



42 KM | 21 KM | 12 KM | 5 KM

RUNNERS' GUIDE



Twincity Marathon



twincitycyberjayamarathon



<https://twincitymarathon.com/>



twincity.marathon

GET READY FOR HAJJ WITH AVISENA'S HEALTH SCREENING PACKAGES

BASIC SCREENING

RM 270

Health Assessment & Physical Assessment
by certified doctor

- ✓ Physical examination
 - BMI & Vision Test
- ✓ Blood & Urine Test
 - Blood Group & Rhesus
 - Diabetes Screening (HbA1C)
 - Renal Profile
- ✓ Chest x-ray
- ✓ ECG

COMPREHENSIVE SCREENING

RM 370

Health Assessment & Physical Assessment
by certified doctor

- ✓ Physical examination
 - BMI & Vision Test
 - Body Composition Analysis
- ✓ Blood & Urine Test
 - Blood Group & Rhesus
 - Diabetes Screening (HbA1C)
 - Renal, Liver & Lipid Profile
- ✓ Chest x-ray
- ✓ ECG

For appointment, please contact Avisena Wellness at ☎ 03-5515 1945 or Whatsapp 📞 019-262 3295

Terms & Conditions

- Patients are required to bring along related documents on their health status.
- For cash-paying patients only.
- Not valid with any promotions or discounts.
- This promotion is valid from 29th January to 7th June 2024.
- Avisena reserves the right to change the terms and conditions should circumstances and regulations change.



TABLE OF CONTENTS

MESSAGES

Welcome Statement From Yang Dipertua, Mpselang Dato' Haji Abd. Hamid bin Hussain	02
---	----

RACE PACK COLLECTION

REPC Info & BIB Transfer	04
PICC Floor Map	05
REPC Layout	06
Exhibitors	07

RACE FACTS

Race Information	08
Event Day Schedule	09
Awards	10
Winner Verification	11

RUNNER'S INFORMATION

General Facts	13
Runner's Entitlement	16
Bibs	18
Baggage Service	20
Race Day Health	21
Pacers	23
Parking	26

START & FINISH AREAS

Event Site Layout	28
-------------------	----

ROUTE MAPS

Full Marathon	30
Half Marathon	31
10KM Race	32
5KM Fun Run	33

SPONSORS

List of sponsors	34
------------------	----



Dato' Haji Abd. Hamid bin Hussain

Yang Dipertua, MPSepang

Bismillahirrahmanirrahim,

Assalamualaikum warahmatullahi wabarakatuh dan salam sejahtera. Sebagai Yang Dipertua Majlis Perbandaran Sepang, saya amat berbesar hati untuk mengalu-alukan kedatangan anda semua ke edisi ke-9 "TWINCITY® MARATHON (TCM) 2024". Majlis Perbandaran Sepang dipilih menjadi tuan rumah di dalam acara yang berprestij ini. Seramai lebih 12,000 peserta daripada seluruh Malaysia dan luar negara berkumpul di Persiaran Flora, Cyberjaya bagi menyertai acara larian jarak jauh yang merupakan salah satu pertandingan sukan tempatan yang terbesar di daerah Sepang.

Sememangnya, TCM 2024 amat penting kerana menjadikan sukan larian adalah yang paling menonjol pada setiap tahun. Hal ini menjadi berita baik untuk komuniti larian dan peminat sukan di kalangan kita. Sudah tentu menjadi satu keistimewaan dan penghormatan bagi MPSepang bagi menyokong acara berprestij ini selama bertahun-tahun. Kami berharap TCM akan menjadi pemangkin untuk kembali sepenuhnya sukan larian ke antarabangsa.

Bandar pintar Cyberjaya adalah merupakan Sepang Green Technology City seiring dengan pembangunan yang bersepadu, berdaya tahan dalam perubahan iklim serta mampan dengan penerapan teknologi hijau. Dengan penganjuran TCM 2024 Bandar pintar Cyberjaya mendapat manfaat dari segi ekonomi, sosial dan komuniti kerana ianya menarik para pengunjung dari dalam dan luar negara. Semestinya Cyberjaya menawarkan kepada para pengunjung pelbagai jenis makanan, pusat membeli-belah serta tempat-tempat pelancongan yang menarik boleh dikunjungi. Kami berharap anda semua dapat meluangkan masa dan menikmati semua yang ditawarkan oleh bandar Cyberjaya.

Bagi pihak MPSepang, saya juga ingin mengucapkan ribuan terima kasih kepada Ten Senses (M) Sdn Bhd atas semua kerja keras dalam mengaturkan acara yang paling dinanti-nantikan oleh komuniti pelari Malaysia dalam kalendar mereka. Akhir kata, saya ingin mengucapkan kepada semua peserta TCM 2024 selamat maju jaya dan semoga menjadi perlumbaan hujung minggu yang hebat dan berharap anda mempunyai pengalaman perlumbaan yang menyeronokkan dan tidak dapat dilupakan!

Yang Dipertua
Majlis Perbandaran Sepang



PRIME

ZERO COLLECTION PRIME BASIC TEE



TECHNOLOGY

FEATHER FILLER
SYNTHETIC FABRIC
ANTI BACTERIAL
ORGANIC COTTON
BREATHABLE MATERIALS



REGISTER NOW
FOR GREATER PERKS



100 BONUS POINTS
FOR NEW REGISTERED MEMBERS



RM1 = 1 POINT



500 ADDITIONAL POINTS
FRIEND REFERRAL



20% OFF
BIRTHDAY REWARD



1,000 POINTS = RM10
CASH VOUCHER

RACE PACK COLLECTION

REPC INFO

RACE PACK COLLECTION

RACE INFORMATION

EVENT DAY SCHEDULE

AWARDS

WINNER VERIFICATION

RACE PACK COLLECTION



VENUE

**Conference Hall 1 - 2,
Concourse Level, PICC, Putrajaya**

FRIDAY

26th April 2024 (10.00am - 8.00pm)

SATURDAY

27th April 2024 (10.00am - 7.00pm)

Runners are required to present :

- Confirmation slip with QR code by phone or printed (Compulsory)
- IC / Passport copy (if necessary)
- Collecting on behalf is allowed to all category (kindly bring along their slip and IC copy)

BIB TRANSFER

- BIB transfer can only be done during race pack collection with an admin charge of RM20.00.
- Change of category i.e. distance, age category and gender is only recorded in the official data timing system, not on the BIB.
- No size exchange for Event Tee & Finisher Tee.
- Please fill up the 'BIB TRANSFER FORM' and bring along relevant documents. Click and download form :



BIB TRANSFER FORM DOWNLOAD

https://drive.google.com/file/d/1iLOvUjDb2ISNqqeFfEGPLo-47KM_d0Qx/view?usp=share_link

Notes : The name on the BIB will not be changed to the new participant but the official result and e-cert will reflect the name of new participant.

The new runner is required to present :

- Confirmation slip of original runner.
- IC / Passport copy of original runner (Optional).
- Payment confirmation slip of original runner (Optional).
- Please inform for bib transfer during race pack collection

*Optional items can be in soft copy/hard copy just in case further verification is required.

