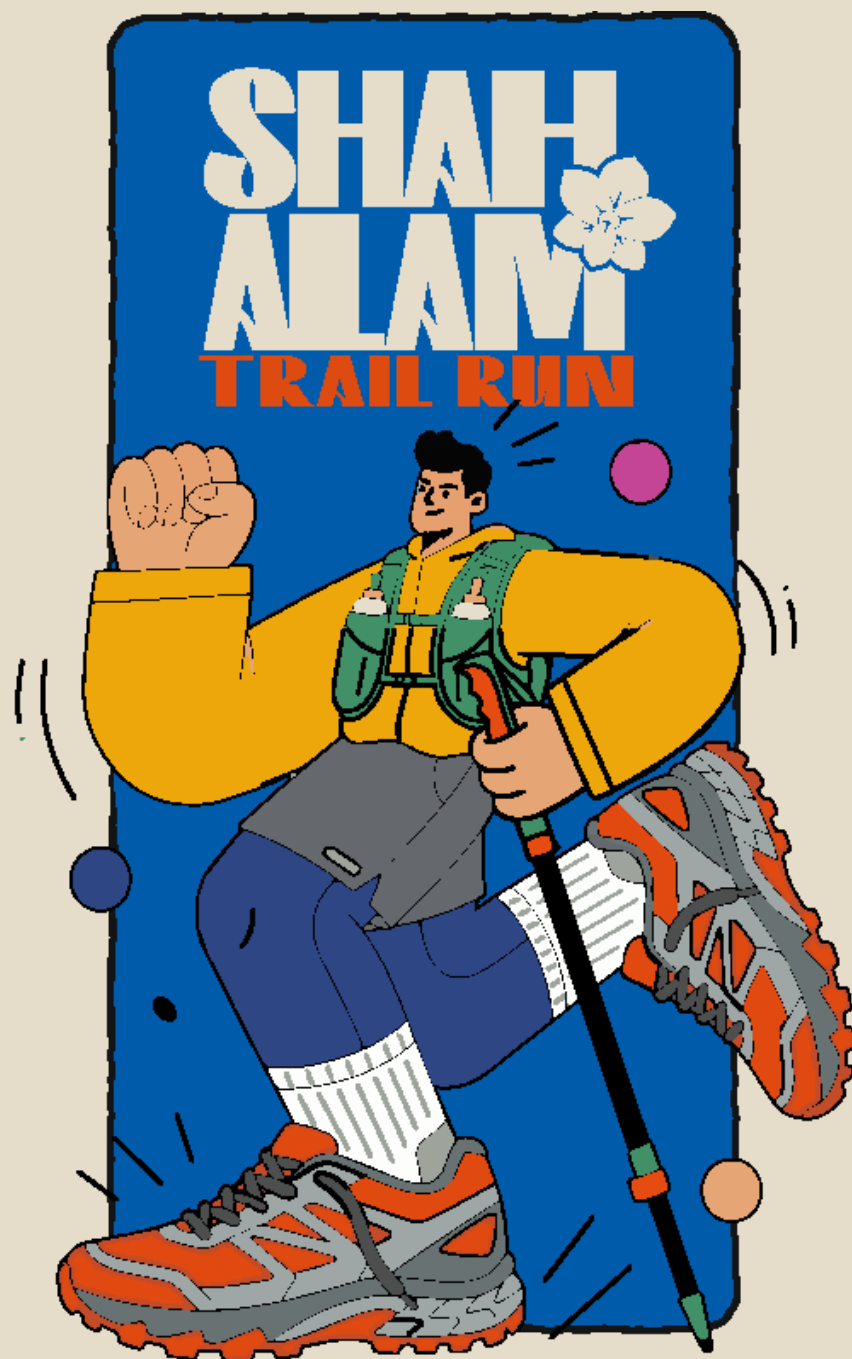




RACE GUIDE

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MANDATORY ITEMS

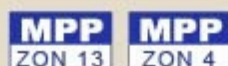
	5K	10K
WATER BOTTLE	300ML	500ML
HYDRATION VEST	X	RC
BIB NUMBER	✓	✓
GPS WATCH/PHONE	✓	✓
WHISTLE	X	✓
PERSONAL CUP	✓	✓
TRAIL SHOES	RC	RC
PERSONAL FOOD	RC	RC

