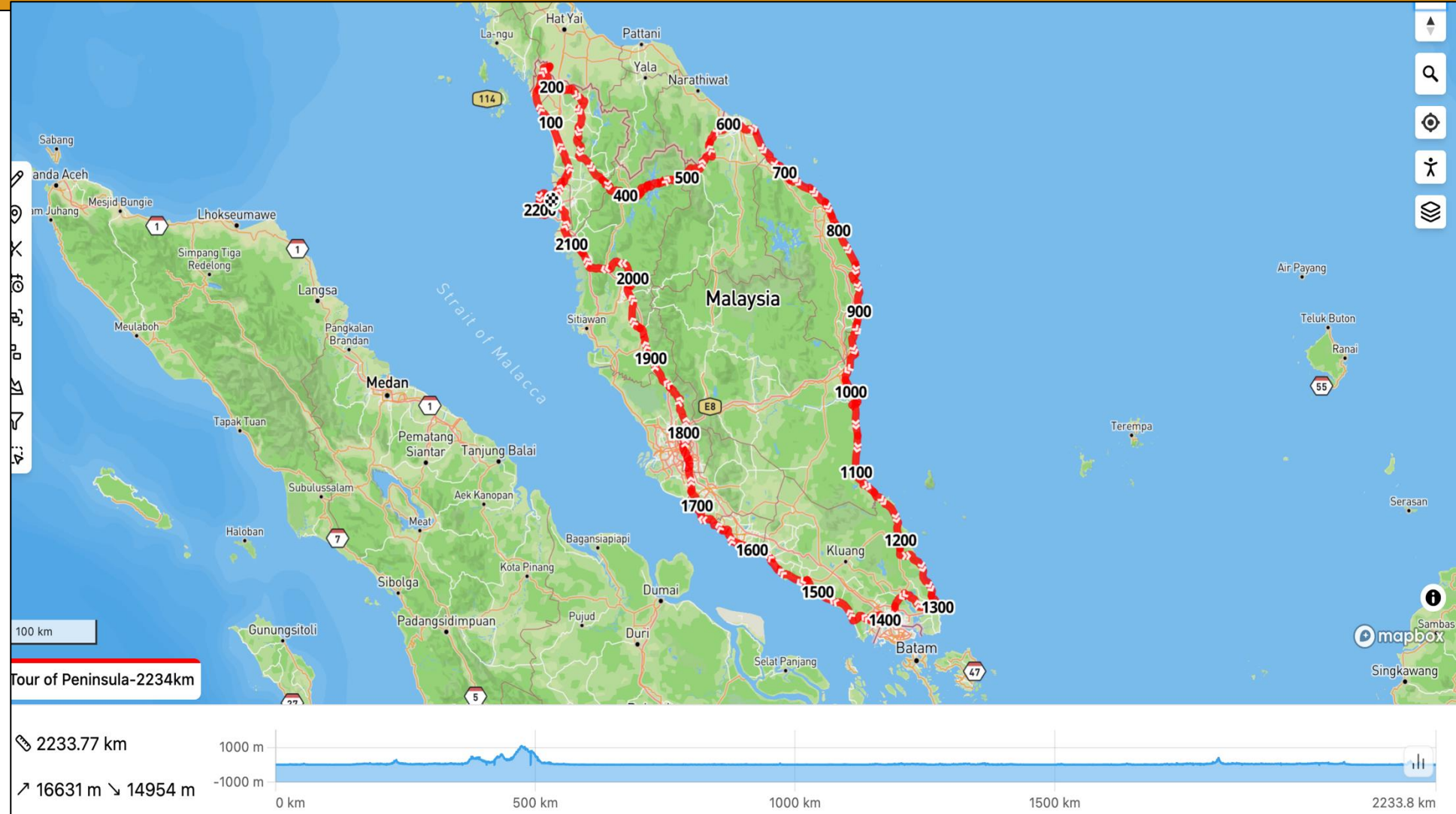


Run for Gold

by SG Lim in Mar- June 2026

A **2234km Solo Charity Run**
Round Around
Peninsula
Malaysia in 84
days –
Mar-June 2026

Promote cancer
awareness and
raising fund for
**National Cancer
Society of
Malaysia (NCSM)**



