

**Score** <sup>20</sup>  
MARATHON **22**

Presented By

**AIA** Vitality

**ABBOTT**  
WORLD  
MARATHON  
MAJORS

万达 WANDA AGE GROUP  
QUALIFIER

5 km | 10 km | 21 km | 30 km | 42 km



**RESUME. RECHARGE  
RECAPTURE THE GLORY**

**23**

**OCTOBER 2022**

**DATARAN PUTRAJAYA MALAYSIA**

**3am onwards**

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## RACE INFORMATION

Event Owner	:	SCORE Sports Management Sdn Bhd
Sanctioned & Certified By	:	 
Start Time	:	3:00am
Date	:	23 October 2022
Venue	:	Dataran Putrajaya, Presint 3, Putrajaya, Malaysia
Race Category	:	5KM (Fun Run), 10KM (Competitive), 21KM (Half Marathon), 30KM (Competitive), 42KM (Full Marathon)

## RUNNER'S POST-RACE ENTITLEMENT

Once you cross the finish line, don't forget to collect:



**Exclusive Finisher Tee**  
(21km, 30km & 42km only)



**Finisher Medal**  
(All categories)



**E-Certificate**

# AWARDS

## CASH PRIZES - 10KM

10KM	1st Prize	2nd Prize	3rd Prize	4th – 8th Prize
Men Open	• RM300 Cash • Trophy	• RM200 Cash • Trophy	• RM100 Cash • Trophy	• Trophy
Women Open	• RM300 Cash • Trophy	• RM200 Cash • Trophy	• RM100 Cash • Trophy	• Trophy
Men Veteran	• RM300 Cash • Trophy	• RM200 Cash • Trophy	• RM100 Cash • Trophy	• Trophy
Women Veteran	• RM300 Cash • Trophy	• RM200 Cash • Trophy	• RM100 Cash • Trophy	• Trophy

## CASH PRIZES - 21KM

21KM	1st Prize	2nd Prize	3rd Prize	4th – 8th Prize
Men Open	• RM400 Cash • Trophy	• RM300 Cash • Trophy	• RM200 Cash • Trophy	• Trophy
Women Open	• RM400 Cash • Trophy	• RM300 Cash • Trophy	• RM200 Cash • Trophy	• Trophy
Men Veteran	• RM400 Cash • Trophy	• RM300 Cash • Trophy	• RM200 Cash • Trophy	• Trophy
Women Veteran	• RM400 Cash • Trophy	• RM300 Cash • Trophy	• RM200 Cash • Trophy	• Trophy

## CASH PRIZES - 30KM

30KM	1st Prize	2nd Prize	3rd Prize	4th – 8th Prize
Men Open	• RM500 Cash • Trophy	• RM400 Cash • Trophy	• RM300 Cash • Trophy	• Trophy
Women Open	• RM500 Cash • Trophy	• RM400 Cash • Trophy	• RM300 Cash • Trophy	• Trophy
Men Veteran	• RM500 Cash • Trophy	• RM400 Cash • Trophy	• RM300 Cash • Trophy	• Trophy
Women Veteran	• RM500 Cash • Trophy	• RM400 Cash • Trophy	• RM300 Cash • Trophy	• Trophy

## CASH PRIZES - 42KM

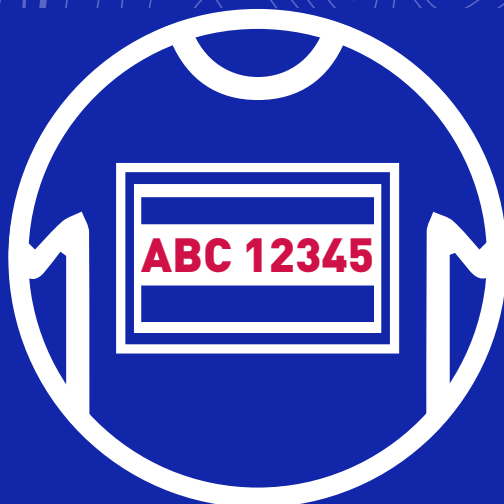
42KM	1st Prize	2nd Prize	3rd Prize	4th – 8th Prize
Men Open	• RM600 Cash • Trophy	• RM500 Cash • Trophy	• RM400 Cash • Trophy	• Trophy
Women Open	• RM600 Cash • Trophy	• RM500 Cash • Trophy	• RM400 Cash • Trophy	• Trophy
Men Veteran	• RM600 Cash • Trophy	• RM500 Cash • Trophy	• RM400 Cash • Trophy	• Trophy
Women Veteran	• RM600 Cash • Trophy	• RM500 Cash • Trophy	• RM400 Cash • Trophy	• Trophy

