



## TANJUNG SEPAT RUN 2026

### Description

Welcome to Tanjung Sepat Run 2026, a meaningful running event set against the peaceful coastal town of Tanjung Sepat, with the race venue proudly hosted at Liulishan Buddhist Association. This unique setting offers runners not only a scenic route but also a calm and uplifting environment that reflects the spirit of compassion and unity.

More than just a run, Tanjung Sepat Run 2026 is a charity-driven event dedicated to making a difference. Proceeds from the event will go towards supporting single-parent families and orphanages, providing much-needed assistance and hope to those in need. Every step you take contributes directly to creating a positive impact in the community.

This event brings together runners, families, and the wider community to promote healthy living, social harmony, and active tourism, while supporting a meaningful cause. Participants will enjoy a well-planned course that highlights the coastal beauty of Tanjung Sepat, paired with the warmth of community support and charitable purpose.

Whether you are an experienced runner aiming for a personal best or a first-time participant looking to run for a cause, Tanjung Sepat Run 2026 welcomes you to be part of something bigger than a race. Run with purpose. Run with compassion. Run for those in need.

### Race Details

Tanjung Sepat Run 2026

Date: 24<sup>th</sup> May 2026 (Sunday)

Venue: Persatuan Buddhist Liulishan, Tanjung Sepat, Tumbuk, Kuala Langat, Selangor.

Time: 7.00am

Race Distance: 10KM, 5KM

## Age Group Categories:

### 10KM (Men & Women)

Open 12 - 39yrs, Veteran 40-49 yrs, Senior Veteran 50 yrs & above

### 5KM FUN RUN - Overall Open 4yrs & above

## Race Categories & Fees

Event Type	Early Bird (Until 28 <sup>th</sup> Feb)	Normal (Until 17 <sup>th</sup> May)
10KM (1000slot)	RM70	RM80
5KM Fun Run (2000slot)	RM50	RM60

Limited to 3,000 slots (total headcount) or registration closed on 17<sup>th</sup> May 2026. (Whichever comes first). Registration will close when maximum participants is achieved.

\*Registration fees are subjected to admin fees. All registration fees will be donated to Persatuan Buddhist Liulishan.

The entry fee includes:

- Personalised Race Bib
- Timing Chip (only for 10KM)
- Event Tee
- Finisher's Medal
- Finisher's Meal Refreshment
- PA Insurance & Medical Insurance
- Road Permit & On-course Nutrition
- E-Certificate
- Lucky Draw
- RM10 Food Coupon

## Race Pack Collection & Sponsor Booth

Date: 22<sup>nd</sup> & 23<sup>rd</sup> May 2026

Time: 12.00am - 6.00pm

Venue: Persatuan Buddhist Liulishan, Tanjung Sepat, Tumbuk, Kuala Langat, Selangor.

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)

