

RACE INFORMATION – 7th KL BAR RUN (VIRTUAL TEAM RUN)

ITEMS	PARTICULARS
Registration Cut-off Date	1. Cut-off date is 13 th August 2021 (Friday) 11.59pm Malaysian time
Race period	Any time between 16 th September 2021 (Thursday) 12:01am Malaysian time until 19 th September 2021 (Sunday) 11:59pm Malaysian time
Registration	All registration must be done online via Checkpoint Spot. No manual registration or any other form of registration will be accepted.
Territories	Anywhere outdoors, at a location of your choice. Running on treadmill is NOT allowed.
Distance	3km for each runner Note: (1) Each member of a team runs the same distance i.e. 3km (2) Runners are required to complete the run in one go. (3) Each runner can run the distance at any time within the Race Period.
Category	Mixed Open
Entry Fee	RM105.00 per team for the first 50 teams (early bird registration) (exclusive of 6% online registration admin fee and delivery fee) RM135.00 per team for the subsequent teams (exclusive of 6% online registration admin fee and delivery fee)
Team Composition and entry requirements	1. Three (3) runners with at least one (1) female runner and at least one (1) male runner. 2. Each runner must hold a LL.B Degree. 3. Each team must consist of at least two (2) existing practising lawyers in Malaysia and/or pupils reading in chambers in Malaysia. Please refer to Race Requirement for further details.
Results submission	1. Cut-off time for results submission is 20 th September 2021 (Monday) 9am (“Results’ Submission Cut-Off Time”) 2. Captains/Team members are required to submit and upload their run results in Checkpoint Spot by either (i) auto sync, i.e. syncing their STRAVA records onto Checkpoint Spot or (ii) manual submission i.e by way of entering the relevant data fields manually on Checkpoint Spot platform provided and upload screenshots of their record as shown in STRAVA app onto Checkpoint Spot platform showing (a) name of team

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	<p>member (b) date and time (c) distance (d) elapsed time and (e) elevation gain.</p> <p>2.1 The distance shown on STRAVA app shall be at least 3km. In the event the running distance is more than 3km, the total elapsed time including for the extra distance will be taken into consideration. No adjusted elapsed time will be accepted.</p> <p>2.2 The elapsed time and NOT moving time shown on STRAVA app will be taken into account.</p> <p>2.3 The elevation gain for the distance must be “0” or a positive gain for the overall distance of 3km for each runner.</p> <p>3. Captains/Team members shall allow Checkpoint Spot personnel to access their STRAVA records, if required. Runners’ STRAVA setting shall be set to “public” for results verification purpose.</p> <p>4. Please check our KL Bar Run Facebook page (https://www.facebook.com/KLBarRun/) for information on how to submit your results.</p>
Runner’s entitlement	All three (3) team members in a team who successfully complete the race (3 x 3km) will be awarded with a finisher medal and an event tee each within 21 working days after the Results’ Submission Cut-off Time, unless there are any movement control order which affect the distribution or logistics of the same.
Delivery fee (Captain only)	<p>Peninsular Malaysia: RM13</p> <p>East Malaysia: RM30</p> <p>International for Zon A countries which include Brunei, Cambodia, Hong Kong, Indonesia, Laos, Myanmar, Philippines, Singapore, Thailand, and Vietnam (not more than 0.5kg): RM100</p>
Facebook Page	<p>https://www.facebook.com/KLBarRun/</p> <p>All latest information in relation to the Run will be published on our Facebook Page.</p>

NOTE: All participants are reminded to adhere the Standard Operating Procedure (SOP) issued by Malaysian National Security Council (MKN) on outdoor exercises from time to time.

