

TERMS & CONDITIONS KUALA LUMPUR CITY

DUATHLON 2026

TECHNICAL BIKE AND HELMET CHECK

All bikes and helmets will be checked by technical officials before participants are allowed entry into the Transition Area. Items that will be checked include:

- End plugs on handlebars.
- Stripped cabling.
- Minimum of one water bottle cage.
- Condition of tyres.
- Condition of brakes.
- No alterations to the helmet (i.e. chinstrap, removal of outer/inner cover).
- No signs of prior damage to the helmet.
- Helmet is certified by a recognized testing authority.

Bikes and helmets that do not comply with the regulations can be fixed at the athlete's own cost and re-tested for compliance before the Transition Area closes at 7:00am.

PARTICIPANTS CHECKLIST

PRE-EVENT CHECKLIST

- Ensure you have your email Confirmation Slip and check all personal details are correct before Race Pack Collection.
- Bring a digital copy of your Confirmation Slip and photo IC / Passport to Race Pack Collection.
- Ensure your emergency contact is contactable on Race Day. Please write the contact details on the reverse side of your Race Bib.
- Check the Athlete List online and ensure accuracy of your name and race details.
- Familiarize yourself with the Race Day Schedule and Race Course Maps.
- Refer to the Race Day Checklist.
- Watch the Race Briefing Video.
- Check on the weather forecast and bring the appropriate gear.

RACE DAY CHECKLIST

- Check transition opening times and don't be late.
- Wear Race Bib with Timing Chip.
- Bring Race Belt.
- Bike in full working condition.
- Bike seat post sticker with timing chip secured.
- Helmet with helmet sticker secured on the front and left side.
- Bike shoes, safely clipped onto bike or by the side of bike.
- Bring tyre changing supplies.
- Bring bike pump.
- Bring running shoes.
- Bring ONLY items that you will need for the race. There are NO bag storage facilities.

POST EVENT CHECKLIST

- Wear your Finisher's T-shirt with pride!
- Download your E-certificate.

RACE DAY INFORMATION

TRANSITION AREA RULES

- All changeover of equipment must be done at your specified numbered location within the Transition Area.
- Helmets must be secured on the top of athletes' heads with buckles fastened from the time bikes are removed from bike racks in the Transition Area at the start of the bike leg until after their bikes have been replaced at the end of the bike leg.
- Cycling is strictly prohibited within the Transition Area - please run or walk with your bike until you have left the Transition Area.
- Non-participating athletes/outsideers are not allowed into the Transition Area.

RELAY TEAM PROCEDURE

- Only one team member is permitted to stand at the Relay Exchange Tent.
- At the start of the Race, the Cyclist waits at the Relay Exchange Tent.
- Runner A finishes leg 1 and passes the Race Bib to the Cyclist.
- Runner A immediately departs the Transition Area.
- Runner B is permitted to enter the Transition Area and wait at the Relay Exchange Tent.
- Cyclist finishes leg 2 and passes the Race Bib to Runner B.
- Cyclist immediately departs the Transition Area.
- We advise team members to wear race belts to ease the transfer of the Race Bib between teammates during the race.
- Before the Cyclist passes the Race Bib to the final leg runner (Runner B), ensure your bike is placed in the allocated bike rack.

LITTERING AREA

There will be a clearly marked Littering Area at each Aid Station to discard any unwanted items such as bottles, banana skins and gel wrappers. Discarding items on any other part of the course other than at the Littering Areas will result in a time penalty.

TOILET

Male and female toilets are located near the Start and Finish Line. Toilets are also provided at the Aid Stations.

BAG STORAGE

There is no bag storage available at the event.

MEDICAL

Your safety is extremely important to us. All athletes are responsible for ensuring they are physically capable of completing the race. If there is any pre-event concern or doubt, please seek medical advice from a doctor.

Medical assistance is available throughout the event and if attention is required, please visit the Information Counter or seek the attention of Event Staff. Medical staff will be positioned at various points on Race Day, including:

- Bike Course (Roaming)
- Run Course (Roaming)
- Finish Line
- Recovery Area

AID STATIONS

Aid Stations are located approximately 1.75km apart on the Run Course and 15km apart on the

Bike Course. Items on offer include:

- Water
- Isotonic
- Toilets

NOTE:

- Beverages will be distributed in cups on the Run Course and in bottles on the Bike Course
- If you do not require any product from an Aid Station, please keep to the right of the road.

