



Malaysia Towerrunning Association (K-KUL-04762)

Unit B2-43-01, Tropicana Gardens, 2A Persiaran Surian, 47810 Petaling Jaya, Selangor, Malaysia

Email: malysiatowerrunning@gmail.com

**President**

Mr. Ravinder Singh

**Vice President**

< Vacant >

**Secretary**

Mr. Khaw Hwee Aun

**Treasurer**

Mr. Ong Jia Ken

**Marketing Director**

Ms. Ho Li Ren

**Technical Director**

Mr. Mah Kel Vin

**100FC Director**

Ms. Valerie Sarah Ong  
Shuang Yin

**Executive Members**

Mr. Soh Wai Ching  
Ms. Chan Yee Chin  
Mr. Chow Chee Choon  
Mr. Ee Wen Bin

**Bank Details**

**Bank Islam:**

Persatuan Larian  
Menara Malaysia

**Bank Account no:**

14171010011773

DATE: 31 MARCH 2026

**GUIDELINES ON HOSTING A TOWERRUNNING RACE**

**A. EVENT INFORMATION**

1. Identify who is the main organizer and technical director of the event and fill up all the event information (3rd Nov 2025 - MTA Event Organizer Application Form)

**B. RULES TO BE TERMED AS TOWERRUNNING RACES**

1. All towerrunning races in Malaysia must be sanctioned by Malaysia Towerrunning Association (MTA).
2. Individual flag-off is a must for all the towerrunning races in Malaysia.
3. The race itself must not have any pre-run of longer than 100m before entering the stairs.
4. The race course must have a minimum of 15 floors in total or it can be done differently by introducing repeated sprint event race etc.
5. Timing chip system must be used in the event. The winner will be determined based on the nett time of the participants.
6. A timing mat must be set right before and another one right after the stairs.
7. A smooth evacuation plan must be provided by the organizer to ensure the safety of all participants, and it must be approved by MTA.
8. Individual flag-off is required with a minimum time interval of 15s, 10s and 5s gap for elite, competitive and non-competitive category respectively. Flag off order will be the following:

ORDER	CATEGORY	REMARK
1	ELITE – Men	Minimum 15 seconds gap between each elite.
2	ELITE – Women	Minimum 15 seconds gap between each elite.
3	Competitive	Minimum 15 seconds gap between each racer.
4	Non-competitive	Minimum 15 seconds gap between each racer.

\*A countdown timer must be available at the flag off.

\*There must be a minimum break of 3 minutes between each category.



Malaysia Towerrunning Association (K-KUL-04762)

Unit B2-43-01, Tropicana Gardens, 2A Persiaran Surian, 47810 Petaling Jaya, Selangor, Malaysia

Email: [malaysiatowerrunning@gmail.com](mailto:malaysiatowerrunning@gmail.com)

**President**

Mr. Ravinder Singh

**Vice President**

< Vacant >

**Secretary**

Mr. Khaw Hwee Aun

**Treasurer**

Mr. Ong Jia Ken

**Marketing Director**

Ms. Ho Li Ren

**Technical Director**

Mr. Mah Kel Vin

**100FC Director**

Ms. Valerie Sarah Ong  
Shuang Yin

**Executive Members**

Mr. Soh Wai Ching  
Ms. Chan Yee Chin  
Mr. Chow Chee Choon  
Mr. Ee Wen Bin

**Bank Details**

**Bank Islam:**

*Persatuan Larian  
Menara Malaysia*

**Bank Account no:**

14171010011773

9. Qualifying standard for elite category:

ELITE ARRANGEMENT ORDER	MEN	WOMEN
<b>TIER 1</b> - Towerrunning World Association Ranking (Following the latest update from TWA)		
<b>TIER 2</b> – 100 Floors Club Member (Join us at MBPJ Tower every Saturday, 5:30PM to 7:00PM, climb 100 Floors (4 x 25 Floors) within 90 minutes to qualify to sign up for the 100 Floors Club)		
<b>5K (2024 – 2025 performance)</b>	< 20:00	< 25:00
<b>10K (2024 – 2025 performance)</b>	< 42:30	< 52:30
<b>HM (2024 – 2025 performance)</b>	< 1:30:00	< 2:00:00
<b>FM (2024 – 2025 performance)</b>	< 3:30:00	< 4:30:00