RULES AND REGULATIONS

A. General

1. The KL Bar Run 2021 (“**KLBR**”) is organised by the KLBC Sports Committee (“**KLBAR**”) in accordance with these Rules and Regulations (“**R & Rs**”) and all the terms and conditions stated hereunder in this webpage are applicable to all Participants.
2. By signing up/registering for the KLBR and submitting information to KLBAR through this website, whether for the purpose of registering or otherwise, you signify that you have read, understood and agree to be bound by the R & Rs and the Privacy Policy as published in Kuala Lumpur Bar website at www.klbar.org.my in respect of KLBAR’s collection, use, disclosure, and any other form of processing of your personal data.
3. Completion of the online registration form herein confirms the Participant’s agreement to abide and be bound by these R & Rs.
4. Registration for the race is only confirmed upon payment and issuance of a receipt.
5. The Participant agrees to: (i) provide true, accurate, current and complete information about the Participant as per the registration form (“**Personal Information**”); and (ii) maintain and promptly update the Personal Information to keep it true, accurate, current and complete. KLBAR may contact the Participant from time to time by way of e-mail, telephone call, or facsimile. Any notice sent to the e-mail address registered with KLBAR shall be deemed as received by the Participant.
6. If the Participant provides any information that is untrue, inaccurate, not current and/or incomplete, and/or if KLBAR has grounds to suspect that such information is untrue, inaccurate, not current and/or incomplete, KLBAR may suspend or terminate the Participant’s registration. KLBAR is also entitled to disqualify the team/participant in the event of the discovery of any such untrue, inaccurate, not current or incomplete information after the race is completed and/or at any time of such discovery.
7. KLBAR reserves the right to modify or substitute any of these R & Rs from time to time as they deem fit. If there is ambiguity in any of these provisions, KLBAR shall be the authority to interpret and in so doing, KLBAR will endeavour to take into account the interests of all the affected Participants. Any amendments to these R & Rs will be updated on the Kuala Lumpur Bar Website at www.klbar.org.my (“Official Website”) or via e-mail to you.
8. KLBAR reserves the right to cancel the KLBR at any time without prior notice to the Participant, in which case they will make reasonable effort to inform the Participant prior to the date of the event. If the KLBR is cancelled, there shall be no refund of fees paid. KLBAR, Event Sponsors or Co-Sponsors shall not be liable for any loss or inconvenience caused.
9. KLBAR reserves the right to use any photographs, motion pictures, recordings, or any other media records (including those displaying the Participant) of the KLBR, for any legitimate purpose, including commercial advertising.
10. KLBAR reserves the right to limit and/or refuse race entries without assigning any reason.
11. KLBAR will not entertain nor be in any way responsible for any dispute arising from incomplete entry details.

B. Safety

1. Participant takes part in KLBR at his or her own risk and shall be responsible for his or her own safety. KLBAR, Event Sponsors or Co-Sponsors shall not be responsible or held liable for any injury or death howsoever arising from training for or during participation in KLBR. The Participant is strongly encouraged to consult his or her medical practitioner in respect of his or her health prior to registration and before the actual race day.
2. All Participants shall comply with the Prevention and Control of Infectious Diseases Act 1988 (Act 342) and all regulations made pursuant thereto including but not limited to the Prevention and Control of Infectious Diseases (Measures Within Infected Local Areas) (Movement Control) Regulations 2021 [P.U.(A) 8]. All running activities shall strictly in compliance with any standard operating procedure, guidelines, rules, and regulations as imposed by the relevant authorities from time to time. Unless otherwise allowed by the relevant authorities, no participant shall run in group or in any place which is closed.
3. KLBAR reserves the absolute right to postpone or cancel the KLBR as KLBAR deems fit in the interests and safety of the participants. There will be NO refund in the event of such postponement or cancellation.
4. Anyone who has a body temperature exceeding 37.5 degree Celsius or has any Covid-19 symptoms or is tested positive for Covid-19 during the Race Period shall NOT be allowed to participate in KLBR.
5. In addition to the above, anyone who has been in close contact with a Covid-19 positive person less than 14 days prior to the Race Period shall also not be allowed to participate in KLBR.

C. Race Format

1. Each team member is required to run a minimum distance of 3km anywhere outdoor in their safe place. KLBAR does not condone any form of cheating and any form of cheating will result in immediate disqualification of the team from the race.
2. The 'Elapsed Time' (NOT the 'Moving Time') of all 3 runners in a team will be used to determine winners.
3. No substitutions are allowed before or on race day without prior written consent from KLBAR.
4. There shall be NO running on treadmill. Any use of equipment such as roller blades, e-scooters, bicycles, motorcycles, and any form of vehicle, machinery, equipment whether powered by electronic means or otherwise and whether in part or in whole are STRICTLY PROHIBITED.
5. The distance shown on STRAVA app will be taken into consideration regardless of any other variation of distance shown on the participants' other wearable or applications.

