



**LARIAN HARI HUTAN
ANTARABANGSA 2024
HUTAN & INOVASI**

**BULATAN SULTAN AZLAN SHAH, MERU RAYA, IPOH, PERAK
28 APRIL 2024**

RACE GUIDE

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ABOUT LARIAN HARI HUTAN ANTARABANGSA 2024



Larian Hari Hutan Antarabangsa 2024 is presented to you by Jabatan Perhutanan Negeri Perak and MMTF Consultant. The event is scheduled to take place on April 28th, 2024, at Bulatan Sultan Azlan Shah, Meru Raya, Ipoh, Perak, in conjunction with the International Day of Forests.

Larian Hari Hutan Antarabangsa 2024 is divided into two categories, namely 5KM Fun Run and 8KM Competitive.

The objective of the run is to promote the International Day of Forests to the community and raise awareness of the importance of natural resources and foster a spirit of love for nature. Besides, the objective is also to cultivate a healthy lifestyle amongst the community.



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RACE ORGANIZERS



MMTF Consultant is an international sporting event management company. The company is famed for its organization of Malaysia Mountain Trail Festival and have ZERO INCIDENT ZERO CLAIM record since 2018. The company also organized the 1st mass participation sporting event in Malaysia post pandemic in Dec 2021.



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RACE ENTRY PACK COLLECTION (REPC)



VENUE

Bulatan Sultan Azlan Shah, Meru Raya, Ipoh, Perak

DATE & TIME

27 April 2024 – 10:00 am – 06:00 pm

STEP 01

COLLECT RACE CONFIRMATION SLIP

- Show your Race Confirmation email or Present a copy of your identity card used during registration process.
- Photo identification is required for verification purpose. This can be your ID, passport or employment card.
- A confirmation slip will be presented to you at COUNTER A

STEP 02

COLLECT RACE BIB & EVENT TEE

- Present your race confirmation slip obtained from COUNTER A to collect your race entitlements.



RACE ENTRY PACK COLLECTION (REPC)



NOTE

- IF YOU CAN'T ATTEND TO COLLECT THE RACE ENTITLEMENTS, PLEASE ENSURE YOU PROVIDE THE PERSON ENTRUSTED BY YOU A SIGNED ACKNOWLEDGEMENT (or CONFIRMATION SLIP) AND A COPY OF YOUR ID.
- NO EXTENSION OF TIME LINE FOR COLLECTION OTHER THAN THOSE PROVIDED.

RUNNERS ENTITLEMENTS



During Race Entry Pack Collection (REPC), runners will receive:

- Race Bib & Timing Chip
- Larian Hari Hutan Antarabangsa Race Tee

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RACE DETAILS



VENUE

Bulatan Sultan Azlan Shah, Meru Raya, Ipoh, Perak.

28 APRIL 2024 (SUNDAY)

DESCRIPTION	TIME	REMARK
Race Start	07:00 am	Bulatan Sultan Azlan Shah, Meru Raya, Ipoh, Perak (8KM)
	07:15 am	Bulatan Sultan Azlan Shah, Meru Raya, Ipoh, Perak (5KM)
Cut Off Time (COT)	09:30 am	8KM & 5KM
Prize Giving Ceremony	09:30 am – 10.30 am	Bulatan Sultan Azlan Shah, Meru Raya, Ipoh, Perak

NOTE

- Schedule is subject to change when deemed necessary by the organizer.
- Please follow the instructions of signages and event crews at all times.



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RACE DETAILS



ALLOCATION OF RACE PEN

- There is no pre-assigned Start Pen for all races.
- You are advised to enter the Start Pen 30 minutes before their respective start time



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IMPORTANT RACE INFORMATION



1. Please read the Larian Hari Hutan Antarabangsa 2024 Race Guide in its entirety.
2. You must bring along your race bib on race day. You must place your race bib on the front of your race tee with the safety pin provided, or use a running belt. Please do not fold, cut or alter your race bib in anyway. You would need to produce your race bib to enter the Start Pen.
3. It is strictly prohibited for another person to race under your name or for you to race under another person's name for a number of reasons but most importantly it is the danger and confusion you might create in doing so in the event of an incident during the race.
4. Familiarise yourself with the race course –it is your responsibility to know this during race day.
5. Arrive at least an hour ahead of your flag off time to avoid congestion.
6. If you feel unwell at anytime during the race, please do not continue with the run and approach our crew for assistance. There are medical post and paramedics along the course to provide assistance should you require it during the race.
7. Keep to your left to allow faster runner to overtake. If you encounter runners moving at slower pace on the right side of the road, please call out "runners on the right". Please be courteous and move on to the left when you hear this.
8. Help everyone enjoy a clean & green race. Please be responsible and throw your empty cups and trash into the bins provided.



