



FTKLAA/MILO MALAYSIA BOLEH KIDS RUN 2025

- 1) DATE : 17 AUGUST 2025 (SUNDAY)
- 2) VENUE (Start / Finish) : Padang Merbok , Kuala Lumpur
- 3) DISTANCE : 7KM , 5KM & 3 KM
- 4) STARTING TIME : 7:30 AM
- 5) ELIGIBILITY :
 - i) Age qualification will be taken as of 31 December 2025.
 - ii) This competition is conducted under a set of competition rules as follows.
 - iii) This race is open to all
- 6) CLOSING DATE : 31 July 2025 (Thursday) or upon reaching 1500 participants

7) CATEGORIES, AGE GROUP, DISTANCES, START / FINISH / AWARDS TIME.

CATEGORIES		AGE GROUP	DISTANCE	STARTING TIME	FINISHING TIME	AWARDS TIME
A	BOYS	13 – 15 years (2010 – 2012)	7KM	7:30 am	9.00 am	9.30 am
B	GIRLS	13 – 15 years (2010 – 2012)	7KM	7.30 am	9.00 am	9.30 am
C	BOYS	10 – 12 years (2013 – 2015)	5KM	7.40 am	9.00 am	9.30 am
D	GIRLS	10 – 12 years (2013 – 2015)	5KM	7.40 am	9.00 am	9.30 am
E	BOYS	7 – 9 years (2016 – 2018)	3KM	7.50 am	9.00 am	9.30 am
F	GIRLS	7 – 9 years (2016 – 2018)	3KM	7.50 am	9.00 am	9.30 am
P	PARENTS / GARDIAN	30 Years and above 1995 & Before	5 / 3 km	-	-	-

8) ENTRY FEE –Registration Please Note: - RM5.00 will be charged for online registration services for all categories.

Category			ENTRIES FEE
A	BOYS	13 – 15 years (2010 – 2012)	RM30.00
B	GIRLS	13 – 15 years (2010 – 2012)	RM30.00
C	BOYS	10 – 12 years (2013 – 2015)	RM30.00
D	GIRLS	10 – 12 years (2013 – 2015)	RM30.00
E	BOYS	7 – 9 years (2016 – 2018)	RM30.00
F	GIRLS	7 – 9 years (2016 – 2018)	RM30.00
P	PARENTS/GUARDIAN	30 Years and above 1995 & Before	RM40.00

- 9) **ONLINE REGISTRATION-**
- a. www.racexasia.com
 - b. www.milo.com.my
 - c) Manual Bulk Registration at FTKLAA Office, 2nd Floor Wisma OCM
Jalan Hang Jebat, Kuala Lumpur
10.00am to 5.00pm

Any online registration that is not followed with online payment will become invalid registration. Therefore, please ensure to pay online when you register online.

Note:

- i) No refund will be made for wrongful or multiple registration.
- ii) Substitution and changing of categories is NOT allowed.
- iii) Entries close on **31 July 2025 or upon reaching 1500 participants.**

10) **CERTIFICATES-** E-certificates can be downloaded after the run

11) **RACE PACK COLLECTION**

DATE	TIME	PLACE
15 & 16 August 2025	10.00am - 6.00pm	FTKLAA Office 2 nd Floor, Wisma OCM, Jalan Hang Jebat, Kuala Lumpur.

12) Prize Giving

- i) All prize winners must produce their MyKad/MyKid or passport for age verification.
- iii) Winners must ensure to collect their prize after the Victory Ceremony
- iii) Only 1st to 10th prize winners will be announced on the race day.

13) **DRINKING STATIONS**- Station will be provided for 7, 5 and 3 km..

14) **END OF COMPETITION** - The Run will be officially over after 2 hour from the Start time.