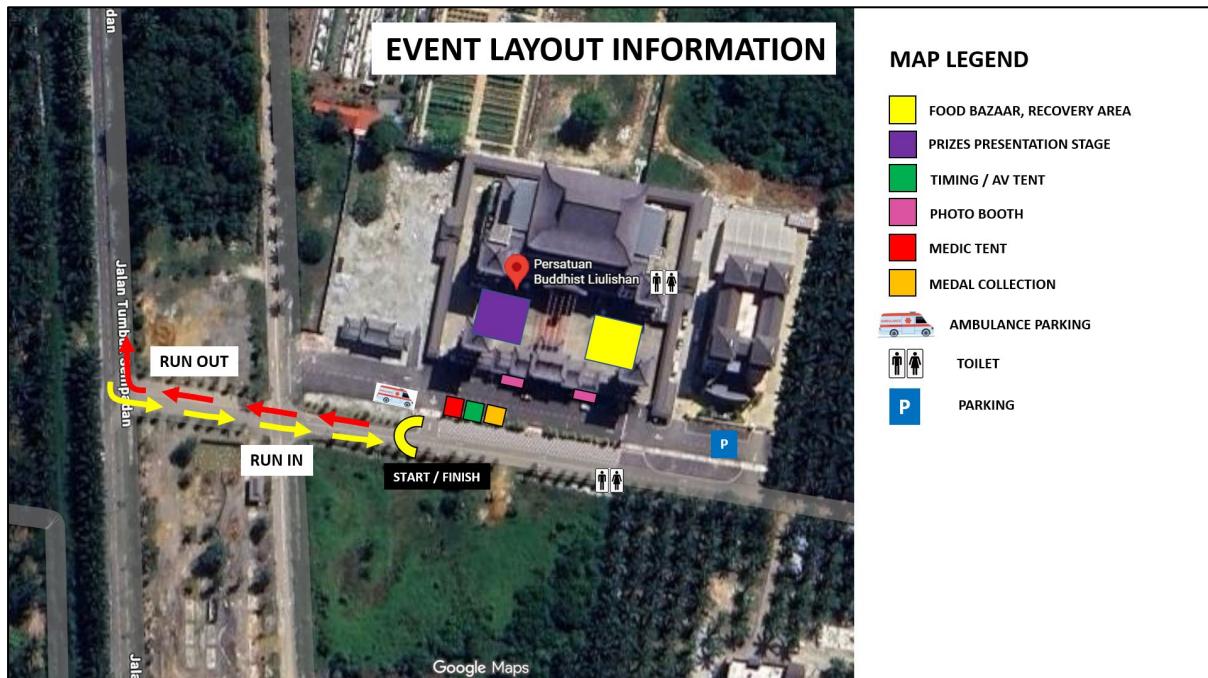
## Prizes

Cash prize will be awarded to Top 5 winners & Trophy will be awarded to Top 10 winners of each category.

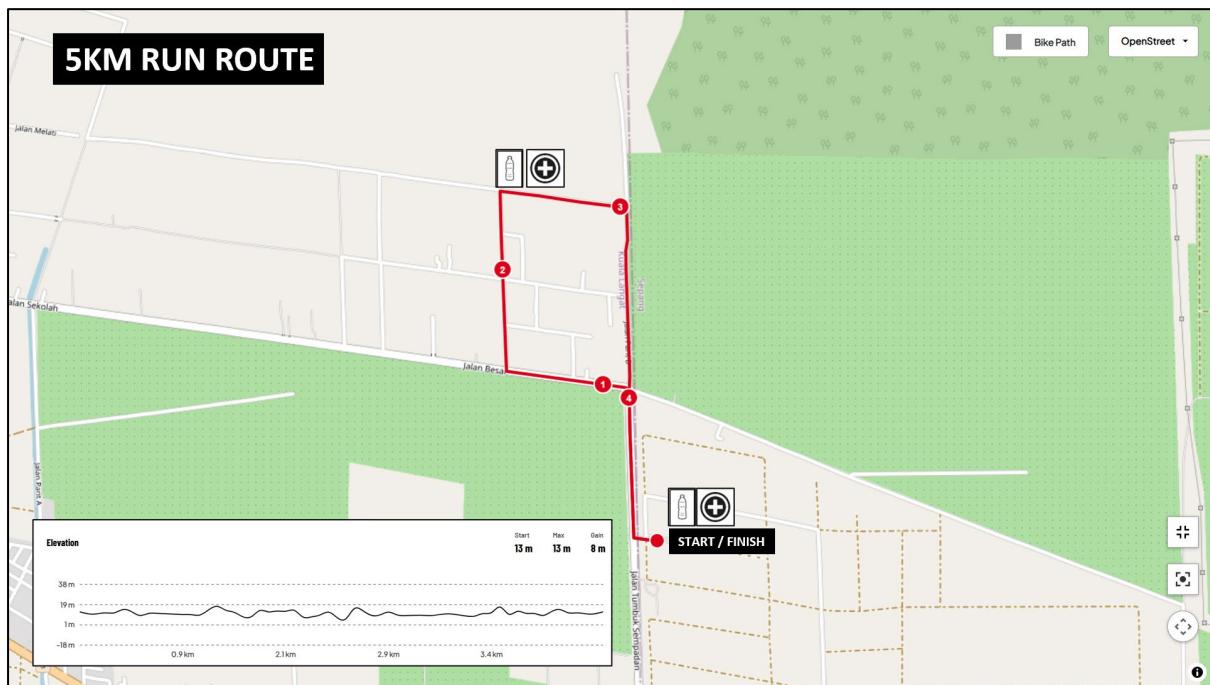
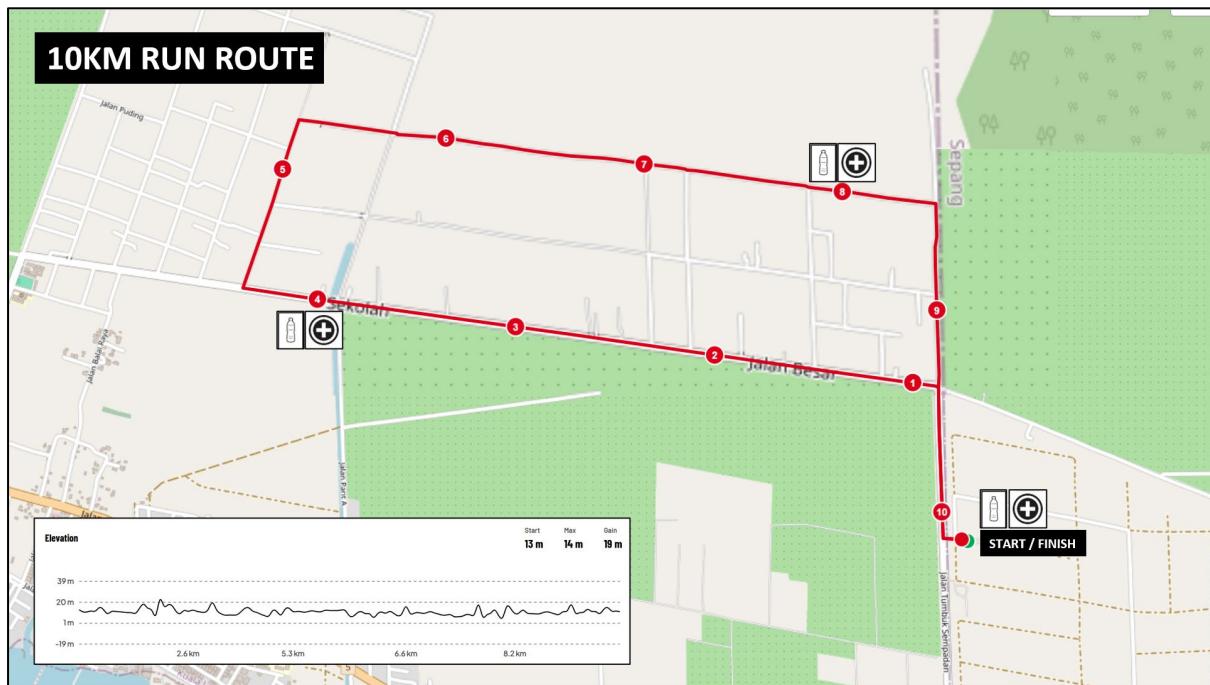
ALL WINNERS are required to be present to collect the prizes personally.