Run For Gold

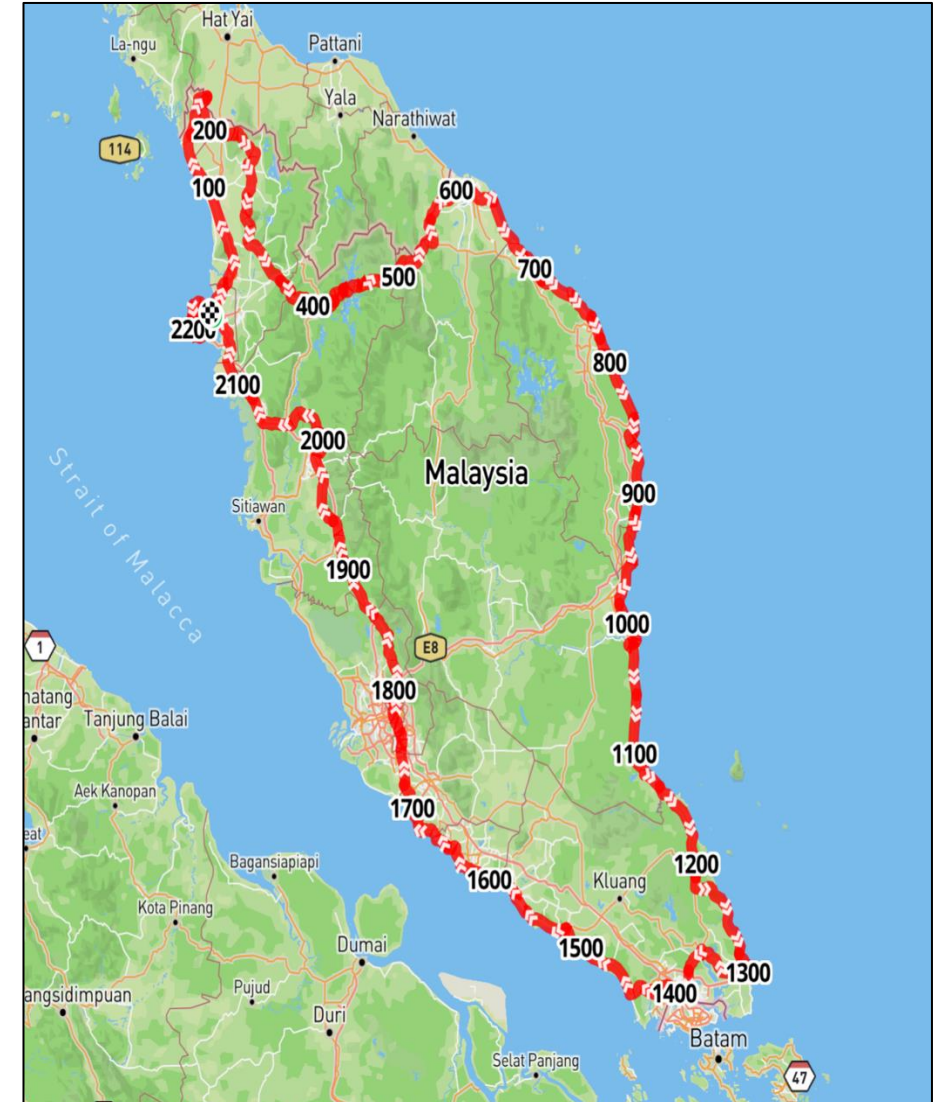
- 2234 km around Peninsula Malaysia in 80 days

Flag Off: Sat 28th Mar 2026 10:00am

At: NCSM - MBPP Home Of Hope, Penang
8, Lebuhraya Rose, Georgetown, Pulau Pinang

The Route:

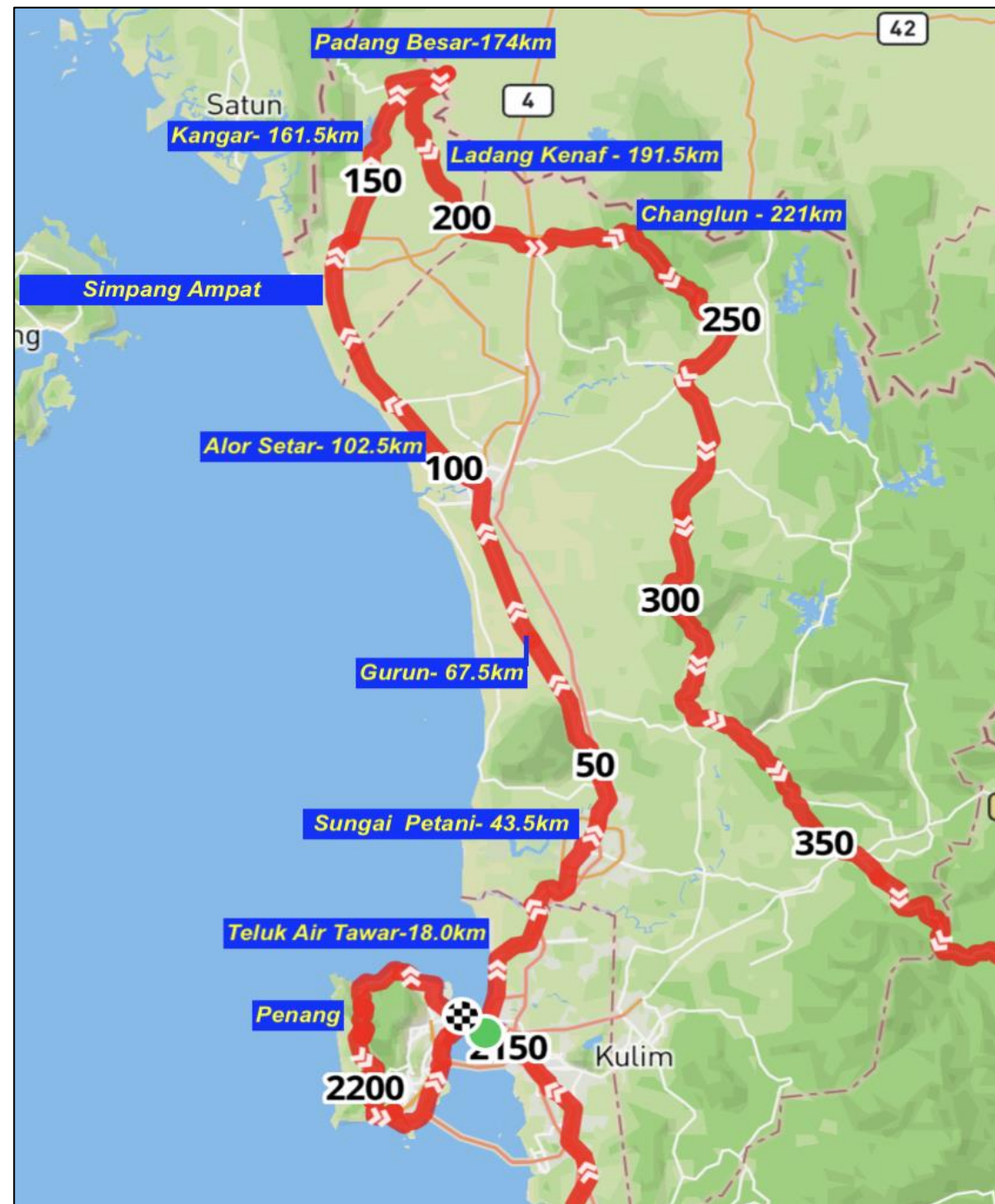
- 1). After crossing over to Butterworth on the ferry, SG will run to Padang Besar at the Thai border, passing through the Kedah and Perlis states before crossing over to the state of Kelantan via Gerik in Perak.
- 2). From Kota Bahru onwards, SG will run along the entire east coast of the Peninsula Malaysia to arrive in Johor Bahru at Okm point.;
- 3). SG will then run north passing through Batu Pahat, Muar, Melaka City, Port Dickson, Sepang, Kuala Lumpur, Ipoh and Butterworth;
- 4). The last challenge to wrap off the Run For Gold Run would be a 79km run around Penang Island , starting and Finishing at National Cancer Society of Malaysia, Penang Branch.