15) RUNNERS INCENTIVES FOR ALL CATEGORIES

NO	INCENTIVES	7KM	5km	3km	PARENTS/GUARDIAN (P)
1	R/Neck T-Shirt	√	√	√	√
2	Light Breakfast (Banana & Bread)	√	√	√	√
3	Goodie Bag	√	√	√	√
4	Finisher Medals	√	√	√	√
5	Insurance	√	√	√	√
6	Position Medals	1 st - 10 th	1 st - 10 th	1 st - 10 th	-
7	Prizes in Kind	1 st - 10 th	1 st - 10 th	1 st - 10 th	-
8	Timing Chip	√	√	√	-
9	Certificate with timing	√	√	√	-

16) ROUTE MAPS

7KM



5KM



3KM





FTKLAA/MILO MALAYSIA BOLEH KIDS RUN 2025

CLOSING DATE
31 JULY 2025 (Thursday)
or upon reaching 1500
participants

ENTRY FORM
INDIVIDUAL PARTICIPANTS

For Official Use

RULES

The competition shall be held under a set of competition rules of this event.

CATEGORY PARTICIPATION

I wish to participate in the following event (Please tick (✓) in the appropriate box)

CATEGORIES		DISTANCE	AGE GROUP	ENTRY FEE	TICK HERE
A	BOYS	7KM	BOYS 13-15 (2010– 2012)	RM30.00	
B	GIRLS	7KM	GIRLS 13-15 (2010 – 2012)	RM30.00	
C	BOYS	5KM	BOYS 10-12 (2013 – 2015)	RM30.00	
D	GIRLS	5KM	GIRLS 10-12 (2013 -2015)	RM30.00	
E	BOYS	3KM	BOYS 7-9 (2016 -2018)	RM30.00	
F	GIRLS	3KM	GIRLS 7-9 (2016 – 2018)	RM30.00	
P3	PARENTS/GUARDIAN	3 KM	PARENTS/GUARDIAN (30 Years and Above 1995 & Before)	RM40.00	
P5	PARENTS/GUARDIAN	5 KM	PARENTS/GUARDIAN (30 Years and Above 1995 & Before)	RM40.00	

NAME IN FULL (BLOCK LETTERS)

ADDRESS (BLOCK LETTERS)

TELEPHONE NO. :

HAND PHONE NO. :-

NATIONALLY :

MyKad/MyKid./PASSPORT

DATE OF BIRTH :

AGE :

SEX :

M

F

E-MAIL ADDRESS:

CUTTING STYLE	SIZE/ LENGTH	HALF CHEST LENGTH (INCHES)	HALF WAIST LENGTH (INCHES)	SHIRT LENGTH (INCHES)	Size Chart & Measurements Guide Malaysia (Inches) - Unisex
Unisex Athlete	4XS	15	15	23	<p>A. All measurements above subject to +/- 0.5 tolerances.</p> <p>B. Tapered curve bottom at the back specially designed for athletic movements, enhancing Flexibility and performance.</p> <p>C. Half chest to be measured from left to right seam, 1/2 down from the armpit joint.</p> <p>D. Half waist to be measured from left to right seam on the waist line.</p> <p>E. Shirt length to be measured from the highest tip of shoulder to the bottom hem</p>
Unisex Athlete	3XS	16	16	24	
Unisex Athlete	2XS	17	17	25	
Unisex Athlete	XS	18	18	26	
Unisex Athlete	S	19	19	27	
Unisex Athlete	M	20	20	28	
Unisex Athlete	L	21	21	29	
Unisex Athlete	XL	21	21	30	
Unisex Athlete	2XL	23	23	31	
Unisex Athlete	3XL	24	24	32	
Unisex Athlete	4XL	25	25	33	

SIZE (UNISEX)	4XS	3XS	2XS	XS	S	M	L	XL	2XL	3XL	4XL
PLEASE TICK (✓)											

EMERGENCY CONTACT PERSON :

RELATIONSHIP :-

CONTACT NO:-

MEDICAL CONDITIONS (IF ANY)



CLOSING DATE
31 JULY 2025 (Thursday or
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participants

ENTRY FORM BULK REGISTRATION FORM

For Official Use

RULES

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CATEGORY PARTICIPATION

I wish to participate in the following event (Please tick (✓) in the appropriate box)

