

PENANG AMATEUR ATHLETIC ASSOCIATION

P.O.Box 1111, 10840 Pulau Pinang

To,

All PAAA Affiliates and
Non-Affiliates.

5th November 2011

Dear Sir,

PAAA 34th Annual Round the Island Relay 2011

Penang Amateur Athletic Association with the support of MPPP, MSN Penang and JBS Pulau Pinang will be organising the 34th Annual Round-The-Island Relay 2011 at **5.00 a.m.** on **Sunday, 18th December 2011**, starting and finishing at **Esplanade**, Penang.

Participation: Entries are open to all PAAA affiliates and non affiliates.

Each team shall register 15 runners and confirm 12 runners who shall run on the morning of the race day. Duplication of names will not be allowed.

Categories :

Men Open (16 years and above)

Men Veteran Open (40 years and above)

(Age to be calculated as at **31.12.2011**)

* **Mixed Team** (6 men / 6 women) (16 years and above)

* (subject to participation of 3 teams in each category.)

Entry Fees

Affiliates

RM 80.00 per team

Non-affiliates

RM100.00 per team

Entry fee shall be paid in the form of money order /postal order/ cheque and made payable to "Penang Amateur Athletic Association" and is not refundable.

Closing Date : 1st of December, 2011

Entry Forms : Address your entry forms to :-

Hon. Secretary, PAAA,

P.O.Box No. 1111,

10840 Pulau Pinang.

(Att.: Competition Committee)

Tel.No.: 016-4628260 (Govind)

012-4714650 (Yaacob)

012-4504587(Petha)

Thank you.

Yours faithfully,

V. Govindasamy

Hon. Secretary, PAAA

34th ANNUAL ROUND THE ISLAND RELAY 2011

ENTRY FORM

1. Name of Team : _____
2. Name of Team Manager : _____
3. Address : _____
_____ Postcode: _____
4. Tel.No. : House _____ H/P : _____ Fax : _____
Email : _____
5. Category : Please tick (X) in the appropriate box.

A	Men Open	<input type="checkbox"/>	B	Men Veteran Open	<input type="checkbox"/>
----------	----------	--------------------------	----------	------------------	--------------------------

C	Mixed Team	<input type="checkbox"/>
----------	------------	--------------------------

Affiliate	<input type="checkbox"/>	Non-Affiliate	<input type="checkbox"/>
------------------	--------------------------	----------------------	--------------------------

TEAM MANAGERS DECLARATION

I confirm that the team would participate in the above stated relay.. Enclosed herewith Money Order/Postal Order/ Cheque No. _____ for the amount of RM _____

Signature of Team Manager : _____ Date : _____

Please submit this form together with the entry fees by 1- 12 - 2011 to

Hon. Secretary, PAAA,
P.O.Box No. 1111,
10840 Pulau Pinang.
(Att.: Competition Committee)
Tel.No.: 016-4628260 (Govind)

PENANG AAA 34th ANNUAL ROUND THE ISLAND RELAY 2011
PARTICIPANTS NAME LIST

1. Name of Team : _____
2. Name of Team Manager : _____
3. Address : _____
 _____ Postcode: _____
4. Tel.No. : H/P : _____ email : _____
5. Indemnity : We, the undersigned agree to abide by the conditions and rules of the race. We, ourselves, our heirs, executors and administrators waive, release any and all rights or claims to damages we may have against the Organizers for any and all injuries, death and invalidity we may sustain during the course of the 34th Round-The-Island Relay 2010 or arising as a result of it.

6. Category : Please tick (X) in the appropriate box.

A	Men Open		B	Men Veteran Open	
----------	----------	--	----------	------------------	--

C	Mixed	
----------	-------	--

- 7.

No.	Competitors Name (Block Letters)	Date of Birth	!.C.No./ Passport No.	Signature
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

TEAM MANAGERS DECLARATION

I certify that the competitors particulars stated above are correct.

Signature of Team Manager : _____

Date : _____

Submit by 1-12-2011

PENANG AMATEUR ATHLETIC ASSOCIATION
PAAA 34th Annual Round the Island Relay 2011

Date : **Sunday, 18th December 2011**
Time : **5.00 a.m.**
Place : **Start and finish at Esplanade, .Penang**
Number Tags : *Team Managers are requested to collect the Run Number Tags during manager's meeting on 17th December 2011 at 5.00pm. at PAAA office.*
Organiser : **Penang Amateur Athletic Association**
With Supported by :
Majlis Sukan Negeri Pulau Pinang
Jabatan Belia & Sukan Negeri
Majlis Perbandaran Pulau Pinang

Competition Rules

1. The race shall be run under the Malaysian Amateur Athletic Union rules and the Penang Amateur Athletic Association competition rules.
2. The race will start and finish at Esplanade(beside City Hall), Penang.
3. Each team shall register 15 names. Duplication of names WILL NOT be allowed. On the morning of the race day, the Team Manager shall confirm the final 12 runners who are to run in the relay.
4. The relay which shall cover a distance of 72.7 km. with each runner covering a distance, which shall depend on the gradient of the route.
Please refer to attached route map for details.
5. **The BATON MUST BE CARRIED in the hand throughout the race and MUST be exchanged within the change over zone provided/marked.**
6. It is the responsibility of the team manager to **report his team runners by 5.00 a.m.** on the race day to the appointed officials. Failure to do so will be liable to disqualification.
7. The official closing time of the race for Men Open category will be 6 hours and for the Men Veteran/Mixed category will be 7 hours.
8. The age limit for Men Open is between 16 to 39 years and Men Veteran is 40 years and above. Age shall be calculated as at 31.12.2011.
Mixed category – 16 years and above.
9. The direction of running shall be clockwise, viz running throughout the race on the left-hand side of the road following the traffic. Running on grass verges or pavement is not allowed. Violation of this rule shall amount to the disqualification of the team.

