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10200 Penang,  
Malaysia.

## **JAWATANKUASA PEGUAM PULAU PINANG PENANG BAR COMMITTEE**

Sports 6/23

5 May 2023

To Members and Pupils-In-Chambers of the Penang Bar,

### **Penang Bar Run 2023**

The Penang Bar Sports Subcommittee is pleased to announce that the highly-anticipated third edition of the Penang Bar Run will take place as follows:

**Date** : 20 Aug 2023 (Sun)  
**Flag-off** : 7:00 am from the Penang Courts, Sri Pinang Building, Light Street, Penang  
**Entry fee** : RM180-00 per team of 3 runners for the first 30 teams to register and make payment. Thereafter RM210-00 per team.  
**Race Distance** : Relay-run of approximately 3.2km per runner through the streets of Georgetown around the Penang Court Buildings

Every participant who completes the Run will be provided with a t-shirt, medal and goodie bag

The Run is open to the following Eligible Candidates:

- Category 1: Members of the Bar, Pupils-In-Chambers, Law Degree Holders, Employees of Penang-based legal firms  
Category 2: Penang Court Judges and Officers, Penang Court Staff, Legal Officers from Penang State Legal Advisor's Office, Attorney-General's Chambers, Jabatan Bantuan Guaman  
Category 3: Invited Sponsors

Each team shall be made up of 3 runners subject to the following eligibility requirements:

- Minimum 1 female runner and 1 male runner; and
- All runners must fall under any one of the Eligible Categories provided always that:
  - 1) any legal firm employee must be in the same team as at least 1 Lawyer or Pupil of the same firm; and
  - 2) any Court staff must be in the same team as at least 1 Judge/Court Officer.

**The Registration Form together with the applicable Rules and Regulations including entry requirements and other relevant details are attached to this Circular for Members' information.**

Payments can be made via cheque payable to "Penang Bar Committee" or via direct deposit or online fund transfer to Public Bank Berhad (Account No. 3060545211) Account Name: Penang Bar Committee. Kindly e-mail the proof of payment to [secretariat@penangbar.org](mailto:secretariat@penangbar.org) with the subject of the e-mail "Penang Bar Run 2023" and ensure that all relevant details are duly provided e.g. your name, team's name and contact details.

The Organisers also take this opportunity to invite Members and Pupils to volunteer as marshalls/officials during the event.

For further information on the Run, kindly contact the following members of the Organising Team:

- Teh Ee Teng                      016 474 8352
- Elson Beh                        012 557 6762
- GT Lee                            012 393 6464
- Lim Choo Hooi                012 427 2580
- David Chen                      012 492 1114
- Jo-Anne De Vries              012 480 0861

The number of teams to be registered is **limited** and will be registered on a first-come, first-served payment basis. So form your teams before it is too late and come join us for a morning of fun!

The closing date for registration and payment is 1 Jul 2023.

More details of the Run will be updated via Circulars and social media from time to time.

**Teh Ee Teng**  
**Chairman**  
**Sports Subcommittee**

# Penang Bar Run 2023

Date: 20 Aug 2023 (Sunday)

Flag Off Time: 7:00 am

Venue: Bangunan Sri Pinang, Jalan Tun Syed Sheh Barakbah

Closing Date for Registration: 1 Jul 2023

Registration Fee : RM 180-00 (Non-refundable) per Team for the first 30 Teams to register and make payment;  
thereafter RM210 per Team

