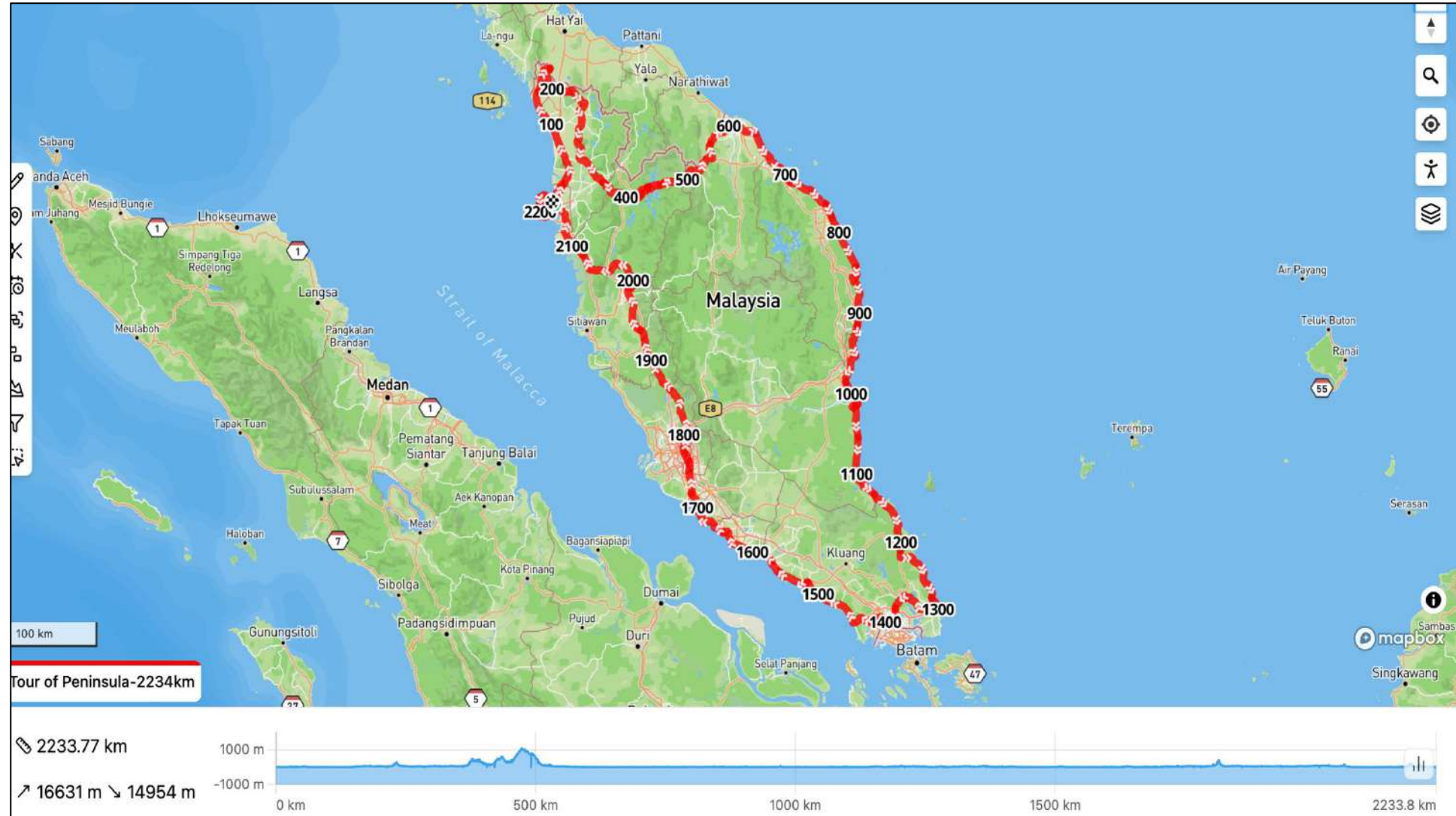


Run for Gold

by SG Lim in Mar- June 2026

A **2,234km**
Charity Run
Round Around
Peninsula
Malaysia in 84
days –
Mar-June 2026

