



CLOSING DATE

Sunday, 26 June, 2009 before 12 noon. LATE REGISTRATION WILL BE CHARGED RM 7.00 / US 2.00.

PARTICIPATION FEES

GROUP	CATEGORY	PARTICIPATION FEES
A	Men's Open International	RM 20.00 / US 8.00
B	Women's Open International	RM 20.00 / US 8.00
C	Men-Veteran	RM 15.00 / US 5.00
D	Men's Open	RM 10.00 / US 3.00
E	Women's Open	RM 10.00 / US 3.00
F	Men-Senior Veteran	RM 10.00 / US 3.00
G	Women-Veteran	RM 10.00 / US 3.00
H	Men's Open	RM 7.00 / US 2.00
J	Women's Open	RM 7.00 / US 2.00
K	Men's Junior	RM 5.00 / US 1.50
L	Women's Junior	RM 5.00 / US 1.50

Every entry form has to be submitted with a Photostatted copy of the participant's NRIC or passport.

Postal order/Bank Draft/Cheque for participation fees must be paid to: **"PROGRAM BANDARAYA IPOH"**

ORGANISERS

Ipoh City Council with the co-operation of State Government and Perak Amateur Athletic Association (POAP).

PARTICIPATIONS

Participants must be above 13 years of age as on 2009. Eligible participants will be categorized into 11 groups :-

GROUP	CATEGORY	AGE GROUP	KM
A	Men's Open International	18 years and above	21
B	Women's Open International	18 years and above	
C	Men-Veteran	40 years and above	
D	Men's Open	13 years and above	10
E	Women's Open	13 years and above	
F	Men-Senior Veteran	50 years and above	
G	Women-Veteran	35 years and above	
H	Men's Open	16-18 years	7
J	Women's Open	16-18 years	
K	Men's Junior	13-15 years	5
L	Women's Junior	13-15 years	

** Age limit for every category as at 1 January 2009.

TIME & VENUE OF FLAG OFF

Time of flag off :

- | | | | | | |
|----------|---|---------|---------|---|---------|
| a) 21 km | : | 6.45 am | c) 7 km | : | 7.05 am |
| b) 10 km | : | 6.55 am | d) 5 km | : | 7.05 am |

The Run will start and finish at **Dataran Bandaraya Ipoh**.

ATTRACTIVE PRIZES

1. First **5,000** will receive a free T-shirt to be worn during the run.
2. Certificate of Participation will be rewarded to participants who complete 21 km in 120 minute, 10 km in 80 minute, 7 km in 50 minute and 5 km in 40 minute (The maximum number of certificate of participation that will be awarded are 1,500 for the 21 km, 1,500 for the 10 km, 2,000 for the 7 km and 1,500 for the 5 km).
3. Cash prizes for the first **20 WINNERS** of each category.
4. Finishes medal will be awarded to participants as allocated for **each category**.
5. **Only the first 5 WINNERS** in each category will be called upon to receive their prizes.

CASH PRIZES

CATEGORY	First (RM)	2nd (RM)	3rd (RM)	4th (RM)	5th (RM)	6th (RM)	7th (RM)	8th (RM)	9th (RM)	10th (RM)	11-20th (RM)	MEDALS	
21 KM	Men's Open International	5,000	3,500	3,000	2,500	1,800	1,200	1,000	800	600	400	200	1-200
	Women's Open International	4,000	3,000	2,000	1,600	1,200	1,000	800	600	400	200	150	1-100
	Men's Veteran	4,000	3,000	2,000	1,600	1,200	1,000	800	600	400	200	150	1-150
10 KM	Men's Open	3,000	2,500	2,000	1,500	1,000	800	600	400	200	150	100	1-200
	Women's Open	2,500	2,000	1,500	1,000	800	600	400	200	150	120	80	1-150
	Men's Senior Veteran	2,500	2,000	1,500	1,000	800	600	400	200	150	120	80	1-100
	Women's Veteran	2,000	1,500	1,000	800	600	400	300	150	120	80	60	1-100
7 KM	Men's Open	1000	700	400	200	160	120	100	100	100	100	80	1-150
	Women's Open	800	500	300	200	150	110	80	80	80	80	60	1-150
5 KM	Men's Junior	600	400	250	200	150	100	70	60	60	60	50	1-150
	Women's Junior	400	250	200	150	100	80	60	40	40	40	30	1-150

Organized by :

With the Co-operation :

Sponsors :