Event Type	Champion	2 <sup>nd</sup> place	3 <sup>rd</sup> place	4 <sup>th</sup> place	5 <sup>th</sup> place	6-10 <sup>th</sup> place
10KM	RM500 + Trophy	RM400 + Trophy	RM300 + Trophy	RM200 + Trophy	RM100 + Trophy	Trophy + Vouchers

## Event Venue Map



## Event Route



\*Please note that all running routes are subject to approval by the relevant authorities. The final race route may vary from the published route map due to safety, operational, or regulatory requirements. Participants will be informed of any changes prior to race day.

## Event Schedule

Time	Activities
6.00am	Race Site & Drop Bag open
7.00am	Warm Up Activities
	<b>Flag Off</b>
7.30am	10KM
8.00am	5KM
9.30am	Awards Presentation Ceremony
10.00am	Lucky Draw
12.00am	End of event

## Event Tee Design



## T-shirt Size Chart



### T-SHIRT SIZE CHART

UNISEX									
Sizes	3XS	2XS	XS	S	M	L	XL	2XL	3XL
<b>Chest (inch)</b>	16	17	18	19	20	21	22	23	24
<b>Length (inch)</b>	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.

## Medal Design



## Rules & Regulations

### General

- Participants who completed the Online Registration agreed to abide by the rules and regulations of the event (**TG18R26**) 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.
- There will be a Race Briefing conducted by the Organiser. First timer is encouraged to attend. However, all participants are required to download the E-Briefing (available soon) notes that contains important information, route map and guides for the event.
- 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.

- 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.
- The Organiser will not be responsible for any inaccuracy in participant's race timings due to improper wearing of Timing Chip.
- Minimum age for Half Marathon and Mini Marathon Race is 16 years of age on 31 Dec 2023 to compete in the race. Fun Run is 12years of age and above. Age 5yrs – 11yrs old will need parents/guardian to accompany during the run.
- Cut off time for Half Marathon(21.1.KM) Distance Race is 4 hours, Mini Marathon (10KM) is 2hours and there is no cut off time for 5KM.

## **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.
- Support vehicles or pacers are not allowed.

## **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**

- 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).