



GOLDEN MILE RUN 24th MAY 2015

VENUE :

STADIUM PERAK, IPOH, PERAK DARUL RIDZUAN

1. Objective

Perak is the cradle of Malaysian Athletics and no one would dispute this. As such, if we are to search the archives of Malaysian Athletics, we may stumble upon a long forgotten event – The Golden Mile – a very popular curtain raiser in yester years. Thus, we in Perak take great pride in reintroducing the "Golden Mile" a long forgotten event, in the hope that running this event during the Perak Open, would in a way help to rekindle the diminished glory of Malaysian Athletics. In addition to running this event as a competitive discipline, Perak AA has decided to offer handsome cash awards to the first three winners. It is our ardent hope that the event will attract a good number of runners from all over the country. May the spirit of Glory be the winner.

2. Entry Eligibility : All Malaysian Athletes
3. Date of competition : 24th May 2015.
4. Venue : Stadium Perak, Ipoh, Perak Darul Ridzuan.
5. Category : Men Open
6. Participation : Malaysian citizens only
7. Organized by : Perak Athletics Association
8. Sanctioned by : Malaysia Athletics Federation

9. Medals :

Medals will be awarded to the first – fifth (1-5)

Cash Awards :-

First	:	RM 500.00
2 nd	:	RM 300.00
3 rd	:	RM 200.00

Additional Cash Award Of RM 1,000.00 , will be awarded to the athlete who breaks the Golden Mile Record.

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10. Entry Fee : RM 15.00

11. Protests (Rule 146)

Protests regarding any results has to be reported immediately, to the respective Referee by the athlete or by a representative as soon as the event is over. The respective Referee will investigate and give his / her verdict. If still not satisfied with the verdict, the party concerned can appeal within thirty minutes of the official announcement in writing to the Jury of Appeal with the protest fee of 100 Malaysian Ringgit. If the appeal is unsuccessful, the money will not be refunded. The verdict of the Jury of Appeal is ultimate.

12. Entry Forms can be obtained from :

- 12.1 Perak Athletics Association
- 12.2 Malaysia Athletics Federation.

13. Closing date to receive the entry forms will be 14.05.2015. Entry forms to be send to :

PENGERUSI JAWATANKUASA PERTANDINGAN
KEJ BALAPAN DAN PADANG PERAK TERBUKA 2015
45A ,DESA RISHAH INDAH 1,
DESA RISHAH INDAH,
30100 IPOH, PERAK

Atau
EMAIL ke
shan5393@gmail.com

HP : 0165932661 (Shan – Pengerusi Pertandingan)
0124879180 (Raju – Setiausaha Kehormat)
0124811953 (Kuna – Penolong Setiausaha)

COMPETITION TIME TABLE

24 MAY 2015

(Sunday)

Event No.	Time	Event	Categori	Round
230	1630	Golden Mile	Open	Final