THINGS TO NOTE



RACE BIB

- You must bring along your race bib on race day.
- Only runners with race bib are allowed into runner's only zone.
- You must place your race bib on the front of your race tee.
- Do not fold, cut or alter your race bib in any way.
- You will need your race bib to enter the Start Pen.
- You are strictly prohibited to run with another person race bib.
- Please inform the event team if you feel unwell during the event.
- Finisher Medal is only for runners who completes the run within cut off time.
- Pacers and support crews are not needed for the run.
- You must follow instructions of event team, marshalls on route and PDRM at all times.
- Decisions of event director is final.



THINGS TO NOTE



HYDRATION AND WATER STATIONS

- There will be hydration/ water stations located approximately every 3KM.

MEDICAL

- The race village will have medical personnel in position at the START/ FINISH area to provide assistance if you feel unwell and injured. Static medical personnel will also be stationed at every water stations.
- Mobile medical personnel can be found throughout the course to provide assistance if needed. You may also contact our **emergency hotline +60173794764** should you require any assistance.

INSURANCE

- All runners are covered by insurance provided by the organizer.
- RM5,000.00 for accidental death, RM5,000.00 for permanent disability and RM500.00 for medical.

MEDAL

- Every runner who crosses the finish line within the stipulated cut-off timings will receive a Larian Hari Hutan Antarabangsa 2024 medal.



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THINGS TO NOTE

MEDAL



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8KM FINISHER

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5KM FINISHER



FINISHER MEDAL
(5KM & 8KM)

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THINGS TO NOTE



RESULTS

- You may check your potential results immediately upon crossing the finish line by scanning the QR code found on your bib no or by scanning the QR code found at the race village after collecting your finisher entitlements. Final official results will be available at www.mmtf.my within 72 hours after the race.

E-CERTIFICATES WITH NET TIME

- All runners in the competitive race categories (5KM and 8KM) who completed their race at Larian Hari Hutan Antarabangsa 2024 will be entitled to receive a personalized e-certificate with their net time about a week after the official results have been released.
- The personalised e-certificate will be available for download at <https://mmtf.my/events/larianhha2024/> within a week after the race.

DISPUTE OVER RESULTS

- In the event of a dispute over race results, an appeal must be lodge at the secretariat tent at the race village 15 minutes before the prize presentation.
- In the event of a dispute, the race organizers decision is final.



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GETTING TO AND FROM THE RACE

VENUE

Bulatan Sultan Azlan Shah, Meru Raya, Ipoh, Perak

- Bulatan Sultan Azlan Shah (4°40'7.60"N,101° 4'45.90"E) is a public square in Bandar Meru Raya, Ipoh, Perak. It is located in front of Hotel Casuarina.

BY CAR

- There are parking spaces around the race village at Bulatan Sultan Azlan Shah, Meru Raya, Ipoh, Perak.
- You are prohibited from double parking around the race village as you risked your car being towed away.

NOTE

- Please plan your trip ahead of time.
- Please do not park your car irresponsibly.
- Please ensure that you do not leave valuable items in the car.
- The organizer accepts no responsibility for lost/ damage of property. Please drive safe to and from the event.