**C. APPLICATION PROCESS TO HOST TOWERRUNNING RACES**

1. The organizer must first receive the application form from MTA.
2. The form must be filled by main organizer and submitted to MTA via email ([malaysiatowerrunning@gmail.com](mailto:malaysiatowerrunning@gmail.com))
3. An official email will be sent by MTA to main organizer.
4. A race course inspection date will then be arranged between MTA and main organizer.
5. Race course inspection fees of RM600.00 (2 stairs inspector per inspection) must be paid by the main organizer to MTA 3 days prior to race course inspection.
6. Transportation and accommodation must also be provided by main organizer when it involves outside Klang Valley region. In case if there are any extra charges faced by MTA while performing their duties, all these will be borne by the Main Organizer.
7. Expected duration for the race course inspection will take around 2 hours.
8. MTA officer will generate the report after the race course inspection and a meeting between MTA officer and main organizer will be carried out right after.
9. A Sanction Fees must be paid by main organizer to MTA within 7 days after the meeting.
10. A sanction letter will then be issued to the main organizer by MTA within 7 days.



**Malaysia Towerrunning Association (K-KUL-04762)**

Unit B2-43-01, Tropicana Gardens, 2A Persiaran Surian, 47810 Petaling Jaya, Selangor, Malaysia

Email: [malaysiatowerrunning@gmail.com](mailto:malaysiatowerrunning@gmail.com)