✓ - Mandatory
RC - Recommended

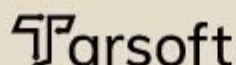
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PRIZES

10KM
COMPETITIVE

MEN'S JUNIOR, OPEN & VETERAN

1ST

RM300

TROPHY

2ND

RM200

TROPHY

3RD

RM100

TROPHY

4TH-5TH

TROPHY

WOMEN'S JUNIOR, OPEN & VETERAN

1ST

RM300

TROPHY

2ND

RM200

TROPHY

3RD

RM100

TROPHY

4TH-5TH

TROPHY

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PARKING



Sila parkir kenderaan anda mengikut kawasan yang ditandakan dengan garisan merah dan hanya di satu lorong di bahu jalan.

Double parking atau parkir dalam dua lorong adalah **TIDAK DIBENARKAN.**

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RACE KIT COLLECTION

TARIKH	MASA	AKTIVITI
26 SEP 2026	11:00AM 6:30PM	DEWAN BUNGA KEMBOJA, SEKSYEN 11
27 SEP 2026	5:30AM 6:30AM	DEWAN BUNGA KEMBOJA, SEKSYEN 11

Nota: Sila bawa bukti pendaftaran (e-ticket/QR Code) semasa pengambilan.

- Penukaran Saiz T-Shirt tidak dibenarkan.
- Jika wakil menebus kit, sila tunjukkan slip pengesahan (E-Ticket) atau salinan kad pengenalan peserta (melalui telefon).
- Kit larian dibatalkan jika tidak diambil pada tarikh dan masa ditetapkan.

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E-TICKET



E-ticket diperlukan semasa pengambilan baju & bib.

- Jika tidak menerima e-ticket dari email , layari website absolute.go.my, login menggunakan email daftar dan lihat pada **My Ticket**.
- Masih tiada? Boleh tunjukkan Kad Pengenalan pada urusetia di kaunter pengambilan kit larian.
- **QR code** pada e-ticket mempercepatkan urusan.
- Jika wakilkan orang lain, serahkan e-ticket / salinan ic kepada wakil.

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TENTATIVE

TARIKH	MASA	AKTIVITI	LOKASI
26 SEP 2026	11:00AM 6:30PM	Pengambilan Kit Larian Sesi 1 (Tshirt-Bib Number)	Dewan Bunga Kemboja, Seksyen U11 Shah Alam
27 SEP 2026	5:30AM 6:30AM	Pengambilan Kit Larian Sesi 2 (Tshirt-Bib Number)	
	6:45AM	Safety Briefing - 10km	
	7:00AM	Flag Off 10KM (Competitive)	Flag Off Stage
	7:15AM	Flag Off 5KM (Fun Trail)	
	9:30AM	Penyampaian Hadiah & Trofi	Pentas Utama Dewan Bunga Kemboja, Seksyen U11 Shah Alam
	10:00AM	Cabutan Bertuah	
	10:30AM	Bersurai	