\*Prizes are applicable to Speed Categories only.

\*Participants from the Cruise Categories of any distance are not eligible to win any cash prizes or trophy.

## ITINERARY

<b>2:30AM</b>	Carnival Area Opens. Runners Arrival.
<b>3:25AM</b>	42KM - Safety Briefing
<b>3:30AM</b>	42KM - Flag Off
<b>3:40AM</b>	30KM - Safety Briefing
<b>3:45AM</b>	30KM - Flag Off
<b>4:10AM</b>	21KM - Safety Briefing
<b>4:15AM</b>	21KM - Flag Off
<b>6:30AM</b>	5KM / 10KM - Warm Up
<b>6:45AM</b>	5KM / 10KM - Safety Briefing
<b>7:00AM</b>	10KM - Flag Off
<b>7:15AM</b>	5KM - Flag Off
<b>8:15AM</b>	21KM - Prize Presentation
<b>8:45AM</b>	30KM - Prize Presentation
<b>9:15AM</b>	42KM - Prize Presentation
<b>9:45AM</b>	10KM - Prize Presentation
<b>11:00AM</b>	Event Ends



# NO BIB NO RUN

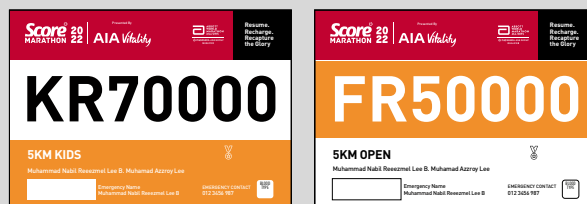
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**PLEASE REMEMBER TO BRING  
YOUR BIB ALONG DURING  
EVENT DAY**



# RUNNING BIB INDICATION

## 5KM • KIDS • OPEN



## 10KM : JUNIOR (SPEED) • MEN OPEN & VETERAN • WOMEN OPEN & VETERAN



## 10KM • MEN OPEN & VETERAN (CRUISE) • WOMEN OPEN & VETERAN

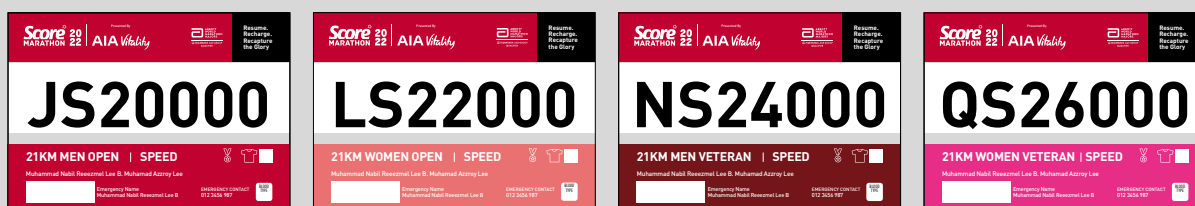


### Running Bibs

- All bibs are colour coded indicating which category you are registered in. You must run in the category you are registered in.
- Bibs are strictly not transferable nor exchangeable.
- The timing device is attached to the back of your bib. (10KM, 21KM, 30KM & 42KM only)
- Do not fold or remove the timing device from your bib.
- If you do not run in your registered race category, your time will not be registered resulting in automatic disqualification and you will not receive a Finisher's medal or Certificate of Achievement.
- No bib no entry. Strictly 1 runner 1 bib only.