Segment 1 (28/3/26 – 5/4/26)

Penang to Changlun, Kedah – 191.5km

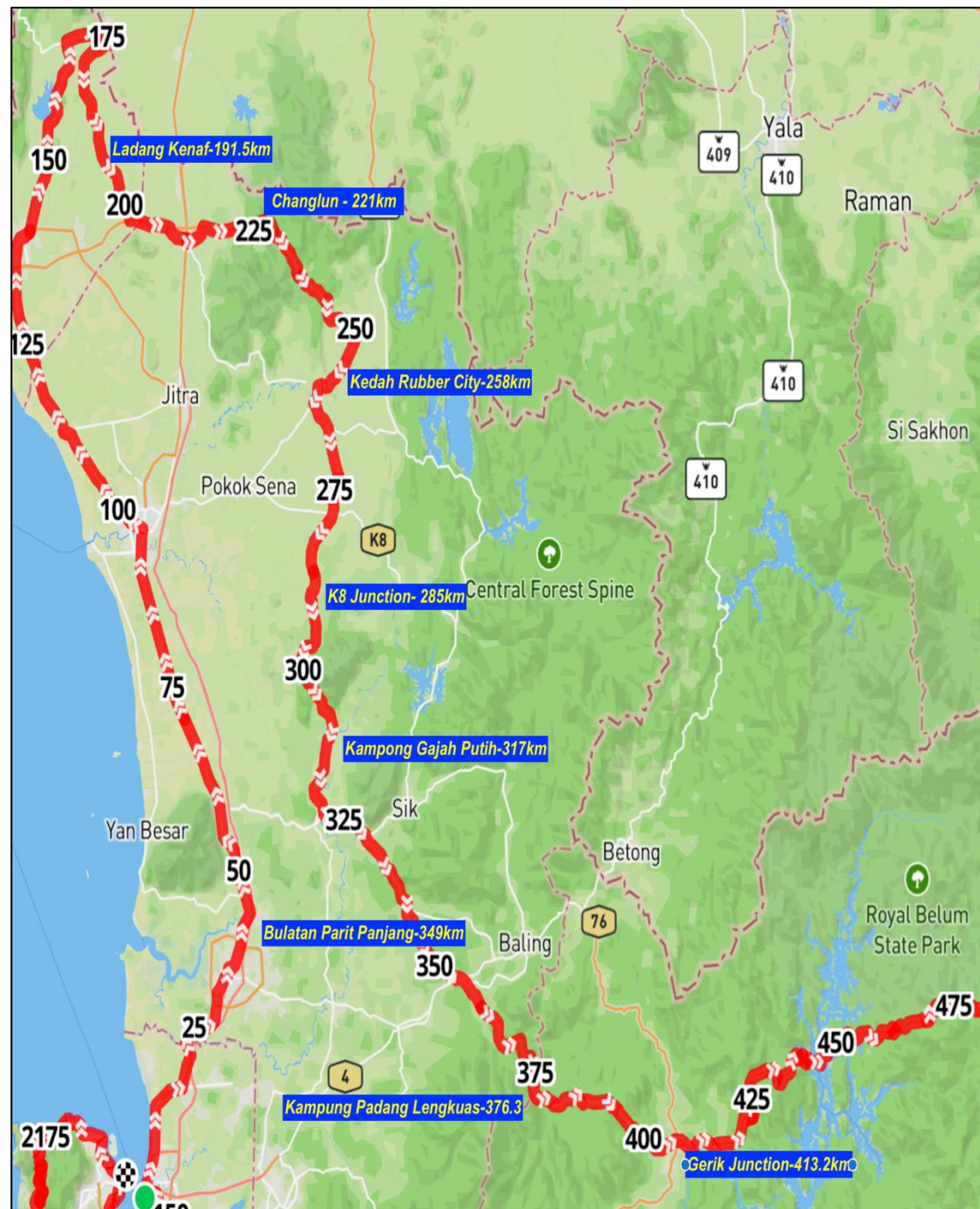
Date	Daily km	Accm Km	Ending Point for the Day
28/3/26	18.0	18.0	Teluk Air Tawar
29/3/26	25.5	43.5	Sungai Petani
30/3/26	24.0	67.5	Gurun
31/3/26	35.0	102.5	Alor Setar
1/4/26	Rest Day in Alor Setar, Kedah		
2/4/26	29.0	131.5	Simpang Empat
3/4/26	30.0	161.5	Kangar
4/4/26	30.0	191.5	Ladang Kenaf
5/4/26	Rest Day in Padang Besar, Perlis		