RACE PACK COLLECTION PICCC FLOOR MAP

RACE PACK COLLECTION

RACE INFORMATION

EVENT DAY SCHEDULE

AWARDS

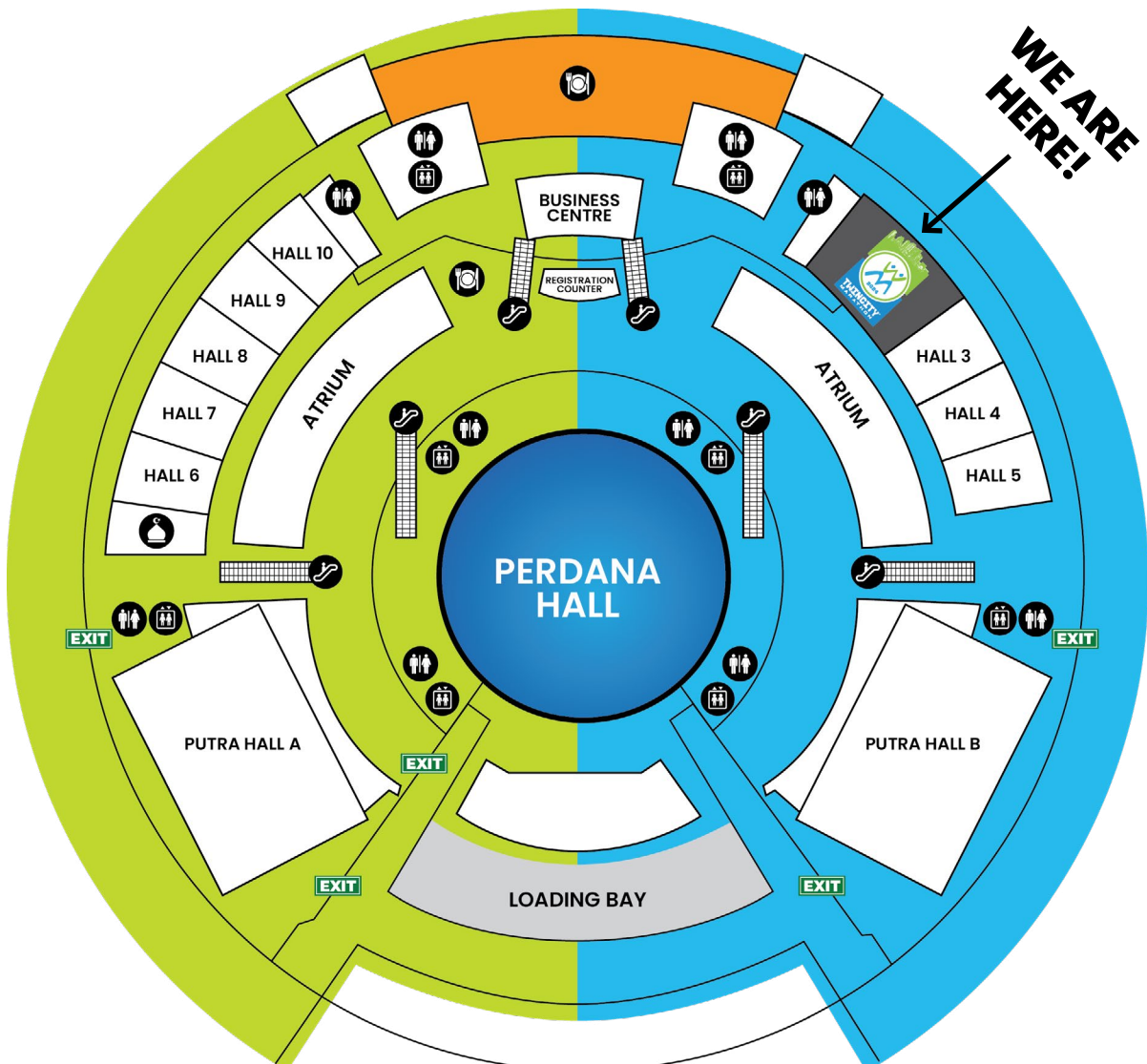
WINNER VERIFICATION

FLOOR MAP LAYOUT

LEVEL CONCOURSE (C) HALL 1 & 2

LEGEND

	LIFT		BLUE ZONE
	ESCALATOR		GREEN ZONE
	TOILET		EMERGENCY EXIT
	PRAYER ROOM		
	RESTAURANT / CAFE		
	KIOSK		



RACE PACK COLLECTION

PICC HALL MAP

RACE PACK COLLECTION

RACE INFORMATION

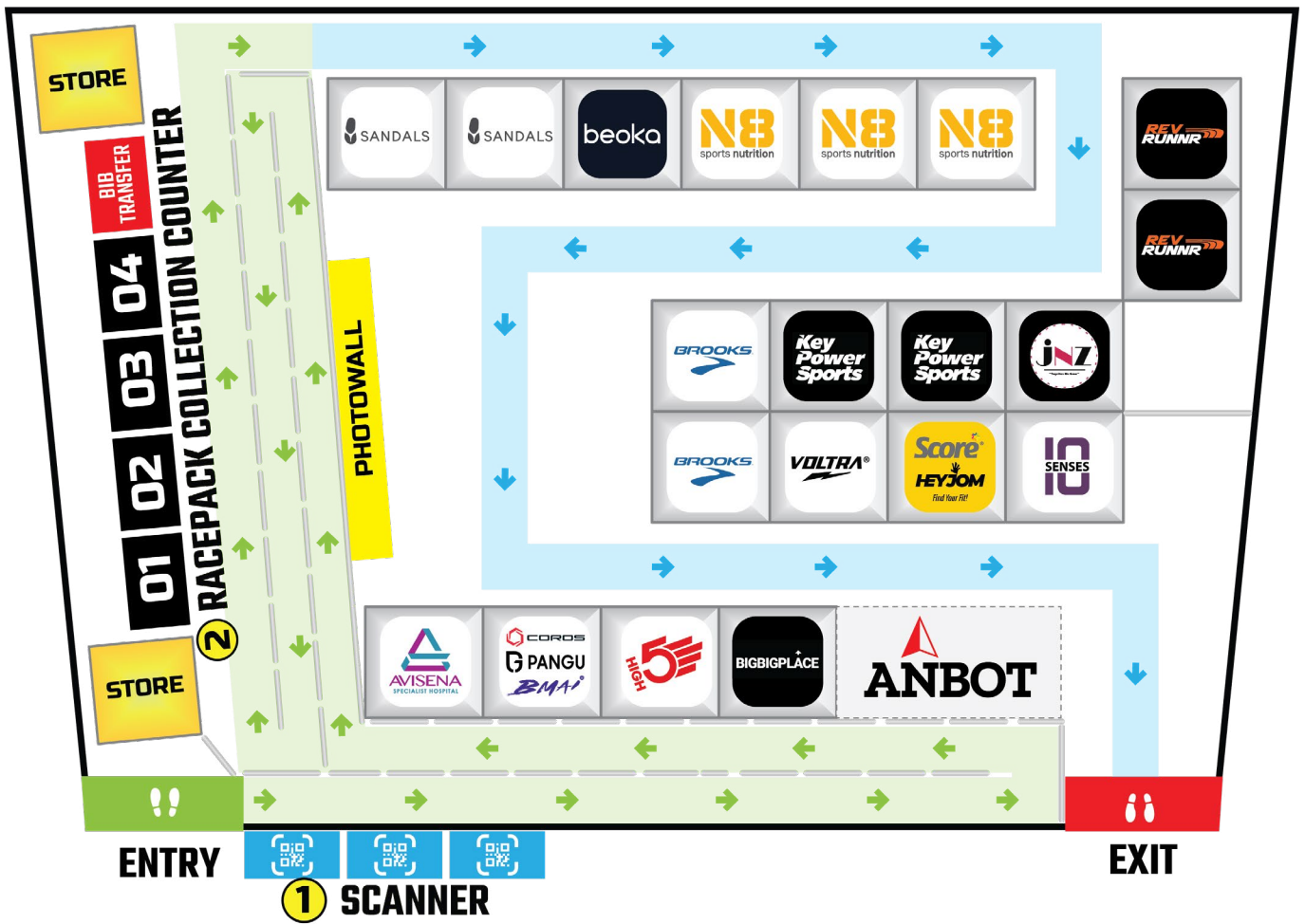
EVENT DAY SCHEDULE

AWARDS

WINNER VERIFICATION

REPC LAYOUT

HALL 1 & 2



LEGEND

SCANNER QR CODE

01-04 COUNTER RPC

COUNTER BIB TRANSFER

DIRECTION

EXHIBITORS

RACE PACK COLLECTION EXHIBITORS

RACE PACK COLLECTION

RACE INFORMATION

EVENT DAY SCHEDULE

AWARDS

WINNER VERIFICATION

LIST OF EXHIBITORS

BOOTH NO.	VENDORS
01	YSANDALS (M) SDN BHD
02	YSANDALS (M) SDN BHD
03	BEOKA MASSAGE GUN
04	N8 SPORTS NUTRITION
05	N8 SPORTS NUTRITION
06	N8 SPORTS NUTRITION
07	REV RUNNR
08	REV RUNNR
09	KEY POWER SPORTS
10	KEY POWER SPORTS
11	JNZ SPORTS NUTRITION
12	BROOKS
13	PRIME
14	VOLTRA
15	HEYJOM & SCORE
16	TEN SENSES (M) SDN BHD
17	AVISENA SPECIALIST HOSPITAL
18	PANGU.MY / COROS / BMAI
19	HIGH5 SPORTS NUTRITION
20	BIGBIGPLACE
21	ANBOT OUTDOORS SDN BHD

RACE FACTS

RACE INFORMATION

RACE PACK COLLECTION

RACE INFORMATION

EVENT DAY SCHEDULE

AWARDS

WINNER VERIFICATION

RACE INFORMATION

EVENT OWNER AND ORGANIZER

Ten Senses (M) Sdn Bhd

VENUE

**Persiaran Flora, Cyberjaya, 63000 Cyberjaya,
Selangor, Malaysia**

DATE

28 April 2024, 3:00AM

CATEGORIES

**FULL MARATHON
42.195KM****HALF MARATHON
21.0975KM****RUN
12KM****FUN RUN
5KM**

RACE FACTS

EVENT DAY SCHEDULE

[RACE PACK COLLECTION](#)
[RACE INFORMATION](#)
[EVENT DAY SCHEDULE](#)
[AWARDS](#)
[WINNER VERIFICATION](#)

SCHEDULE

START TIME & PROGRAMME

It is recommended that you arrive at your respective Start Area at least 20 minutes before your flag off time. If you are not at the Start Area when the gun is fired, you may not be allowed to start.

3.00 am	Arrival of Runners Media Registration Baggage Facilities Open for FM
3.45am	Music Performance
4.00am	Flag-off for Full Marathon (42.195 KM)
5.15am	Music Performance
5.30am	Flag-off for Half Marathon (21.1 KM)
6.20am	Expected Arrival of 1st Runner Full Marathon
6.30am	Expected Arrival of 1st Runner Half Marathon Music Performance
6.45am	Flag-off for 12 KM
7.00am	Music Performance
7.15am	Flag-off for 5 KM
7.25am	Expected Arrival of 12KM
7.30am	Expected Arrival of 5KM
8.00am	Verification for top 10 winner Music Performance
9.00am	5 KM Cut-Off Time (2 hour)
9.15am	12 KM Cut-Off Time (2 hours 30 minute)
9.30am	Half Marathon Cut-Off Time (4 hours)