# RUNNING BIB INDICATION

## 21KM • MEN OPEN & VETERAN (SPEED) • WOMEN OPEN & VETERAN



## 21KM • MEN OPEN & VETERAN (CRUISE) • WOMEN OPEN & VETERAN



## 30KM • MEN OPEN & VETERAN (SPEED) • WOMEN OPEN & VETERAN



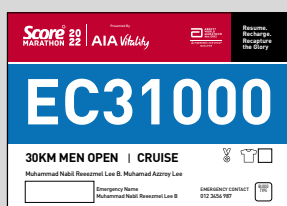
### Running Bibs

- All bibs are colour coded indicating which category you are registered in. You must run in the category you are registered in.
- Bibs are strictly not transferable nor exchangeable.
- The timing device is attached to the back of your bib. (10KM, 21KM, 30KM & 42KM only)
- Do not fold or remove the timing device from your bib.
- If you do not run in your registered race category, your time will not be registered resulting in automatic disqualification and you will not receive a Finisher's medal or Certificate of Achievement.
- No bib no entry. Strictly 1 runner 1 bib only.



# RUNNING BIB INDICATION

## 30KM • MEN OPEN & VETERAN (CRUISE) • WOMEN OPEN & VETERAN



## 42KM • MEN OPEN & VETERAN (SPEED) • WOMEN OPEN & VETERAN



### Running Bibs

- All bibs are colour coded indicating which category you are registered in. You must run in the category you are registered in.
- Bibs are strictly not transferable nor exchangeable.
- The timing device is attached to the back of your bib. (10KM, 21KM, 30KM & 42KM only)
- Do not fold or remove the timing device from your bib.
- If you do not run in your registered race category, your time will not be registered resulting in automatic disqualification and you will not receive a Finisher's medal or Certificate of Achievement.
- No bib no entry. Strictly 1 runner 1 bib only.

# ROAD CLOSURE 1








## ROAD CLOSURE 2



# ALTERNATIVE ROAD



-  Alternative road for Presint 5 & 6 residents and PICC
-  Alternative road for Presint 18 residents
-  Alternative road for Lebuhraya Bestari and Presint 17

-  All vehicles from Persiaran Timur will be diverted to Lebuhraya Bestari to MEX Highway, Presint 3, 18, 5, 6 and PICC
-  Alternative road for Presint 18 residents

## 23 October 2022 (Sunday) – Dataran Putrajaya, Presint 3, Putrajaya

Road closure/disruption of traffic schedule due to Score Marathon 2022 presented by AIA Vitality

TIME	ROUTE	ALTERNATIVE ROUTE
3.00 am – 11.00am	Small lanes surrounding Palace of Justice	Full Closure.
3.20 pm - 10.00 am	Lebuh sentosa heading to Persiaran Perdana, Presint 5,6, and PICC	Vehicles for participants and P.18 residents will be diverted to Masjid Tuanku Mizan Zainal Abidin (Parking Area). Vehicles for P.6 & P.5 Residents and those heading to PICC through Jalan Perpaduan to Seri Gemilang Bridge.
3.20 am – 11.00 am	Persiaran perdana (from Palace of Justice until Jabatan Peguam Negara's Traffic Light)	Full Closure
3.30 am – 9.30 am	Lebuh Sentosa heading to Presint 11 Traffic Light	2 lanes (right & middle lane) used by runner. Slow lane used by vehicles.
4.00 am – 6.00 am	Persiaran Utara heading to Persiaran Persekutuan	1 left lane for runner. Vehicles will use right lane.
4.00 am – 8.30 am	Persiaran Persekutuan heading to Persiaran Sultan Salahuddin Abdul Aziz Shah	1 left lane for runner. Vehicles will use right lane.
4.00 am – 9.00 am	Persiaran Sultan Salahuddin Abdul Aziz Shah heading to Lebuh Perdana Timur and Jalan Alamanda	1 left lane for runner and the rest for vehicles.
4.00 am – 9.00 am	Persiaran Utara heading to Lebuh Sentosa	1 left lane for runner. Vehicles will use right lane.
4.00 am – 9.30 am	Persiaran Utara - Lebuh Sentosa heading to Persiaran Perdana	2 lanes (right lane and middle lane) used by runner. Most left lane used by vehicles.
5.00 am – 10.30 am	Lebuh Gemilang heading to Presint 20 bridge	1 left lane for runner and right lane for vehicles.
5.00 am – 10.30 am	Presint 20 bridge went down to Persiaran Selatan heading to Lebuh Gemilang (Presint 6 traffic light)	1 left lane for runner and right lane for vehicles.
4.00 am – 10.00 am	Jalan Presint 6 heading to Presint 5 tunnel	Full Closure
5.00 am – 10.00 am	Persiaran Selatan heading to Lebuh Wadi Ehsan	1 left lane for runner.
3.30 am – 11.00 am	Persiaran Timur heading to Lebuh Wadi Ehsan/Lebuh Setia	Vehicles from Persiaran timur heading to Lebuh Wadi Ehsan/Lebuh Setia/Presint 18 will diverted to Presint 17 bridge and Lebuh Bestari. (ONLY for residents and workers SEMENYIH TREATMENT PLANT are allowed to entry.)