Segment 2 (6/4/26 – 14/4/26)

Changlun- Gerik, Perak – 221.7km

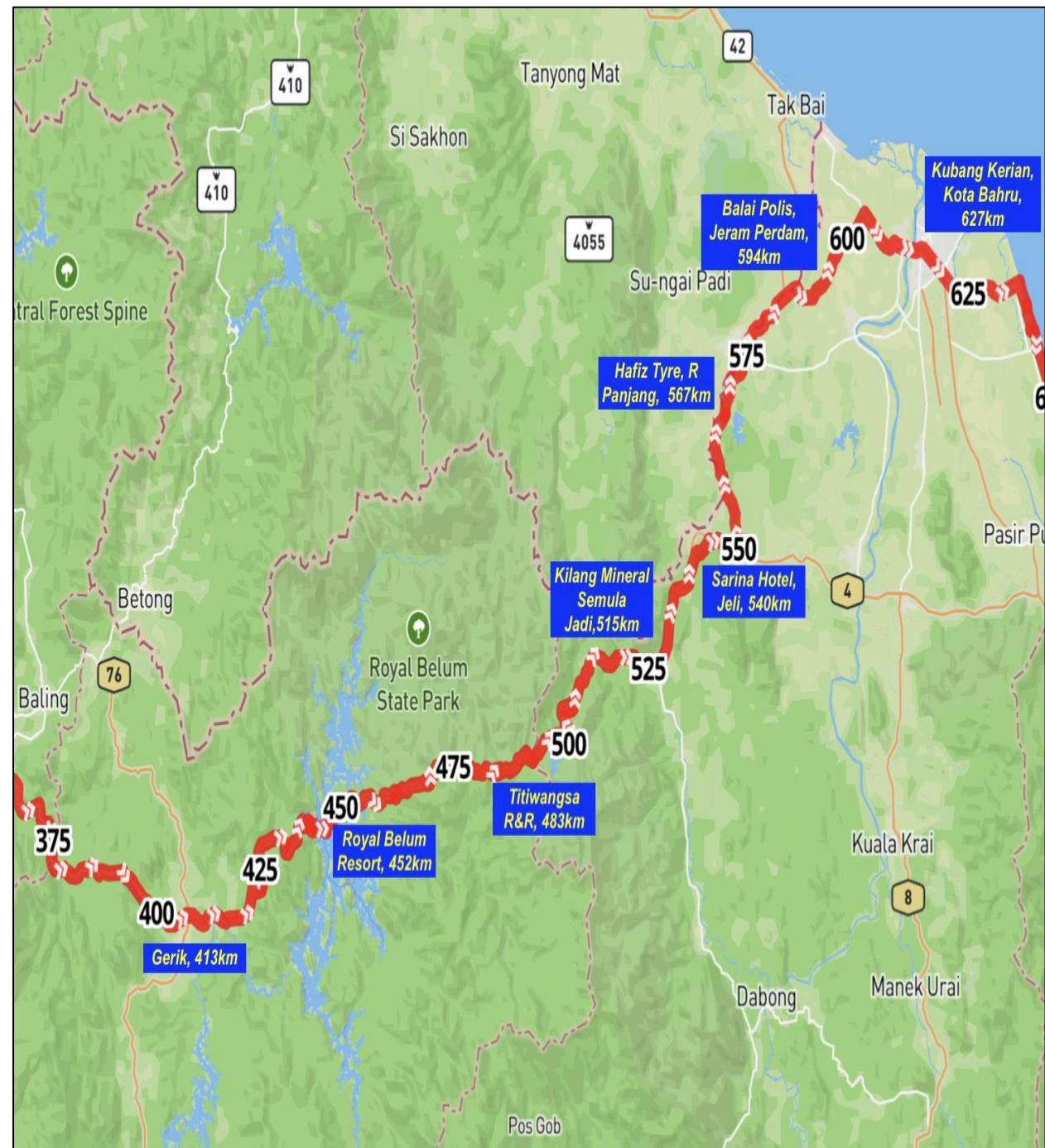
Date	Daily km	Accm Km	Ending Point for the Day
6/4/26	30.0	221.5	Changlun
7/4/26	36.5	258.0	Kedah Rubber City
8/4/26	27.0	285.0	K8 Junction
9/4/26	Rest Day in Kuala Nerang		
10/4/26	32.0	317.0	Kg Gajah Putih
11/4/26	32.0	349.0	Bultn Parit Panjang
12/4/26	27.3	376.3	Kg Pdng Lengkuas
13/4/26	36.9	413.2	Gerik
14/4/26	Rest Day in Gerik, Perak		



Segment 3 (15/4/26 – 23/4/26)