Raising cancer
awareness and
fund for **National
Cancer Society
of Malaysia**



Run For Gold

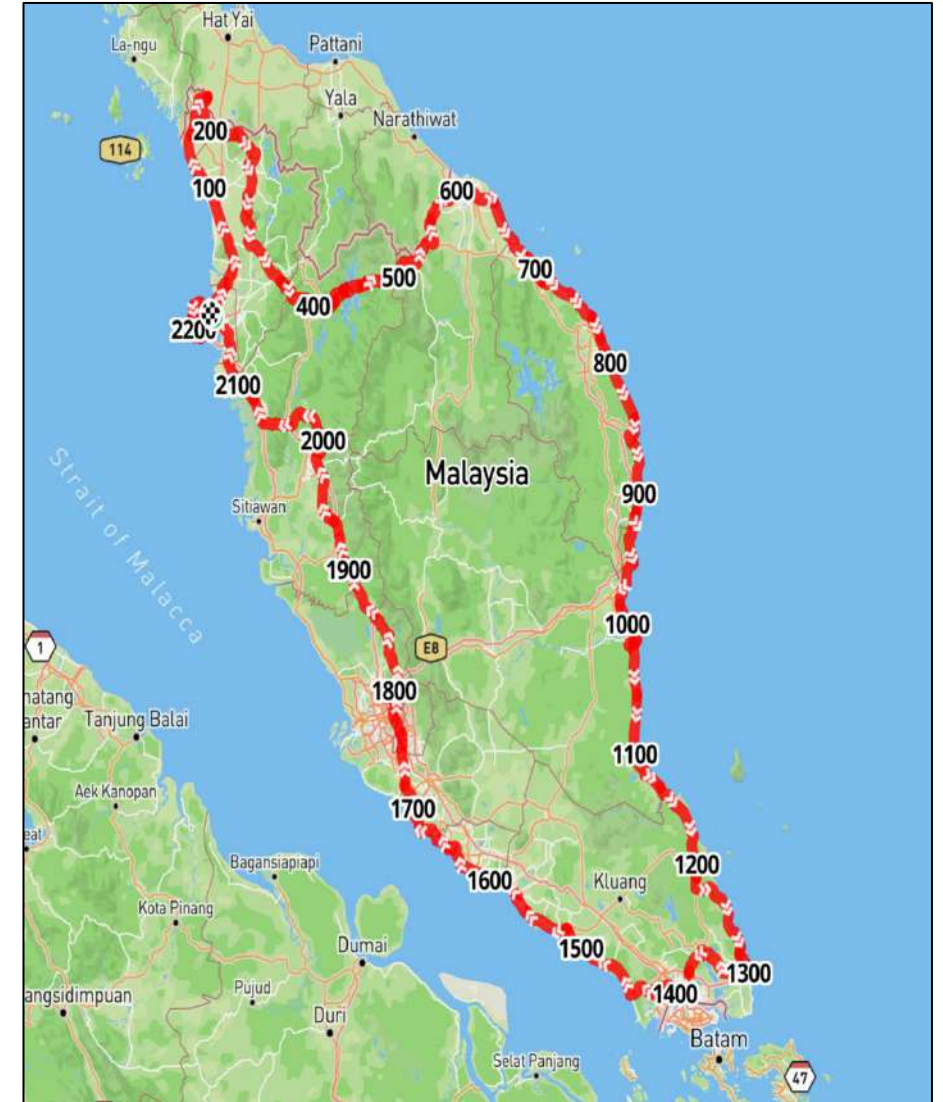
- 2234 km around Peninsula Malaysia in 80 days

Flag Off: Sat 28th Mar 2026 9:00am

At: [NCSM-MBPP Home of Hope](#)
8, Lebuhraya Rose
Pulau Pinang

The Route:

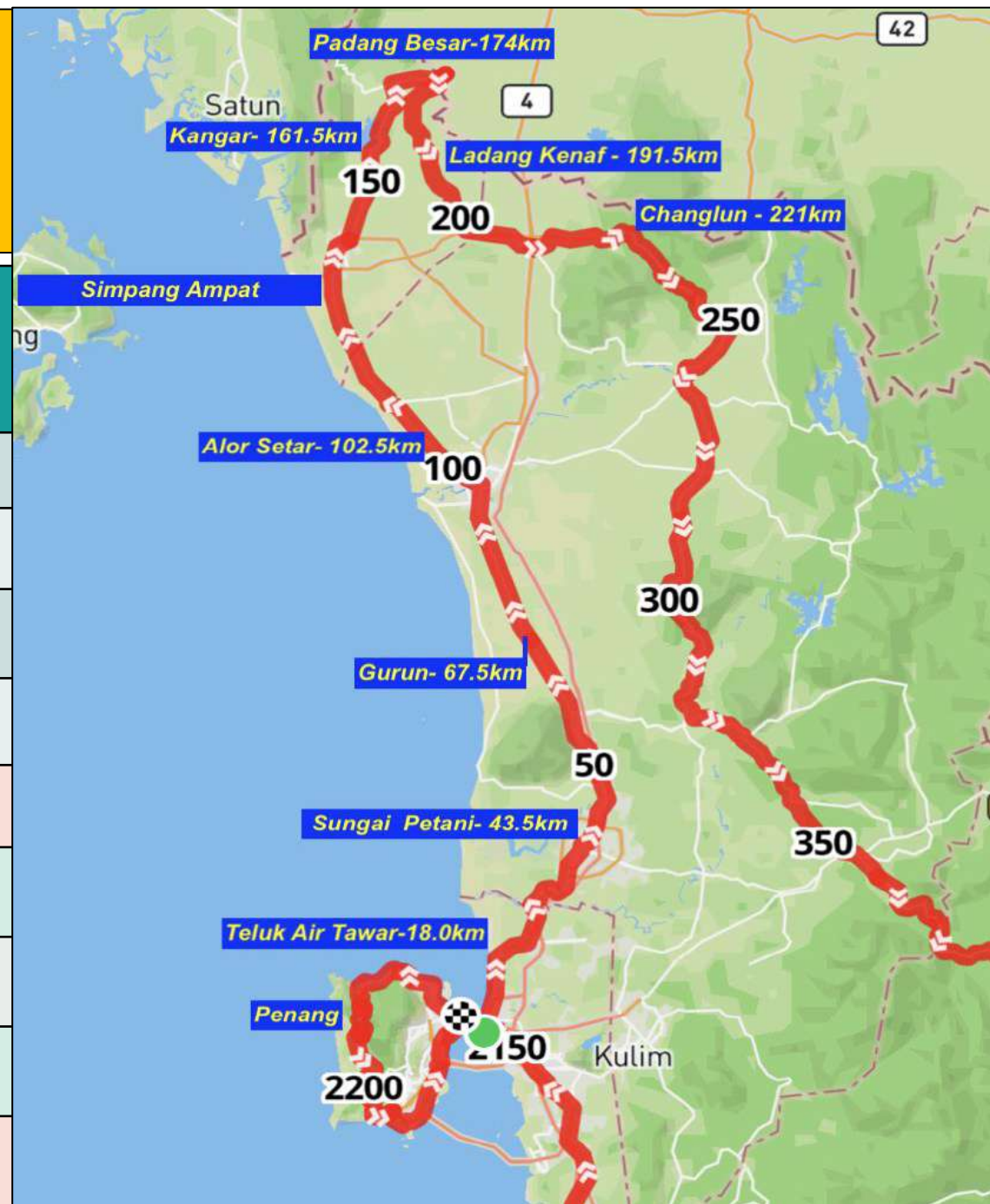
- 1). After crossing over to Butterworth on the ferry, SG will run to Padang Besar at the Thai border, passing through the Kedah and Perlis states before crossing over to the state of Kelantan via Gerik in Perak.
- 2). From Kota Bharu onwards, SG will run along the entire east coast of the Peninsula Malaysia to arrive in Johor Bahru at 0km 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 back at **NCSM-MBPP Home of Hope**



Segment 1 (28/3/26 – 5/4/26)