\*Road closure / traffic disruption schedule may vary and is subject to unforeseen circumstances or at the advice of the authorities.



## SUGGESTED PARKING AREA

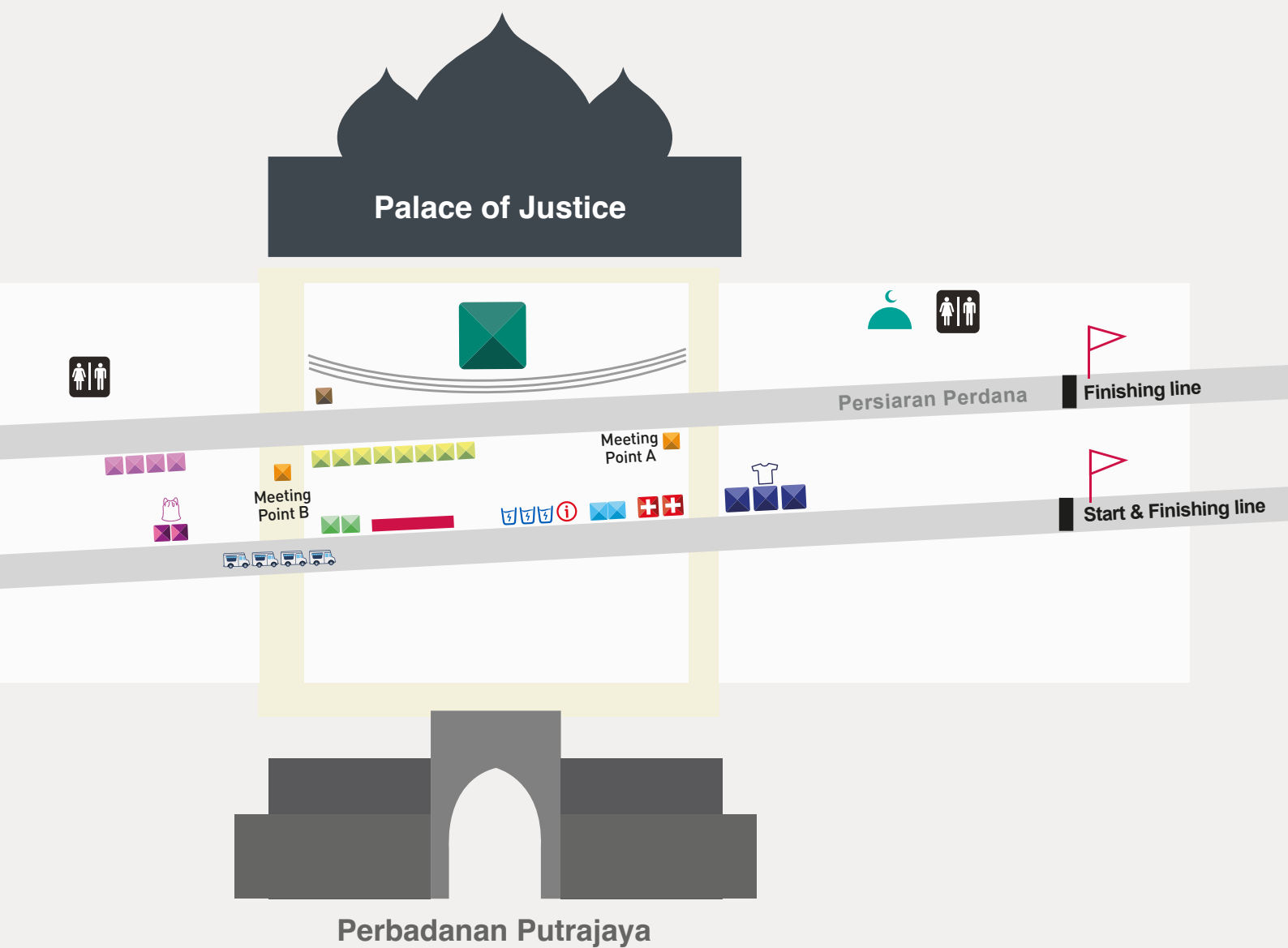
### INFORMATION

- ..... Coming From Mex Highway, Elite Highway, Puchong, Shah Alam, Seremban
- ..... Coming From Kajang, Serdang, Seri Kembangan
- ..... Coming From Lebu Wawasan, Cyberjaya





# SCORE VILLAGE LAYOUT



## LEGEND

	Stage		Baggage		AIA Booth		Toilet
	Medic		Finisher Tee		Food Truck		Info Counter
	Activity Booth		Winner Tent		Meeting Point		
	Running Club		Surau		Isotonic Drink		

# FLAG OFF TIME

**42KM : 3.30AM**

**30KM : 3.45AM**

**21KM : 4.15AM**

**10KM : 7.00AM**

**5KM : 7.15AM**



# QUALIFYING TIME

	CATEGORIES	Qualifying Time <b>SPEED</b>	Qualifying Time <b>CRUISE</b>
<b>5KM</b>	- Kids (4 – 12 years old) - Open (13 years and above)	-	1 hr 30 mins