10.00am	12KM Top 3 Prize Giving Ceremony
10.30am	21KM Top 3 Prize Giving Ceremony
11.00 am	42KM Top 3 Prize Giving Ceremony
12.00pm	Full Marathon Cut-Off Time (8 hours)
12.30pm	End of Event

RACE FACTS

AWARDS

RACE PACK COLLECTION

RACE INFORMATION

EVENT DAY SCHEDULE

AWARDS

WINNER VERIFICATION

AWARDS

42KM - FULL MARATHON

Category	Men's Open	Women's Open	Men's Veteran	Women's Veteran
	RM1000 + 	RM1000 + 	RM1000 + 	RM1000 + 
	RM800 + 	RM800 + 	RM800 + 	RM800 + 
	RM600 + 	RM600 + 	RM600 + 	RM600 + 
4 th - 10 th	Trophy 			

21KM - HALF MARATHON

Category	Men's Open	Women's Open	Men's Veteran	Women's Veteran
	RM800 + 	RM800 + 	RM800 + 	RM800 + 
	RM600 + 	RM600 + 	RM600 + 	RM600 + 
	RM400 + 	RM400 + 	RM400 + 	RM400 + 
4 th - 10 th	Trophy 			

12KM - RACE

Category	Men's Open	Women's Open	Men's Veteran	Women's Veteran
	RM400 + 	RM400 + 	RM400 + 	RM400 + 
	RM300 + 	RM300 + 	RM300 + 	RM300 + 
	RM200 + 	RM200 + 	RM200 + 	RM200 + 
4 th - 10 th	Trophy 			

RACE FACTS

WINNER VERIFICATION

RACE PACK COLLECTION

RACE INFORMATION

EVENT DAY SCHEDULE

AWARDS

WINNER VERIFICATION

POTENTIAL WINNER VERIFICATION

- Potential winners will be given a tag upon crossing the finish line.
- Results will be verified by a jury representative appointed by the Selangor Amateur Athletic Association (SAAA).
- All the Top 10 potential winners in FM, HM and 12KM in all category are required to check in at Winners' Tent for verification no later than 60 minutes before the scheduled award presentation ceremony.
- Only Top 3 winner will receive award on stage. It is mandatory to attend the award presentation ceremony on order to be eligible for the prize money collection.

Potential winners must present the documents below during verification:

- ORIGINAL or copy of NRIC/passport
- ORIGINAL race Bib
- Potential winner tag
- Potential Winner form (to be duly completed with valid account detail)

FULL MARATHON CATEGORIES	WINNER VERIFICATION PERIOD	
	FROM	TO
42KM Men & Women Open Awards	10.00am	11.00am
42KM Men & Women Veteran Open Awards	10.00am	11.00am
HALF MARATHON CATEGORIES	FROM	TO
21KM Men & Women Open Awards	9.00am	10.00am
21KM Men & Women Veteran Open Awards	9.00am	10.00am
12KM RACE CATEGORIES	FROM	TO
12KM Race Men & Women Open Awards	8.00am	9.00am
12KM Race Men & Women Veteran Open Awards	8.00am	9.00am



ecotrail®
Putrajaya



27 JULY
2024
 **PUTRAJAYA**

 [ecotrailputrajayamy](https://www.facebook.com/ecotrailputrajayamy)

 [ecotrail_putrajaya](https://www.instagram.com/ecotrail_putrajaya)

 putrajaya.ecotrail.com



RUNNER'S INFORMATION

GENERAL FACTS

DRINK STATIONS

Drinking water will available at the START/FINISH area.

