



1ST ASIA MASTERS MARATHON – ENTRY FORM



- Competition Date and Start Time
 - (1) **Date : November 29, 2026**
 - (2) **Start Time : 8:00 AM**
- Competition Events: Men's and Women's Marathon (42.195 km)
Men's and Women's Half Marathon (21.0975 km)
- **Competition Categories :**
Men's Marathon, Women's **Marathon** (42.195 KM)
 - (1) Men & Women **35–44 years** (Year of birth: 1982 Nov.29 –1991 Nov.29)
 - (2) Men & Women **45–54 years** (Year of birth: 1972 Nov.29 –1981 Nov.29)
 - (3) Men & Women **55–64 years** (Year of birth: 1962 Nov.29 –1971 Nov.29)
Men's Half Marathon, Women's **Half Marathon** (21.0975KM)
 - (1) Men & Women **35–44 years** (Year of birth:1982 Nov.29 –1991 Nov.29)
 - (2) Men & Women **45–54 years** (Year of birth:1972 Nov.29 –1981 Nov.29)
 - (3) Men & Women **55–64 years** (Year of birth:1962 Nov.29 –1971 Nov.29)
 - (4) Men & Women **65–79 years** (Year of birth:1947 Nov.29 –1961 Nov.29)
- Athletes are required to purchase on their own, travel, medical, accident, injury, and illness insurance prior to arrival in China
- Deadlines to Submit the registration form to MMAA : **15th August 2026**
- Registration Fees :
 - (1) **Marathon: USD 40 per person**
 - (2) **Half Marathon: USD 40 per person**
- **Health Requirements for Participants:**

Participants should be in good health and have a regular running or training background. It is recommended that participants assess their own physical condition; those with any of the following health conditions are not suitable to participate in this race:

- (1) Congenital heart disease or rheumatic heart disease
- (2) Hypertension or cerebrovascular disease
- (3) Myocarditis or other heart conditions
- (4) Coronary artery disease or severe arrhythmia
- (5) Diabetes with abnormally high or low blood sugar
- (6) Recent cold or flu within two weeks before the race
- (7) Blood donation within two weeks before the race
- (8) Excessive alcohol consumption or insufficient sleep in the night before race
- (9) Pregnancy
- (10) Other conditions that make strenuous physical activity unsafe.

It is recommended that participants assess their physical condition based on a medical examination report prior to the race to determine whether they are fit to participate

INDIVIDUAL ENTRY FORM

COUNTRY	MALAYSIA				
EVENT					
FAMILY NAME		FIRST NAME			
SEX	MEN : []		WOMEN : []		
DATE OF BIRTH		AGE GROUP			
PHONE NO		EMAIL			
BLOOD TYPE		T Shirt Size		Vest Size	
EMERGENCY CONTACT	NAME:		PHONE NO:		
IC NO :		PASSPORT NO			
- Accommodation - If choose to stay in the hotels recommended by the LOC	Name of the HOTEL:		Total payment:		
					
	Duration:				
	No. of nights:				

- For members of State Masters Athletic Associations, Entry forms must be endorsed by the State Masters Athletics Association:

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Signature of President/Secretary:

Name :

Stamp Association:

- Athlete must read through all the conditions above, fill in the Entry form, sign the Athlete's Declaration and send to MMAA (via email: amasiva42@gmail.com or **send by hand** to MMAA Office in Wisma OCM, Jalan Hang Jebat, KL,) before **15th AUGUST 2026**.
- Entry fee and accommodation fee must be paid into MMAA Account as below and the payment slip must be sent together with the Entry Form (**Currency conversion : 1 USD = RM4.20**):

Account No. : 100090014016

(Affin Bank, Bukit Baru, Malacca)

Account Name : Persatuan Olahraga Master Malaysia (POMM)

*** Please send the bank slip together with the entry form with your name written on the bank slip. Payment by cheque is NOT accepted**

- For athletes who are **Non members** or the **Entry form not endorsed by the State Masters Athletics Association**, **extra USD 5** will be charged as admin fee (to cover interest for the bank transfer & other communication).
- T Shirt and Vest will be provided by the organisers (LOC).

MMAA

10/7/2026