<b>10KM</b>	- 10KM Junior (10 – 15 years old)	-	2 hr 30 mins
<b>10KM</b>	<b>MEN'S OPEN</b>	1 hr 15 mins	2 hr 30 mins
<b>21KM</b>	<b>WOMEN'S OPEN</b> 16 –39 years old	2 hr 30 mins	4 hr
<b>30KM</b>	<b>MEN'S VETERAN</b> 40 years and above	4 hr 30 mins	6 hr
<b>42KM</b>	<b>WOMEN'S VETERAN</b> 40 years and above	7 hr 30 mins	-

\*Distance is subject to change due to unforeseen circumstances








\*Flag-off time will be announced upon the approval of the authorities.  
The event will be held starting from 3am.

\*Prizes is applicable for speed category only





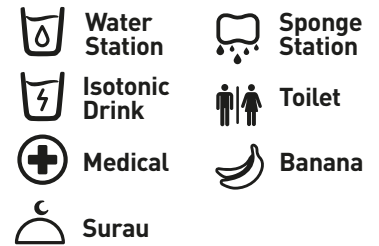
### 21KM RUN ROUTE

- |   |                |   |                |
|---|----------------|---|----------------|
|  | Water Station  |  | Sponge Station |
|  | Isotonic Drink |  | Toilet         |
|  | Medical        |  | Banana         |
|  | Surau          |   |                |