D. Race Requirements

1. A Participant must be 18 years and above on the race day to participate in the KLBR.
2. Participants must be physically fit and in good health to complete the race distance.
3. Participants are responsible for their own personal health insurance and well-being.
4. KLBAR assumes no responsibility for any injury or damage that occurs from training, during or as a result of the KLBR. Participants are encouraged to consult with their medical practitioner prior to the KLBR.
5. The KLBR is opened to all members of the Malaysian Bar, pupils in chambers, and anyone who holds a LL.B Degree subject to Rule (6) and Rule (7) below
6. Each team must consist of three (3) members with a minimum of one (1) male runner and one (1) female runner.
7. Each team must consist of at least two (2) existing practising lawyers practising in Malaysia and/or pupils reading in chambers in Malaysia with the option of having one (1) member who holds a LL.B Degree.
8. KLBC reserves all rights to reject and/or cancel any registration of any team which fails to fulfill the Race Requirements stated herein.
9. Examples of team formation are as follows:-
 - 9.1 Jane (F) (Lawyer practising in Malaysia) + John (M) (Lawyer practising in Malaysia) + Jim (M) (Legal adviser working in Malaysia who holds a LL.B Degree)
 - 9.2 Jane (F) (Lawyer practising in Malaysia) + John (M) (Lawyer practising in Malaysia) + Julie (F) (Lawyer practising out of Malaysia who holds a LL.B Degree)
 - 9.3 Jane (F) (Lawyer practising in Malaysia) + John (M) (Lawyer practising in Malaysia) + Jack (M) (Judge in Malaysia who holds a LL.B Degree)
 - 9.4 Jane (F) (Lawyer practising in Malaysia) + John (M) (Pupil reading in chambers in Malaysia) + Jim (M) (in-house counsel who holds a LL.B Degree)
 - 9.5 Jane (F) (Lawyer practising in Malaysia) + John (M) (Pupil reading in chambers in Malaysia) + Jean (F) (law graduate who holds a LL.B Degree)
 - 9.6 Jane (F) (Pupil reading in chambers in Malaysia) + John (M) (Pupil reading in chambers in Malaysia) + Jim (M) (Legal adviser working out of Malaysia who holds a LL.B Degree)
 - 9.7 Jane (F) (Pupil reading in chambers in Malaysia) + John (M) (Pupil reading in chambers in Malaysia) + Julie (F) (Pupil reading in chambers out of Malaysia who holds a LL.B Degree)
 - 9.8 Jane (F) (Pupil reading in chambers in Malaysia) + John (M) (Pupil reading in chambers in Malaysia) + Jack (M) (court officer working out of Malaysia who holds a LL.B Degree)

E. Submission of results

1. Go to website vr.checkpointspot.asia and click the event thumbnail.
2. Key-in your Order ID and/or IC Number. Kindly fill in all the information needed.
3. Each team must submit and upload all three (3) runners' result by syncing their STRAVA records onto Checkpoint Spot or upload screenshots of their STRAVA app

to Checkpoint Spot showing (a) name of team member (b) date and time (c) distance (d) elapsed time and (e) elevation gain.

4. Results will be displayed at leader board after verification.

F. Cancellation and Disqualification

1. After registration and payment of registration fees, there will be no fee refund for a Participant who does not eventually take part in the KLBR, for any reason whatsoever.
2. Participants are not allowed to transfer his or her race entry to another party after his or her registration is confirmed.
3. Any Participant who commences its run before the commencement of the Race Period of the race OR runs after the Race Period OR does not fully complete the distance of 3km will be disqualified.
4. A team whose team member who does not run within the specified date and time will be disqualified.
5. Results as determined by the KLBAR shall be FINAL and no appeal will be allowed. No dispute will be entertained.
6. KLBAR reserves all rights to disqualify any team whose member/members are found to be cheating, refusing to adhere to the R & Rs and/or in any way behaving in a manner which KLBAR in its absolute discretion finds to be offensive or inappropriate.

G. Runners' entitlement

1. All three (3) team members in a team who successfully complete the race (3 x 3 km) within the specified date and time will be awarded with a Finisher Medal and an Event Tee Shirt each within 21 working days after the Results' Submission Cut-off Time.
2. Each team's Finisher Medals and Event Tee Shirts are to be delivered to the Captain with the following applicable delivery fees (to be borne by participants). No requests thereafter will be entertained. Individual dispatches will NOT be entertained.

Peninsular Malaysia: RM13

East Malaysia: RM30

International for Zon A countries which include Brunei, Cambodia, Hong Kong, Indonesia, Laos, Myanmar, Philippines, Singapore, Thailand, and Vietnam (not more than 0.5kg): RM100

3. All Participants who successfully complete the race can download their e-certificate from Checkpoint Spot Website after the race. This entitlement will not apply to Participants who are unable to complete the race within race requirements, or are disqualified.