**President**

Mr. Ravinder Singh

**Vice President**

< Vacant >

**Secretary**

Mr. Khaw Hwee Aun

**Treasurer**

Mr. Ong Jia Ken

**Marketing Director**

Ms. Ho Li Ren

**Technical Director**

Mr. Mah Kel Vin

**100FC Director**

Ms. Valerie Sarah Ong Shuang Yin

**Executive Members**

Mr. Soh Wai Ching

Ms. Chan Yee Chin

Mr. Chow Chee Choon

Mr. Ee Wen Bin

**Bank Details**

**Bank Islam:**

Persatuan Larian Menara Malaysia

**Bank Account no:**

14171010011773

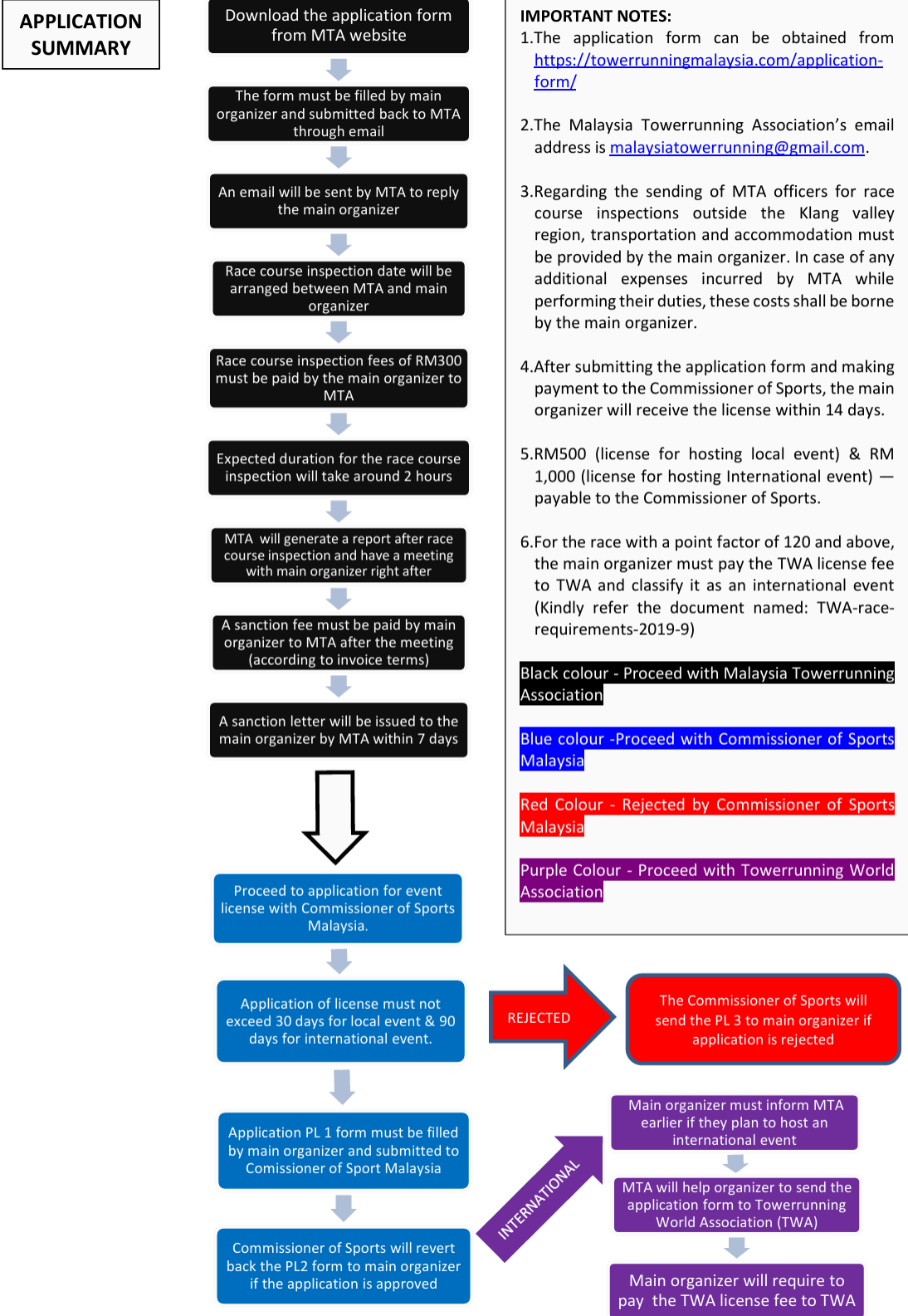


Figure 1: Application Process Flow for Hosting Towerrunning Races

**SAFETY OF THE EVENT**



**Malaysia Towerrunning Association (K-KUL-04762)**

Unit B2-43-01, Tropicana Gardens, 2A Persiaran Surian, 47810 Petaling Jaya, Selangor, Malaysia

Email: malaysiatowerrunning@gmail.com

**President**

Mr. Ravinder Singh

**Vice President**

< Vacant >

**Secretary**

Mr. Khaw Hwee Aun

**Treasurer**

Mr. Ong Jia Ken

**Marketing Director**

Ms. Ho Li Ren

**Technical Director**

Mr. Mah Kel Vin

**100FC Director**

Ms. Valerie Sarah Ong  
Shuang Yin

**Executive Members**

Mr. Soh Wai Ching  
Ms. Chan Yee Chin  
Mr. Chow Chee Choon  
Mr. Ee Wen Bin

**Bank Details**

**Bank Islam:**

*Persatuan Larian  
Menara Malaysia*

**Bank Account no:**

14171010011773

The organizer must ensure the safety of all the participants by having the following needs:

1. Water station must each be provided at the starting floor and at the finishing floor. Then, there must be a water station at every 20 floors or less. The water stations must be set outside the race course.

Eg: 68-floor building must have at least THREE water stations throughout the race course (It should be at 17th Floor, 34th Floor, 51st Floor).