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ROAD CLOSURE INFORMATION



NOTE - PARTIAL ROAD CLOSURE

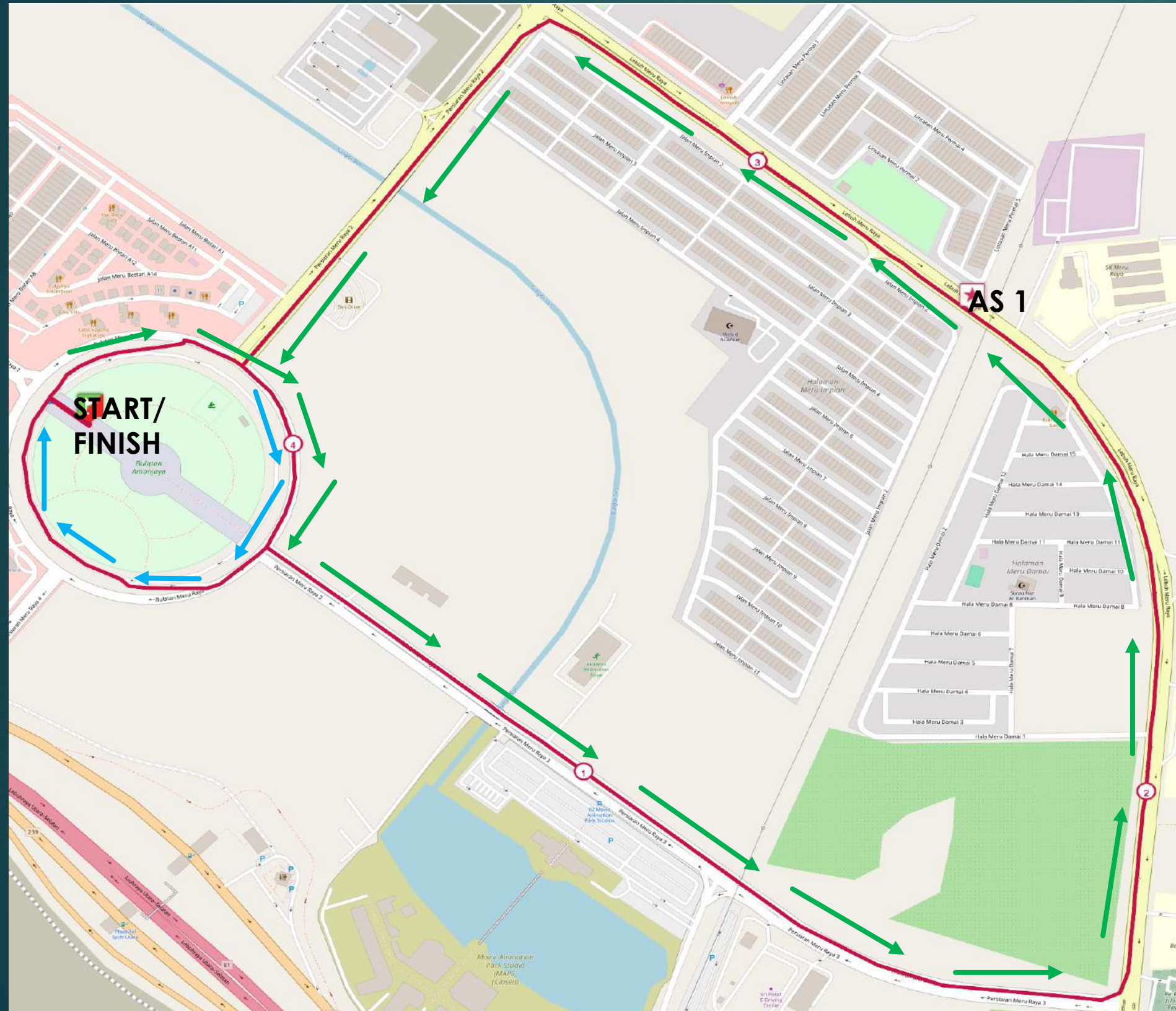
- 90% of the race route have 2 lanes in a single direction.
- The organizer/ The Royal Malaysian Police will be closing 1 lane throughout the race route. Runners should only run on the lanes that are closed to vehicles.
- Runners should not encroached on lanes that are open to vehicles.

THE FOLLOWING ROADS WILL BE PARTIALLY CLOSE ON 28 APRIL 2024 (06:30 AM - 10:00 AM)

- Bulatan Sultan Azlan Shah – Bulatan Meru Raya - Persiaran Meru Raya 3 – Lebuhraya Meru Raya - Persiaran Meru Raya 2 – Bulatan Meru Raya - Bulatan Sultan Azlan Shah **(5KM FUN RUN)**
- Bulatan Sultan Azlan Shah – Bulatan Meru Raya – U- Turn at Persiaran Meru Raya 2 – Bulatan Meru Raya - Persiaran Meru Raya 3 - Lebuhraya Meru Raya – Jalan Jelapang - Persiaran Meru Raya 5 – Bulatan Meru Raya - Bulatan Sultan Azlan Shah **(8KM COMPETITIVE).**



ROUTE MAP/ DESCRIPTION - 5KM FUN RUN



5KM ROUTE

FLAG OFF - 7:15 AM (28 APRIL 2024)

5KM FUN RUN

Bulatan Sultan Azlan Shah – Bulatan Meru Raya – Persiaran Meru Raya 3 – Lebuhraya Meru Raya – Persiaran Meru Raya 2 – Bulatan Meru Raya – Bulatan Sultan Azlan Shah.

