



GO FOR IT! /FTKLAA CROSS COUNTRY 2025



- 1) DATE : 6 JULY 2025 (SUNDAY)
- 2) VENUE (Start / Finish) : Padang Merbok , Kuala Lumpur
- 3) DISTANCE : 15KM , 7KM ,(5KM FUN RUN) & 3KM
- 4) STARTING TIME : 6.30AM
- 5) ELIGIBILITY :
 - i) Age qualification will be taken as of 31st December 2025.
 - ii) This competition is conducted under a set of competition rules as follows.
 - iii) This race is open to all
- 6) CLOSING DATE : 10th June 2025 or upon reaching 2000 participants

7) CATEGORIES, AGE GROUP, DISTANCES, QUALIFYING TIME.

CATEGORIES CROSS COUNTRY RUN	AGE GROUP	DISTANCE	QUALIFYING TIME	GATHERING TIME	STARTING TIME
A Men Open (Cross Country)	18 years & above (Born 2007 & Before)	15km	2 ½ hrs	6.15 am	6.45 am
B Women Open(Cross Country)	18 years & above (Born 2007 & Before)	15km	2 ½ hrs	6.15 am	6.45 am
C Men Veteran (Cross Country)	40 years & above (Born 1985 & Before)	15km	2 ½ hrs	6.15 am	6.45 am
D Women Veteran (Cross Country)	35 years & above (Born 1990 & Before)	15km	2 ½ hrs	6.15 am	6.45 am
E Sec. School Boys (Cross Country)	13yrs – 17yrs (Born 2008 – 2012)	7km	1 hrs	6.40 am	7.00 am
F Sec. School Girls (Cross Country)	13yrs – 17yrs (Born 2008 – 2012)	7km	1 hrs	6.40 am	7.10 am
G Primary School Boys (Cross Country)	9yrs – 12yrs (Born 2013 – 2016)	3km	1 hrs	6.50 am	7.10 am
H Primary School Girls (Cross Country)	9yrs – 12yrs (Born 2013 – 2016)	3km	1 hrs	6.50 am	7.10 am
FR Fun Run (Open)	7yrs & above (Born 2018 & Before)	5km	1hr. 20mins	7.00 am	7.20 am
J Men Open (Road Race)	18 years & above (Born 2007 & Before)	15km	2 hrs	6.00 am	6.30 am
K Women Open (Road Race)	18 years & above (Born 2007 & Before)	15km	2 hrs	6.00 am	6.30 am

8) PRIZES (CASH AWARDS)

POS	A (RM)	B (RM)	C (RM)	D (RM)	E (RM)	F (RM)	G (RM)	H (RM)	J (RM)	K (RM)	MEDALS	CERTIFICATES	T-SHIRTS
1 ST	700	700	700	700	300	300	150	150	500	500	All Participants will receive a finisher medal at the finishing line	All Participants will get E-Certificate	All Registered Participants
2 ND	500	500	500	500	200	200	100	100	300	300			
3 RD	300	300	300	300	100	100	75	75	200	200			
4 TH	200	200	200	200	75	75	50	50	100	100			
5 TH	100	100	100	100	50	50	50	50	50	50			

9) **ENTRY FEE –Registration Please Note: + 6.15% will be charged for online registration services for category A-K**

Entry fee for categories E/F/G/H/ is less it is classified as youth development programme