## REGISTRATION FORM

- A. **TEAM NAME:** \_\_\_\_\_
- B. **TEAM CAPTAIN:** 1<sup>ST</sup> RUNNER / 2<sup>ND</sup> RUNNER / 3<sup>RD</sup> RUNNER (*circle the relevant one*)
- \*Confirmation e-mail, further information, updates in relation to the Penang Bar Run will only be sent to the Team Captain's e-mail address**
- C. **TEAM FORMAT (3 runners per team with minimum 1 male and minimum 1 female in a team)**
- D. **CATEGORIES – Participants must fall under one of the following Eligible Categories (*tick one*):**
- ☐ D1. Members of the Bar, Pupils-In-Chambers, Law Degree Holders, Employees of Penang-based legal firms (provided always that any legal firm employee must be in the same team as at least 1 lawyer or pupil of the same firm)
- ☐ D2. Penang Court Judges and Officers, Penang Court Staff (provided always that any Court staff must be in the same team as at least 1 Judge/Court Officer), Legal Officers from Penang State Legal Advisor's Office, Attorney-General's Chambers, Jabatan Bantuan Guaman
- ☐ D3. Invited Sponsors

### 1<sup>ST</sup> RUNNER

NAME			
NRIC NO.		AGE	
FINISHER TEE SIZE (see size chart attached)		GENDER	Male / Female
Firm (members/pupils/ staff)/ Department (Court Staff)/ Agency (others)		MEDICAL CONDITION (if any)	
HANDPHONE NO		E-MAIL ADD*	
EMERGENCY CONTACT PERSON		EMERGENCY CONTACT NO	
ELIGIBILITY ( <i>tick one</i> )	<input type="checkbox"/> Member of the Bar <input type="checkbox"/> Judge/Court Officer <input type="checkbox"/> Invited Sponsor <input type="checkbox"/> Pupil <input type="checkbox"/> Court Staff <input type="checkbox"/> Law Degree Holder <input type="checkbox"/> State LA's Office <input type="checkbox"/> Law Firm Employee <input type="checkbox"/> A-G's Chambers <input type="checkbox"/> Jabatan Bantuan Guaman		

### 2<sup>ND</sup> RUNNER

NAME			
NRIC NO.		AGE	
FINISHER TEE SIZE (see size chart attached)		GENDER	Male / Female
Firm (members/pupils/ staff)/ Department (Court Staff)/ Agency (others)		MEDICAL CONDITION (if any)	
HANDPHONE NO		E-MAIL ADD*	
EMERGENCY CONTACT PERSON		EMERGENCY CONTACT NO	

ELIGIBILITY ( <i>tick one</i> )	<input type="checkbox"/> Member of the Bar	<input type="checkbox"/> Judge/Court Officer	<input type="checkbox"/> Invited Sponsor
	<input type="checkbox"/> Pupil	<input type="checkbox"/> Court Staff	
	<input type="checkbox"/> Law Degree Holder	<input type="checkbox"/> State LA's Office	
	<input type="checkbox"/> Law Firm Employee	<input type="checkbox"/> A-G's Chambers	
		<input type="checkbox"/> Jabatan Bantuan Guaman	

**3<sup>RD</sup> RUNNER**

NAME			
NRIC NO.		AGE	
FINISHER TEE SIZE (see size chart attached)		GENDER	Male / Female
Firm ( <i>members/pupils/ staff</i> )/ Department ( <i>Court Staff</i> )/ Agency ( <i>others</i> )		MEDICAL CONDITION ( <i>if any</i> )	
HANDPHONE NO		E-MAIL ADD*	
EMERGENCY CONTACT PERSON		EMERGENCY CONTACT NO	
ELIGIBILITY ( <i>tick one</i> )	<input type="checkbox"/> Member of the Bar <input type="checkbox"/> Pupil <input type="checkbox"/> Law Degree Holder <input type="checkbox"/> Law Firm Employee	<input type="checkbox"/> Judge/Court Officer <input type="checkbox"/> Court Staff <input type="checkbox"/> State LA's Office <input type="checkbox"/> A-G's Chambers <input type="checkbox"/> Jabatan Bantuan Guaman	<input type="checkbox"/> Invited Sponsor

**E. FORM OF PAYMENT**

REGISTRATION FEE: RM 180-00 (Non-refundable) per Team for the first 30 Teams to register and make payment; thereafter RM210 per Team

- (1) Direct deposit to Public Bank Berhad (Account: 3060545211); or  
 (2) Cash payment, at the Penang Bar Secretariat; or  
 (3) Cheque or bank draft, payable to "Penang Bar Committee".