- Full Marathon : KM 2.5, KM 5, KM 7.5, KM 10, KM 12.5, KM 15, KM 17.5, KM 20, KM 22.5 and KM 25, KM 27.5, KM 30, KM 32.5, KM 35, KM38 and KM 40
- Half Marathon : KM 2.5, KM 5, KM 7.5, KM 10, KM 12, KM 14, KM 16.5 and KM 19
- 12KM Run : KM 3, KM 6 , KM 7.5 and KM 10

For the 5KM drinks are available at KM 3 and after the finish line for all category.

ISOTONIC STATIONS

BOOM+ Isotonic drinks will be available at the START/FINISH area.

- Full Marathon : KM 5 , KM 10, KM 15, KM 20, KM 25, KM 30, KM 35 and KM 40
- Half Marathon : KM 5, KM 10, KM 14 and KM 19
- 12KM Run : KM 6 and KM 10

FRUIT STATIONS

Bananas are available for FM and HM

- Full Marathon : KM 12.5 and KM 27.5
- Half Marathon : KM 12

BREAKFAST STATION

- Full Marathon : KM 32.5
- Half Marathon : KM 16.5
- 12KM Run : KM 7.5

TOILETS

Toilets are available at the START and FINISH Areas as well at every drink stations along the route.

SURAU

Male and Female Surau facilities are available at the following locations;

- Full Marathon : KM 15, KM 17.5, KM 20, KM 22.5 and KM 25
- Half Marathon : KM 5, KM 7.5 and KM 10

TIMING

All runners will be timed using the Checkpoint Spot Bib Tag System

CENDOL

Cendol will be available for Full Marathon at KM 38

RUNNER'S INFORMATION

GENERAL FACTS

TIME LIMIT

Cut-off time for Full Marathon is 12.00pm, and for Half Marathon 9.30am is from their respective start times. The event officially closes at 1:00pm on 28 April 2024.

MEDICAL ASSISTANCE

Medical assistance is available at the START and FINISH Areas, as well at every checkpoint, along the routes. Medical officials' area authorized to stop any runner and remove their timing chips as they see fit to ensure runner's safety. Your health is top priority! Do not put yourself at risk!

VOLUNTEERS

600 volunteers will be working tirelessly at the event. Thank you for your contribution!

RUNNER'S INFORMATION

GENERAL FACTS**RUNNERS' ENTITLEMENT & SERVICES**

A Race Entry Pack comprises of:

- Event Bag Exclusive
- Running Tee
- Bib with safety pins
- Chip Timing
- Bib tag with cable tie for Baggage Service

Once you cross the finish line, remember to collect:

FINISHER MEDAL

All runners who complete their race within the stipulated cut-off time will receive a FINISHER MEDAL.

FINISHER TEE

All 42km and 21km runners who compete with their race before the cut off time will receive a Twincity Marathon Finisher T-shirt. Don't forget to present your BIB Number at the Finisher tent at the check-out after the finish line.

E-CERTIFICATES

All runners who complete their race within the stipulated time can download their certificate at the Checkpoint Spot web portal at <http://results.checkpointspot.asia/> within 24 hours, after the race.














RESULTS

Results will be posted on <http://twincitymarathon.com/> within 48 hours after the event. All results and rankings for Top 10 are according to 'Gun Time', in compliance with the World Athletics' rules. Overall results are final.

POST-RACE MASSAGE

Post race massage from PRO MMR services are available at the finish area for a minimal fee. The SURAU tent will be replaced by a massage tent after 7.30am.

RUNNER'S INFORMATION ENTITLEMENTS

CATEGORY	42KM	21KM	12KM	5KM
 EVENT TEE	✓	✓	✓	✓
 BIB NUMBER				
 TIMING CHIP	✓	✓	✓	✗
 FINISHER MEDAL	✓	✓	✓	✓
 FINISHER TEE			✗	✗
 POST RACE MEAL	✓	✓	✓	✓
 E-CERTIFICATE	✓	✓	✓	✓

BIGBIGPLACE

One-stop center for sports nutrition & energy gels.

FUEL YOUR BODY TO THE FINISH LINE WITH



EpicFuel
by **BIGBIGPLACE**

Izuan Ismail
Atlet EpicFuel



Mag-on



tā



KODA



CLIF

PICKLE JUICE

Rilax



LMNT
ZERO SUGAR
HYDRATION



Get Fueled at BigBigPlace.com or buy directly from BigBigPlace Retailers

RUNNER'S INFORMATION

BIB NUMBER

All bibs are colour coded, indicating which category you are registered in. You must run in the category you are registered in.

- Bibs are strictly not transferable or exchangeable during race day.
- The timing device is attached to the back of your bib. Do not fold or remove the timing device from your bib.
- If you do not run in your registered race category, your time will not register, resulting in automatic disqualified and you will not receive a Finisher's medal or Certificate of Achievement.
- At the Twincity Marathon 2024, the Checkpoint Spot timing system will be used to time your race.
- For accurate timing, please wear you bib visibly on your chest, not on your back or thighs and don't cover the bib number with your hands while crossing the mats at the start, finish line or at other checkpoints.
- The Bib tag timing device is disposable and does not need to be returned after your race.

BIB NUMBER FULL MARATHON

Date
28 April 2024, Sunday

Starting Area
Persiaran Flora

Start Time
4.00am

**FULL MARATHON
MEN OPEN**



**FULL MARATHON
MEN VETERAN**



**FULL MARATHON
WOMEN OPEN**



**FULL MARATHON
WOMEN VETERAN**



RUNNER'S INFORMATION

BIB NUMBER

BIB NUMBER HALF MARATHON

Date
28 April 2024, Sunday

Starting Area
Persiaran Flora

Start Time
5.30am

**HALF MARATHON
MEN OPEN**



**HALF MARATHON
MEN VETERAN**



**HALF MARATHON
WOMEN OPEN**



**HALF MARATHON
WOMEN VETERAN**



BIB NUMBER 12KM

Date
28 April 2024, Sunday

Starting Area
Persiaran Flora

Start Time
6.45am

**RACE
MEN OPEN**



**RACE
MEN VETERAN**



**RACE
WOMEN OPEN**



**RACE
WOMEN VETERAN**



BIB NUMBER 5KM

Date
28 April 2024, Sunday

Starting Area
Persiaran Flora

Start Time
7.15am

FUN RUN



RUNNER'S INFORMATION





BAGGAGE SERVICE

Baggage service available as follows:

Date : 28 April 2024

Categories : All categories

Location : Persiaran Flora, Cyberjaya (Refer to page 28)

CATEGORIES	BIB TAG	TIME
42KM		3.00am - 12.00pm
21KM		3.00am - 12.00pm
12KM		5.00am - 10.00am
5KM		5.00am - 10.00am

Runners may deposit/collect their bags at the baggage service counters from (3.00am to 12.00pm).

Please make sure that the Bib Tag that is provided together with the Bib Number is carried once or installed on the bag that you want to keep.

At the counter, you can install the Bib Tag that has been provided as early as possible or install it during the race day. The Bib Tag provided is a tag that matches your BIB number.

The volunteer on duty will help you and then stored. After you run, present your BIB at the same counter to collect your bag.

All bags not collected after the respective closing times will be sent to the Lost & Found Counter (Information Counter). You can email the organizer to check for any misplaced items or dropped items along the route.

TERMS AND CONDITIONS

- Runners deposit their bags at their own risk.
- The organizer will not be held liable for any loss and/damage, whether personal or otherwise, to any items deposited at the baggage service counters.
- The organizer reserve the right to examined contents of any bags deposited at the baggage service counters.
- Only bags not exceeding 50cm x 40cm x 15cm will be accepted.