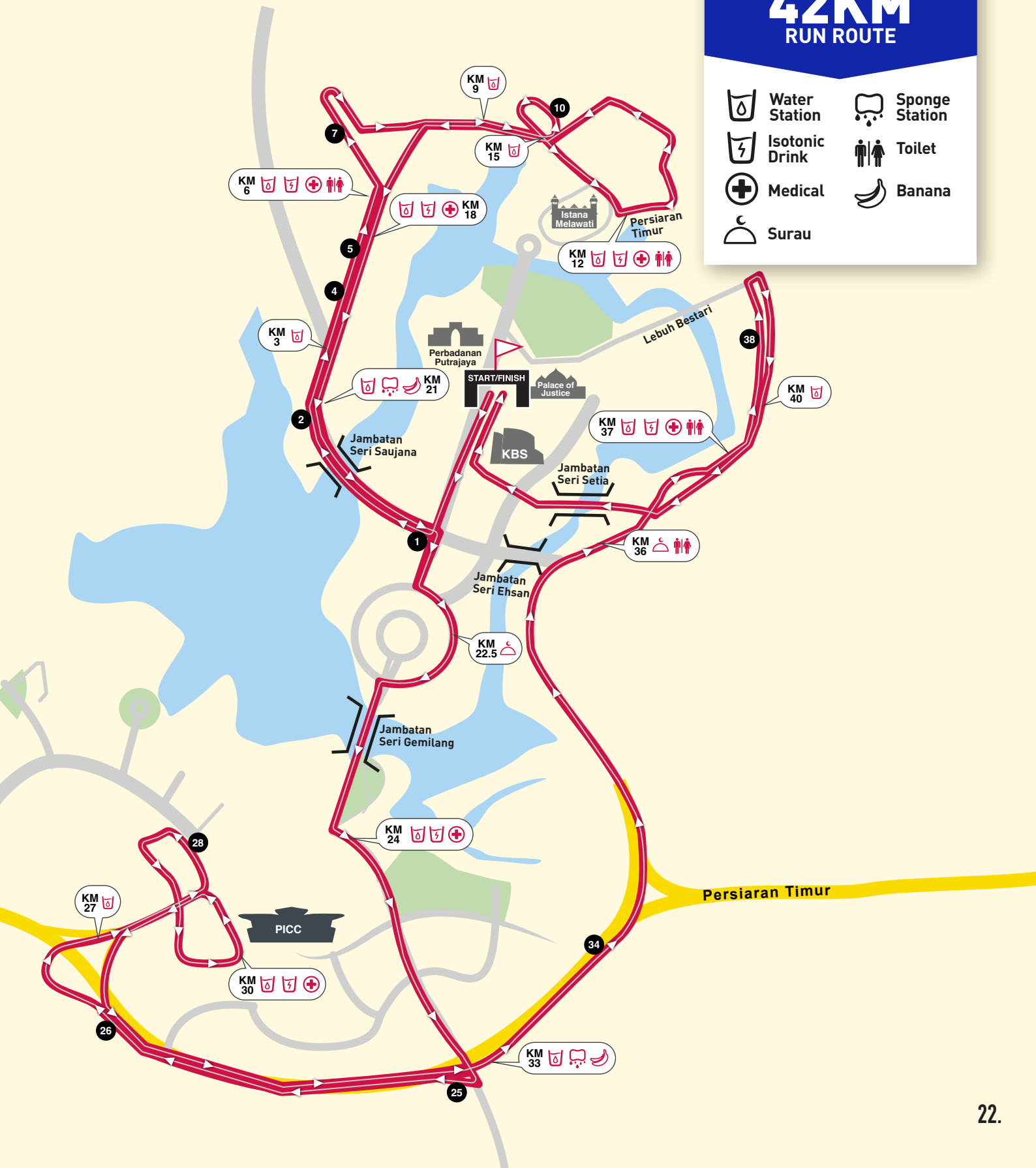


## 30KM RUN ROUTE



## 42KM RUN ROUTE

- |  |                |  |                |
|--|----------------|--|----------------|
|  | Water Station  |  | Sponge Station |
|  | Isotonic Drink |  | Toilet         |
|  | Medical        |  | Banana         |
|  | Surau          |  |                |