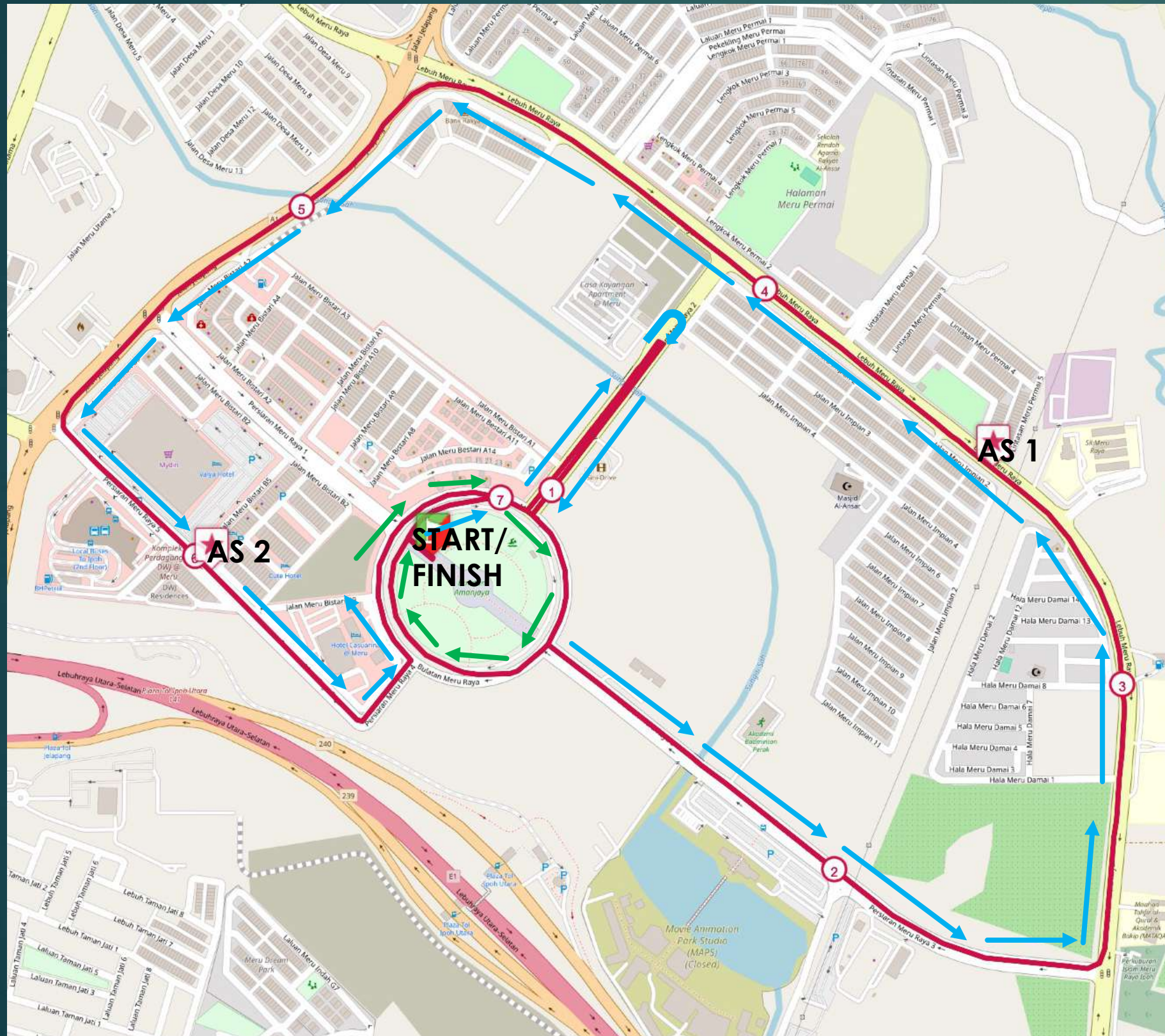
AID STATION

AS 1- 2.5KM (MEDIC & WATER)

NOTE:

- PLEASE RUN ON THE LEFT LANE UNLESS INSTRUCTED OTHERWISE BY THE MARSHALS
- NO PUSHING WHILST OVERTAKING
- BE AWARE OF YOUR SURROUNDINGS THROUGHOUT THE RACE
- ESPECIALLY WHEN CHANGING LANES AND CROSSING JUNCTIONS.