RUNNER'S INFORMATION

RACE DAY HEALTH

PRE-RACE TIPS

- Tapering your training will help repair your body and ensure that you'll have enough energy on race day.
- A couple of weeks before the marathon, begin tapering your mileage and incorporate more days of rest into your training schedule.
- Avoid thinking that you need to get in one more run. Without rest, you increase your risk for injury and may be too fatigued to run your best or finish the race.
- Get plenty of sleep the night before the race.
- Properly hydrate, increase your fluid intake, with both water and sports drinks, in the days leading up to the race.

RACE DAY TIPS

Don't skip breakfast

- Give yourself 3-4 hours from race time if choosing to have a large breakfast
- Give yourself 1-2 hours from race time for a carbohydrate rich snack like breakfast
- Eat mostly carbohydrates, keep your protein, fat, and fiber consumption low
- Use the same breakfast that's worked for you throughout training

Don't Try Anything New on Race Day

- This is not the time to experiment with things you haven't already tried on several training runs.
- Don't wear new shoes, but your existing shoes should have no more than 500 miles on them
- Stick to the same clothing that you have been wearing during your training. Anything new may cause discomfort and prohibit you from running your best.
- To avoid discomfort or upset stomach, don't eat or drink anything new close to or on race day.

FINISHING THE RACE

- Savor the moment and cross the line with a winning smile.
- Finish in your specific lane.
- Don't crowd at the finish line as it obstructs other runners about to finish.
- Have a good stretch and cool-down.
- Queue in an orderly manner to collect your well-deserved Finisher Medal and other entitlements.
- Change into dry clothes and slip into your most comfortable footwear.

POST-RACE TIPS

- Make sure to drink water and eat a light snack.
- It is acceptable to receive a massage but avoid partaking in any activities in which you are exposed to heat for an extended period of time (i.e. sitting in a hot bath or sauna).
- 24 hours after, it is recommended that you jog for 20 minutes as this will help stimulate muscle recovery. If you experience unusual pain or discomfort during or after the race, consult a physician.



Swift Screenings, Instant Results:

Your Health, Your Time!

Elevate Your Health
with Avisena Wellness

Get Your Results in
JUST ONE DAY!

✓ *Tax Claimable Health Screenings*

✓ *Quick & Convenient*

✓ *Comprehensive Check-ups*

For appointment & further information,
please call us at 03-5515 1945 or WhatsApp our
Avisena Wellness at 010- 400 4051

Terms & Conditions

1. This promotion is only valid on weekdays (Monday to Friday), excluding weekends and public holidays.
2. Avisena Specialist Hospital reserves the right to change the terms & conditions should circumstances and regulations change.

