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PRESS RELEASE

PENANG HILL HERITAGE FOREST CHALLENGE 2022 (PHHFC2022)

The Penang Hill Heritage Forest Challenge 2022 (PHHFC2022) is back for the seventh (7th) edition after two (2) years of postponement due to the COVID-19 pandemic that struck the nation and worldwide. Hikers and runners are urged to mark your calendar for this thrilling event.

The **15.5km** challenge is open to all with good stamina to endure this exhilarating race. The route will lead runners through the evergreen trails of the 130-million-year-old rainforest of Penang Hill, starting from the Quarry Recreational Park and ending at the Dataran, Penang Hill Upper Station.

Since its inception in 2014, Penang Hill Heritage Forest Challenge has always received overwhelming response and earned its reputation as a popular sporting event that attracts thrill seekers and avid runners as well as enthusiasts from all walks of life.

The objective of this event is to promote Penang as one of the popular eco-tourism destinations and to instil awareness towards environment conservation and heritage preservation of Penang Hill.

This year, Penang Hill Corporation (PHC) will collaborate with Actife Style Concept, Penang Hill Residents' Association and Penang Amateur Athletics Association. The event is endorsed by the Penang State Government, under the auspices of the State EXCO for Youth & Sports, YB Soon Lip Chee.

Interested participants should undergo proper preparation, trainings and to acclimate themselves to the demanding terrain and elevation changes of the route, in their quest to be crowned as champion of the event.

Details Of The Penang Hill Heritage Forest Challenge 2022 Are As Follow: -

Date : 21 August 2022 (Sunday)
Time : 7.00 a.m. – 1.00 p.m.
Starting Point : The Quarry Recreational Park, Penang Botanic Gardens
Finishing Point : Dataran, Penang Hill Upper Station

(The route map is attached herewith.)

Participation

PHC hopes to attract as many as 900 participants for this edition. Registration is open to Malaysians and international participants under the following categories:

Category	Age
A) Men's Open	Aged 18 – 34
B) Men's Junior Veteran	Aged 35 – 49
C) Men's Senior Veteran	Aged 50 and above
D) Women's Open	Aged 18 – 39
E) Women's Veteran	Aged 40 and above
F) International	Open

- Age is calculated as of 21st August 2022.
- If the organiser receives less than fifty (50) entries by the closing date, the organiser reserves the right to re-categorise the said participants to another category.
- For Category F, if the organiser receives less than fifty (50) entries by the closing date, the organiser reserves the right to cancel the category and refund to the participants who have registered.

Cash Prizes

Cash prizes which will be awarded to top finishers for all six (6) categories are as follow:-

Category	Cash Prizes
1 st Prize	RM 1,500.00
2 nd Prize	RM 1,000.00
3 rd Prize	RM 500.00
Consolation x 5	RM 200.00

Other Entitlements

- All participants will receive a finisher medal and an e-Certification of recognition.
- All participants who successfully complete the run will be entitled to a lucky draw.

Registration Fee

The registration fee is **RM55.00** per person for early bird registration from 12 – 31 May 2022 while the standard registration fee is **RM65.00** from 1 – 30 June 2022. The registration may be made online at <http://www.actifestyle.com/events/PHHFC2022> subject to terms and conditions. Each participant will receive a goodies bag and t-shirt whereby collection can be

made at the Information Counter, Penang Hill Lower Station during office hours between 8:00 a.m – 5:00 p.m from 17th– 20th August 2022.

Closing Date for Registration is on 30 June 2022.

Everyone is invited to participate in PHHFC2022 which is in line with the goals of the State Government to transform Penang into a “Cleaner, Greener, Safe and Healthier” State. In line with that, PHC will continue to organise sporting events and activities at Penang Hill to promote an active and healthy lifestyle for all.

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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 with the vision to make Penang Hill the hill resort of choice in Malaysia and the region.

For more information and enquiries, contact the Corporate Communications Unit

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