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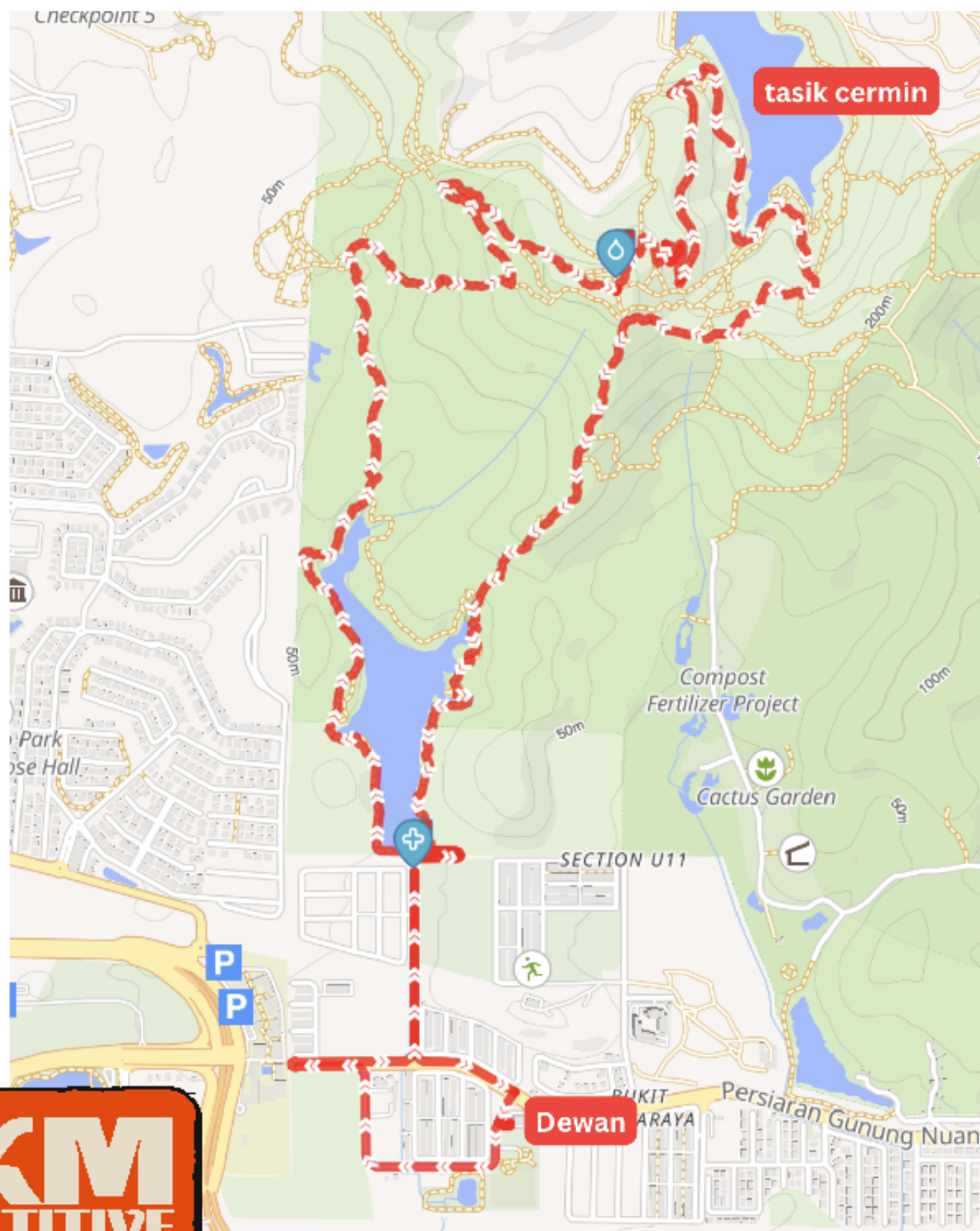


