

ONE MILE DASH : NEW YEAR BASH 31ST DECEMBER 2008

START : Jalan Doraisamy (Heritage Row) Behind Bank Islam in Jalan Sultan Ismail.
FINISH : Dataran Merdeka, Kuala Lumpur.
(Countdown to Welcome the New Year is also being held at Dataran Merdeka).

1 mile is 1.609km.

Roger Banister challenged the world when he did the one mile under 4 minutes in 1954.
Hisham El Guerrouj answered it with a new world record of 3:43.13 in 1999. The record still stands.

10 years later can you answer the challenge with your one mile dash?.

Now is your chance to be the privileged few to run the one mile dash during the New Year bash along the brightly lit happening streets of Jalan Sultan Ismail and Jalan Tunku Abdul Rahman.

Imagine being the king of the road, enjoying the cooler evening of Kuala Lumpur and people cheering you on towards the end of your 1.609 km dash.

TIME : 8.00 pm (First Start)
REPORTING TIME : 30 Minutes before the Start of Each Category.
CLOSING DATE : 24 December 2008

RULES & REGULATIONS

1. The Run organised under MAAU and set of Org. Committee rules & regulations.
2. The Run is opened to both local and foreign participants of 16 years (as at 31 December) and above.
3. Completed forms are to sent to:-
FTAAA 2nd Floor, Wisma OCM, Jalan Hang Jebat, 50150 Kuala Lumpur.
4. Registration Time : 10.00am – 5.00pm (Monday-Friday)
10.00am – 2.00pm (Saturday)
5. Numbers : Will be given on (29 & 30 December 2008) From 10.00am -6.00pm
6. Entry Fee : RM 15.00 for Adults
RM 7.00 for Children Under 18 year.

Please Note

The Organising Committee will award many prizes in kind including medals as indicated below.

Participants are advised to park at the finish area and walk up to the start line.

Code	Category	Age Group	Starting	Finish	Medal	Tick
A	Boys Senior (1991 – 1992)	16 yrs – 17 yrs	8.00 pm	8.15 pm	15	
B	Girls Senior (1991 – 1992)	16 yrs – 17 yrs	8.00 pm	8.15 pm	15	
C	Men Junior (1983 – 1990)	18 yrs – 25 yrs	8.15 pm	8.30 pm	20	
D	Women Junior (1983 – 1990)	18 yrs – 25 yrs	8.15 pm	8.30 pm	20	
E	Men (1973 – 1982)	26 yrs – 35 yrs	8.30 pm	8.45 pm	20	
F	Women (1973 – 1982)	26 yrs – 35 yrs	8.30 pm	8.45 pm	20	
G	Men Senior (1963 – 1972)	36 yrs – 45 yrs	8.45 pm	9.00 pm	20	
H	Women Senior (1963 – 1972)	36 yrs – 45 yrs	8.45 pm	9.00 pm	20	
J	Men Junior Veteran (1962 – 1958)	46 yrs – 50 yrs	9.00 pm	9.15 pm	15	
K	Women Junior Veteran (1962 – 1958)	46 yrs – 50 yrs	9.00 pm	9.15 pm	10	
L	Men Senior Veteran (1957 & Before)	51 yrs & Above	9.15 pm	9.30 pm	10	
M	Women Senior Veteran (1957 & Before)	51 yrs & Above	9.15 pm	9.30 pm	10	
N	FUN DASH (Skateboarders, In-line Skaters & Fun Runners)	Open	9.30 pm	9.45 pm	-	

FULL NAME :

ADDRESS :

TEL. NO.:

MYKAD NO./PASSPORT NO. : AGE : YEARS

EMAIL ADDRESS :

<p style="text-align: center;">CERTIFICATION OF AMATEUR STATUS / WAIVER CLAUSE</p> <p>I confirm that I am an athlete as regulated by MAAU rules and regulations. Also, I confirm that I am entering the competition at my own risk and will not hold the Organisers responsible for any injury, accident or death, however caused before, during or after the competition. My age is as stated in MyKad/Passport.</p> <p>..... Participant's Signature</p> <p>..... Date</p>	<p style="text-align: center;">PARENT'S / GUARDIAN'S SIGNATURE FOR PARTICIPANTS UNDER 18 YEARS OF AGE</p> <p>I, parent / guardian on my own behalf and on behalf of the participant would like to confirm that the participants is healthy and physically fit and confirm that I am allowing the participants to take part in the One Mile dash: New Year Bash. I fully understand that the participant is entering the run at his / her own risk and on behalf of the participant, I hereby waive any rights to action against the organiser for any injury, accidents or death caused prior to, during or after the event.</p> <p>..... Participant's Signature</p> <p>..... Date</p>
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