FORM OF PAYMENT ( <i>circle one</i> )	DIRECT DEPOSIT	CASH	CHEQUE/BANKDRAFT (No.: _____)
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**F. ACKNOWLEDGEMENT & WAIVER**

We hereby confirm that (1) we have fulfilled the race requirements as stated in the Rules and Regulations attached hereto and we are in good health and proper physical condition to participate in the PENANG BAR RUN 2023; (2) we are not under the influence of alcohol or any illicit or prescription drugs which would in any way impair our abilities to safely participate in the PENANG BAR RUN 2023.

We understand and acknowledge that participation in the PENANG BAR RUN 2023 may involve risks and danger and we agree that it is our sole responsibility to determine whether we are sufficiently fit and healthy to participate in the PENANG BAR RUN 2023 and we will participate in this event at our own risk and expense.

We agree that

- (1) we have read and understood the Rules and Regulations attached hereto;  
 (2) we will adhere to and comply with all the Rules and Regulations;  
 (3) we will not in any circumstance hold the Penang 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, liability that may arise from our participation in this event;  
 (4) we expressly waive all claims for any injuries, death and invalidity to us or any of us which may be caused by any act, omission, or failure to act on the part of the organiser, sponsors, their representatives, staff, employees and/or contractors during the course of the PENANG BAR RUN 2023; and  
 (5) the Penang Bar Committee and the organiser shall have our unequivocal consent to process our Personal Data as defined under the Personal Data Protection Act 2010 for the purpose of this event.

SIGNED BY:

1<sup>st</sup> RUNNER \_\_\_\_\_

2<sup>ND</sup> RUNNER \_\_\_\_\_

3<sup>RD</sup> RUNNER \_\_\_\_\_

DATE:

**\*\* KINDLY SUBMIT THE COMPLETED AND SIGNED COPY OF THIS REGISTRATION FORM TOGETHER WITH THE PAYMENT/PAYMENT SLIP BEFORE 1 JUL 2023 TO:**

**Penang Bar Committee**  
No 4 (1st Floor) Green Hall, 10200 Penang  
**E-mail:** secretariat@penangbar.org

## RULES & REGULATIONS

### A. GENERAL

1. The PENANG BAR RUN 2023 ("PBR") is organised by the Penang Bar Committee ("PBC") in accordance with these Rules and Regulations ("R & Rs") and all the terms and conditions state hereunder are applicable to all Participants.
2. By signing up/registering for the PBR and submitting information to PBC 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 Private Policy (attached hereto) in respect of PBC's collection, use, disclosure, and any other form of processing of your personal data.
3. Completion of the registration form of PBR confirms the Participant's agreement to abide by these R & Rs.
4. Registration for the race is only confirmed upon receipt of both completed forms and full payment and issuance of receipt.
5. The Participant agrees to: (i) provide true, accurate, current and complete information about the Participant contained in the registration form (the "Personal Information"); and (ii) maintain and promptly update the Personal Information to keep it true, accurate, current and complete. If the need arises, proof must be furnished by the Participant to PBC as requested for proof of his/her eligibility. PBC 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 PBC shall be deemed as received by the Participant.
6. If the Participant provides any information that is untrue, inaccurate, not current or incomplete, or if PBC has grounds to suspect that such information is untrue, inaccurate, not current or incomplete, PBC may suspend or terminate the Participant's registration.
7. PBC 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, PBC shall be the authority to interpret and in so doing, PBC will take into account the interests of all the affected Participants. Any amendments to these R & Rs will be updated on the Penang Bar Website at penangbar.org ("Official Website").
8. PBC reserves the right to cancel the PBR 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 PBR is cancelled, there shall be no refund of fees paid. PBC, Event Sponsors or Co-Sponsors shall not be liable for any other loss or inconvenience caused.
9. PBC reserves the right to amend the PBR race routes as they deem fit for the safety of the Participant and/or to prevent any potential hazards in the running of the event, at any time without prior notice to the Participant. In such cases, every effort will be made to inform the Participant prior to the day/date of the event. PBC, Event Sponsors or Co-

Sponsors shall not be liable for any other loss or inconvenience caused.