 **AVISENA**
SPECIALIST HOSPITAL

 **AVISENA**
wellness

RUNNER'S INFORMATION

PACERS

PACERS FULL MARATHON - 42km



SHAH



EDDIE

4 : 00



NIZAM

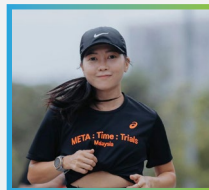


LIM KIM HUAT

4 : 30

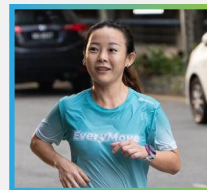


TERRY LIM



TRACY

5 : 00

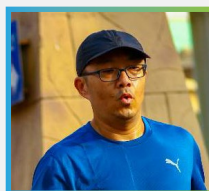


AMY



FADRULLAH

5 : 30



BARKLEY

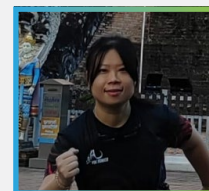


DANNY LOH

6 : 00



ERNI



YEN MUN

6 : 30



EJOKE SPRINTER



RAF

7 : 00

RUNNER'S INFORMATION

PACERS

PACERS HALF MARATHON - 21km



KENJO



IVAN KOH

2 : 00



NICKY YAP



HOI HOI

2 : 15



FITRI NAJWA

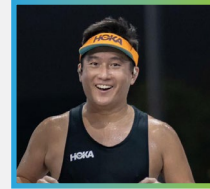


RYNNIE

2 : 30



ELAINE



JEREMY

2 : 45



LAI HUN KIONG



NINJA

3 : 00

BROOKS

BELIEVE THE HYPE



HYPERION ELITE 4



**REGISTER NOW
FOR GREATER PERKS**



100 BONUS POINTS
FOR NEW REGISTERED MEMBERS



RM1 = 1 POINT



**500 ADDITIONAL
POINTS**
FRIEND REFERRAL



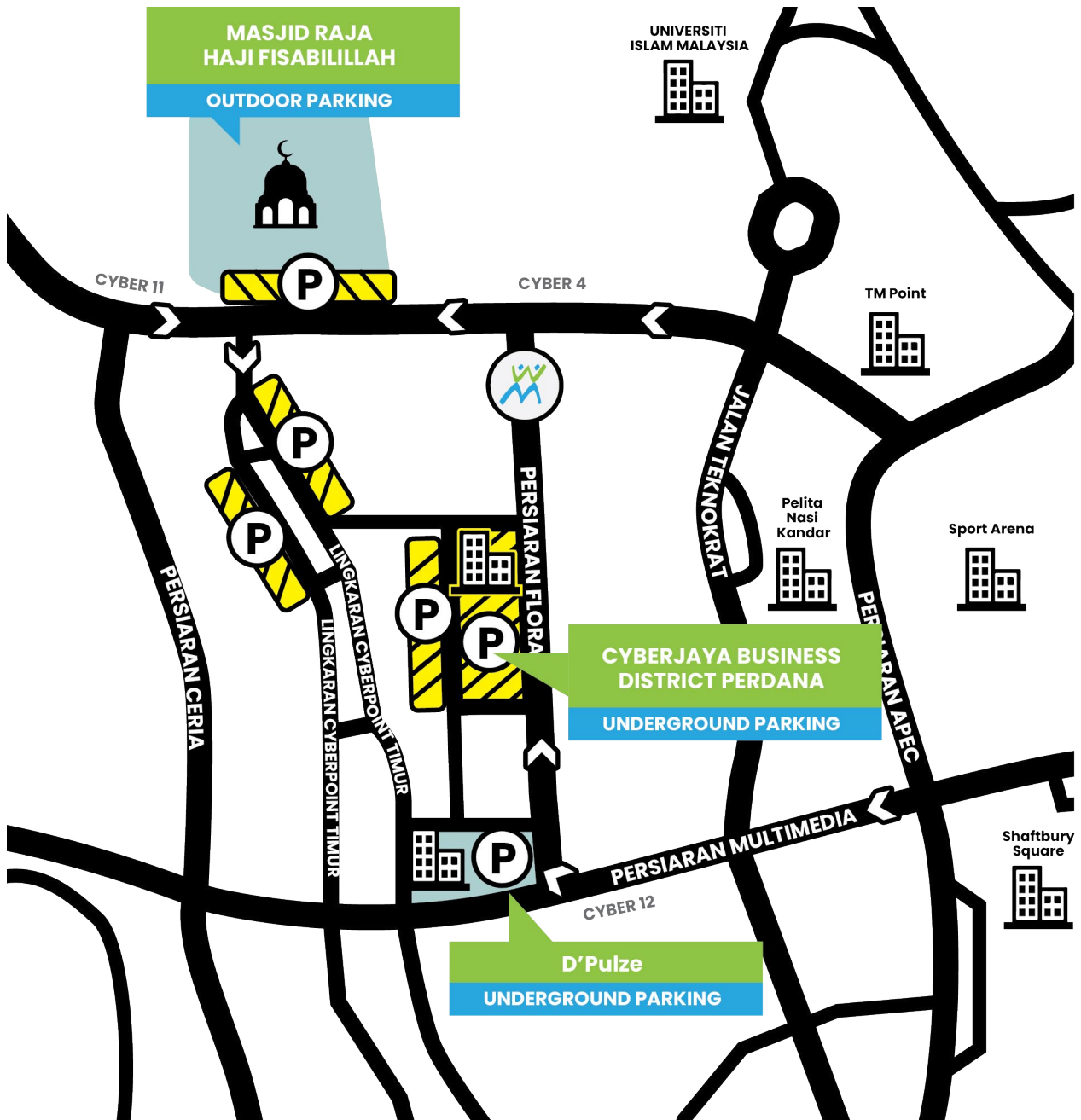
20% OFF
BIRTHDAY REWARD



1,000 = RM10
POINTS = CASH VOUCHER

RUNNER'S INFORMATION PARKING AREA

PARKING MAP



LEGEND



Parking



Roadside Area



Event Site



Mosque

RUNNER'S INFORMATION PARKING AREA

PARKING LOCATION



D'PULZE
1500 space



ROADSIDE PARKING
250 space



CBD PERDANA 2
250 space

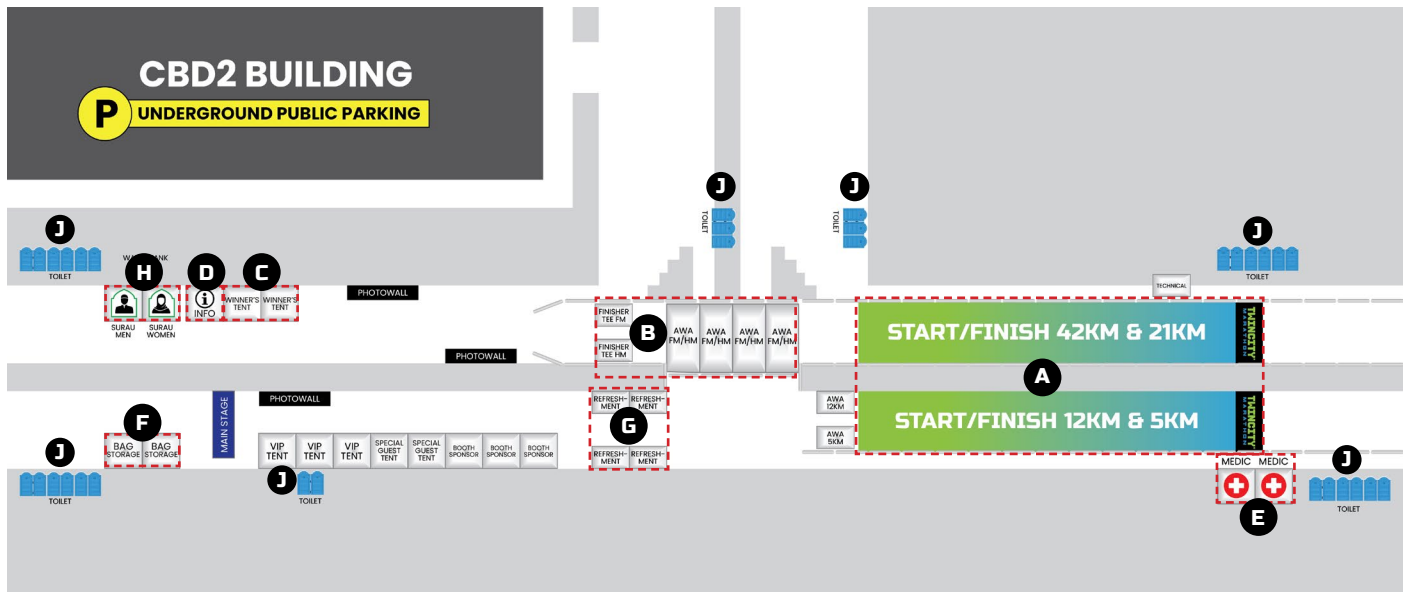


MASJID FISABILILLAH
250 space

RUNNER'S INFORMATION

EVENT SITE LAYOUT

START & FINISH AREA

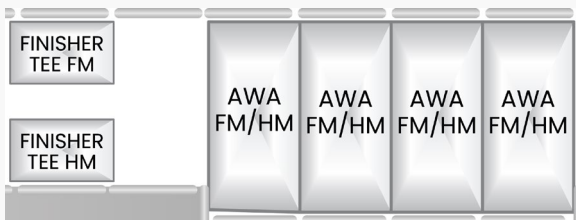


LEGEND

A Start and Finish Line
42KM, 21KM, 12KM & 5KM



B Athlete Welfare Area
42KM & 21KM



C Winner Verification Tent



D Information Counter



E Medic



F Baggage Service



G Refreshment



H Surau