FINISH LINE AND RECOVERY AREA

Please move quickly through the Finish Line Area to avoid any traffic congestion. After crossing

the Finish Line, you will receive your Finisher's Medal and go through an Aid Station and Finisher

T-shirt Collection Station. Our volunteers will then guide you to the nearby Recovery Area where you will be able to enjoy the following complimentary services:

- Cold drinks
- Medical attention

COLLECTION OF BIKES

You must collect your bike from the Transition Area from 10:00am onwards, however this time may change when the event Technical Official has deemed it is safe to enter. Race Bib will be used as verification for bike collection so please ensure you are wearing yours.

The organiser will not be held responsible for the loss of any property nor for any bikes not collected after the close of the Transition Area.

RESULT & PRIZES

RESULT

Provisional results will be available immediately after the race. Official results will be posted within 24 hours of the finish of the race.

PRIZE MONEY AND PLAQUE

The top 5 finisher from each category will be presented with a plaque and prize money at the Prize

Giving Ceremony podium within the Area from 09:30 onwards. If you are a prize winner, please ensure you are on time for the ceremony.

RACE RULE & REGULATIONS

RACE RULES

The event shall be held in accordance with WT Competition Rules, a copy of which can be found on WT's facebook page. For Kuala Lumpur City Duathlon 2026 localised Race Rules, please refer to facebook page Kuala Lumpur City Duathlon 2026 and below for a summary of the most common ones:

- An athlete found to be littering on the course other than at the Littering Areas situated at the Aid Stations will be served a time penalty by Technical Official.
- Individual support vehicles and support crews are strictly prohibited.
- Athletes are required to wear their Race Bibs on the front of their attire and ensure that their bike seat post sticker is securely fastened on the bike and their 2 helmet stickers are fixed to the front and left side of their helmet.
- Athletes may walk their bike if necessary but must not progress on the bike course without their bike.
- Shoes and helmets must be worn at all times while cycling.
- The use of mobile phones, cameras and headphones is not permitted.
- When cycling, keep to the left of the road whenever possible, always pass on the right and do not ride side by side
- An athlete who decides to drop out from the race must report to Technical Official on course.
- Medical personnel shall have the final authority to remove an athlete from the race if the athlete is physically incapable of continuing.
- The Race Referee decision is final
- The organizer will not be responsible of any damages, lost of personal belongings or bicycles and its accessories.
- The organizer will not be held responsible of any injuries or deaths of any participants or bystanders during the race.

COURSE CUT-OFF TIMES

Should an athlete be unable to reach one of the below cut-off times, they will not be allowed to continue their race and will be classified as Did Not Finish (DNF). There will be event vehicles to assist DNF athletes back to the Race Village.

An athlete will be Cut-Off if they:

- fail to reach the 15km mark on the bike course within 1 hours 30 minutes from the race start time.
- fail to complete the bike course within 2 hours 30 minutes from the race start time.
- fail to complete the race within 3 hours from the race start time.

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TRAFFIC NOTES

We implement traffic management across the entire Run and Bike Courses but there will be public vehicles sharing the roads with athletes at certain points so please be vigilant at all times. Police, traffic controllers, course marshals and event crew will be on the Run and Bike Courses to assist.

SEVERE WEATHER

Kuala Lumpur City Duathlon 2026 is a rain or shine event. In the unlikely event that severe weather is imminent or occurs during the race, Race Officials will review the race status based on the following course of action:

- If the weather condition is considered less severe and is expected to improve within an acceptable time frame of 30 minutes, Race Officials may decide to allow athletes to continue the race.
- If the weather condition is considered severe and is not expected to improve within an acceptable time frame of 60 minutes, Race Officials may declare the event a run or bike only race or cancel the event.
- Please listen carefully to all announcements from Race Officials.
- Severe weather decisions made by the Race Director are final.

To ensure the safety of all participants and accurate decision-making related to severe weather, the Race Officials use the latest weather tracking technology to continuously monitor the surrounding weather on Race Day.