10. PBC reserves the right to use any photographs, motion pictures, recordings, or any other media records (including those displaying the Participant) of the PBR, for any legitimate purpose, including commercial advertising.
11. PBC reserves the right to limit and/or refuse race entries without assigning any reason.
12. PBC will not entertain nor be in any way responsible for any dispute arising from incomplete entry details.

### B. SAFETY

13. Whilst reasonable precaution will be taken by PBC to ensure the Participants' safety, the Participant takes part in PBR at his or her own risk and shall be responsible for their own safety. PBC, 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 PBR. The Participant is strongly encouraged to consult his or her medical practitioner prior to registration and before the actual race day.
14. A Participant must retire from the race immediately if required to do so by any member of the official medical staff or the race director.
15. The race route will NOT be closed to public for the duration of the race.

### C. RACE

16. **Each team must consist of three (3) participants with a minimum of one (1) female runner and one (1) male runner. Each team member is to complete ONE (1) loop of the race route with a distance of approximately 3.2 km.**
17. Each team will be assigned with a baton (or its equivalent). The baton must be passed to the subsequent runner at the change-over point within the allowed hand over zone. A timing chip will be attached to the baton. All batons must be returned to the organiser before the close of the event.
18. All runners must hold the baton during their turn of the run.
19. The first runner **MUST** report at the Registration Counter and collect the baton 30 minutes before the flag-off time. Latecomers will be strictly disqualified from the race.
20. The first runners are to assemble at the starting point 10 minutes before the flag off time while the 2<sup>nd</sup> and 3<sup>rd</sup> runners are to assemble at the waiting area and be ready to wait for the return of the 1<sup>st</sup> runner at the Change-Over Area. The race repeats until all three (3) members complete one (1) loop of the race route.
21. Participants must fill in the form printed on the reverse side of the bib (if any). Participants must

attach the assigned bib on the front of their running attire. Participants not wearing the official running bib will be disqualified from the run. All team members in a team must wear the bib bearing the bib number assigned to the team.

22. The first team whose 3<sup>rd</sup> runner crosses the finish line with the baton will be declared the winner unless technical disputes arise.

23. Chip/Net Time will be used to determine winners.

24. Pets, bicycles, in-line skates, prams, push carts, shoes with built-in or attached rollers and any other wheel-run objects are not allowed to be used by the Participants on the race route.

25. No substitutions are allowed before or on race day.

26. Any team who fails to complete the run with all the registered runners will be disqualified.

27. Prizes will be awarded in team categories as well as individual male and female categories. All registered runners who complete the run notwithstanding the team having been disqualified may qualify to contest for male and female individual categories.

#### **D. CANCELLATION**

28. **After registration, there will be no fee refund for a Participant who does not eventually take part in the PBR, for any reason whatsoever.**

29. Participants are not allowed to transfer his or her race entry to another party after his or her registration is confirmed.

30. Any Participant who commences before the actual start time of the race OR does not fully complete the route OR run without the baton will be disqualified.

31. A team who does not start within 5 minutes from the flag-off time will be disqualified.

32. Results as determined by the PBC shall be FINAL and no appeal will be allowed. No dispute will be entertained.

#### **E. ENTRY REQUIREMENTS**

31. **The PBR is opened to:**

**CATEGORY 1: Members of the Bar, Pupils in Chambers, Law Degree Holders, Employees of Penang-based legal firms (provided always that any legal firm employee must be in the same team as at least 1 lawyer or pupil of the same firm)**

**CATEGORY 2: Penang Court Judges and Officers, Penang Court Staff (provided always that any Court staff must be in the same team as at least 1 Judge/Court Officer), Legal Officers from Penang State Legal Advisor's Office, Attorney-General's Chambers, Jabatan Bantuan Guaman**

#### **CATEGORY 3: Invited sponsors**

32. A Participant must be 18 years and above on the race day to participate in the PBR.

33. Participants must be physically fit and in good health to complete their chosen race distance within the designated Cut-Off time (as defined in paragraph 35 below).

