

AQUATHLON KUALA LANGAT FUN RUN 2024

Description

Lover’s Bridge, Tanjung Sepat is a breathtaking 300-meter-long structure that extends into the Straits of Malacca, providing spectacular views and a peaceful atmosphere ideal for sightseeing and fishing. This picturesque location, known for its serene beauty, transforms into a dynamic venue where the thrill of sport meets the tranquility of nature, especially during the Aquathlon Kuala Langat held the day after the fun run. Participants can enjoy in the beauty of a stunning sunset alongside the bridge after completing their run, adding a memorable touch to their experience.

The Aquathlon Kuala Langat Fun Run 2024 marks the inaugural fun run event at Lover’s Bridge, Tanjung Sepat, Selangor. Co-organized by Majlis Perbandaran Kuala Langat, XS Elite Performance and AMMJB, this event perfectly combines physical challenge with the natural beauty of the coastal setting, making it a must-attend for runners and nature lovers alike.

Race Details

Aquathlon Kuala Langat Fun Run

Date: 1st December 2024 (Sunday)

Venue: Dataran Tanjong Sepat, Kuala Langat, Selangor

Time: 8.00am

Distance: 5KM

Categories: Open 7 yrs & above

Registration Fees

Event Type	Super Early Bird (until 30 th September)	Early Bird (until 31 st October)	Normal (until 15 th November)
Fun Run (5KM)	RM35	RM45	RM50

Limited to 2000 slots (total headcount) or registration closed on 15th November 2024. (whichever comes first)

Registration will close when maximum participants is achieved.

*Registration fees are subjected to admin fees.

The entry fee includes:

- Personalised Race Bib
- Event T-shirt
- Finisher's Medal
- Finisher's Snack Refreshment
- PA Insurance & Medical Insurance
- Discount Voucher / Lucky Draw
- Sanction Fees
- Authorities License Permit

Race Pack Collection & Sponsor Booth

Date : 30th November 2024 (Saturday)

Time : 1.00pm - 6.00pm (Saturday)

Venue : Dataran Tanjong Sepat, Kuala Langat, Selangor

Google Map : <https://goo.gl/maps/Dhdd19Wu4RMc8iBSA>

Kindly present your ID/Passport for identification purposes. You are required to bring along your confirmation slip to collect your Race Entry Pack. (Softcopy are acceptable)

Event Route (5KM)



EVENT SCHEDULE – 1st December 2024, Sunday

TIME	ACTIVITIES	VENUE
06.00AM	REGISTRATION / DROP BAG COLLECTION	Dataran Tanjung Sepat
07.00 AM	EVENT BRIEFING	
07.30 AM	FUN RUN WARM UP ACTIVITIES	
08.00 AM	FUN RUN FLAG OFF	
09.30 AM	CULTURAL SHOW PERFORMANCE	
10.00AM	END OF EVENT	

Event Tee



Medal

AQUATHLON
@KualaLangat
Swim. Run. Conquer.

Medal



T-shirt Size Chart



Size Chart & Measurement Guide Malaysia (Inches) - Unisex

1. All measurement above subject to +/-0.5 tolerance
2. Tapered curve bottom at the back specially designed for athletic movements, enhancing flexibility and performance
3. Half chest to be measured from left to right seam 1" down from the armpit point
4. Half waist to be measured from left to right seam on the waist line
5. Shirt length to be measured from highest tip of the shoulder to the bottom hem

Size/Length	Half Chest Length	Half Waist Length	Shirt Length
3XS	16"	16"	24"
2XS	17"	17"	25"
XS	18"	18"	26"
S	19"	19"	27"
M	20"	20"	28"
L	21"	21"	29"
XL	22"	22"	30"
2XL	23"	23"	31"
3XL	24"	24"	32"
4XL	25"	25"	33"
5XL	26"	26"	34"
6XL	27"	27"	35"

General

- Participants who completed the Online Registration agreed to abide by the rules and regulations of the event (**TSFR24**) that has been signed up.
- The Organiser reserves the right to limit, accept or reject any entries without assigning any reasons thereof.
- All participants are required to complete the Online Registration entry form with accurate and correct information.
- Once the registration is being processed, there will be **NO REFUND** for those who fail to show up for the race and/or withdraw from it.
- The race registration will only confirm when full payment of the race entry fee has been made.
- Race category or race entry is not transferable.
- Strictly **NO CHANGES** of name and race category after registration is completed. Please check and ensure all details are correct before submitting.
- On-the-spot entries will **NOT** be entertained.
- Whilst every reasonable precaution will be taken by the Organiser to ensure the participants' safety, participants partake in this event at their own risk and the Organiser shall not be liable for any bodily injuries, loss and/or damage to property, whether personal or otherwise, and howsoever arising.
- The Organiser reserves the right to use any photographs or recordings of the participants for any commercial or advertising purposes for any commercial advertising including legitimate purpose.
- All participants should pick up their Race Packs and Goodie Bag on the On-Site Race Registration Day which has been designated.
- Participants can appoint a friend to collect their Race Packs should they are not able to be present personally.
- Participants who do not collect their Race Pack during the scheduled date and time will be forfeited.
- A grace period of 15 minutes after the commencement of the race will be given for latecomers. Anyone who reports later than this grace period will not be allowed to participate in the race. Latecomers should be aware that their timings would have commenced when the race begins.
- Any participants decided to withdraw from the race should report to the Race Officials.
- Minimum age for Fun Run is 7years of age and above. Age 7yrs – 11yrs old will need parents/guardian to accompany during the run.

Running

- All runner must ensure that their race numbers are clearly visible both in front of their running attires at all times.
- Bare torso is not allowed at all times.

Inclement Weather

- In the event of inclement weather, the Organizer reserves the right to delay the commencement of the race.
- Should the inclement weather persist after the delay, the Organizer reserve the right to further delay, postpone or cancel the race without any refund of registration fees.

Medical Advisory

- Triathlon is a physically demanding sport. Therefore, if you are unsure of your physical health condition, please seek medical advice from a medical professional before your register for the race.
- Participants are advised against the consumption of alcohol, stimulants or any kind of prohibited drugs 24-hours before the race.
- Participants are to ensure that they are physically prepared, well-rested and well-hydrated on the race day.
- Should a participant feels unwell in the course of the race, he/she should stop and seek immediate medical attention from the on-course ambulance or at the finishing area.
- If a participant is deemed to be physically incapable of continuing the race eg. severe dehydration, dizziness, fainting; the Race Officials and/or Medical Practitioner has the rights to remove him/her from continuing the race. The Organizer's decision is final in determining the removal/disqualification of the participant(s).