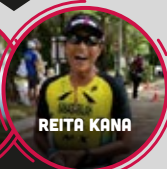

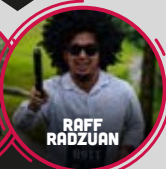


# CUT OFF TIME



# OFFICIAL PACERS

## 21KM

 FARHAN	 YEN CHIA	 ENDA TAN	 OLIVIA YU	 NICKY YAP	 CHAN CHEE HING
2:00		2:15		2:30	
 ELAINE YL	 TERRY LIM	 SHAH	 REITA KANA	 HELIANA	 RAFF RADZUAN
2:45		3:00		3:30	

## 30KM

 KENNY LIM	 AZHAM KAS	 LIM KIM HUAT	 YC ANG	 JESSLYN	 DODIMISYA
3:00		3:30		4:00	
 GREEN TER	 WENDY LIM	 SIM KUAN KUEK	 SEAH LS		
4:30		5:00			

## 42KM

 NOR AMIN	 LOH SEOW CHAN	 JASON FONG	 IVAN KOH	 FIRDAUS	 MICHELLE KHO
4:00		4:30		5:00	
 MOHD FADHRULLAH	 DANNY LOH	 LAI HUN KIONG	 TAN WEN CHIAN	 JAZ YAP	 BARKLEY WONG
5:30		6:00		7:30	





# AIA Vitality

## RECHARGE YOUR HEART WITH VITALITY

What does it take to live **Healthier, Longer, Better Lives?**

It starts with a happy heart. So, get out there and do what it takes to nurture and protect your heart. Because being heart-healthy, is rewarding in more ways than one.

Kickstart your health journey with AIA Vitality, our health and wellness programme at [www.aia.com.my/aiavitality](http://www.aia.com.my/aiavitality)

#AIAOneBillion  
#HealthierLongerBetterLives

## Good news for AIA Vitality Members

Get additional AIA Vitality points when you complete SCORE Marathon on **23 October 2022!**

Visit [www.bit.ly/memberexclusivepage](http://www.bit.ly/memberexclusivepage) or drop by AIA's Score with Vitality booth on race day for more info.

AIA Bhd. 200701032867 (790895-D)

## DOS & DON'TS



- Wear your event shirt;
- Maintain a straight posture while running;
- Stay alert for your route's signage;
- Run in short strides and don't land on your heels;
- Do not put unnecessary pressure on yourself, if you feel tired then take a short break;
- Get a good night's sleep the night before the run; and
- Enjoy the run!



- Load up on fatty foods the day before the run;
- Run with your valuables, leave them at home or at the baggage drop-off booth;
- Run harder than usual, you will only tire yourself;
- Get separated from your parent/guardian/child if you are running together;
- Panic if you hit a low point, just calm down and take a few deep breaths;
- Be hesitant to ask for medical attention if you feel like you need it; and
- Bring alcohol or drugs to the premise.



# IMPORTANT INFO

## Substitution & Non-Registered Runners

- **Important:** You are NOT allowed to transfer your bib to any other runners. Substitution and non-registered runners will be disqualified.
- Only registered runners are eligible to take part in the race.

## Bags / Personal Belongings

- Your personal belongings can be deposited at the designated baggage drop counter.
- **Important:** You are expected to pick up your personal belongings before the centre closes at 11:00AM on 23 October 2022.

## Parking Facilities

- Please refer to [page 14](#) for locations to park.

## Surau

- Suggested praying facilities are located at Masjid Putra and Masjid Tuanku Mizan Zainal Abidin (Masjid Besi)
- Mobile surau is provided along the 42KM, 30KM & 21KM route and also at the carnival area.

## Race Cut-Off Time

- All officials including marshals, medical units and police personnel, will be withdrawn from the course on 23 October 2022, 10:30am onwards.
- Any runner who has not passed the designated mark and cut-off time is advised to take the Marshals Vehicle for their own safety.
- 42KM (Full Marathon) category – 11:00AM (23 October 2022)
- 30KM (Competitive Run) category – 9:45AM (23 October 2022)
- 21KM (Half Marathon) category – 8:15AM (23 October 2022)
- 10KM (Competitive Run) category – 9:30AM (23 October 2022)
- 5KM (Fun Run) category – 8:45AM (23 October 2022)

## The Course (Route)

- Refer to route map for respective run category.