J Toilet

THE MAGNIFICENT BALING 100

The Wisdom Of Deer

25 & 26 OCTOBER 2024



100KM

50KM

25KM

10KM

 Magnificent Baling 100

 themagnificentbaling100

42 KM

4.00 am
Sunday, 28 April 2024

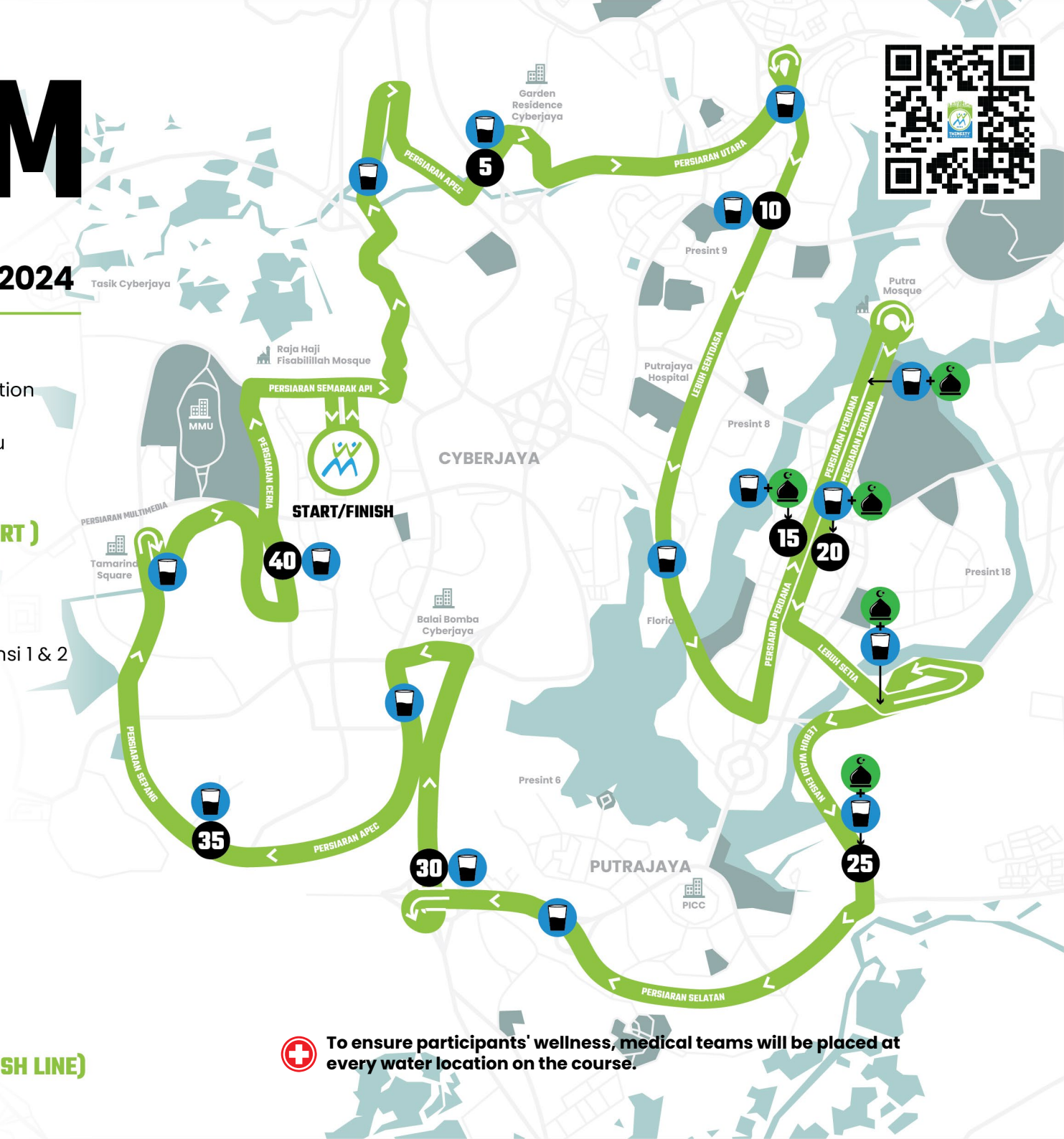


Keys

- 2 KM Marker
- Direction
- Water Station
- Surau

Route

- PERSIARAN FLORA (START)**
- Persiaran Semarak Api
- Jalan Teknokrat 2 & 1
- Persiaran Apec
- Persiaran Harmoni
- Persiaran Garden Residensi 1 & 2
- Persiaran Utara
- Lebuh Sentosa
- Persiaran Perdana
- U-Turn Masjid Putra
- Persiaran Perdana
- Lebuh Setia
- Lebuh Wadi Ehsan
- Persiaran Selatan
- Pintasan Dengkil
- Persiaran Rimba Permai
- Persiaran Apec
- Persiaran Sepang
- Persiaran Bestari
- Jalan Fauna 1
- Persiaran Ceria
- Persiaran Semarak Api
- PERSIARAN FLORA (FINISH LINE)**



To ensure participants' wellness, medical teams will be placed at every water location on the course.

21 KM

5.30 am
Sunday, 28 April 2024



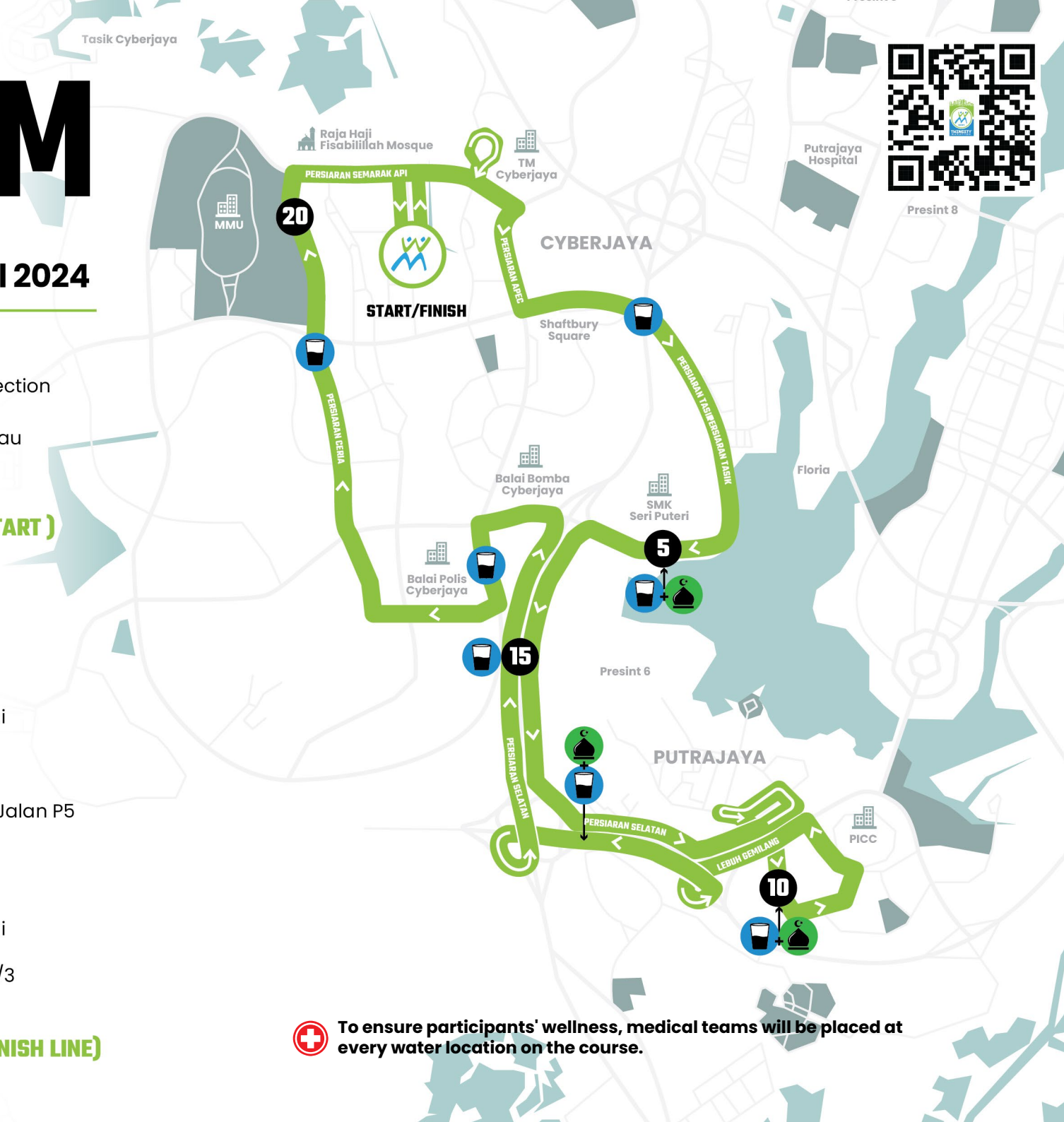
Presint 8

Keys

- KM Marker
- Direction
- Water Station
- Surau

Route

- PERSIARAN FLORA (START)**
- Persiaran Semarak Api
- Jalan Teknokrat 2
- U-Turn Roundabout
- Persiaran Semarak Api
- Persiaran Apec
- Persiaran Multimedia
- Persiaran Tasik
- Persiaran Rimba Permai
- Pintasan Dengkil
- Persiaran Selatan
- Lebuhr Gemilang
- Jalan P5 - Jalan P5/1 -Jalan P5
- Jalan P5A/1 -Jalan P5
- Lebuhr Gemilang
- Persiaran Selatan
- Pintasan Dengkil
- Persiaran Rimba Permai
- Persiaran Apec
- Persiaran Cyberpoint 5/3
- Persiaran Ceria
- Persiaran Semarak Api
- PERSIARAN FLORA (FINISH LINE)**



To ensure participants' wellness, medical teams will be placed at every water location on the course.