Category / Age Group			Distance	Early Bird Entry Fee Till 15/3/2025-14/5/2025	Normal Entry Fee From 15/5/2025
A	Men Open (Cross Country)	18 years & above (Born 2007 & Before)	15km	50-00	60-00
B	Women Open (Cross Country)	18 years & above (Born 2007 & Before)	15km	50-00	60-00
C	Men Veteran (Cross Country)	40 years & above (Born 1985 & Before)	15km	50-00	60-00
D	Women Veteran (Cross Country)	35 years & above (Born 1990 & Before)	15km	50-00	60-00
E	Sec. School Boys (Cross Country)	13yrs – 17yrs (Born 2007 – 2011)	7km	30-00	40-00
F	Sec. School Girls (Cross Country)	13yrs – 17yrs (Born 2008 – 2012)	7km	30-00	40-00
G	Primary School Boys (Cross Country)	9yrs – 12yrs (Born 2013 – 2016)	3km	20-00	30-00
H	Primary School Girls (Cross Country)	9yrs – 12yrs (Born 2013 – 2016)	3km	20-00	30-00
FR	Fun Run (Open)	7yrs & above (Born 2018 & Before)	5km	40-00	50-00
J	Men Open (Road Race)	18 years & above (Born 2007 & Before)	15km	50-00	60-00
K	Women Open (Road Race)	18 years & above (Born 2007 & Before)	15km	50-00	60-00

- 10) **ONLINE REGISTRATION-** a. www.checkpointspot.asia
b. www.racexasia.com

Any online registration that is not followed with online payment will become invalid registration. Therefore, please ensure to pay online when you register online.

Note:

- i) No refund will be made for wrongful or multiple registration.
- ii) Substitution and changing of categories is NOT allowed.
- iii) Entries close on 10th June 2025 or upon reaching 2000 participants **Whichever comes first**

11) **CERTIFICATES**

- i) E-certificates can be downloaded after the run.

12) **RACE KIT COLLECTION (Strictly No Collection on the Race Day)**

DATE	TIME	PLACE
4 th & 5 th July 2025 (Friday – Saturday)	10.00am – 6.00pm	POWPKL Office, 2 nd Floor, Wisma OCM, Jalan Hang Jebat, Kuala Lumpur.

13) **RUNNERS INCENTIVES**

NO	INCENTIVES	15KM	7km	3km	5km
1	Dry fit R/Neck T-Shirt	√	√	√	√
2	Light Breakfast (Banana & Bread)	√	√	√	√
3	Goodie Bag	√	√	√	√
4	Finisher Medals	√	√	√	√
5	Insurance	√	√	√	√
6	Position Medal	1 st – 5 th	1 st – 5 th	1 st – 5 th	---
7	Prizes in Kind	1 st – 5 th	1 st – 5 th	1 st – 5 th	---
8	Cash Award	1 st – 5 th	1 st – 5 th	1 st – 5 th	---
9	Personalized Bib Numbers	√ (A – D)(J – K)	√ (E – F)	√ (G – H)	---
10	Timing Chip	√ (A – D)(J – K)	√ (E – F)	√ (G – H)	No Timing
11	Certificate with timing	√ (A – D)(J – K)	√ (E – F)	E–Certificates as in Para 11	E–Certificates as in Para 11

14) **Prize Giving**

- i) All prize winners must produce their MyKad/MyKid or passport for age verification.
- iii) Winners must ensure to collect their cash awards after the Victory Ceremony
- iv) All uncollected cash awards will be forfeited.
- vii) Only 1st to 5th prize winners will be announced on the race day.

15) **ROUTE**

The route takes you along some Jungle Paths, slopes as well as roads,

16) **REFRESHMENT STATIONS**

Refreshments stations will be made available on route and finish.

17) **END OF COMPETITION**

The Run 15km will be officially over after 2hrs from the start time.

18) **LUCKY DRAWS**

Lucky Draws are to be conducted after the Award Victory Ceremony.

CLOSING DATE
10th June 2025 or upon
reaching 2000 participants

ENTRY FORM
INDIVIDUAL PARTICIPANT

For Official Use

RULES

The competition shall be held under a set of competition rules of this event.