34. Participants are responsible for their own personal

health insurance and well-being. PBC assumes no responsibility for any injury or damage that occurs from training, during or as a result of the event. Participants are encouraged to consult with their medical practitioner prior to the event.

#### **F. CUT-OFF TIME**

35. The Cut-off time for the entire team is 90 minutes (1 hour 30 minutes) from the flag-off time.

#### **G. RACE ENTRY PACK COLLECTION**

36. All Participants must collect their running bibs and baton through the team captain during the collection period ("Collection Period") prior to the start of the race, of which details will be informed to the Captains and/or announced on the Official Website. If team captains are unable to collect their running bibs and baton in person, they may appoint a duly authorised representative in accordance with the procedure to be detailed.

37. Late collection will not be entertained and PBC shall not be liable for any other loss or inconvenience caused, due to Participants' inability to collect their running bibs and baton. For avoidance of doubt, PBC is not obliged to extend the collection period or to ensure that a Participant receives his or her running bib and baton. At all times, it is the responsibility of the team captains to collect the running bibs for their teams during the Collection Period. Running bibs not collected during the Collection Period will be deemed to be unwanted, and PBC shall be at liberty to dispose or re-distribute them accordingly.

#### **H. RUNNER'S ENTITLEMENT**

38. All three (3) team members in a team who successfully complete the race (3 x 3.2km) within the Cut-Off Time will be awarded with a Finisher Medal and Finisher Tee each upon return of the baton/sash.

39. All Finisher's Medals and Finisher Tees are to be collected on the race day in exchange of the return of the baton by the Captains. No requests thereafter will be entertained.

40. All Participants who successfully complete the race will be awarded an e-Certificate of Participation. This entitlement will not apply to Participants who are unable to complete the race within the Cut-Off Time, or are disqualified or did not complete the race. The e-Certificate of Participation can be downloaded from the designated website.

# Finisher Tee Size Chart



## Size Chart & Measurements Guide (Inches)

- 1) All measurements above subject to +/- 0.5 tolerance.
- 2) Tapered curve bottom at the back specially designed for athletic movements, enhancing flexibility and performance.
- 3) Half chest to be measured from left to right seam, 1" down from the armpit joint.
- 4) Half waist to be measured from left to right seam on the waist line.
- 5) Shirt length to be measured from the highest tip of the shoulder to the bottom hem.



SpinMy



SpinSportswear

[www.spinsportswear.com](http://www.spinsportswear.com)

## Unisex Male Cutting

Cutting Style	Size / Length	Half Chest Length (Inches)	Half Waist Length (Inches)	Shirt Length (Inches)
Unisex Male Cutting	3XS	16"	16"	23"
Unisex Male Cutting	2XS	17"	17"	24"
Unisex Male Cutting	XS	18"	18"	25"
Unisex Male Cutting	S	19"	19"	26"
Unisex Male Cutting	M	20"	20"	27"
Unisex Male Cutting	L	21"	21"	28"
Unisex Male Cutting	XL	22"	22"	29"
Unisex Male Cutting	2XL	23"	23"	30"
Unisex Male Cutting	3XL	24"	24"	31"
Unisex Male Cutting	4XL	25"	25"	32"



FRONT

BACK

Event Name	Penang Bar Run 2023
Client	-
Shirt Type	Event Tee
Print Type	Full Sublimation
Brief In	-
Date Approved	-



Breathable



Anti - Uv



Quick Dry



Anti Bacteria



Light Weight



Wicking



Stretch



Anti Static