

**Men'sHealth MALAYSIA SHAPE MALAYSIA**  
**Night Run '11**  
presented by **GNC LIVE WELL**

**Men's Health & SHAPE NIGHT RUN '11 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 (1993 OR EARLIER)	12.3	50	1ST - 200TH	ALL	RM700 & PRODUCTS WORTH RM10,146	RM500 & PRODUCTS WORTH RM4,764	RM200 & PRODUCTS WORTH RM4,714	- PRODUCTS WORTH RM3,025
B	WOMEN'S OPEN	18 YRS & ABOVE (1993 OR EARLIER)	12.3	50	1ST - 100TH	ALL	RM700 & PRODUCTS WORTH RM10,408	RM500 & PRODUCTS WORTH RM4,796	RM200 & PRODUCTS WORTH RM4,746	- PRODUCTS WORTH RM3,184
C	MEN'S JUNIOR VETERAN	40 YRS - 49YRS (1962 - 1971)	12.3	50	1ST - 50TH	ALL	RM700 & PRODUCTS WORTH RM10,146	RM500 & PRODUCTS WORTH RM4,764	RM200 & PRODUCTS WORTH RM4,714	- PRODUCTS WORTH RM3,025
D	MEN'S SENIOR VETERAN	50 YRS & ABOVE (1961 OR EARLIER)	12.3	50	1ST - 50TH	ALL	RM500 & PRODUCTS WORTH RM10,146	RM200 & PRODUCTS WORTH RM4,764	RM100 & PRODUCTS WORTH RM4,714	- PRODUCTS WORTH RM3,025
E	WOMEN'S VETERAN	40 YRS & ABOVE (1971 OR EARLIER)	12.3	50	1ST - 50TH	ALL	RM500 & PRODUCTS WORTH RM10,408	RM300 & PRODUCTS WORTH RM4,796	RM100 & PRODUCTS WORTH RM4,746	- PRODUCTS WORTH RM3,184
F	FUN RUN	18 YRS & ABOVE (1993 OR EARLIER)	5	40	-	ALL	-	-	-	-

Title Presenter

**GNC**  
LIVE WELL.

Organizer

**BluInc**

Co-organizer

**TWENTYFIRST**  
CENTURY SPORTS

Sanctioned By



Venue Host



Main Sponsors

**Reebok**

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Official TV Channel

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**active Pure**

**ASIAREB**  
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**EBENE**  
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**MENS Bioré**

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Your favourite juice factory

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**Systema**

**yoplait**

**Men'sHealth MALAYSIA SHAPE MALAYSIA**  
**Night Run '11**  
presented by **GNC LIVE WELL**

**Registration begins**  
**3 MAY 2011**

**DON'T WAIT.**  
**SIGN UP NOW!!**

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

**30 July 2011,**  
**Saturday**

**From 6.30pm**  
**onwards**

**In front of Kompleks**  
**Perbadanan**  
**Putrajaya, Precinct 3**

*[Maximum 3,150 participants for competitive categories (using a timing-chip system) & 2,850 for the non-competitive category]*

*\*Goodie Bags will be given out after the run*



**Grab your copy of MEN'S HEALTH MALAYSIA & SHAPE MALAYSIA for details today!**

Visit [www.mens-health.com.my](http://www.mens-health.com.my) & [www.shape.com.my](http://www.shape.com.my) for more details

Organiser: **BluInc**

## ENTRY FORM /BORANG PENYERTAAN

For Office Use



CODE KOD	CATEGORY KATEGORI	AGE UMUR	COLOUR WARNA	KM	FEE YURAN	MARK (✓) TANDAKAN
A	MEN'S OPEN	18 YRS & ABOVE (1993 OR EARLIER)	BLACK	12.3	50	
B	WOMEN'S OPEN	18 YRS & ABOVE (1993 OR EARLIER)	RED	12.3	50	
C	MEN'S JUNIOR VETERAN	40 YRS - 49 YRS (1962 - 1971)	GREEN	12.3	50	
D	MEN'S SENIOR VETERAN	50 YRS & ABOVE (1961 OR EARLIER)	BLUE	12.3	50	
E	WOMEN'S VETERAN	40 YRS & ABOVE (1971 OR EARLIER)	BROWN	12.3	50	
F	FUN RUN	18 YRS & ABOVE (1993 OR EARLIER)	PURPLE	5	40	

