



GENERAL INFO

1. When is Malaysia Women Marathon 2019?

3rd March 2019

2. How many distance categories are there ?

Full marathon – 42km

Half Marathon – 21km

10km

5 km fun run

3. Are children allowed to run in the 5km run? Must there be an accompanying adult or guardian?

Children can participate under Category J and there is no age limit except their registration will be dependent on the registration ID of their parent. The maximum number each parent can sign up is 3. Please note we may not be able to cater for children tshirt sizes that are too small.

The parents/guardian must accompany the younger child all the time. Marshals will stop any child from running where there is no accompanying adult.

Children 16-17 years old and above may run the 5km and 10km on their own but their registration requires a consent from their parent. This is only open for Girls as this is a women's event.

4. Where is the starting venue ?

The starting venue is Padang Timur, Petaling Jaya. The Runners will gather at the atrium area. Please note we will post the layout for the venue on our facebook and Intagram.

5. What is the start time?

Full marathon : 3:00am

Half Marathon : 5.30am

10km : 630am

5km : 7:15am

6. Can Men run in the Malaysia Women Marathon?

Yes but with the following conditions

- (a) They can run in the Full marathon (42km) and Half marathon (21km) categories as personal pacers for the woman patee.
- (b) And the 5 km Individual – adult with children
- (c) 10km category is for women only.

7. What are the conditions for men to run?

- (a) They are entitled to receive Medal, Event Tshirt, Finisher item (full marathon and half marathon), Timing chip (and a timing recorded), E-certificate but will not be entitled to win prizes for their standing or position. Please take note of the packages that they sign up for.
- (b) They are not to run ahead of the woman pacer. They have to finish together with their pace. Should the man pacer finish ahead of the woman patee, both gets disqualified.
- (c) They do not need to wear a skirt sports, its not a mandatory even though many of the MWM previous years photos show.

(d) Their role as a personal pacer is to be an assistant to the woman pacer during her journey to complete the distance. Carry her energy gel if need be.

8. What if the woman pacer runs faster?

- (a) She can finish ahead of you as her timing chip time will inform so.
- (b) She will however, have to wait for you at the finish line to collect the medal together.
- (c) So you must not let her wait too long.

9. How can the male pacer register?

- (a) If the man wants to run the full or half marathon in MWM. He has to look for his woman pacer. In most circumstances, the male pacer is a husband or a friend. Alternatively, it is the woman pacer who looks for a male pacer.
- (b) Once the couple is ready, the woman has to register first to get her registration Id or her order number.
- (c) From this number, she gives to the male pacer to use it for registration.
- (d) There will be a tab that indicates the need to fill : An order number before the registration can go through.
- (e) For the 5km registration : The family register the details but the primary person's details for the race kit collection will be under the mother's name.

10. 5km Children's participant

- (a) The children must run together with the family.
- (b) Please ensure that the children are able to run 5km distance.
- (c) Should they be tired halfway through the run, please stop or slow down.

11. What are the packages offered in the registration?

- (a) There are 3 packages.

(b) Package 1 is a registration without the event tee during race kit collection nor medal at the finishline line. If you choose this package, the fees are cheaper.

(c) Package 2 also does not provide event tee but you can opt for a finisher item (if you are running full marathon or half marathon) or a medal (which means if you run 10km or 5km, medal is your only choice)
You will not receive a tshirt during race kit collection.

(d) Package 3 is where the runner receives all the entitlement when signing up. The event tee, medal and the finisher item if applies.

(e) Can your male pacer sign up a different package from you? Yes

11.2 Promotion codes

(a) If you have bought promotion code these are the rates that you would have bought for

(i) Package 2 : Full Marathon : RM80
Half Marathon : RM60
10km : RM40
5km : RM20

(ii) Package 3 : Full marathon : RM 85
Half marathon : RM 65
10km : RM50
5km : RM35

(b) Upon purchase of the coupons please register it on the same day. It will only be valid within 24hours for registration of your details online.

12. Is the Tshirt design for the event tee different for men and women runners?

(a) Women and Men get the same design.

(b) The women's tshirt cut will have a waistline cut

- (c) Can the women choose the Men's cut, Yes
- (d) Please note the men's cut will be bigger.
- (e) There will be other designs for MWM tshirt sold during the expo for the event.

13. What must you bring for the race kit collection ?

- (a) Please print out the receipt order (confirmation slip with the barcode) sent in your email upon registration or download it on your phone.
- (b) If you are collecting for another person please get a photocopy of their ID or passport so that you may collect on their behalf.

REGISTRATION

1. How do I register?

Go to www.mwm.my or www.checkpointspot.asia/mwm

2. 18yo – 34year old – Open category and 35yo and above Veteran category :

Please register in the correct category.

3. How would I know if my registration is completed?

Successful registrations will receive confirmation from :

- Registration confirmation from Checkpointspot.asia and
- Payment confirmation

4. Do I get a refund if I don't participate after I have registered?

No. The proceeds collected will however go to cancer support group.

5. Will I be entitled to the Medal should I not run the event after registration?
No. You will not be entitled to the medal.

6. Can I downgrade or upgrade the categories after I have registered? You can only do this with the consent of the organiser upon written request to them not later than 1 month prior to the event date. Please write to malaysia.women.marathon@gmail.com info@checkpointspot.asia The discretion remains with the organiser whether or not to approve the request. No refunds will be made for any downgrade of categories and for upgrades you will be required to top the additional value.

7. Can I change the size of my tshirt after registration?

You can only do this within one month from your registration date but not later than one month prior to the event date AND upon a written request to the organiser to request for a change of the t shirt size. The discretion remains the organiser whether or not to allow the change.

RACE KIT COLLECTION AND RACE DAY

1. Venue : to be confirmed

Date : 1-2nd March 2018

Objective : Collection of race bibs and entitlement

2. Expo for Race Kit Collection and Programs for the expo

(a) There will be a fashion show for Sports Hijab and muslimah sport wear.

(b) There will be other sports brands that will be on discounts. 2xu, Newton shoes, Brooks shoes, Garmin, Nashata, Lorna Jane etc

3. RaceDay Program : Please refer to www.mwm.my for race info
 4. How early should I be at the venue for the start? We advise you to be at the venue at least 45minutes to start time.
 5. Is there a drop baggage center? The run at the start line venue. Stay tuned for emails from us or on our FB page.
 6. For Rules and Regulation – Please refer to www.mwm.my
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