and is in the correct category. We may be unable to fit everyone with the correct vest or t-shirt size though we will try our best to accommodate. You are encouraged to wear the MALAKOFF 26km or 6km, Penang 2009 event vest or t-shirt for the run.

Reporting

The reporting will be on a simple checking-in system, whereby the runners will receive a coloured ribbon when entering the cordoned off area, 15 minutes before the starting time. Runners have to remain in the cordoned off area until the flag off. Runners who do not have the starting ribbon will be disqualified.

Starting Discipline

The starting time is at 5.30am sharp for 26km runners and 6.30am sharp for 6km runners. In order to avoid a rush at the start, we request that the slower runners start at the back of the mass of runners in accordance to their capabilities and expected finishing times. The Elite & Fast Runners shall be in the first block. The Elite Runners will check in at 5.15am, taking pole positions at the front. They will be identified by a coloured band, issued by the organizer (Elite Runners are those from the top 5 positions from the 2008 & 2009 race and known top runners from the local race circuit). We seek your co-operation in executing this process.

Check Points

There are various check points along the route to ensure all runners run a fair race.

Top 5 Finishers

The top 5 finishers will be checked for age qualification. Please produce your identity card or other valid documents within 15 minutes of finishing your run.



Finisher Medals (For 26km runners ONLY)

All 26km run finishers will be given a pewter finisher medal at the finishing station, located a short distance from the finishing line. A set of food and drinks coupon will be issued at the same time from the same station.

Breakfast coupons

A set of food and drinks coupon will be issued at the finishing station, located a short distance from the finishing line.

Breakfast / Group Photographs

A varied choice of food and drinks will be made available for you to enjoy with other fellow runners and we encourage you to mingle with other runners and have a good time. Please throw the rubbish into the provided garbage bags to facilitate cleaning up. If you wish to have group photographs taken, please ask our cameramen on duty and give your particulars for reference.

Toilet Facilities

We have arranged for the toilets to be opened from 4.30am for the participants.

Baggage Storage

We will provide baggage storage for you and your bib number will be written on a plastic bag for identification purposes. Please do not put valuables in your bags. Baggage has to be collected by 9.30am latest.

Arrive Early/Car Pooling & Parking

There are car parks at the back entrance to Taman Perbandaran Pulau Pinang and along Jalan Waterfall towards Botanical Gardens. We encourage you to come early and to car pool as parking is limited. Please do not park along the road that runners have to run through and follow the instructions of our traffic marshals.

Rustam Affandi @ 019-3181264

Organizing Committee (June 2010)

Email : info@malakoffrun.com.my

Website : www.malakoffrun.com.my



Directions to Taman Perbandaran Pulau Pinang for Saturday, 29th, May 2010

PLEASE NOTE THAT THIS ENTRANCE WILL BE CLOSED TO TRAFFIC ON RACE DAY. PLEASE REFER TO THE OTHER DIRECTIONS BELOW FOR RACE DAY.

Directions from North-South Highway. Please take Exit 161 to Jambatan Pulau Pinang (Penang Bridge)

| KM | Directions |
|-----------|--|
| 0.0 | Zero tripmeter at Penang Bridge Toll |
| 8.05 | Take right exit to Georgetown |
| 11.0 | Take left exit to Bt. Feringgi / Tanjung Bungah just after Tesco. Keep following signages to Bt. Feringgi / Tanjung Bungah |
| 12.61 | At traffic lights, you will pass a Shell on your left |
| 15.38 | Go up the flyover towards Batu Feringgi passing Mosque on your left |
| 16.14 | Go straight at traffic lights, keep to the left lane |
| 16.82 | Turn left onto Jalan Utama |
| 17.66 | Turn left onto Lengkok Jesselton |
| 17.76 | Turn right onto Persiaran Kuari. Follow winding road into Taman Perbandaran Penang |
| 18.64 | You will pass the main gate |