Gerik – Kota Bahru, Kelantan 214.1 km

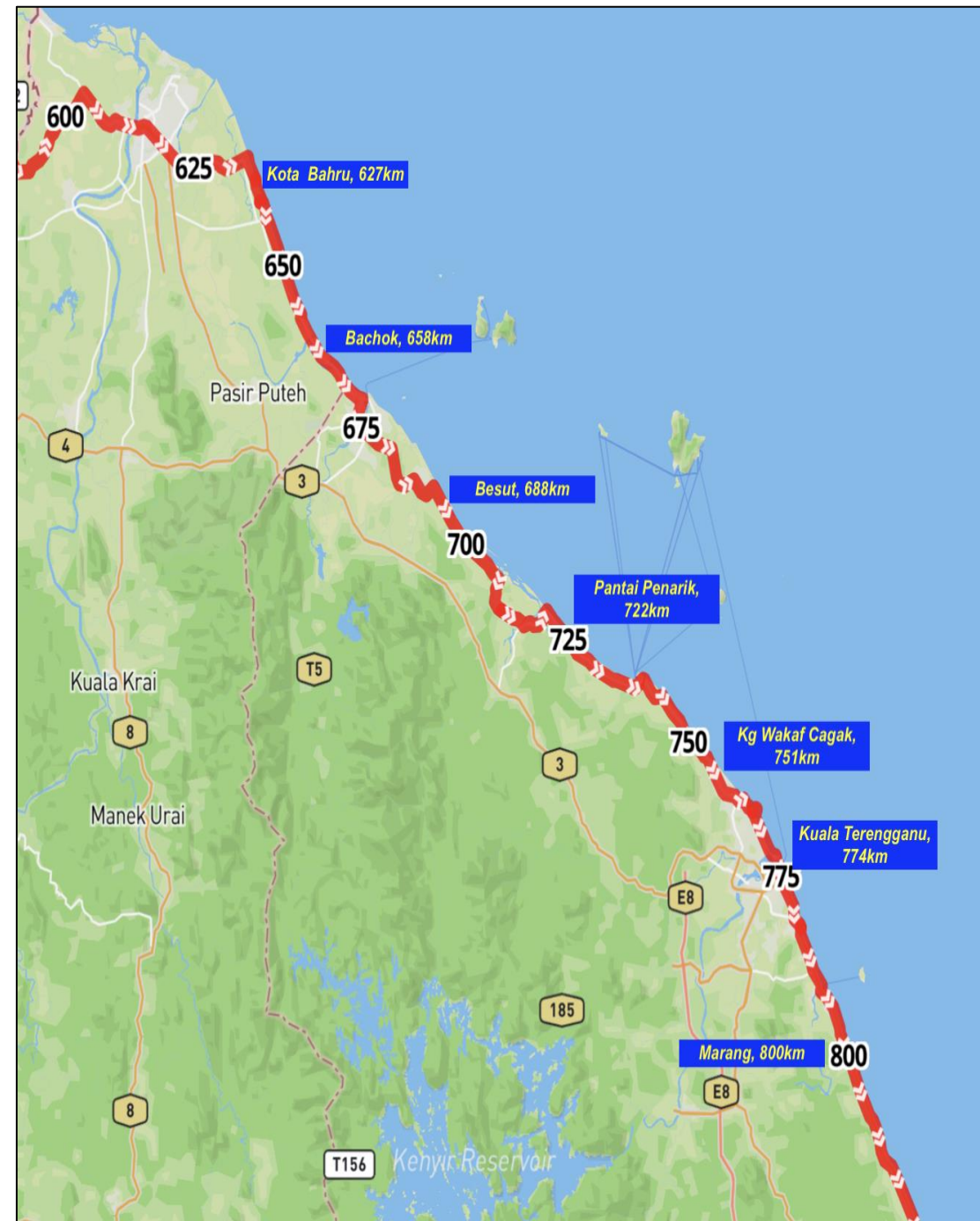
Date	Daily km	Accm Km	Ending Point for the Day
15/4/26	38.9	452.1	Royal Belum Resort
16/4/26	30.9	483.0	Titiwangsa R&R
17/4/26	31.5	514.5	Kilang Air Semula Jadi
18/4/26	26.0	540.5	Sarina Hotel, Jeli
19/4/26	Rest Day in Sarina Hotel, Jeli		
20/4/26	26,5	567.0	Hafiz Tyre, Rantau Panjang
21/4/26	27.5	594.5	B Polis, Jeram Perdah
22/4/26	32.8	627.3	Kubu Kerian, K Baru
23/4/26	Rest Day in Kota Bahru, Kelantan (Tune Hotel)		



Segment 4 (24/4/26 – 1/5/26)

