



Malaysia Women Marathon 2024

@HSNKL

**@Dataran
Merdeka**

Car park & Start time

Start Location : Dataran Merdeka

Start Time :

Category A Full Marathon Duo - **4.15am**

Category B-E Half Marathon - **4.15am**

Category F-H 10km - **6.15am**

Category J- N 5km and 5km fun run : **7.10am**

Where to park

Full marathon duo and Half marathon

Dataran Merdeka

Padang Merbok

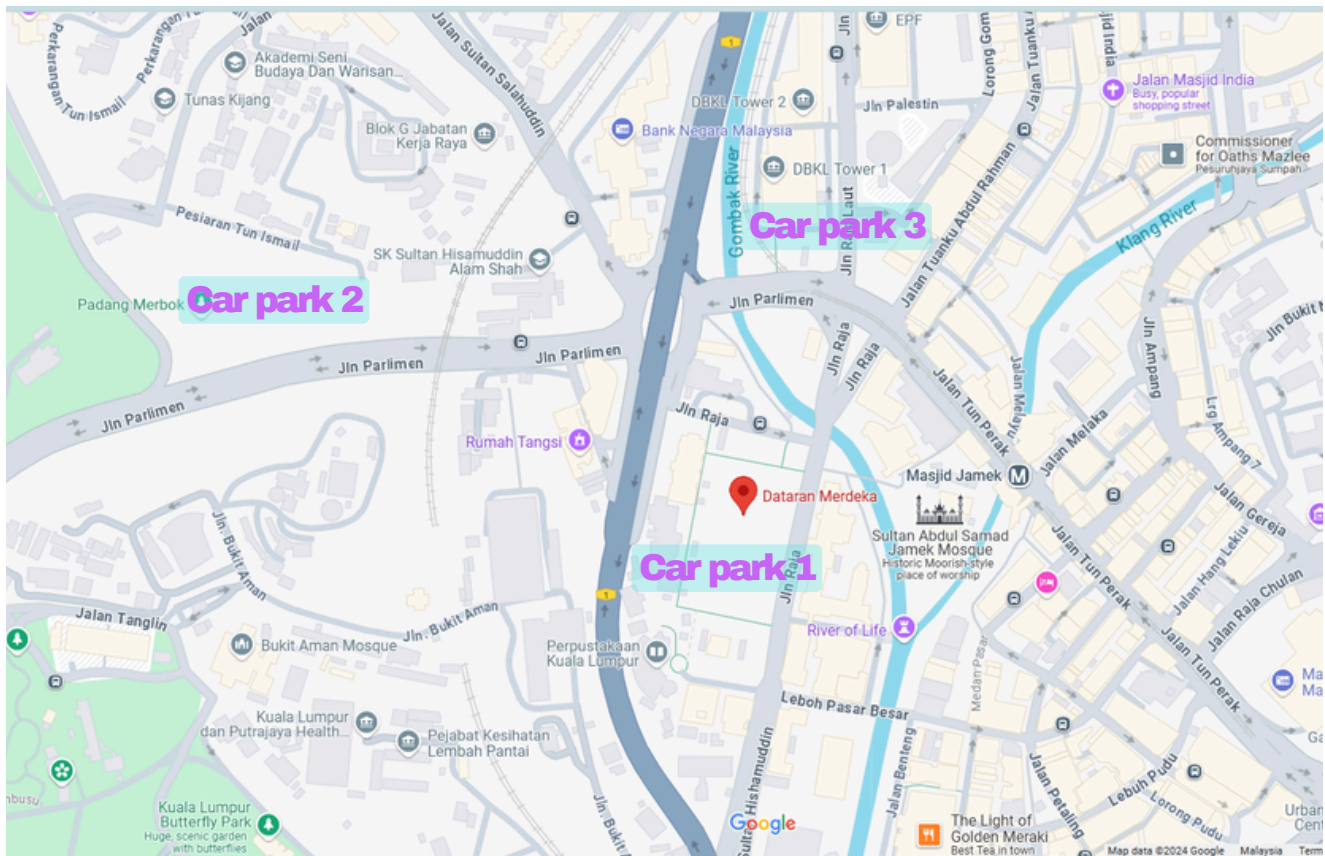
DBKL Building

10km & 5km runners

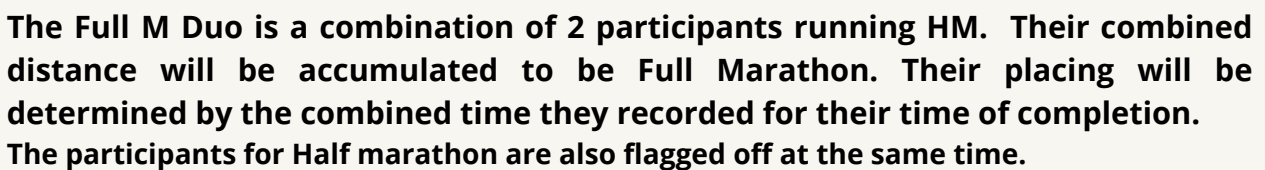
Dataran Merdeka

Padang Merbok

DBKL Building



(2x half marathon)