## Road Closures

- Normal traffic conditions will resume after 11:00AM on 23 October 2022.

## Medical Assistance

- Medical assistance is available at the SCORE Village and at every water stations.
  - 42KM (KM6, KM12, KM18, KM24, KM30 & KM37)
  - 30KM (KM6, KM12, KM18, KM24.5)
  - 21KM (KM6, KM9.5, KM16)
  - 10KM (KM3.5)

## Drinks Station

- There will be fourteen (14) water stations along the 42KM route, nine (9) water stations along the 30KM route, six (6)

water stations along the 21KM route, one (1) water stations for the 10KM route and one (1) water station for 5KM route.

- There will be water station and isotonic drink station at selected locations.
- You are encouraged to hydrate sufficiently.

## Toilets

- Portable toilets are available along the 42KM, 30KM & 21KM route and also at the SCORE village area.

## Medals

- Finisher Medals will be distributed at a designated area after the finish line on Event day. No claims will be entertained thereafter.
- Winner trophies will be given during the prize presentation.

## Prize Giving

- The top eight (8) finishers for 10KM, 21KM, 30KM & 42KM speed categories will be the winners and will receive prizes/trophy.
- Winners will be called on to stage for the prize giving ceremony.
- Winners will have to assemble at the main stage 20 minutes before the prize giving ceremony.
- Collecting on behalf of a winner will NOT be allowed. All winners have to produce their MyKad / passport for verification purpose.
- Refer to layout for stage location.

## Timing

- All runners except for 5KM (Fun Run) category will be timed using the MyLaps bib tag system.

## Time Limit

- The event officially closes at 11:30AM on 23 October 2022.

## Cash Awards

- Winners who are entitled to the cash award can collect the cash award after the prize giving ceremony.

## Refreshments

- Refreshments will be distributed to all runners after completion of the run at a designated area after the finish line.
- Please show our race bib for redemption.
- Strictly limited to one pack per participant.

## Certificates of Participation and Results

- All participants (except for 5KM) who completed their race within the qualifying time can download their certificate here: <https://www.scoremarathon.com>
- Results will be posted at the website within 3 working days

# IMPORTANT ADVICE

## Traffic Police

While we appreciate and encourage your participation in this event, please take note that:

- a) You are advised to strictly follow all instructions given by the Course Marshals / Traffic Police;
- b) Certain parts of the route will be closed intermittently; and
- c) All roads are expected to be opened by 11:00AM of 23 Oct 2022 (subject to the traffic police discretion).

## Unpredictable Weather

SCORE Marathon 2022 Presented by AIA Vitality may be delayed OR cancelled in case of lightning storm or any other unpredictable weather conditions. We will notify participants in case there are unpredictable weather conditions. Any updates on the Event including any changes to the Terms will be posted on the [Official Website](#).

In case you get caught in a thunderstorm during the course, do the following:

- Do not seek shelter under tall structures, metal poles, tall trees and tents; and
- Take cover under low hanging trees or inside nearby buildings. The event may be cancelled in case of severe weather conditions. In such cases, there will be no refunds and the organiser will not be legally liable.

## Medical

- If you have any health conditions, please consult your doctor or a medical professional on whether you are fit to participate in the event.
- If a participant feels weak, dizzy, nauseous, and light-headed or an irregular heartbeat, it is advised that they inform an event official/volunteer immediately and consult nearby medical staff.
- Participants are advised to monitor their heartbeat, body temperature, and general well-being to avoid any unwanted medical emergencies.

# SPONSORS & PARTNERS

Event Presenter:



Supported By:



Sanctioned & Certified By:



Qualified Race for



Official Apparel Partner:



Official Energy Gel Partner:



Official Media Partners:



Official Drinking Water Partner:



Official Waste Recycling Partner:



Race Pack Collection Venue Sponsor:



Official Sports Watch Sponsor:



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Sponsors:

