



PERBADANAN BUKIT BENDERA PULAU PINANG

Tingkat 7, Bangunan PBBPP, Jalan Stesen Bukit Bendera, Ayer Itam, 11500 Pulau Pinang

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PRESS RELEASE

PENANG HILL HERITAGE FOREST CHALLENGE 2019

Penang Hill Heritage Forest Challenge 2019 is back again for the 6th year! Adventure seekers and runners are urged to mark your calendar now for this exhilarating event.

Since its inaugural in 2014, Penang Hill Heritage Forest Challenge has earned its reputation as a favourite athletic event that attracts numerous thrill seekers and avid runners and enthusiast from all walks of life.

The participants have to go through a series of preparation, trainings, to season themselves to the demanding terrain and elevation changes, hoping to be crowned as the champions of the event.

This year, Penang Hill Corporation (PHC) is organising the 6th Penang Hill Heritage Forest Challenge event, in collaboration with Actifestyle Concept, Penang Hill Residents' Association and Penang Amateur Athletics Association. This event is endorsed by Penang State Government, under auspices of State Exco for Youth & Sports YB Soon Lip Chee.

The aim of this event is to promote Penang Hill as one of the popular ecotourism destinations, as well as to raise awareness towards environment conservation and heritage preservation in Penang Hill.

This **15.5 km** challenge is open for the public with good stamina to endure this exhilarating race. The trails will lead runners through the evergreen trails of the 130-million-year-old rainforest of Penang Hill, starting from Jalan Quari in Botanical Garden to Summit Road at the hilltop. **The route map is attached with this press release.**

PENANG HILL HERITAGE FOREST CHALLENGE 2019

Date : 25 August 2019 Time : 7:00 a.m. – 1.00 p.m.

Starting Point : Taman Rekreasi Kuari, Botanical Garden

Finishing Point : Dataran Bukit Bendera, Penang Hill

Participation

The organiser hopes to attract as many as 1000 participants for this event. Registration is open to Malaysians and Ikad/ MM2H visa holders under the following categories:

Categories	Age
A) Men's Open	Aged 18 ~ 34
B) Men's Junior Veteran	Aged 35-50
C) Men's Senior Veteran	Aged 50 and Above
D) Women's Open	Aged 18~39
E) Women's Veteran	Aged 40~Above
F) Ikad/ MM2H	Open

- Age calculated as of 25th August, 2019.
- If less than fifty (50) entries were received on closing date, the organiser reserves the right to re-categorise the said participant to another category.
- For Category F, if less than fifty (50) entries received on closing date, the organiser reserves the right to cancel and refund to the registration participants.

Cash Prizes

Cash prizes will be awarded to top finishers for all 6 categories as follows:

Categories	Cash Prizes
1 st Prize	RM1500
2 nd Prize	RM1000
3 rd Prize	RM 500
Consolation x5	RM 200

Other Entitlements

- All participants will be receiving a finishing medal and an e-Certification of recognition.
- All participants who successfully completed the run will be entitled for lucky draws.



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Registration Fee

The registration fee is **RM40** per person, online registration only at <http://www.actifestyle.com/events/pghillchallenge2019>, terms and conditions applied. Each participant will receive a “goodie bag” and a dri-fit T-shirt, upon collection at PHC Office during office hours, between 8:00 a.m – 5:00 p.m, from 22th August – 24th August, 2019.

Closing Date for Registration is on 7th July, 2019

Public are welcome to heed the call of the state government for a “Cleaner, Greener, Safer and Healthier Penang” by participating in this meaningful event. PHC will continue to organise sporting events and activities at Penang Hill to promote an active and healthy lifestyle for all.

#END#

About Penang Hill Corporation

Penang Hill Corporation was established in 2009 through an enactment passed by the Penang State Legislative Assembly. Its main focus is to manage the funicular system, maintain and develop Penang Hill as a major ecotourism destination, and its vision is to make Penang Hill the hill resort of choice in Malaysia and the region.

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