



Malaysia Towerrunning Association (K-KUL-04762)

A-06-02, Vila Banyan Condo, Jalan Awan Jawa, Taman Yarl 58200 Kuala Lumpur.

Email: malaysiatowerrunning@gmail.com / office@towerrunningmalaysia.com

President

Mr. Soh Wai Ching

Vice President

Mr. Ravinder Singh

General Secretary

Mr. Low Keng Yik

Treasurer

Mr. Toh Chin Shian

Marketing Director

Mr. Harrison Jub

Executive Members

Ms. Lorna Wong

Mr. Faris Isyrad

Mr. Yeoh Beng Hin

Mr. Saw Yee Ken

Bank Details

Bank Islam:

Persatuan Larian

Menara Malaysia

Bank Account no:

14171010011773

Date: 1st March 2020

GUIDELINES ON HOSTING A TOWERRUNNING RACE

EVENT INFORMATION

1. Identify who is the main organizer and technical director of the event and fill up all the event information (1st March 2020 - MTA Event Organizer Application Form)

RULES TO BE TERMED AS TOWERRUNNING RACES

1. All towerrunning races in Malaysia must be sanctioned by 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 25 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	Men Elite	Minimum 15 seconds gap between each elite
2	Women Elite	Minimum 15 seconds gap between each elite
3	Competitive	Minimum 10 seconds gap
4	Non-competitive	Minimum 5 seconds gap

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

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

9. Qualifying standard for elite category:

ELITE ARRANGEMENT ORDER	MEN	WOMEN
Tier 1 - Towerrunning World Association Ranking (Follow the latest update from TWA)		
Tier 2 - Top 10 in Malaysia Towerrunning Tour (MTT) Ranking (Follow the latest update from MTA)		
5K (2019 performance)	< 20:00	< 25:00
10K (2019 performance)	< 42:30	< 52:30
HM (2019 performance)	< 1:30:00	< 2:00:00
FM (2019 performance)	< 3:30:00	< 4:30:00



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APPLICATION PROCESS TO HOST TOWERRUNNING RACES

1. The organizer must first download the application form from MTA
2. The form must be filled by main organizer and submitted to MTA via email (malaysiatowerrunning@gmail.com / office@towerrunningmalaysia.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 RM300 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 (according to MTT Package 2020) 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.

SAFETY OF THE EVENT

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 also 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.



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RACE RESULT & TIMING & PUBLICITY & MTT PACKAGE

1. The organizer must ensure the use of any timing chip system in the race as there might be cases of same result and timing achieved by more than one participant with the use of hand timing (stopwatch). 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 MTT race will be eligible to accumulate points, which will be included in the Malaysia Towerrunning Tour Ranking; however, the participant must sign up as Malaysia Towerrunning Association member.
5. The photos of the event should be posted ideally within 24 hours or no later than 3 days after event for maximum PR benefit.

MALAYSIA TOWERRUNNING TOUR PACKAGE 2020

Points	Sanction Fees (RM)	Prize Money (RM)	Total Charges (RM)
80	2,000	5,600	7,600
120	2,000	11,400	13,400
160	3,000	15,400	18,400
200	3,000	26,800	29,800

*Subjected to change

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 Startlist must be approved by MTA.
2. The event will be promoted and shared by MTA on MTA website, social media.
3. MTA will also link up with Towerrunning World Association.

ROLES OF THE ORGANIZER

1. The organizer must ensure the safety condition of the race course.
2. 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.
3. The organizer must ensure there is sufficient drinking water at all water stations.
4. The organizer must ensure there is sufficient first-aiders at all first aid stations.



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5. The organizer must ensure there is sufficient volunteers / crews / marshals to manage the event.

6. The organizer must follow the starting orders as approved by MTA.

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

Prepared By,

Low Keng Yik

Secretary of MTA