Penang to Changlun, Kedah – 191.5km

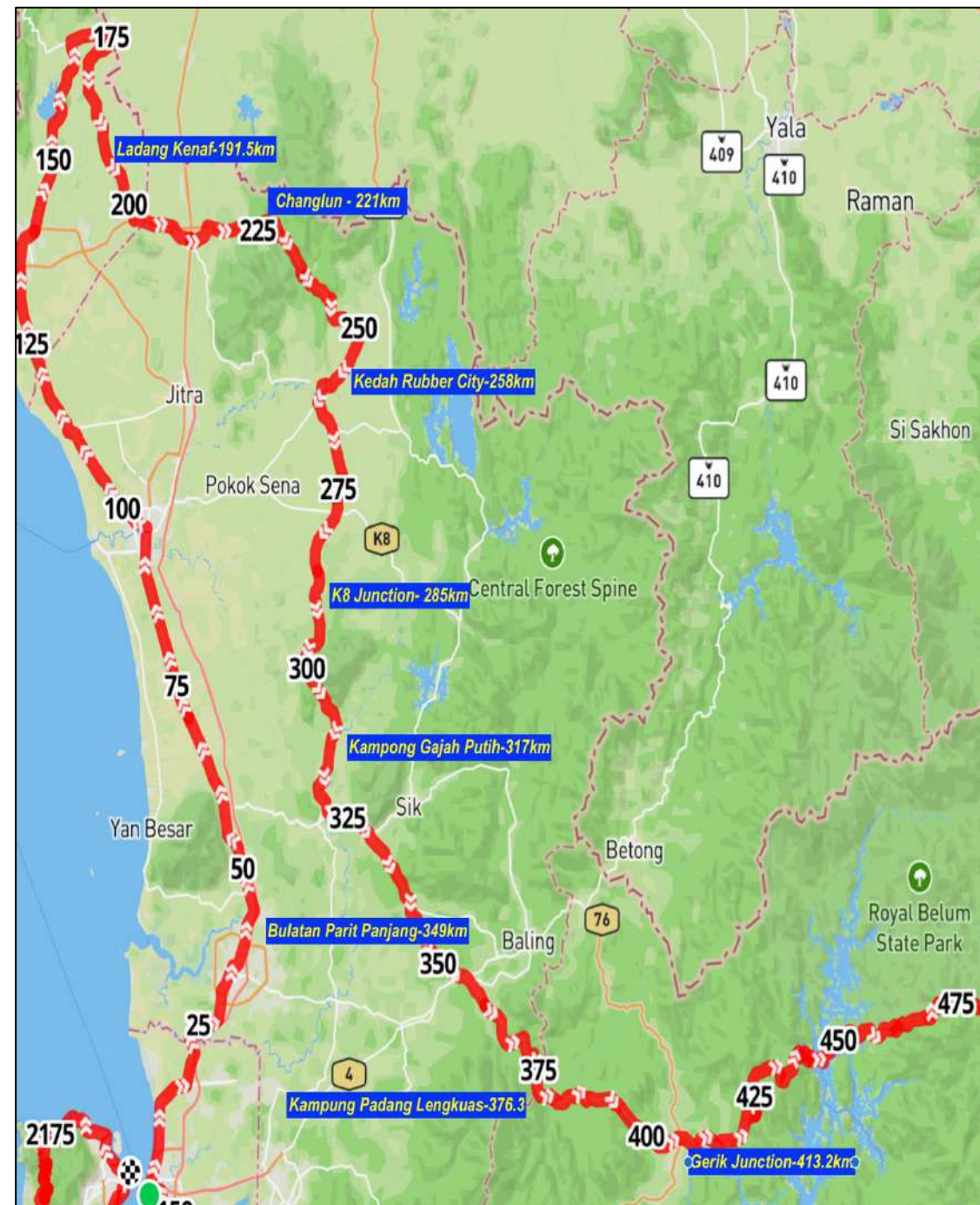
Date	Daily km	Accm Km	Ending Point for the Day
28/3/26 Sat	18.0	18.0	Teluk Air Tawar
29/3/26 Sun	25.5	43.5	Sungai Petani
30/3/26 Mon	24.0	67.5	Gurun
31/3/26 Tue	35.0	102.5	Alor Setar
1/4/26 Wed	Rest Day in Alor Setar, Kedah		
2/4/26 Thu	29.0	131.5	Simpang Empat
3/4/26 Fri	30.0	161.5	Kangar
4/4/26 Sat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



Segment 2 (6/4/26 – 14/4/26)

