

LIST OF CATEGORIES

CODE	Category	Age	Distance	Entry Fee	Gathering Time	Flag Off	Max No of Runners
A	Men Open (International)	16 yrs & above (2000 & before)	11km	RM50	5.30 AM	7.00 AM	3000
B	Women Open (International)	16 yrs & above (2000 & before)	11km	RM50	5.30 AM	7.00 AM	
C	Men Open (Malaysian Only)	16 – 39 yrs (1977 - 2000)	11km	RM50	5.30 AM	7.00 AM	
D	Women Open (Malaysian Only)	16 – 39 yrs (1977 - 2000)	11km	RM50	5.30 AM	7.00 AM	
E	Men Veteran (Malaysian Only)	40 yrs & above (1976 & before)	11km	RM50	5.30 AM	7.00 AM	
F	Women Veteran (Malaysian Only)	40 yrs & above (1976 & before)	11km	RM50	5.30 AM	7.00 AM	
G	Fun Ride	13 yrs & above (2003 & before)	16km	RM35	5.30 AM	7.10 AM	500
H	Fun Run	13 yrs & above (2003 & before)	5km	RM35	5.30am	7.20AM	500