

1. This event is organised by **The National Press Club, Malaysia. "Jom Jalan With NPC 2025"**

2. RULES

This Competition is conducted under the rules of the Malaysian Athletics (MA) and Competition Rules of the organising committee for National Press Club Walk 2025.

3. ELIGIBILITY

3.1 This competition is open to all Malaysians.

3.2 Age qualification will be taken as at 31st December 2025.

4. Date of Competition : 29 November 2025 (Saturday)
5. Venue : Padang Merbok, Jalan Parlimen, Kuala Lumpur
6. Distance : 10km & 3 KM Competitive and 5km Fun Walk
7. Starting Time : 7.00 am
8. Closing Date : 30th October 2025 OR upon reaching 1000 participants whichever comes first.

9. ENTRY FORMS & REGISTRATION

9.1 Online Registration is available at

a) www.racexasia.com

b) www.checkpointspot.asia

c) Bulk Entries (FTKLAA) 03-20221418- (Email) sportftaaa@hotmail.com

9.2 Any online registration that is not followed with the online payment will become a invalid registration. Therefore, please ensure to pay online when you register online. (+6.15%) on line registration fees will be charged)

CODE / CATEGORIES / AGE GROUP / DISTANCE / ENTRY FEE / PRIZES

CODE	CATEGORY (COMPETITIVE)	AGE	KM	FEE	POSITION MEDAL & CASH	FINISHER MEDAL	CERTIFICATE	1ST	2ND	3RD	4TH	5TH
A	Men Open Walk	18 Yrs & Above 2007 & Before	10 KM	RM 50	1-5	All	All	300	200	100	50	50
B	Women Open Walk	18 Yrs & Above 2007 & Before	10 KM	RM 50	1-5	All	All	300	200	100	50	50
C	Secondary School Boys	13 – 17 yrs (2008- 2012)	10 KM	RM 20	1-5	All	All	300	200	100	50	50
D	Secondary School Girls	13 – 17 yrs (2008-2012)	10 KM	RM 20	1-5	All	All	300	200	100	50	50
E	Primary School Boys	10 – 12 yrs (2015- 2013)	3 KM	RM 20	1-5	All	All	150	100	75	50	50
F	Primary School Girls	10 – 12 yrs (2015-2013)	3 KM	RM 20	1-5	All	All	150	100	75	50	50
CODE	CATEGORY	AGE	KM	FEE		FINISH MEDAL	CERTIFICATE					
FW	Fun Walk	7 yrs & Above (2018 & Before)	5 KM	RM 30		All	All					

10. Race Kit Collection :

T-shirts and numbers will be distributed on the following days:-

Date : 27 & 28 November 2025 (Thursday & Friday)

Time : 10:00 am to 6:00 pm

**Venue : FTKLAA Office, 2nd Floor Wisma OCM,
Jalan Hang Jebat 50150, Kuala Lumpur**

VERIFICATION DATE OF BIRTH

All winners from the **First to fifth** position (Competitive Walk) must produce their identity card (I/C), or any other documents to certify their date of birth to authorized technical official (Referees) on request.

11. Winners must be present for the prize presentation at the end of the, National Press Club Walk 2025. Failing which the prizes will be automatically forfeited.

12. There will be no fee refund if the event is cancelled for reason of **Force Majeure**, i.e. due to occurrence of incidents that are beyond the control of the organizers and which renders it impossible or unsafe to hold the event.

13. RACE WALKING RULES

13.1 Athletes competing in Race Walking Events under Categories (A-F) must comply with World Athletics Technical Rule 54.2 which defines Race Walking as a progression of steps so taken that athlete makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

13.2 Disqualification TR 54.7:

For any failure to comply with TR 54.2 a Red Card shall be issued against the athlete by a judge and the card shall be sent to the Chief Judge. An athlete with three (3) different Judges shall be disqualified. The Disqualification shall be indicated by the Chief Judge or his Assist showing athlete the Red Paddle. **(A failure to given notification of a disqualification shall not result in the reinstatement of a disqualified athlete.)**

13.3 Chief Judge TR 54.4

The Chief Judge has the power to disqualify an athlete in the last 100 meters, regardless of the number of Red Cards he has previously received, if the athlete obviously fails to comply with Technical Rule 54.2. Athlete in this situation shall be allowed to finish the race before being notified of the disqualification. Disqualification can still be enforced even after an athlete finishes the race if it not practicable to do so before that.

An athlete found to be running shall be disqualified on the spot by showing Red Paddle without warning. He/she will be ordered to remove their BIBs and shall leave the course.

14. WATER STATION

There shall be three (3) water stations for the 10KM Walk and one (1) for the 5KM walk.