The two categories will be flag off at 4.15am. The route will be the same as SharpHSNKL Half marathon. Hence you will be running together with runners from that event as well. The signages are basically from the HSN KL event as well. Please also note that the marshall will also wear HSNKL crew tshirt. Do follow their instructions.

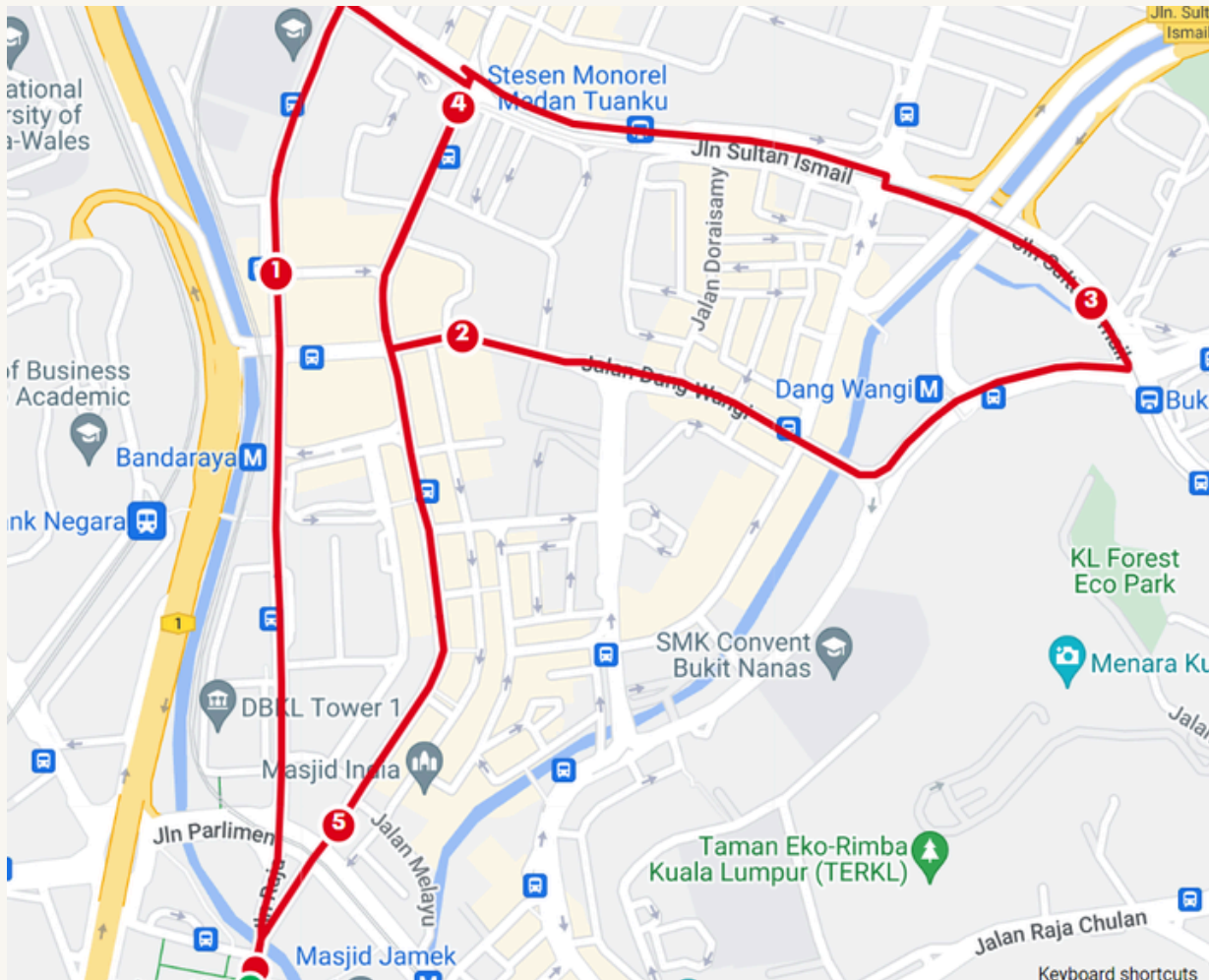
Route 10km



The 10km participants will also be flagged off together with HSNKL's participants too. For priority lane or elite lanes please make your way to the front of the corral before start (flag off) time. .