Changlun- Gerik, Perak – 221.7km

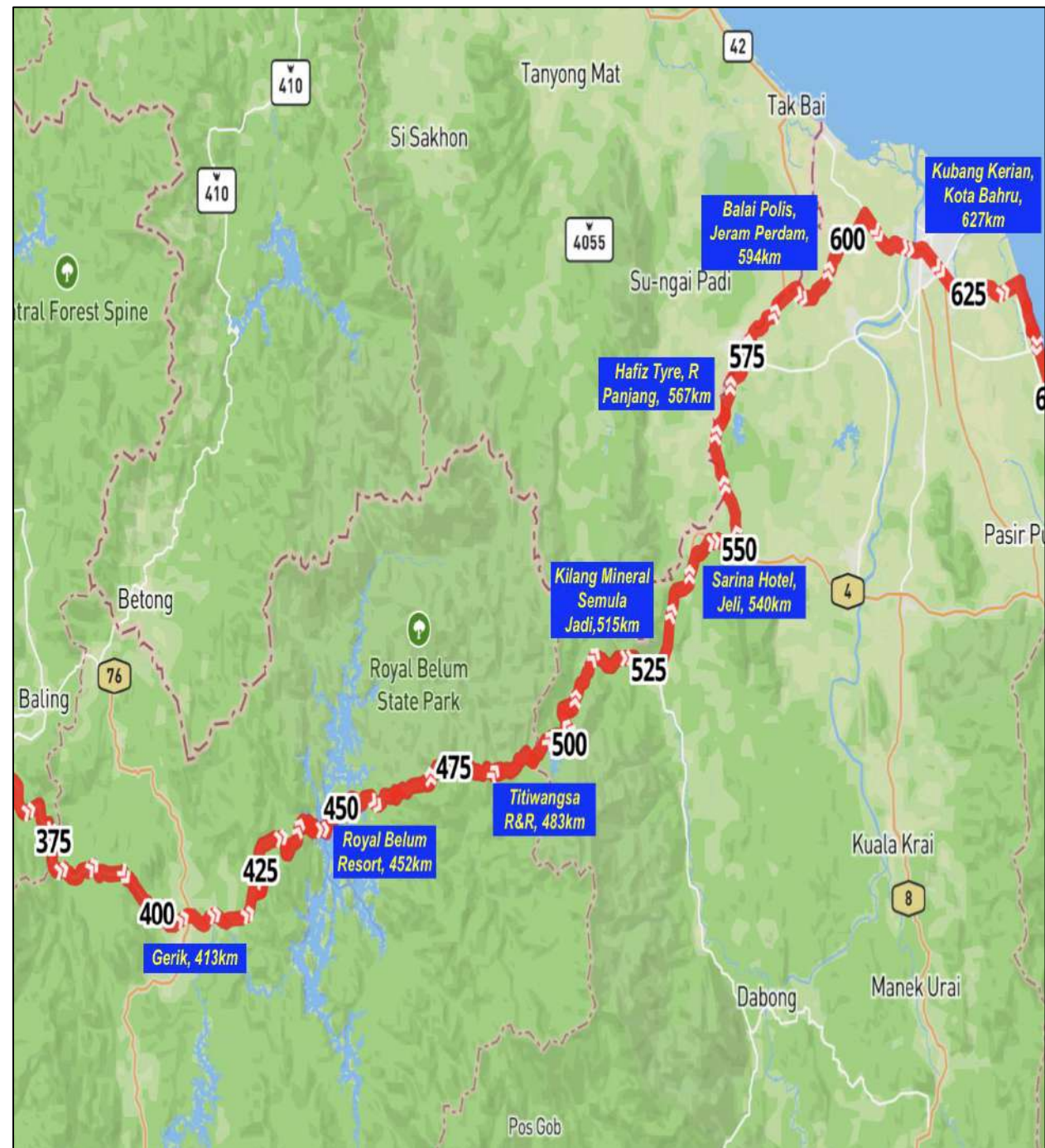
Date	Daily km	Accm Km	Ending Point for the Day
6/4/26 Mon	30.0	221.5	Changlun
7/4/26 Tue	36.5	258.0	Kedah Rubber City
8/4/26 Wed	27.0	285.0	K8 Junction
9/4/26 Thu	Rest Day in Kuala Nerang		
10/4/26 Fri	32.0	317.0	Kg Gajah Putih
11/4/26 Sat	32.0	349.0	Bultn Parit Panjang
12/4/26 Sun	27.3	376.3	Kg Pdng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



Segment 3 (15/4/26 – 23/4/26)

