

2025 Perak Multisports Festival Fun Run

Description

Marina Island Pangkor is established on the coast of Teluk Muroh in Perak, Malaysia. A gateway to popular holiday retreat of Pangkor Island and Pangkor Laut, it is a reclaimed land of 316.9 acres, connected to mainland by a 400-meter causeway bridge.

In conjunction with Perak Multisport Festival 2025, Perak Triathlon Fun Run is the special edition of fun run for all local community and supporters to participate to promote healthy lifestyle during the weekend of the event. This event will be held in Marina Island Pangkor, Lumut, running in the scenic windy island on a generally flat course.

Race Details

Perak Multisport Festival Fun Run

Date: 14th June 2025

Venue: Marina Island Pangkor, Lumut

Time: 6.00pm Flag Off

Race Distance Categories: Fun Run 4KM (Open for All from 7yrs & above)

Race Categories & Fees

Event Type	Category	Super Early Bird (Until 31 st April)	Early Bird (Until 31 st May)	Normal (Until 10 th June)
Fun Run	Individual	RM40	RM45	RM50

Limited to 500 slots of total participants for Fun Run or registration closed on 10th June 2025. (Whichever comes first) *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
- E-Certificate

Race Pack Collection

Date: 14th June 2025

Time: 1.00pm – 5.00pm

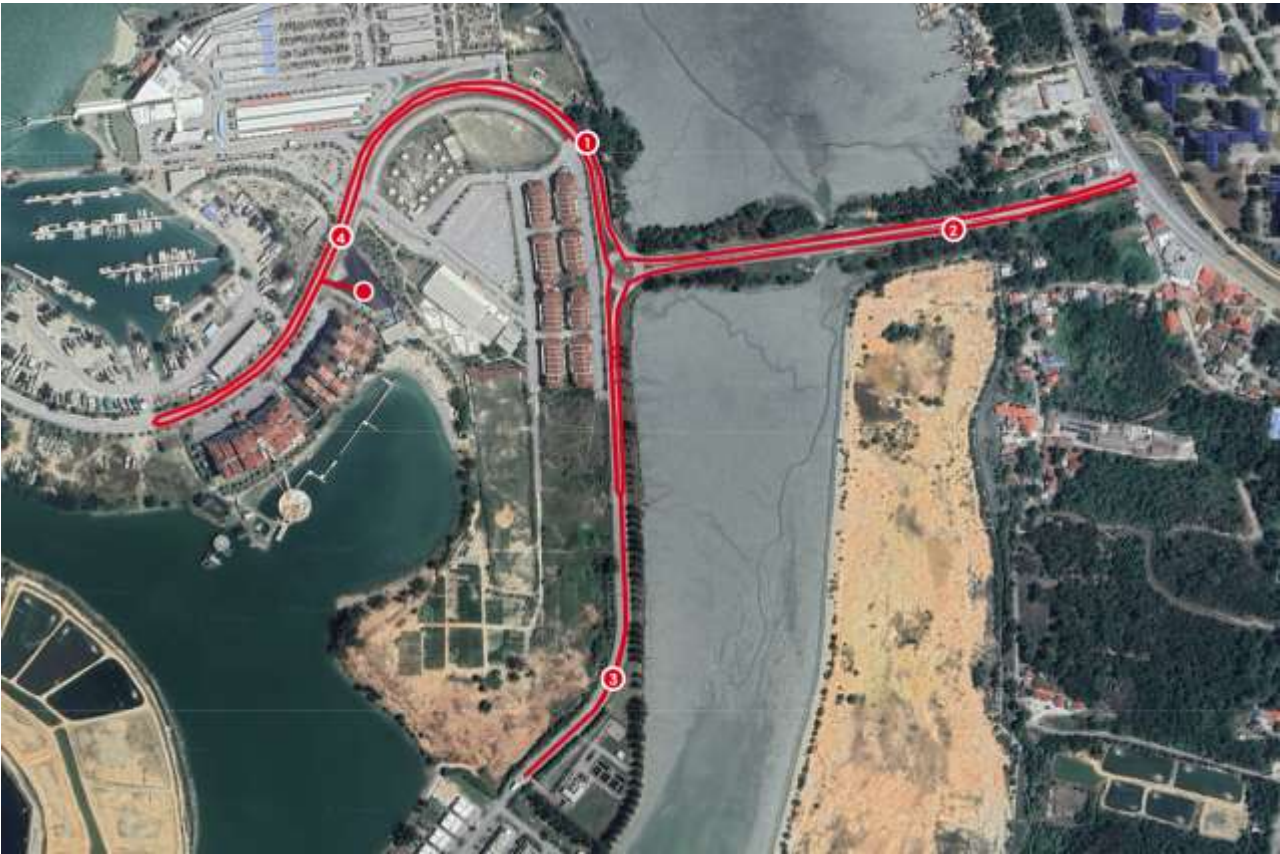
Venue: Belaling Hall, D'Ocean Marina Island Pangkor (Blue Building), Lumut, Perak.

Event Venue



Marina Island, a 316.9 acres man-made reclaimed land which is connected to mainland by a 400-meter causeway bridge.

Route Profile (4KM Fun Run)



T-shirt Size Chart



T-SHIRT SIZE CHART

UNISEX									
Sizes	3XS	2XS	XS	S	M	L	XL	2XL	3XL
Chest (inch)	16	17	18	19	20	21	22	23	24
Length (inch)	24	25	26	27	28	29	30	31	32



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 joint.
4. Half waist to be measured from left to right seam on the waist line.
5. Shirt length to be measured from the highest tip of the shoulder to the bottom hem.

Prizes

Finisher's medal will be awarded to all category.

TOP 20 Winners will be awarded with a special mystery gift prizes.

ALL WINNERS are required to be present to collect the prizes personally.

Event Schedule

EVENT SCHEDULE – 14TH JUNE 2025 (SATURDAY)

TIME	ACTIVITIES	VENUE
1.00PM – 5.00PM	RACE PACK COLLECTION / BOOTH SALES	BELALING HALL, D'OCEAN MARINA ISLAND
6.00PM	FUN RUN CATEGORIES FLAG OFF OPEN 7YRS & ABOVE	MARINA ISLAND GARAGE
6.30PM – 9.30PM	FESTIVAL DINNER & LIVE PERFORMANCE	MARINA ISLAND GARAGE

Rules & Regulations

General

- Participants who completed the Online Registration agreed to abide by the rules and regulations of the event (**PMFFR2025**) 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.
- The Race Director/Organising Committee decision is final.
- 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 participant may be disqualified for the following reason(s):
 - (a) Refusing to follow the rules and regulations and /or instructions given by the Organiser and/or Race Officials.
 - (b) Consumption of alcohol, stimulants or any kind of prohibited drugs 24 hours before the race.
- Any participants decided to withdraw from the race should report to the Race Officials.
- The details on the reverse side of your RACE BIB must be filled in to enable us to contact your next-of-kin in case of emergency.
- Minimum age for Fun Run Race is 7 years of age on 31 Dec 2025 to participate in the race.
- Children below age of 12years old must accompany by guardian/parents in order to start the run.

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 or postpone the race without any refund of registration fees.

Medical Advisory

- Running 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 feel 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).