ROUTE MAP/ DESCRIPTION - 8KM COMPETITIVE



8KM ROUTE
FLAG OFF - 7:00 AM (28 APRIL 2024)

8KM COMPETITIVE

Bulatan Sultan Azlan Shah – Bulatan Meru Raya – U-Turn at Persiaran Meru Raya 2 – Bulatan Meru Raya - Persiaran Meru Raya 3 - Lebuhraya Meru Raya – Jalan Jelapang - Persiaran Meru Raya 5 – Bulatan Meru Raya - Bulatan Sultan Azlan Shah

AID STATION

AS 1- 3.5KM (MEDIC & WATER)
AS 2- 6KM (MEDIC & ISOTONIC)

NOTE:

- PLEASE RUN ON THE LEFT LANE UNLESS INSTRUCTED OTHERWISE BY THE MARSHALLS
- NO PUSHING WHILST OVERTAKING.
- BE AWARE OF YOUR SURROUNDINGS THROUGHOUT THE RACE ESPECIALLY WHEN CHANGING LANES OR CROSSING A JUNCTION.

RACE VILLAGE – BULATAN SULTAN AZLAN SHAH, MERU RAYA, IPOH, PERAK



Runners Only Zone

FOOD & BEVERAGE

- Runners can collect their light refreshment upon crossing the finish line at the Finisher Entitlement



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PRIZES – 5KM & 8KM



Category	Age	1st	2nd	3rd	4th	5th
5KM Fun Run Men Open	39 Year & below	Position Trophy & sponsor items	Position Trophy & sponsor items	Position Trophy & sponsor items	Position Trophy & sponsor items	Position Trophy & sponsor items
5KM Fun Run Men Veteran	40 Year & above	Position Trophy & sponsor items	Position Trophy & sponsor items	Position Trophy & sponsor items	Position Trophy & sponsor items	Position Trophy & sponsor items
5KM Fun Run Woman Open	39 Year & below	Position Trophy & sponsor items	Position Trophy & sponsor items	Position Trophy & sponsor items	Position Trophy & sponsor items	Position Trophy & sponsor items
5KM Fun Run Women Veteran	40 Year & above	Position Trophy & sponsor items	Position Trophy & sponsor items	Position Trophy & sponsor items	Position Trophy & sponsor items	Position Trophy & sponsor items
8KM Competitive Men Open	39 Year & below	Position Trophy & sponsor items	Position Trophy & sponsor items	Position Trophy & sponsor items	Position Trophy & sponsor items	Position Trophy & sponsor items
8KM Competitive Men Veteran	40 Year & above	Position Trophy & sponsor items	Position Trophy & sponsor items	Position Trophy & sponsor items	Position Trophy & sponsor items	Position Trophy & sponsor items
8KM Competitive Woman Open	39 Year & below	Position Trophy & sponsor items	Position Trophy & sponsor items	Position Trophy & sponsor items	Position Trophy & sponsor items	Position Trophy & sponsor items
8KM Competitive Women Veteran	40 Year & above	Position Trophy & sponsor items	Position Trophy & sponsor items	Position Trophy & sponsor items	Position Trophy & sponsor items	Position Trophy & sponsor items

NOTE

All winners must undergo winner's verification process in person.

All winners must be present to collect their prizes.

No prizes will be delivered after the race.

The organizer reserve the right to reject or disqualify any winner for reason they deemed reasonably fit to do so.



WINNERS' VERIFICATION



All potential winners must check in at the Winners' Tent located next the Main Stage tent for verification at least 1 hour before the scheduled time of prize giving.

Checkin time 28 April 2024 – 8:30 am onwards

Potential winners will be verified by the event staff at the secretariat tent located behind the winners tent. The organizer reserve the right to reject or disqualify any potential winner carrying invalid or fake documentation(s).

Potential winners must present the documents below during verification:

- Original passport or NRIC
- Original Bib

NOTE:

- Only top 5 winners of all categories will be called on main stage to receive prizes.
- 6th –10th place winners will be verified at secretariat tent and upon passing the verification process will be presented with the winner's trophies.



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RACE ORGANISER:





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