Kota Bahru – Marang, Terengganu 173 km

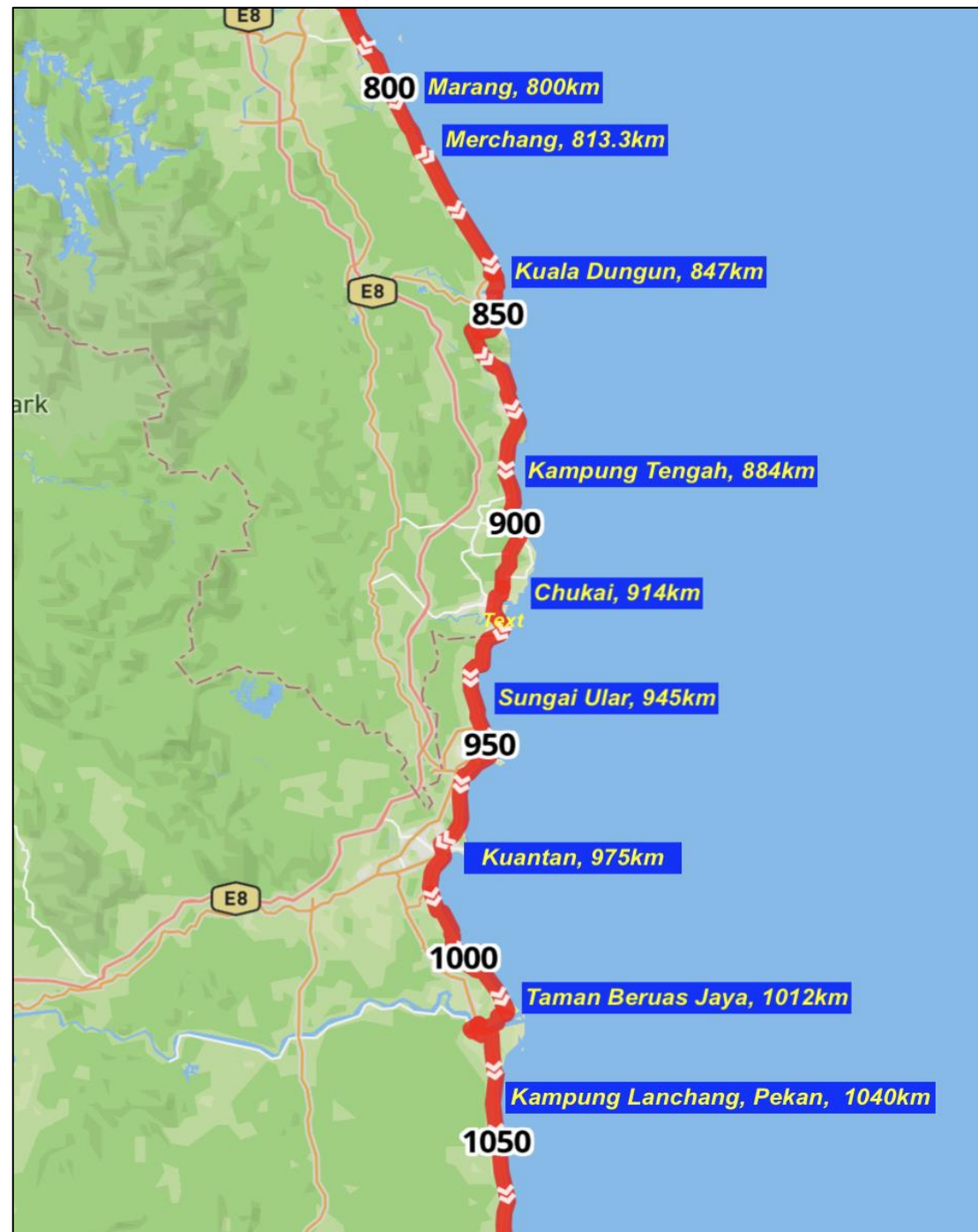
Date	Daily km	Accm Km	Ending Point for the Day
24/4/26	30.7	658.0	Bachok
25/4/26	30.0	688.0	Besut
26/4/26	34.0	722.0	Pantai Penarik
27/4/26	Rest Day in Pantai Penarik, Terengganu		
28/4/26	29.0	751.0	Kg Wakaf Cagak
29/4/26	23.0	774.0	K Terengganu (Tanjong Vista)
30/4/26	26.0	800.0	Marang, Terengganu
1/5/26	Rest Day in Marang, Terengganu		



Segment 5 (2/5/26 – 11/5/26)

Marang – Pekan, Pahang 240 km

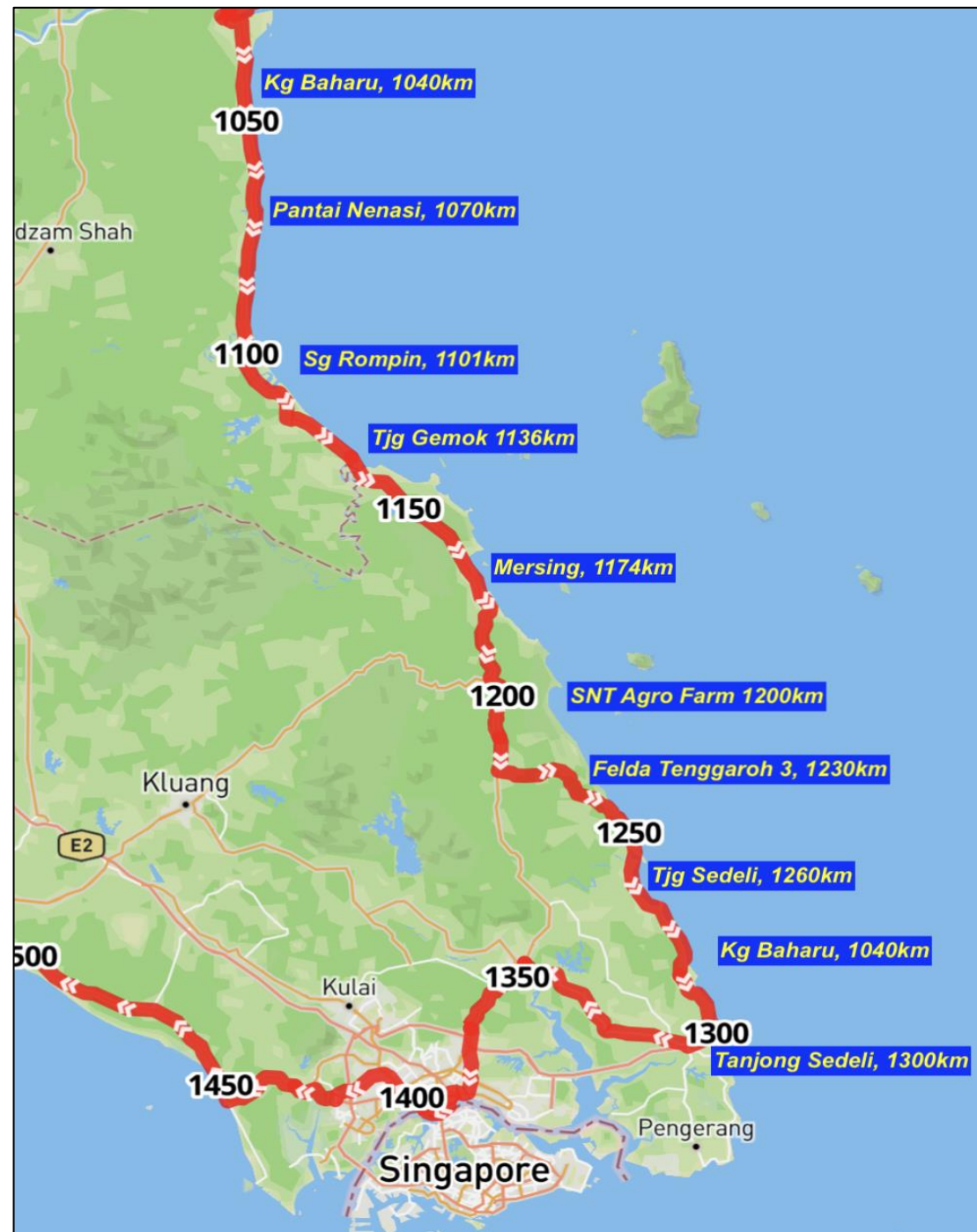
Date	Daily km	Accm Km	Ending Point For the Day
2/5/26	13.3	813.3	Merchang
3/5/26	33.7	847.0	Kuala Dungun
4/5/26	37.0	884.0	Kampung Tengah
5/5/26	30.0	914.0	Chukai
6/5/26	Rest Day in Bukit Kuang, Chukai, Terengganu		
7/5/26	31,0	945.0	Kg Sungai Ular, Pahang
8/5/26	30.0	975.0	Shell Petrostation, Kuantan
9/5/26	37.0	1012.0	Taman Beruas Jaya
10/5/26	28.0	1040.0	Kampung Lancang, Pekan
11/5/26	Rest Day in Kampung Lancang, Pekan		



Segment 6 (12/5/26 – 21/5/26)

Pekan – Tanjung Sedeli, Johor 260 km

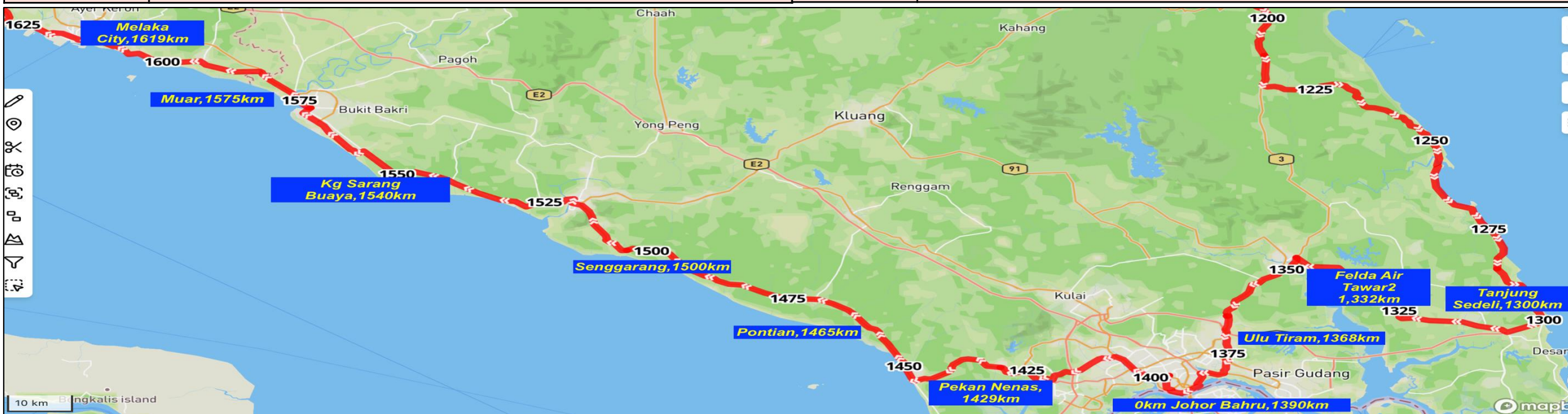
Date	Daily km	Accm Km	Ending Point For the Day
12/5/26	30.0	1070.0	Pantai Nensai
13/5/26	31.0	1101.0	Sungai Rompin
14/5/26	35.0	1136.0	Tanjung Gemok
15/5/26	38.0	1174.0	Mersing
16/5/26	Rest Day in Mersing, Merlin Inn		
17/5/26	30.0	1204.0	SNT Agro Farm
18/5/26	30.0	1234.0	Felda Tenggara 3
19/5/26	30.0	1264.0	Tanjung Sedeli
20/5/26	36.0	1300.0	Roundabout, Jln Desaru/Bayu Balau
21/5/26	Rest Day in Bayu Balau Beach Resort, Tanjung Balau		



Segment 7 (22/5/26 – 1/6/26)

Tanjong Sedeli – Melaka City 319 km

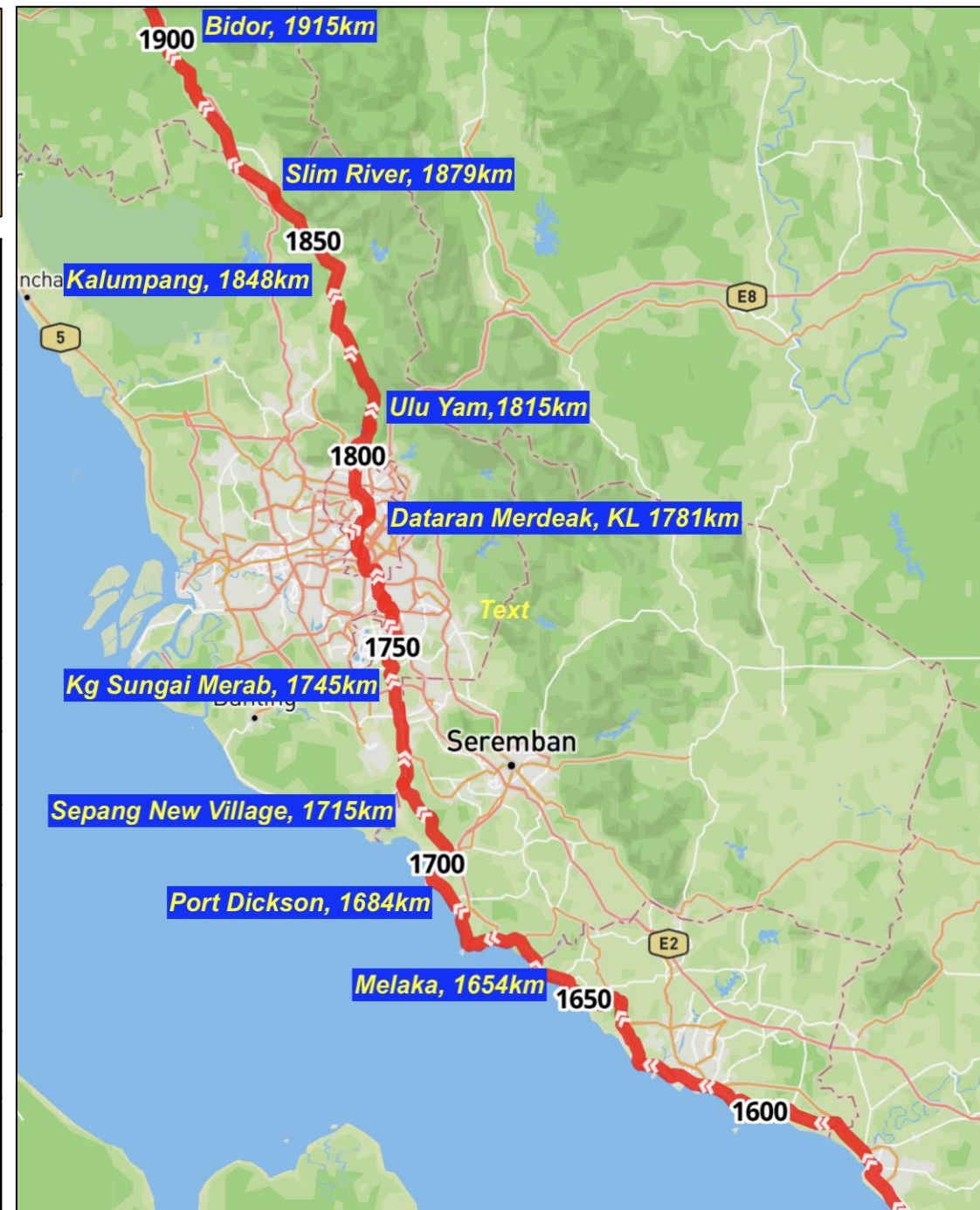
Date	Daily km	Accumulated Km	Ending Point For the Day	27/5/26	36,0	1465.0	Pontian
22/5/26	32.0	1332.0	Felda Air Tawar 2	28/5/26	35.0	1500.0	Senggarang
23/5/26	36.0	1368.0	Ulu Tiram	29/5/26	40.0	1540.0	Kg Sarang Buaya
24/5/26	22.5	1390.5	0 km, J Bahru	30/5/26	35.0	1575.0	Muar
25/5/26	38.5	1429.0	Pekan Nenas	31/5/26	44.0	1619.0	Melaka City
26/5/26	Rest Day in Pekan Nenas			1/6/26	Rest Day in Casa Bonita Hotel, Melaka City		



Segment 8 (2/6/26 – 12/6/26)

Melaka – Bidor, Perak 296 km

Date	Daily km	Accm Km	Ending Point for the day
2/6/26	35.0	1654.0	Kuala Sungai Baru
3/6/26	30.0	1684.0	Port Dickson
4/6/26	31.0	1715.0	Sepang New Village
5/6/26	30.0	1745.0	Sungai Merab
6/6/26	36.0	1781.0	Dataran Merdeka, KL
7/6/26	Rest Day in Kuala Lumpur		
8/6/26	34.0	1815.0	Hulu Yam
9/6/26	31.0	1848.0	Kalumpang, Hulu Selangor
10/6/26	33.0	1879.0	Slim River
11/6/26	36.0	1915.0	Bidor
12/6/26	Rest Day in Bidor		



Segment 9 (13/6/26 – 21/6/26)

Bidor– Penang 318.8 km

Date	Daily km	Accm Km	Ending Point for the day
Sat 13/6/26	35.0	1950.0	Kampar
Sun 14/6/26	35.0	1985.0	Ipoh
Mon 15/6/26	35.0	2020.0	Sungai Siput
Tue 16/6/26	33.0	2053.0	Padang Rengas
Wed 17/6/26	Rest Day in Padang Rengas		
Thu 18/6/26	35,0	2088.0	Simpang Empat
Fri 19/6/26	32.0	2120.0	Nibong Tebal
Sat 20/6/26	35.5	2155.5	Butterworth
Sun 21/6/26	78.3	2233.8	Penang

END OF RUN FOR GOLD

