

2026 Perak Multisports Festival Fun Run

Description

Marina Island in Pangkor, Malaysia, is a hidden gem that captivates travelers with its stunning landscapes and tranquil atmosphere. This picturesque island offers a perfect blend of relaxation and adventure, making it an ideal destination for families, couples, and solo travelers alike. With its pristine beaches, lush greenery, and crystal-clear waters, Marina Island is a paradise waiting to be discovered.

The island's charm lies not only in its natural beauty but also in its vibrant culture and warm hospitality. Visitors can immerse themselves in the local way of life, explore traditional markets, and savor delicious Malaysian cuisine. The friendly locals are always eager to share their stories and traditions, adding a unique touch to your travel experience. Whether you're lounging on the beach, exploring hidden coves, or indulging in fresh seafood, Marina Island promises a memorable getaway.

As you plan your visit, you'll find a variety of attractions and activities to suit every taste. From thrilling water sports to leisurely nature walks, there's something for everyone. The island's strategic location also makes it a perfect base for exploring nearby attractions, such as the famous Pangkor Island and the breathtaking Teluk Batik beach. Marina Island 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 2026, Perak 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: 6th June 2026

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 Jan)	Early Bird (Until 31 st May)	Normal (Until 15 th May)	Late (Until 31 st May)
Fun Run	Individual	RM45	RM50	RM55	RM60

Limited to 500 slots of total participants for Fun Run or registration closed on 31th May 2026. (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

Prizes

Finisher's medal will be awarded to all category.

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

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

Race Pack Collection

Date: 5th June 2026 (1.00pm – 7.00pm)

Date: 6th June 2026 (1.00pm – 5.00pm)

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

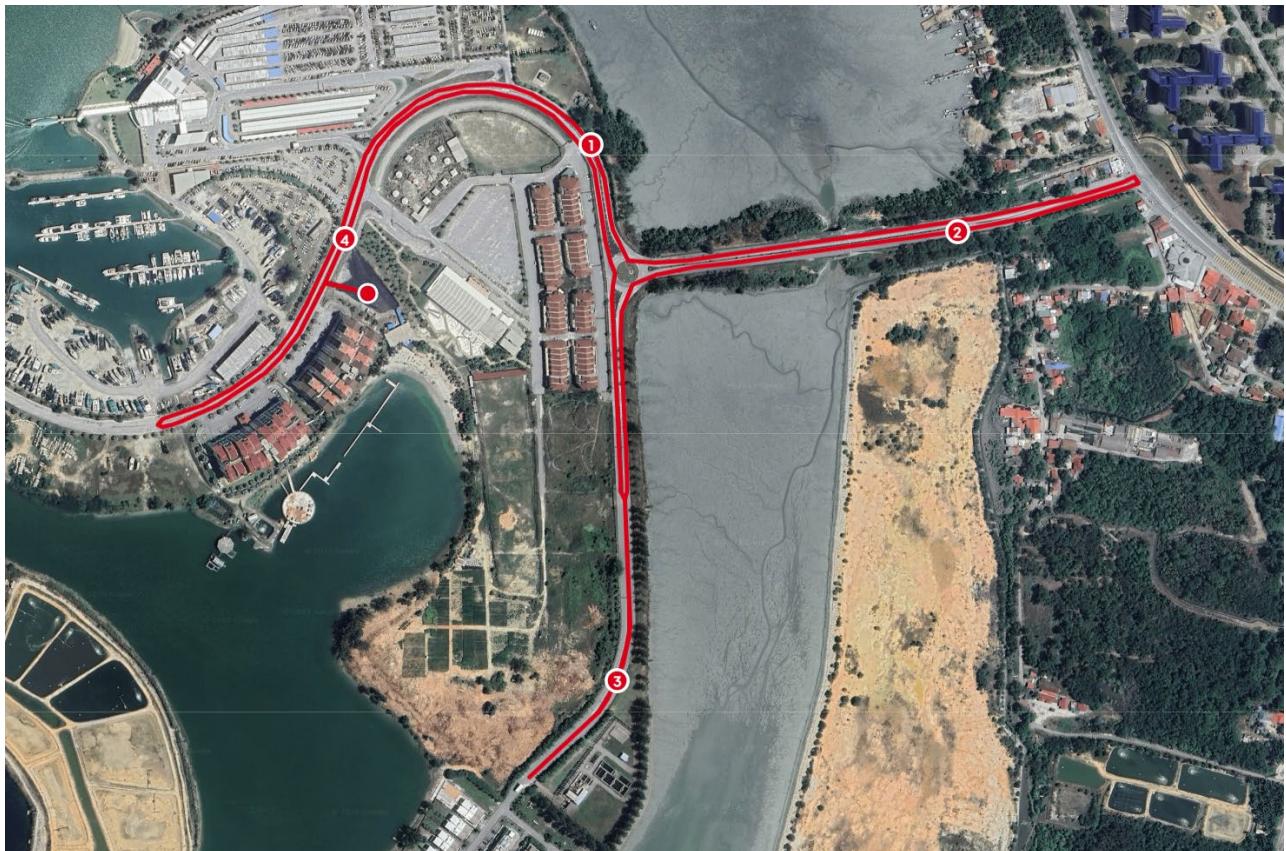
FLAG OFF: 6.00pm, 6th June 2026

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)



Event tee & Medal Design



T-shirt Size Chart

xs elite
PERFORMANCE

T-SHIRT SIZE CHART

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

UNISEX

Diagram illustrating how to measure a t-shirt for size:

- Half Chest (inch):** Measure from left to right seam, 1" down from the armpit joint.
- Length (inch):** Measure from the highest tip of the shoulder to the bottom hem.

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.

Event Schedule

EVENT SCHEDULE – 5TH JUNE 2026 (FRIDAY)

TIME	ACTIVITIES	VENUE
1.00PM – 7.00PM	RACE PACK COLLECTION / BOOTH SALES	BELALING HALL, D'OCEAN MARINA ISLAND

EVENT SCHEDULE – 6TH JUNE 2026 (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	TOP 20 WINNERS AWARDS CEREMONY	PERAK MULTISPORT FINISH GANTRY

Rules & Regulations

General

- Participants who completed the Online Registration agreed to abide by the rules and regulations of the event (**PFR2026**) 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).