CATEGORY PARTICIPATION

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

CATEGORIES		DISTANCE	AGE GROUP	EARLY BIRD 15/3/2025	NORMAL FEE 15/5/2025	TICK HERE
A	Men Open (Cross Country)	15km	18 years & above (Born 2007 & Before)	RM 50-00	RM 60-00	
B	Women Open (Cross Country)	15km	18 years & above (Born 2007 & Before)	RM 50-00	RM 60-00	
C	Men Veteran (Cross Country)	15km	40 years & Above (Born 1985 & Before)	RM 50-00	RM 60-00	
D	Women Veteran (Cross Country)	15km	35 years & above (Born 1990 & Before)	RM 50-00	RM 60-00	
E	Sec. School Boys (Cross Country)	7km	13yrs – 17yrs (Born 2008 – 2012)	RM 30-00	RM 40-00	
F	Sec. School Girls (Cross Country)	7km	13yrs – 17yrs (Born 2008 – 2012)	RM 30-00	RM 40-00	
G	Primary School Boys (Cross Country)	3km	9yrs – 12yrs (Born 2013 – 2016)	RM 20-00	RM 30-00	
H	Primary School Girls (Cross Country)	3km	9yrs – 12yrs (Born 2013 – 2016)	RM 20-00	RM 30-00	
F/R	Fun Run (Open)	5km	7yrs & above (Born 2018 & Before)	RM 40-00	RM 50-00	
J	Men Open (Road Race)	15km	18 years & above (Born 2007 & Before)	RM 50-00	RM 60-00	
K	Women Open (Road Race)	15km	18 years & above (Born 2007 & Before)	RM 50-00	RM 60-00	

NAME IN FULL (BLOCK LETTERS)

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

TELEPHONE NO. : HAND PHONE NO. :-

NATIONALLY : MyKad/MyKid./PASSPORT

DATE OF BIRTH : / / AGE : SEX : M F

E-MAIL ADDRESS:

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	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
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 : RELATIONSHIP :- CONTACT NO:-

MEDICAL CONDITIONS (IF ANY) DATE : SIGNATURE:

**Note: Special Prize in Kind will be awarded to the School who registered the most entries before Early bird period with the highest number of entries minimum 50 and above.
For more details kindly contact POWPKL Office at 03-20221418**

We have read the rules and regulations and agree to participate on the understanding that we will adhere to ALL the rules and regulations.

CLOSING DATE
10 June 2025
or upon reaching 2000
participants

**SCHOOLS ENTRY FORM
& BULK ENTRIES**

DATE: 6th July 2025 (Sunday)

TIME : 7.10 am VENUE: START & FINISH (Padang Merbok , Kuala Lumpur)

CODE	CATEGORY	DISTANCE	EARLY BIRD FEE 15/3/2025	NORMAL FEE 15/5/2025	TICK
E	Sec. School Boys 13yrs – 17yrs (Born 2007 – 2011)	7KM	RM 30-00	RM 40-00	
F	Sec. School Girls 13yrs – 17yrs (Born 2007 – 2011)	7KM	RM 30-00	RM 40-00	
G	Primary School Boys 9yrs – 12yrs (Born 2012 – 2015)	3KM	RM 20-00	RM 30-00	
H	Primary School Girls 9yrs – 12yrs (Born 2012 – 2015)	3KM	RM 20-00	RM 30-00	

(Use separate forms for each category)

Person In charge Full Name & Contact Number:

Name of the School:

E- mail:

Date:

Sign:

NO	NAME PARTICIPANT (BIG LETTER)	MYKAD MYKID NO AND DATE OF BIRTH	T-SHIRT SIZES FIRST COME FIRST SERVE BASIS	PARTICIPANT NO. (LEAVE IT BLANK)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

CUTTING STYLE	SIZE/ LENGHT	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	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
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	

T-SHIRT DESIGN



FINISHER MEDAL



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 **GO FOR IT! FTKLAA CROSS COUNTRY 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 **GO FOR IT! FTKLAA CROSS COUNTRY 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:
(Participant)

Date:.....

For Participants Under 18 Years of Age

I,..... parent/guardian of the above named authorise to his/her participation in the **GO FOR IT! FTKLAA CROSS COUNTRY 2025**

Signature:
(Parents/Guardian)

Date:.....