\*Subjected to change

2. First Aider together with First-Aid Kit must be prepared at every 20 floors or less.
3. An ambulance with medical officers must be on standby throughout the event.
4. The race course must be ready (dry handrail, steps, ventilation, marshal standby at the position) in a minimum of 30 minutes prior to the flag off.
5. A clear guidance or instruction or signal for the race course provided by the race organizer and it can be in the form of marshal giving out instructions, direction sticker on the floor or on the wall that leads to the finishing line.
6. There must be a smooth evacuation plan to ensure the participants returning to the race village safely, quickly and smoothly.
7. A standby elevator or plan for emergency scenario (Subjected to change).
8. A bigger space at the finishing floor to accommodate more participants.
9. There will not be a maximum on the age limit of the participants.
10. The participants must fill and sign the consent form during the race kit collection day.

\*For those who collect the race kit of the others must fill and sign the consent form on behalf and the authorization of these consent form will be valid.

11. The insurance of the participants must be bonded by the organizer.

**D. RACE RESULT & TIMING & PUBLICITY**

1. The organizer must ensure the use of any timing chip system in the race as there might be cases of very closed result. Therefore, with the use of timing chip, it can show up to at least hundredth milliseconds to identify the winner.
2. Should anyone want to protest the final result of the race, the participant should deposit a cost of RM 300.00 within an hour after the result is out to the organizer for them to do a re-check with the timing chip service provider.
3. Once after the prize giving ceremony, the result is finalised.
4. Participants who participate any Malaysia Towerrunning Association sanctioned race will be eligible to accumulate points, which will be included in the Malaysia National Ranking; however, the participant must sign up as 100 Floors Club member.



**Malaysia Towerrunning Association (K-KUL-04762)**

Unit B2-43-01, Tropicana Gardens, 2A Persiaran Surian, 47810 Petaling Jaya, Selangor, Malaysia

Email: malysiatowerrunning@gmail.com

**President**

Mr. Ravinder Singh

**Vice President**

< Vacant >

**Secretary**

Mr. Khaw Hwee Aun

**Treasurer**

Mr. Ong Jia Ken

**Marketing Director**

Ms. Ho Li Ren

**Technical Director**

Mr. Mah Kel Vin

**100FC Director**

Ms. Valerie Sarah Ong  
Shuang Yin

**Executive Members**

Mr. Soh Wai Ching  
Ms. Chan Yee Chin  
Mr. Chow Chee Choon  
Mr. Ee Wen Bin

**Bank Details**

**Bank Islam:**

*Persatuan Larian  
Menara Malaysia*

**Bank Account no:**

14171010011773

5. The photos of the event should be posted ideally within 24 hours or no later than 3 days after event for maximum Public Relationship (PR) benefit.

**E. ROLES OF MTA**

1. MTA will determine the following technical aspects:
  - a. Race course inspection (identify the total number of steps, elevation climb, number of floors, steps' height, steps' width, steps' length).
  - b. Total number of water stations.
  - c. Evacuation plan to be approved by MTA.
  - d. Maximum number of participants based on the course profile.
  - e. Consent forms must be approved by MTA.
  - f. Elite Start list must be approved by MTA.
2. The event will be promoted and shared by MTA in MTA social media.
3. MTA will also link up with Towerrunning World Association (TWA).

**F. ROLES OF THE ORGANIZER**

1. The organizer must ensure MTA logo being featured in all promotional materials including the event t-shirt, bunting, banner, e-bunting, e-banner, website, social media platform, backdrop, starting arch, finishing arch, medal.
2. The organizer must ensure the safety condition of the race course.
3. The organizer must provide the full result of the race to MTA for the Malaysia Towerrunning Tour Ranking Update within 24 hours after the race.
4. The organizer must ensure there is sufficient drinking water at all water stations.
5. The organizer must ensure there is sufficient first-aiders at all first aid stations.
6. The organizer must ensure there is sufficient volunteers / crews / marshals to manage the event.
7. The organizer must follow the starting orders as prepared approved by MTA and it will be released two weeks before the race.

\*Failure to follow the requirements provided by MTA could result in the blacklisting of the organizer, who will be banned from organising future towerrunning races.

Prepared by,

**MALAYSIA TOWERRUNNING ASSOCIATION**