CHIP TIMING 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

Have you participated in the **Men's Health & Shape Night Run '10'**? / Pernahkah anda mengambil bahagian dalam acara **Men's Health & Shape Night Run '10'**?  
☐ YES / YA ☐ NO / TIDAK

Herewith I enclose a Cash/Cheque (crossed): numbered ..... amounting to RM..... as the entry fee to the **Men's Health & Shape Night Run '11**.  
 Dengan ini saya sertakan Wang Tunai/Cek No. .... bernilai RM..... bagi bayaran penyertaan untuk **Men's Health & Shape Night Run '11**.

### 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 REEBOK RUNNER'S TEE SIZE / CARTA SAIZ—TANDAKAN SAIZ BAJU LARIAN REEBOK ANDA

FEMALE / PEREMPUAN	XS — Width: 32"; Length: 22"
	S — Width: 34"; Length: 22"
	M — Width: 36"; Length: 23"
	L — Width: 38"; Length: 24"
	XL — Width: 40"; Length: 25"
	2XL — Width: 42"; Length: 26"
MALE / LELAKI	3XL — Width: 44"; Length: 27"
	XS — Width: 36"; Length: 24"
	S — Width: 38"; Length: 25"
	M — Width: 40"; Length: 26"
	L — Width: 42"; Length: 27"
	XL — Width: 44"; Length: 28"
	2XL — Width: 46"; Length: 29"
	3XL — 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 : 30 July 2011 (Saturday)

Venue : In front of Kompleks Perbadanan Putrajaya, Precinct 3

COMPETITIVE CATEGORIES		DISTANCE	GATHERING TIME	FLAG OFF
A	MEN'S OPEN	12.3KM	6.30PM	8.20PM
B	WOMEN'S OPEN	12.3KM	6.30PM	8.20PM
C	MEN'S JUNIOR VETERAN	12.3KM	6.30PM	8.20PM
D	MEN'S SENIOR VETERAN	12.3KM	6.30PM	8.20PM
E	WOMEN'S VETERAN	12.3KM	6.30PM	8.20PM
NON-COMPETITIVE CATEGORY				
F	FUN RUN	5KM	6.30PM	8.40PM

### 1. ELIGIBILITY

The **Men's Health & Shape Night Run '11** 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 2011. 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)

• Twenty First Century Sports (M) Sdn Bhd.

No.51, Jalan SS18/6, 47500 Subang Jaya, Selangor.

9.00am - 6.00pm (Monday to Friday)

a) Payment at the counter must be in the form of cash or a cheque.

b) For all payments by cheque, please make it payable to:

**Twenty First Century Sports (M) Sdn Bhd**

c) Postal entries are **NOT** accepted.

d) No refund will be made for wrongful or multiple registrations.

e) 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.

f) 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.hooha.asia](http://www.hooha.asia) (A RM5 transaction fee will be incurred upon each transaction)

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

a) Date : 27, 28 & 29 July 2011

Time : 10.00am - 6.00pm

Venue : Level 2, Multi Purpose Hall,

Wisma OCM, Jalan Hang Jebat,

50150 Kuala Lumpur

b) 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 29 July 2011.

c) Please be advised that sizes of the Runners' Tee are limited. Distribution will be carried out on a first-come, first-serve basis.

d) There will be **NO** distribution of kits on race day.

### 7. GOODIE BAGS COLLECTION

Goodie Bags will only be given out **AFTER** the race on **EVENT DAY** at designated goodie bag collection counter.

### 8. CLOSING DATE FOR REGISTRATION

**30 June 2011 at 5.00pm** or when registration is full; whichever is earlier.

### 9. ENQUIRIES

a) General enquiries

For any general enquiries pertaining to the **Men's Health & Shape Night Run '11**, 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@hooha.asia](mailto:enquiry@hooha.asia)

## MEN'S HEALTH & SHAPE NIGHT RUN '11 ROUTE