G1. Event Tee size chart

Asian Guide Measurements


Asian Male

Size / Length	Half Chest Length (Inches)	Half Waist Length (Inches)	Shirt Length (Inches)
XS	18"	18"	26"
S	19"	19"	27"
M	20"	20"	28"
L	21"	21"	29"
XL	22"	22"	30"
2XL	23"	23"	31"
3XL	24"	24"	32"

Asian Female

Size / Length	Half Chest Length (Inches)	Half Waist Length (Inches)	Shirt Length (Inches)
XS	16"	15"	23"
S	17"	16"	24"
M	18"	17"	25"
L	19"	18"	26"
XL	20"	19"	27"

All measurements above subject to +/-0.5" tolerance



G2. Finisher Medal

TBC

H. Prizes

H1. Top 10 teams

1. Medals will be awarded to each runner of the Top 10 teams with the fastest overall timing. The teams who won the Champion Trophy, the 1st Runner-Up Trophy, the 2nd Runner-Up Trophy, the 4th Placing Trophy and the 5th Placing Trophy respectively will have their team name engraved on these contesting trophies.

H2. Fastest Male and Female Awards

Medals will be awarded to Top 10 Fastest Male Runners and Top 10 Fastest Female Runners based on their individual timings recorded and verified based on the result submission to Checkpoint Spot. The Fastest Male Runner and the Fastest Female Runner will have their names engraved on the Challenge Trophy.

H3. Special prizes

We will have special prizes, discount vouchers, and gift vouchers to be awarded to winners. The details of the same will be announced on our Facebook Page.

H4. Delivery

All prizes will be delivered to the Team Captain who will be responsible to distribute it accordingly.

I. Results

1. The team's results (name of runners and timing) will be published on KL Bar Website, Checkpoint Spot website and KL Bar Run Facebook Page once finalised.
2. The master list will contain particulars (name of runners, team name and timing) of all other teams participating in this event.

J. Waiver and Acknowledgment clause

1. By registering you hereby confirm that (1) you have fulfilled with the race requirements as stated in the R & Rs herein and you are in good health and proper physical condition to participate in the KLBR; (2) you are not under the influence of alcohol or any illicit or prescription drugs which would in any way impair your abilities to safely participate in the KLBR.
2. You understand and acknowledge that the participation in the KLBR may involve risks and dangers and you agree that it is your sole responsibility to determine whether you are sufficiently fit and healthy to participate in the KLBR and you will participate in this event at your own risk and expense.
3. You agree that (1) you have read and understood the R&Rs herein; (2) you will adhere to and comply with all the R&Rs; (3) you will not in any circumstance hold the KLBAR, KL Bar Committee, the personnel involved in organising and/or sponsoring this event, their representatives, staff, employees and/or contractors, responsible against any cost and expense, and liability that may arise from your participation in this event; (4) you expressly waive all claims for any injuries, death, financial losses and invalidity to you or any of you which may be caused by any act, omission, or failure to act on the part of the organiser, sponsors, their representatives, staff, employees, contractors during the course of the KLBR; (5) KLBAR, KL Bar Committee, the organiser, Malaysian Bar and/or Sponsors/Co-Sponsors for KLBR shall have your unequivocal consent to process your Personal Data as defined under the Personal Data Protection Act 2010 for the purpose of KLBR and/or for other marketing purposes; and (6) You may receive marketing materials from Sponsors/Co-Sponsors for KLBR.

K. Privacy Statement

1. We may collect your data through various ways including data and information voluntarily provided by you during registration.
2. We may process your Personal Data for the following purposes:
 - to verify your identity;

- (if applicable) to protect your vital interest or the vital interest of another person in a case where the consent cannot be given by or on your behalf;
 - to detect and prevent fraudulent activity;
 - the administration of justice or prevention or detection of a crime, investigations, public interest or legal proceedings;
 - the execution of any functions conferred on any person by or under any law or was required or authorised by or under any law or by the order of a court or any administrative or regulatory bodies having jurisdiction over the matter;
 - establishing, exercising or defending legal rights;
 - to contact you and maintain communication with you;
 - our internal record keeping;
 - to send you seasonal greetings, messages or public service announcements; and
 - any other purposes which you have explicitly consent to, whether contained herein or otherwise.
3. We may share some of your personal data with the Malaysian Bar and/or our Sponsors.
4. You hereby confirm that you have read this Privacy Statement and you fully understand the contents and extent of this Privacy Statement and therefore signify your voluntary, explicit and unconditional acceptance and consent to your Personal Data being processed by us and/or Malaysian Bar and/or our Sponsors/Co-Sponsors for the purposes set out in this Privacy Statement and to those classes of third parties identified in this Privacy Statement and that this Privacy Statement shall constitute sufficient NOTICE to you in relation to the process of Personal Data by us.

L. Inquiries

Please contact:

- (a) Soo Siew Mei at soosiewmei@gmail.com; or
- (b) Eunice Ong at niceyhuey@gmail.com; or
- (c) Lilian Lee at ll.lilian@hotmail.com.