CODE	CATEGORY	DISTANCE	ENTRIES FEE	TICK
A	BOYS (2010- 2012)	7KM	RM30.00	
B	GIRLS (2010 – 2012)	7KM	RM30.00	
C	BOYS (2013 – 2015)	5KM	RM30.00	
D	GIRLS (2013 -2015)	5KM	RM30.00	
E	BOYS (2016 -2018)	3KM	RM30.00	
F	GIRLS (2016 – 2018)	3KM	RM30.00	
P3	PARENTS/GUARDIAN (30 Years and Above)	3KM	RM40.00	
P5	PARENTS/GUARDIAN (30 Years and Above)	5KM	RM40.00	

(Use separate forms for each category)

SCHOOL NAME AND ADDRESS IN FULL

Person In charge Full Name & Contact Number:

Name of the School:

Date:

Sign:

E- mail:

NO	NAME PARTICIPANT (BIG LETTER)	MYKAD MYKID NO AND DATE OF BIRTH	T-SHIRT SIZES FIRST COME FIRST SERVE BASIS	PARTICIPANT NO. (LEAVE IT BLANK)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

CUTTING STYLE	SIZE/ LENGHT	HALF CHEST LENGTH (INCHES)	HALF WAIST LENGTH (INCHES)	SHIRT LENGTH (INCHES)	Size Chart & Measurements Guide Malaysia (Inches) - Unisex
Unisex Athlete	4XS	15	15	23	<p>A. All measurements above subject to +/- 0.5 tolerances.</p> <p>B. Tapered curve bottom at the back specially designed for athletic movements, enhancing Flexibility and performance.</p> <p>C. Half chest to be measured from left to right seam, 1' down from the armpit joint.</p> <p>D. Half waist to be measured from left to right seam on the waist line.</p> <p>E. Shirt length to be measured from the highest tip of shoulder to the bottom hem</p>
Unisex Athlete	3XS	16	16	24	
Unisex Athlete	2XS	17	17	25	
Unisex Athlete	XS	18	18	26	
Unisex Athlete	S	19	19	27	
Unisex Athlete	M	20	20	28	
Unisex Athlete	L	21	21	29	
Unisex Athlete	XL	21	21	30	
Unisex Athlete	2XL	23	23	31	
Unisex Athlete	3XL	24	24	32	
Unisex Athlete	4XL	25	25	33	



We have read the rules and regulations and agree to participate on the understanding that we will adhere to ALL the rules and regulations of this Run.

FTKLAA/MILO MALAYSIA BOLEH KIDS RUN 2025

Waiver Clause

This is to certify that I IC / Passport No..... have read and understood the rules and regulation pertaining to my participation in the **FTKLAA/MILO MALAYSIA BOLEH KIDS RUN 2025** organized under the competition rules.

In consideration of the acceptance of my entry, I for my heirs, executors & administrators, release and forever discharge the organizers, their partners, sponsors, appointed staff and officials of all liabilities, claims, actions, damage, costs or expenses which I may have against them, arising out of my participation in this event, including travel to and from this event and including all injuries that may be suffered by me before, during and after the event.

I understand that this indemnity includes any claims based on negligence, action or inaction of any of the above parties. I recognise the difficulties of the event and attest that I am sufficiently physically fit to compete safely in the **FTKLAA/MILO MALAYSIA BOLEH KIDS RUN 2025** and I have not been advised otherwise by a qualified medical professional. Whilst every reasonable precaution will be taken by the organizers to ensure the participants safety, participants are strongly encouraged to go for a medical examination and/or consult their medical practitioner prior to registration and before the actual race day.

The organizers reserve the right to delay the commencement of the race in the event of heavy rain or thunder storm or extreme weather condition. Should the heavy rain, thunder storm or extreme weather condition persist after delay, the organizers reserve the right to cancel the race without any refund. In the event of heavy rain or thunder storm or catastrophic or natural disaster resulting in a postponement or cancellation of the above event, the organizers shall not be held responsible for any claims whatsoever in any form made by any individual or parties concerned.

The organizers reserve the right to use any photograph (including those of participants), motion pictures, recordings, or any other media records of the event taken before, during and after the event, for any legitimate purpose including commercial advertising and distribution to sponsors.

Signature:
(Participant)

Date:

For Participants Under 15 Years of Age

I Parents/guardian of the above named authorise to his/her participation in the **FTKLAA/MILO MALAYSIA BOLEH KIDS RUN 2025**

Signature:
(Parents/Guardian)

Date: