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JAWATANKUASA PEGUAM PULAU PINANG PENANG BAR COMMITTEE

Sports 8/17

25 July 2017

UPDATE: Penang Bar Run 2017

Notice to Team Captains

(this Notice will be sent via e-mail to all Team Captains together with relevant attachments)

Please read this notice carefully and relay the information to your team members.

A. Event Programme

The PBR 2017's Event Programme is as follows:

TIME	PROGRAMME
6:00 am	Registration counter opens for collection of baton and running bibs
6:30 am	Briefing
6:45 am	Warm Up Exercise
6:55 am	1 st Runners to line up at Start/Finish Area
7:00 am	Flag-off
8:30 am	End of Run (Return of baton & collection of Finisher's Pack)
8:45 am	Speech
9:10 am	Presentation of Trophies and Prizes
9:30 am	Event ends

B. Punctuality

- Team Captains shall ensure that every member of the team is informed of the Event Programme above and the whole team reports for registration before 6:30 am.
- Time, whenever stipulated in the Programme and this notice, is of the essence in ensuring a smooth and safe running of this event.

C. Collection of Baton and Running Bibs

- Team Captains or the authorised representative of the team shall collect the running bibs and team baton between **6:00 am – 6:30 am** and report the presence of the whole team at the registration counter located at the Foyer Area (Ground level) of Bangunan Sri Pinang of the Penang Civil Subordinate Courts (located at the junction of Light Street and Jalan Tun Syed Sheh Barakbah). Please refer to our Facebook page "Penang Bar Run 2017" for more information on directions to get there.
- Any team that fails to collect the running bibs and baton by 6:30 am will be strictly disqualified from PBR 2017.
- Please bring along the **E-mail** which encloses this Notice (soft copy acceptable) for collection of running bibs and team baton.
- Each team will be given a baton in the form of a **Plastic Gavel** with a timing chip attached to it.
- Each runner will have a running bib with the Team's Number. For example: Team 1001 will receive 3 running bibs – 1001-A (1st Runner), 1001-B (2nd Runner) and 1001-C (3rd Runner).

- The running bib, without its plastic cover, must be pinned to **the front of each runner's shirt** at all times during the race.
- It is essential to run in the sequence of runners in accordance with your registration. Failure to do so shall lead to disqualification from PBR 2017.

D. Attire

- Runners may pick a theme/costume for their team attire while ensuring that they are dressed comfortably and suitably for the run.
- There is however no prize for the best or most creative attire so it is a matter of personal preference for each team.

E. Start/Finish Area & Change Over Area

- Team Captains shall ensure that the 1st Runner of their respective teams is assembled at the Start/Finish Area at 6:55 am.
- Team Captains shall also make sure that the 2nd Runner and the 3rd Runner are ready and waiting at the designated area before the Flag-off.
- Each subsequent runner shall be on standby at the designated area and proceed to the **Change Over Area** when the team's number is called out or when the team's preceding runner is sighted within 100 metres from the Change Over Area.

F. Passing of Baton

- Each runner shall hold the baton during the entire leg of his or her run.
- Each runner shall always hold the baton with the timing chip **pointing downwards** during the run. Don't worry about sweat, as the timing chip is waterproof.
- Do not tamper with or damage the timing chip during the run.
- While crossing the timing mat, which will be placed at the Start/Finish line, hold the baton with the timing chip **facing down** and **DO NOT BLOCK THE TIMING CHIP**. Each runner shall cross the timing mat **ONCE** with the baton and the 3rd runner will cross the timing mat **TWICE** (after taking over from the 2nd runner and after finishing his or her leg of the race).
- Any misuse of the timing chip/baton not in compliance with the directions stated herein will render the timing chip faulty and may result in the timing of your team not being captured properly.
- The baton with the timing chip attached **must be returned** to the Finisher's Pack Collection Counter in exchange for the Finisher's Packs after completion of the run by the 3rd Runner (*see item J below*).
- Any passing of Baton out of the Change Over Area is NOT allowed and will lead to disqualification from the PBR 2017.

G. Check Point

- There will be **one (1) Check Point** during the course of the run. Each runner must get the designated **Band/Ribbon** from the Marshalls at the checkpoint. Runners who return without the Band/Ribbon will be disqualified.
- All three (3) Bands/Ribbons are to be returned by the Team Captain together with the team baton upon completion of the race (*see item J below*).

H. Safety

- It is essential for the safety of every runner to always follow the directions and reminders given by our **MARSHALLS/RELA** and obey traffic control by the **TRAFFIC POLICE** at all times.
- The route map is attached.
- The route is planned on public roads and following the traffic flow. However, it is essential for the safety of each runner to run in single file while not overtaking and to run on the road-shoulder/curb/pavement on the correct side of the road.

- There will be a roundabout and a few junctions where runners may run into converging traffic. It is essential for the safety of each runner to heed the directions given by our **MARSHALLS/RELA/TRAFFIC POLICE** and exercise own caution for any oncoming traffic.
- For safety purposes, the runners will also be directed to switch to the other side of the road at certain parts of the route which are designated for one-way traffic. It is essential for each runner to heed the direction given by our **MARSHALLS/RELA/TRAFFIC POLICE** and exercise own caution for any traffic coming from his/her back while doing the switching.
- Please alert our Marshalls/RELA if you are feeling unwell or uneasy.

I. Prizes and Results

- There will be recognition and prizes for (i) top 5 teams; (ii) top 5 male runners; (iii) top 5 female runners; and (iv) top 3 teams from the Judiciary.
- Only teams without any team member being disqualified and individual runners who have not been disqualified will be eligible for these positions.
- The timing will be based on net time recorded in the Timing Chip. Failure to return the baton with Timing Chip attached will automatically lead to disqualification from the said positions.
- Your team results (including individual timing) will be published on Penang Bar Run 2017 Facebook Page once finalised.
- The master list will contain particulars (name of runners, team name and timing) of all teams participating in this event.

J. Finisher's Pack

- The Team Captains are responsible to return (i) the Baton undamaged and with the Timing Chip intact and attached; and (ii) three (3) Bands/Ribbons to the Finisher's Pack Collection Counter immediately after completion of the run by the 3rd Runner in order to collect three (3) Finisher's Packs.
- Each Finisher's Pack will contain (i) one (1) finisher's medal; (ii) one (1) finisher's tee; (iii) sponsored beverage items; and (iv) other sponsored vouchers, brochures, etc.

K. Parking

- There are public parking lots along Green Hall, Light Street, Love Lane, Pitt Street and Padang Kota.
- You are also encouraged to car pool with your team members.
- Please do not park your car indiscriminately and comply with road traffic rules and other requirements at all times.

L. More Information

- We will publish more information on our official Facebook page "Penang Bar Run 2017".

We trust that your teammates and you will read the rules and regulations above carefully to ensure a smooth and safe Run. The above-stated rules and regulations are supplementary to the Rules and Regulations stated in the Registration Form and Penang Bar Run Information Flyer. The PBC reserves all rights to amend any of the rules and regulations, with or without prior notification to you, and to determine the final results of this event.

Thank you.

Yours faithfully,

Lee Guan Tong

on behalf of Penang Bar Sports Subcommittee & Organising Committee of the PBR 2017