There is some elevation gain of 125m elevation. The route will be the same as SharpHSNKL Half marathon. Hence you will be running together with runners from that event as well. The signages are basically from the HSN KL event as well. Please also note that the marshall will also wear HSNKL crew tshirt. Do follow their instructions.

Route 5km



The 5km route is basically KL Car free morning.

The emcee will announce for the 5km Bib J-M to be flagged off first.

The 5km fun run will then be flag off together with the participants from HSNKL.

For the 5km speed, you may expect some human traffic when you come into Jalan Sultan Ismail. This is because KL Car Free morning is not closed for Larian HSNKL and MWM. Hence, there may be some KLFCM crowd. However there are not many, as most will be participating in HSNKL and MWM. We currently trying to get KL Car Free morning crew to assist in the lane for our 5km to run in a certain dedicated lane. This will be update before flag off.

There are also very few participants for 5km hence we have also reduce the trophies for prizes to top 3.

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Itinerary for Race Day

04.00am **FWarm Up and getting ready.for flag off**

0415am **Flag off Half Marathon and full marathon duo**

0615am **Flag off 10km**

0715am **Flag Off of the 5km run and 5km fun run**

0830am **Prize Giving for Full Marathon duo top 3**
Prize Giving for Half Marathon top 3
Prize Giving for 10 Km top 3
Prize Giving for 5km Top 3
On stage

Other winners to collect at secretariat tent for MWM
Lucky Draw winners collect prizes at the Secretariat tent

0930am **Last runner to enter. To greet the last runner**
End of Event

Points to note

May i collect on Race day?

Unfortunately no. but please collect at Decathlon PJ on 18th and 19th of October 2024 from 11am to 7pm

Can i substitute someone to run using my bib?

If you are not able to run on the 20th October 2024 and would like to do so, please exchange the names on 18th October 2024 at Decathlon PJ.

Event day :

What to expect ?

MWM 2024 merged with HSNKL 2024. they have more participants on the route and venue.

Half marathon : 2500 participants 10km : 3500 participants

5km : 5000 participants

At HSNKL there is a 3km category as well that is flag off at 7.20am which has 4000 participants.

Flag off procedure

- a, There will be a separate timing mat for MWM participants to record the results.
- b However, the participants from both events will enter the starting zone together regardless of event bib. Hence both event participants will be flag off together.
- c. 5km with timing :
 - the emcee will make announcement for the 5km runners from MWM 2024 to be flagged off first.
 - The 5km at HSNKL is only a fun run category .
 - There are only 180 participants with the timing chip for the 5km run.
 - The route for the 5km is basically KL Car free morning's route.
 - Hence if you are running fast please stick to the group on the right side of the road because there will be some slower runners ahead from DBKL .
 - We have been informed that HSNKL bike marshall will create the section for the 5km runners within the KL car free morning route.
 - the 5km fun runners will also gather together with HSNKL's participants to flag off

Selection of winners.

- a The winners for MWM will be selected based on the timing and at the finish line on gun time subject to verification of timing and split timing.
- b. The prizes will be based on MWM category of winners. However we have reduced the number of trophies and prizes for 2 categories. This is due to lesser number of participants in the category.
- c. Full marathon duo and : we have prizes and trophy for Top 3 only
- d. 5km run men & women open, veteran. : the prizes & trophy : Top 3 only
- e. Winners for MWM will also be spotted at the end line and giving the potential winners tag.

Points to note

Layout of the Dataran Merdeka and Start line/ Finish line.

- a) You may pick up the medals at the finish line There will be MWM crew to hand out to you as you complete your run.
- b) The start line and finish line for 21km and 10km is different. They are on side by side.
- c) The 5km, however, will start and end on the other the same side.
- d) The MWM secretariat will be available for inquiries.
- e) The drop bag will also be shared with HSN KL
- f) Backdrops for MWM will be also around the area.
- g) Top 3 winners will go up on the stage.
- h) The other winners will proceed to secretariat tent for a simple prizing giving there.

