



PAN ASIA HASH 2024

SUPER LONG RUN : LIMIT TO 200 HASHERS ONLY

SATURDAY 5th OCTOBER 2024

星期六 5/10/2024

SUPER LONG RUN TRAIL

DISTANCE : 25 KM (B To A Run)

RUNSITE : HUA GUO SHAN TEMPLE, JALAN SEDENAK, KULAI

BUS TO RUN SITE FROM LOTUS DESARU : 7:00AM (BUS SP)

TIME TRAVEL BY BUS : 1:30 HRS

RUN START : TO CONFIRM ON ARRIVAL AT SITE

BUS RETURN TO LOTUS DESARU : 3:00PM

Please take the same bus no you came with.

**BREAKFAST AT HOTEL STARTS AT 5:30AM. PLEASE NOTE THAT THERE ARE NO FOOD PROVIDED AT START POINT RUNSITE.



超长跑

25 KM (B To A Run)

: JALAN SEDENAK, KULAI

: 7:00AM

: 3:00 PM

HARE TEAM : KULAI HHH

EMERGENCY CONTACT PERSONS

- KONGKEK : 016 776 6664
- SHORT KOK : 019 772 2040
- MEIKU : 012 771 3912
- ICEMAN : 019 788 0905

Super Long Run 25 KM - TIMELINE						
No	PARTICULAR	TIME	CUT-OFF	DISTANCE	TRIAL	REMARKS
1	Starting Point 'B'	09.00 am				
		1 hr 45 min		6.5 KM	Secondary Forest	
2	First Water points		10.45 am			+ Light finger food
		+ 40 min		4,5 KM	Palm oil plantation	
3	2nd Water points		11.25 am			
		+ 40 min		4.8 KM	Palm oil plantation	
4	3rd Water points		12.05 pm			+ Light finger food
		+ 40 min		4.2 KM	Palm oil plantation	
5	4th Water points		12.45 pm			
		+ 45 min		5.0 KM	Palm oil plantation	
6	Ending Point 'A'	Finisher	13.30 pm			Giving out T-shirt
	Total >>	4 hr 30 MIN		25.0 KM		

**TIMELINE SUBJECT TO CHANGE DEPENDING ON ACTUAL START TIME



OFFICIAL HOST