RACE DAY Directions to Taman Perbandaran Pulau Pinang for Sunday, 30th, May 2010

Directions from North-South Highway. Please take Exit 161 to Jambatan Pulau Pinang (Penang Bridge)

| KM | Directions |
|-----------|--|
| 0.0 | Zero tripmeter at Penang Bridge Toll |
| 8.05 | Take right exit to Georgetown |
| 11.0 | Take left exit to Bt. Feringgi / Tanjung Bungah just after Tesco. Keep following signages to Bt. Feringgi / Tanjung Bungah |
| 12.61 | At traffic lights, you will pass a Shell on your left |
| 15.38 | Go up the flyover towards Batu Feringgi passing Mosque on your left |
| 16.14 | Go straight at traffic lights, keep to the left lane |
| 16.82 | Turn left onto Jalan Utama |
| 18.26 | Go straight at traffic lights with Indian Temple on left |
| 18.57 | Turn left into parking of Taman Perbandaran Penang |

You will need to walk to the race start from parking. ETA 5 minutes.

The ChampionChip is a miniature transponder marked with a unique identification number. The transponder is a waterproof glass capsule that contains a silicon chip and an energizing coil.

There are no batteries in the ChampionChip. The transponder is inactive until moved into a magnetic field, generated by a send antenna in a mat. When the ChampionChip enters the magnetic field, the energizing coil produces an electric current to power the chip. The transponder then transmits its unique identification number to a receive antenna in a mat.



ChampionChip adalah sebuah pemancar mini yang mempunyai maklumat yang tersendiri. Pemancar ini tahan lasak yang mempunyai cip silikon dan lingkaran berkuasa.

ChampionChip tidak mempunyai bateri dan tidak akan berfungsi sehingga ia melalui zon magnetik. Apabila ChampionChip melalui zon magnetik tersebut, lingkaran tersebut akan menghasilkan tenaga untuk menguasakan cip. Maklumat yang terkandung di dalam cip tersebut akan dipancar lalu diserap oleh tikar penerima.

How To Put On A Championchip Cara memasang Championchip

1

The ChampionChip should preferably be attached to the shoelace at its lowest part as close as possible to the toes.

ChampionChip mestilah dipakai paling dekat dengan jari kaki yang semungkin dengan menggunakan tali kasut.



2

Loop lace through the square holes of the ChampionChip and pull it tightly to the shoe.

Gelungkan tali kasut melalui lubang segi empat di ChampionChip dan pastikan ia diikat dengan erat.

The advantage of using the ChampionChip

- Fast and accurate results for large events.
- High-tech and easy to use system.
- High level service by providing net times and splits for every individual competitor.
- All participants who finish will have their times internationally recognised through the use of the ChampionChip timing technology.

Remember: NO CHIP NO TIME NO RACE!

Kelebihan menggunakan ChampionChip

- Keputusan yang tepat & pantas terutamanya pada kejohanan berskala besar.
- Teknologi yang selamat & terkawal dan mudah digunakan.
- Perkhidmatan jumlah masa bersih untuk semua peserta.
- Semua peserta yang menghabiskan pertandingan akan disahkan dipentas antarabangsa oleh pereka dan pengguna ChampionChip di serata dunia.

Ingat: TIADA CIP TIADA MASA TIADA PERTANDINGAN!

DIFFERENCE BETWEEN "GUN TIME" AND THE "NET TIME"

"Gun time" (still officially accepted by the IAAF as a valid mode of measuring running time) includes whatever distance you had cover before you finally reach the actual start line. The ChampionChip eliminates that major issue of in accurate timing and gives you your "Net Time". All finishers will have their "Net Time" on their personalized race certificate.

PERBEZAAAN DIANTARA "GUN TIME" DAN "NET TIME"

"Gun Time" (masih disahkan oleh IAAF sebagai masa rasmi dalam acara larian) bererti masa perlumbaan bermula apabila pistol pelepasan dibunyikan sehingga peserta tiba di garis penamat. Manakala ChampionChip akan memberi peserta "Net Time" dimana masa perlumba mula dikira dari garis permulaan sehingga ke garis penamat.

For more information, contact us at:
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