12 KM

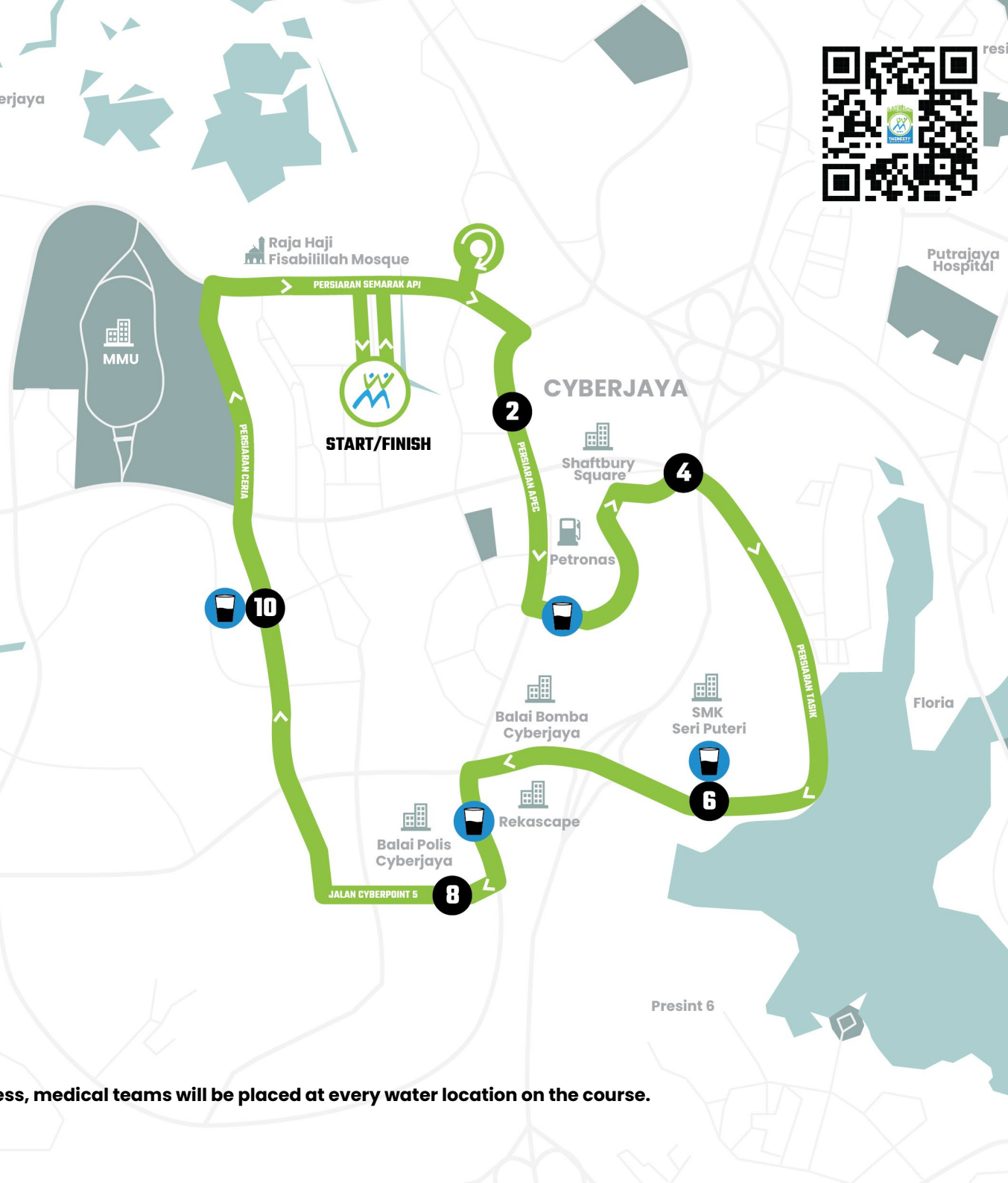
6.45 am
Sunday, 28 April 2024

Keys

- KM Marker
- Direction
- Water Station

Route

- PERSIARAN FLORA (START)**
- Persiaran Semarak Api
- Jalan Teknokrat 2
- U-Turn Roundabout
- Persiaran Semarak Api
- Persiaran Apec
- Jalan Impact
- Persiaran Multimedia
- Persiaran Tasik
- Persiaran Rimba Permai
- Persiaran Apec
- Persiaran Cyberpoint 5
- Persiaran Ceria
- Persiaran Semarak Api
- PERSIARAN FLORA (FINISH LINE)**



To ensure participants' wellness, medical teams will be placed at every water location on the course.



Tasik Cyberjaya

5 KM

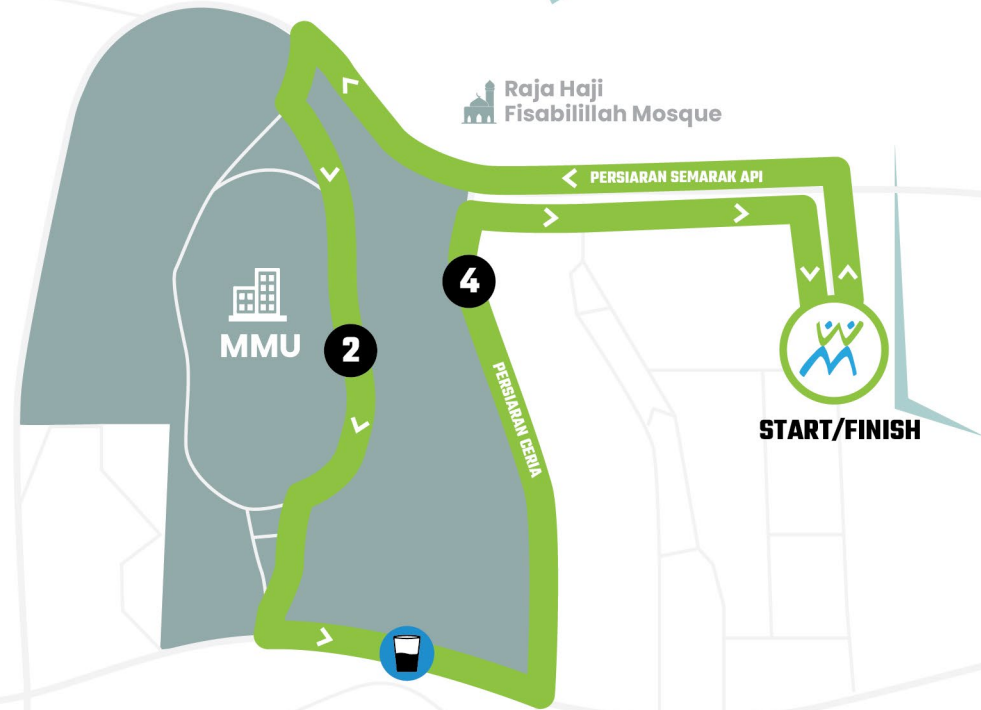
7.15 am
Sunday, 28 April 2024

Keys

- KM Marker
- Direction
- Water Station

Route

- PERSIARAN FLORA (START)**
- Persiaran Semarak Api
- Persiaran Newron
- Lingkaran Silikon
- Persiaran Multimedia
- Persiaran Ceria
- Persiaran Semarak Api
- PERSIARAN FLORA (FINISH LINE)**



To ensure participants' wellness, medical teams will be placed at every water location on the course.



OWNER AND ORGANIZER



SACTIONED AND SUPPORTED BY



VENUE PARTNER



SPONSOR