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**10KM
COMPETITIVE**

EG - 392M

COT - 3.30HRS

FLAG OFF - 7:00AM

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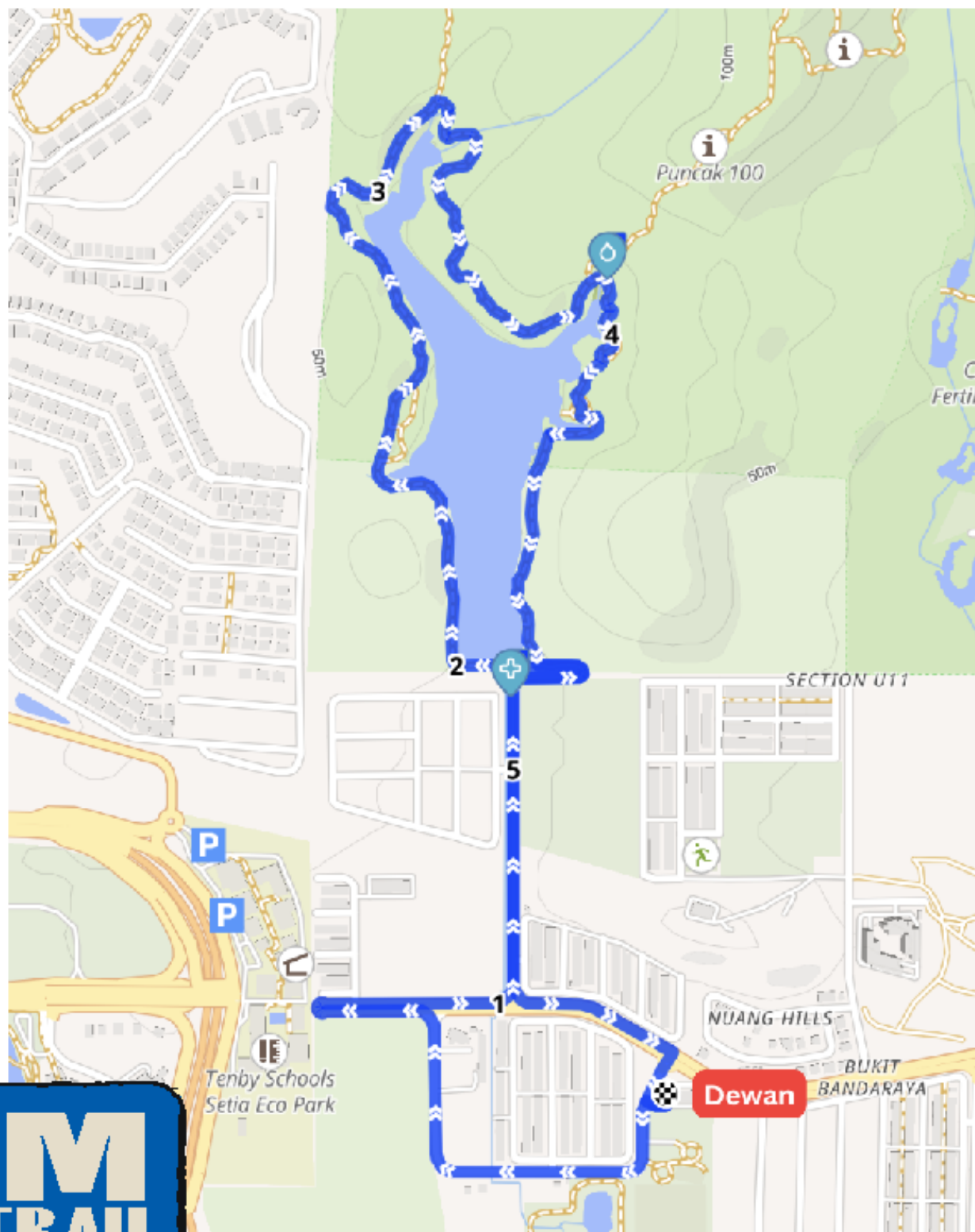


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**5KM
FUN TRAIL**

EG - 159M

COT - 3HRS

FLAG OFF - 7:30AM

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GPX FILES



Imbas Kod QR untuk download gpx-files laluan

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E-CERTIFICATE



1. Layari website www.absolute.go.my.
2. Login menggunakan buyer email.
3. Pilih menu **My Ticket**.
4. Download E-Cert.
5. E-Cert akan tersedia selepas acara tamat.

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WHATSAPP CHANNEL



Imbas Kod QR untuk join whatsapp channel info mengenai acara

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EVENT PHOTO



1. **Scan QR Code** atau **Layari Website**
www.absolutego.my/event-photo.
2. Masukkan **gambar selfie anda** atau **nombor bib** untuk sistem search/scan gambar anda.

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CONTACT US



Imbas Kod QR untuk virtual card Absolute Wellness

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