..... 2/-

10. Runners shall be provided with Alphabet/Number, which must be worn clearly on the chest and the back. The numbers worn **MUST** correspond to their respective stations that they would be running, e.g. 1st runner – A1, 2nd runner –A2, 3rd runner- A3 and so on..
11. **Assistance of any kind including pacing shall NOT be allowed during the race. Runners/Teams run the risk of being disqualified if they are found to be accompanied by their team officials or supporters on any mode of transport.**
12. Only outriders appointed by the PAAA Technical Committee shall be allowed to accompany the runners, who shall maintain a record of the time taken by each runner over the required distance.
13. Refreshments shall be provided by the organizers, which will be found in the pick-up buses. No refreshment shall be taken by the runner while running.
14. With the exception of the 1st runner, the other runners will be sent to their respective stations by the buses provided by the organizers. No runner shall use his own transport. If any member of a team is not accounted for in the buses provided at the time of departure or at the time of drop off at his station, then his team shall be disqualified.
15. **Prizes : Teams which completes the relay within time limit shall be awarded 15 medals each.**
16. **Lucky Draw** : Teams that completes the relay within the time limit shall be entitled to the Lucky Draw event which shall be held after the prize giving ceremony.
17. **Protest**. All protest shall be made in accordance with MAAU rule 147. If members of Jury has not been appointed, all protest shall be directed to the referee whose decision shall be final. The protest fees shall be RM100.00. The organizing committee reserves the right to make decisions for which provisions has not been made.
18. Manager’s Meeting will be held to confirm final participant list on **Saturday, 17th December 2011 at 5.00p.m. at PAAA office**. Team managers or representative **MUST** attend this meeting.
- 18 **Medical Indemnity** : Competitors must be medically fit and shall take part at their own risk. The Organizer/Sponsors shall not be held responsible for any accidents, injuries or mishaps that may occur before, during after or as a result of the competition. However, all necessary precautions will be taken to ensure the safety of the competitors during the race. Team managers must ensure that all runners individually signs on the entry form.

Competition Committee,
PAAA

..download from <http://alharis.blogspot.com/>

DETAILS OF THE ROUTE

Points/ Runners Number	Location (Changing over zone)	Location Route Marking	Distance Station To Station	Overall Distance
1	START: Esplanade, Pesara King Edward, Pengkalan Weld, Gat Lebu Nordin, Jalan C.Y. Choy. Jalan Brick Klin, Jalan Jelutong , Jalan Gelugor.	<i>Lamp post in front of City Hall</i> <i>Gelugor overhead - up</i>	7.5km	7.5 km
2.	GELUGOR	<i>Just after MTC Entrance (bayan baru overhead -down)</i>	7.3 km	14.8 km.
3.	BAYAN LEPAS	<i>Jusr after light nearer the bridge (Bayan Lepas overhead – up)</i>	6.3 km	21.1 km
4	SUNGAI BATU (Opposite Mosque)	<i>On telephone post and on the road</i>	3.9.km.	25.0 km
5	BALIK PULAU	<i>On road – 50m after U-bend Hindu Temple</i>	5.0 km	30.0 km
6	GENTING (Opposite Playground)	<i>On the road to Acasia Tree</i>	6.4 km	36.4 km
7	SUNGAI RUSA (Opposite House No. A423) Milestone Balik Pulau -4	<i>On road and lamp post. (Permatang Pasir sign board)</i>	5.7 km	42.1 km
8	SUNGAI PINANG (Titi Kerawang)	<i>On road about 50m before bridge (Waterfall) FT006/041/83</i>	7.5 km	49.6 km
9	TELOK BAHANG	<i>On road just before Telok Bahang Dam</i>	5.3 km	54.9 km
10	BATU FERRINGHI	<i>On road and lamp post in front of Tengku's Bungalow</i>	6.3 km	61.2 km
11	TANJUNG BUNGAH	<i>On road and lamp post 50 m before Boon Siew Villa</i>	6.4 km	67.6.km
12	TANJUNG TOKONG (opposite vegetable plots)	<i>On road in front of Hindu Shrine (Marina Bay Apt)</i>	5.1 km	
Route : Turn Left at the Roundabout –via Persiaran Gurney- Jalan Sultan Ahmad Shah – Lebu Farquhar – Lebu Light				
Finish	Esplanade	<i>Lamp Post near city Hall</i>		72.7 km