

CLOSING DATE

Friday, 30th June 2006 Time: 5.30 pm.

SAFETY

Participants are required to run on the left side of the road except directed by the official or police. Unauthorised vehicles are allowed to accompany the runners. Supporters are **NOT** allowed on the bridge.

ENTRY FORMS

Fill in the entry form and forward it to one of the following address:-

| | |
|--|---------------------------------|
| Jabatan Khidmat Kemasyarakatan | Lembaga Lebuhraya Malaysia |
| Majlis Perbandaran Pulau Pinang | Pejabat Wilayah Utara |
| Stadium Bandaraya | Batu 7, Jalan Sultan Azlan Shah |
| Lorong Kulit | 11700 Pulau Pinang |
| 10460 Pulau Pinang Tel: 04-2262959/2262953 | Tel: 04-6577911/6576292 |

- **VEST / T-SHIRT**

Full Marathon participants will be given a vest each while Half & Quarter Marathon participants will be given a T-Shirt each to be worn during the run.

- **CERTIFICATE OF PARTICIPATION**

A Certificate of Participation with the registered time will be given to all those who complete the Full Marathon in 6 hours. A Certificate of Participation will be given to all those who complete the Half Marathon in 3 hours and Quarter Marathon in 90 minutes.

- **FINISHER'S MEDAL**

Runners in all categories who complete the run within the stipulated time will be awarded a Finisher's Medal.

- **TOP SCHOOL ENTRY**

The top FIVE schools with the highest number of entries will be awarded special cash prizes valued at RM 1500, RM 1250, RM 1000, RM 750 and RM 500 respectively.

- **PROMOTIONAL PRIZES**

All participants will have an opportunity to win an attractive promotional prizes from a select pool of sponsors.

- **CASH PRICE**

Cash prizes await the first 10 winners in each group.

CASH PRIZES (RM)

| Group | Category | Event | 1 st | 2 nd | 3 rd | 4 th | 5 th | 6 th -10 th |
|-------|-----------------|------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------------------------|
| A | Mens's Open | Full Marathon | 4000 | 3000 | 2000 | 1500 | 1000 | 300 |
| B | Women's Open | Full Marathon | 3000 | 2000 | 1500 | 1000 | 700 | 250 |
| C | Men's Veteran | Full Marathon | 3000 | 2000 | 1500 | 1000 | 700 | 250 |
| D | Men's Open | Half Marathon | 1500 | 1200 | 1000 | 800 | 500 | 200 |
| E | Women's Open | Half Marathon | 1500 | 1200 | 1000 | 800 | 500 | 200 |
| F | Men's Veteran | Half Marathon | 1000 | 800 | 600 | 500 | 300 | 150 |
| G | Women's Veteran | Half Marathon | 1000 | 800 | 600 | 500 | 300 | 150 |
| H | Boys | Quarter Marathon | 500 | 400 | 300 | 200 | 100 | 50 |
| J | Girls | Quarter Marathon | 500 | 400 | 300 | 200 | 100 | 50 |

Medical Advice for the Full Marathon participants

As a precaution, participants are advised to undergo a medical check-up three months prior to the date of the event. Further, you are advised to take part in at least one similar event exceeding 33 km in preparation for the run.

Note:

Runners in the **Full Marathon** category who want to be in the front line at the starting point (Sub. 3 & Sub. 4 Zones) are requested to submit their time achieved in a Full Marathon participation in 2006.

ORGANISERS

Jointly organised by Majlis Perbandaran Pulau Pinang and Lembaga Lebuhraya Malaysia with the co-operation of the Penang State Government, Penang Youth and Sport Department, Penang Bridge Sdn Bhd, Penang Amateur Association, Universiti Sains Malaysia and Ministry of Culture, Arts and Tourism.

AIMS

To celebrate the 21st Anniversary of the opening of the Penang Bridge

PARTICIPATION

Participation is open to those 13 years and above as at 30th July 2006. Eligible participants will be categorised into 9 groups as follows:-

| Group | Category | Age Group | Distance (km) |
|--------------------|-----------------|-----------------|---------------|
| Full Marathon :- | | | |
| A | Men's Open | 18 less than 40 | 42.195 |
| B | Women's Open | 18 less than 40 | 42.195 |
| C | Men's Veteran | 40 and above | 42.195 |
| Half Marathon:- | | | |
| D | Men's Open | 16 less than 40 | 22.3 |
| E | Women's Open | 16 less than 35 | 22.3 |
| F | Men's Veteran | 40 and above | 22.3 |
| G | Women's Veteran | 35 and above | 22.3 |
| Quarter Marathon:- | | | |
| H | Boys | 13 less than 16 | 10 |
| J | Girls | 13 less than 16 | 10 |

STARTING TIME & PLACE

| Group | Starting Point | Date | Time |
|----------|-----------------------------------|--------------|---------|
| A, B & C | Sekolah Kebangsaan Sungai Gelugor | 30 July 2006 | 4.00 am |
| D & F | Sekolah Kebangsaan Sungai Gelugor | 30 July 2006 | 5.30 am |
| E & G | Sekolah Kebangsaan Sungai Gelugor | 30 July 2006 | 6.00 am |
| H & J | RECSAM | 30 July 2006 | 6.30 am |

ROUTE

The run route is certified by the Penang Amateur Athletic Association.

- Full Marathon : Starting from Sek. Kebangsaan Sg. Gelugor Penang, Tengku Kudin round-about, back to the starting point, on the Penang Bridge, U-turn at Prai Toll Plaza, on the Penang Bridge, Lebuhraya Bayan Lepas, U-turn at Seagate, Lebuhraya Bayan Lepas and Finishing at USM.
- Half Marathon : Starting from Sek. Kebangsaan Sg. Gelugor Penang, on the Penang Bridge, Prai Toll Plaza, on the Penang Bridge and Finishing at USM.
- Quarter Marathon : Starting from RECSAM, U-turn at the Mid-span of the Penang Bridge and finishing at USM.

PARTICIPATION NUMBERS

All Participants are required to collect their Participation Numbers at the Kompleks Belia dan Sukan (formerly Gelanggang Budaya) Batu Uban, Penang on 28th and 29th July 2006 from 10.00 am to 5.00 pm.

REPORTING STATIONS

To report at the following Reporting Stations:-

| Group | Starting Point | Date | Time |
|-------------------------|---------------------------|--------------|-------------------|
| Full Marathon | Sek. Keb. Sungai Gelugor | 30 July 2006 | 3.00 am - 3.45 am |
| Half Marathon (Men's) | Universiti Sains Malaysia | 30 July 2006 | 4.00 am - 5.00 am |
| Half Marathon (Women's) | Sek. Keb. Sungai Gelugor | 30 July 2006 | 4.00 am - 5.00 am |
| Quarter Marathon | RECSAM | 30 July 2006 | 5.00 am - 6.00 am |