15. ENQUIRIES

For any general enquiries pertaining to the event please contact FTKLAA OFFICE at 603 2022 1418

RUNNERS INCENTIVES

No	Incentives	10KM (Competition Walk) A to F	5KM (Fun Walk)
1	Dry Fit- R/Neck T-Shirt	/	/
2	Light Breakfast	/	/
3	Goodie Bag	/	/
4	Finisher Medal	/	/
5	Insurance	/	/
6	Position Medal	(1-5) A-F	-
7	Cash Award	(position 1-5) A-B	-
8	Timing Chip	/	-
9	Certificate	/	/

CLOSING DATE
30th October 2025 or upon reaching 1000 participants

ENTRY FORM
INDIVIDUAL PARTICIPANTS

For Official Use

RULES

This Competition is conducted under the rules of the Malaysian Athletic Federation (MAF) and Competition Rules of the organising committee of Jom Jalan With NPC 2025

CATEGORY PARTICIPATION

I wish to participate in the following event (Please tick (√) in the appropriate box)

CATEGORIES		DISTANCE	AGE GROUP	ENTRY FEE	TICK HERE
A	Men Open (Walk)	10KM	18 yrs and above 2007 & Before	RM50-00	
B	Women Open (Walk)	10KM	18 yrs and above 2007 & Before	RM50-00	
C	Sec.ondary School Boys	10KM	13-17 yrs (2008-2012)	RM20-00	
D	Sec.ondary School Girls	10KM	13-17 yrs (2008-2012)	RM20-00	
E	Primary School Boys	3KM	10-12 yrs (2015-2013)	RM20-00	
F	Primary School Girls	3KM	10-12 yrs (2015-2013)	RM20-00	
FW	Fun Walk	5KM	7 yrs & Above (2018 & Before)	RM50-00	

NAME IN FULL (BLOCK LETTERS)

ADDRESS (BLOCK LETTERS) NOTE:- KINDLY FILL YOUR ADDRESS CORRECTLY FOR THE MAILING OF CERTIFICATES

TELEPHONE NO.	<input type="text"/>	HAND PHONE NO.	<input type="text"/>
NATIONALLY	<input type="text"/>	MyKad/MyKid.	<input type="text"/>
DATE OF BIRTH	<input type="text"/>	AGE	<input type="text"/>
		SEX	<input type="checkbox"/> M <input type="checkbox"/> F

CUTTING STYLE	SIZE/ LENGTH	HALF CHEST LENGTH (INCHES)	HALF WAIST LENGTH (INCHES)	SHIRT LENGTH (INCHES)	Size Chart & Measurements Guide Malaysia (Inches) - Unisex
Unisex Athlete – Fit	XS	18	18	26	<i>A. All measurements above subject to +/- 0.5 tolerances. B. Tapered curve bottom at the back specially designed for athletic movements, enhancing Flexibility and performance. C. Half chest to be measured from left to right seam, 1' down from the armpit joint. D. Half waist to be measured from left to right seam on the waist line. E. Shirt length to be measured from the highest tip of shoulder to the bottom hem</i>
Unisex Athlete – Fit	S	19	19	27	
Unisex Athlete – Fit	M	20	20	28	
Unisex Athlete – Fit	L	21	21	29	
Unisex Athlete – Fit	XL	21	21	30	
Unisex Athlete – Fit	2XL	23	23	31	
Unisex Athlete – Fit	3XL	24	24	32	
Unisex Athlete – Fit	4XL	25	25	33	

SIZE (UNISEX)	XS	S	M	L	XL	2XL	3XL	4XL
PLEASE TICK (√)								

EMERGENCY CONTACT PERSON :	<input type="text"/>	RELATIONSHIP :-	<input type="text"/>	CONTACT NO:-	<input type="text"/>
MEDICAL CONDITIONS (IF ANY)	<input type="text"/>	DATE :	<input type="text"/>	SIGNATURE:	<input type="text"/>
E-MAIL ADDRESS:	<input type="text"/>				

Waiver Clause

This is to certify that I,..... IC / Passport No..... have read and understood the rules and regulation pertaining to my participation in the **JOM JALAN WITH NPC 2025** organized under the competition rules.

In consideration of the acceptance of my entry, I for my heirs, executors & administrators, release and forever discharge the organizers, their partners, sponsors, appointed staff and officials of all liabilities, claims, actions, damage, costs or expenses which I may have against them, arising out of my participation in this event, including travel to and from this event and including all injuries that may be suffered by me before, during and after the event.

I understand that this indemnity includes any claims based on negligence, action or inaction of any of the above parties. I recognise the difficulties of the event and attest that I am sufficiently physically fit to compete safely in the **JOM JALAN WITH NPC 2025** and I have not been advised otherwise by a qualified medical professional. Whilst every reasonable precaution will be taken by the organizers to ensure the participants safety, participants are strongly encouraged to go for a medical examination and/or consult their medical practitioner prior to registration and before the actual race day.

The organizers reserve the right to delay the commencement of the race in the event of heavy rain or thunder storm or extreme weather condition. Should the heavy rain, thunder storm or extreme weather condition persist after delay, the organizers reserve the right to cancel the race without any refund. In the event of heavy rain or thunder storm or catastrophic or natural disaster resulting in a postponement or cancellation of the above event, the organizers shall not be held responsible for any claims whatsoever in any form made by any individual or parties concerned.

The organizers reserves the right to use any photograph (including those of participants), motion pictures, recordings, or any other media records of the event taken before, during and after the event, for any legitimate purpose including commercial advertising and distribution to sponsors.

Signature: Date:.....
(Participant)

For Participants Under 18 Years of Age

I,..... parents/guardian of the above named authorise to his/her participation in the **JOM JALAN WITH NPC2025**

Signature: Date:.....