



Tel : 04-2615669
Fax/Tel : 04-2628664
E-mail : secretariat@penangbar.org
Website : www.penangbar.org

**No. 4. Green Hall,
1st Floor,
10200 Penang,
Malaysia.**

JAWATANKUASA PEGUAM PULAU PINANG PENANG BAR COMMITTEE

Sports 4/25

4 Jul 2025

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



Penang Bar Run 2025 (12 Oct 2025)

The Penang Bar Sports Subcommittee is delighted to bring you the fourth edition of the Penang Bar Run! While the race once again takes runners through the familiar heritage streets of George Town, starting from the Penang Court building, this year features a slightly longer route of approximately 3.6km per runner. The energy, teamwork and good-natured competition remain — just with a little extra distance to keep things interesting.

Date : 12 Oct 2025 (Sun)
Flag-off : 7:00 a.m. from the Penang Courts - Sri Pinang Building, Light Street, Penang
Entry fee : Early Bird (first 30 teams): RM210.00 per team;
Subsequent teams: RM240.00 per team
Race Distance : Relay-run of approximately 3.6km per runner through the streets of Georgetown

Every participant who completes the Run will be provided with a t-shirt 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 (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 and 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 law 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.

Payment of the Entry Fee 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 fax or e-mail the bank-in slip to 04-262 8664 / secretariat@penangbar.org 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 Run.

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

- GT Lee 012 393 6464
- Jo-Anne De Vries 012 480 0861
- Moira Toh 012 481 2106
- Goh Chek Kang 017 463 3625 (for signing-up as a volunteer)
- Teh Ee Teng 016 474 8352

The number of teams is **limited** and will be registered on a first-come, first-served basis so get cracking, gather your friends and colleagues to 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 **12 Aug 2025**.

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

Teh Ee Teng
Chairman
Sports and Games Subcommittee



Penang Bar Run 2025

Date: 12 Oct 2025 (Sun)

Flag Off Time: 7:00 a.m.

Venue: Bangunan Sri Pinang, Jalan Tun Syed Sheh Barakbah

Closing Date for Registration: 12 Aug 2025

Entry Fee : RM210.00 (Non-refundable) for the first 30 Teams;
thereafter RM240.00 per Team



REGISTRATION FORM

- A. **TEAM NAME:** _____
- B. **TEAM CAPTAIN:** 1ST RUNNER / 2ND RUNNER / 3RD 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

1ST RUNNER

NAME			
NRIC NO.		AGE	
FINISHER TEE SIZE (see size chart attached)		GENDER	Male / Female
Firm name (for members/pupils/staff)/ Department (for Court)/ Agency (others)		MEDICAL CONDITION (if any)	
HANDPHONE NO		E-MAIL ADDRESS	
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		

2ND RUNNER

NAME			
NRIC NO.		AGE	
FINISHER TEE SIZE (see size chart attached)		GENDER	Male / Female
Firm name (for members/pupils/staff)/ Department (for Court)/ Agency (others)		MEDICAL CONDITION (if any)	
HANDPHONE NO		E-MAIL ADDRESS	
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	

3RD RUNNER

NAME			
NRIC NO.		AGE	
FINISHER TEE SIZE (see size chart attached)		GENDER	Male / Female
Firm name (<i>for members/pupils/staff</i>)/ Department (<i>for Court</i>)/ Agency (<i>others</i>)		MEDICAL CONDITION (<i>if any</i>)	
HANDPHONE NO		E-MAIL ADDRESS	
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

ENTRY FEE (non-refundable): RM 210.00 for the first 30 Teams; thereafter RM240.00 per Team. Please take note that registrations must be accompanied with proof of payment.

Mode of payment:

- (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".

MODE OF PAYMENT (<i>circle one</i>)	DIRECT DEPOSIT	CASH	CHEQUE/BANKDRAFT (No.: _____)

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 2025; (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 2025.

We understand and acknowledge that participation in the PENANG BAR RUN 2025 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 2025 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 2025; 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:

1st RUNNER _____

2ND RUNNER _____

3RD RUNNER _____

DATE:

**** KINDLY SUBMIT THE COMPLETED AND SIGNED COPY OF THIS REGISTRATION FORM TOGETHER WITH THE PAYMENT/PAYMENT SLIP BEFORE 12 AUG 2025 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 2025 ("**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. In the event of any ambiguity in these provisions, PBC shall have sole discretion 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 comprise three (3) runners, with at least 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 3.6 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 Area 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 2nd and 3rd runners are to assemble at the waiting area and be ready to wait for the return of the 1st 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 3rd 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 Run 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 any Team/Participant who does not eventually take part in the PBR, for any reason whatsoever.**
 29. Participants are not allowed to transfer his or her Run entry to another party after his or her registration is confirmed.
 30. Any Participant who commences before the actual start time of the Run 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**
33. 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
 34. A Participant must be 18 years and above on the Run day to participate in the PBR.
 35. 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).
36. 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**
37. 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**
38. 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 Run, 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.
 39. 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**
40. All three (3) team members in a team who successfully complete the race (3 x 3.6km) within the Cut-Off Time will be awarded with a Finisher Medal and Finisher Tee each upon return of the baton/sash.
 41. All Finisher's Medals and Finisher Tees are to be collected on the day of the Run in exchange of the return of the baton by the Team Captains. No requests thereafter will be entertained.
- I. TROPHIES & AWARD CATEGORIES**
42. Trophies will be awarded to the top performers in the following categories:
 - (a) Top 10 Teams from Category 1;
 - (b) Top 3 Teams from Category 2;
 - (c) Fastest Team from Category 3;
 - (d) Top 10 Individual Male Runners;
 - (e) Top 10 Individual Female Runners;
 - (f) Top 5 Individual Veteran Male Runners (aged 55 and above);
 - (g) Top 5 Individual Veteran Female Runners (aged 55 and above).

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

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"