Gerik – Kota Bahru, Kelantan 214.1 km

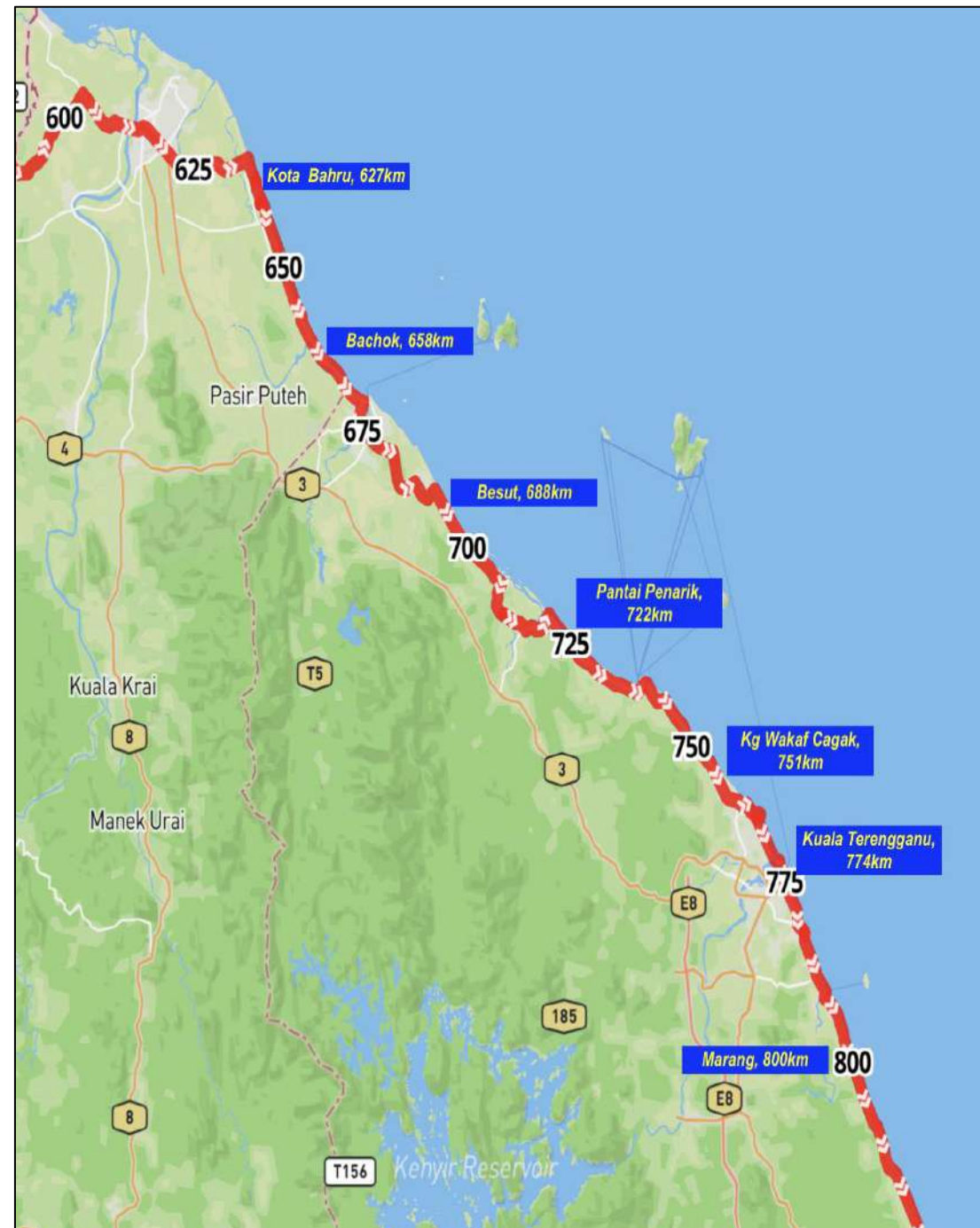
Date	Daily km	Accm Km	Ending Point for the Day
15/4/26 Wed	38.9	452.1	Royal Belum Resort
16/4/26 Thu	30.9	483.0	Titiwangsa R&R
17/4/26 Fri	31.5	514.5	Kilang Air Semula Jadi
18/4/26 Sat	26.0	540.5	Sarina Hotel, Jeli
19/4/26 Sun	Rest Day in Sarina Hotel, Jeli		
20/4/26 Mon	26,5	567.0	Hafiz Tyre, Rantau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



Segment 4 (24/4/26 – 1/5/26)

Kota Bahru – Marang, Terengganu 173 km

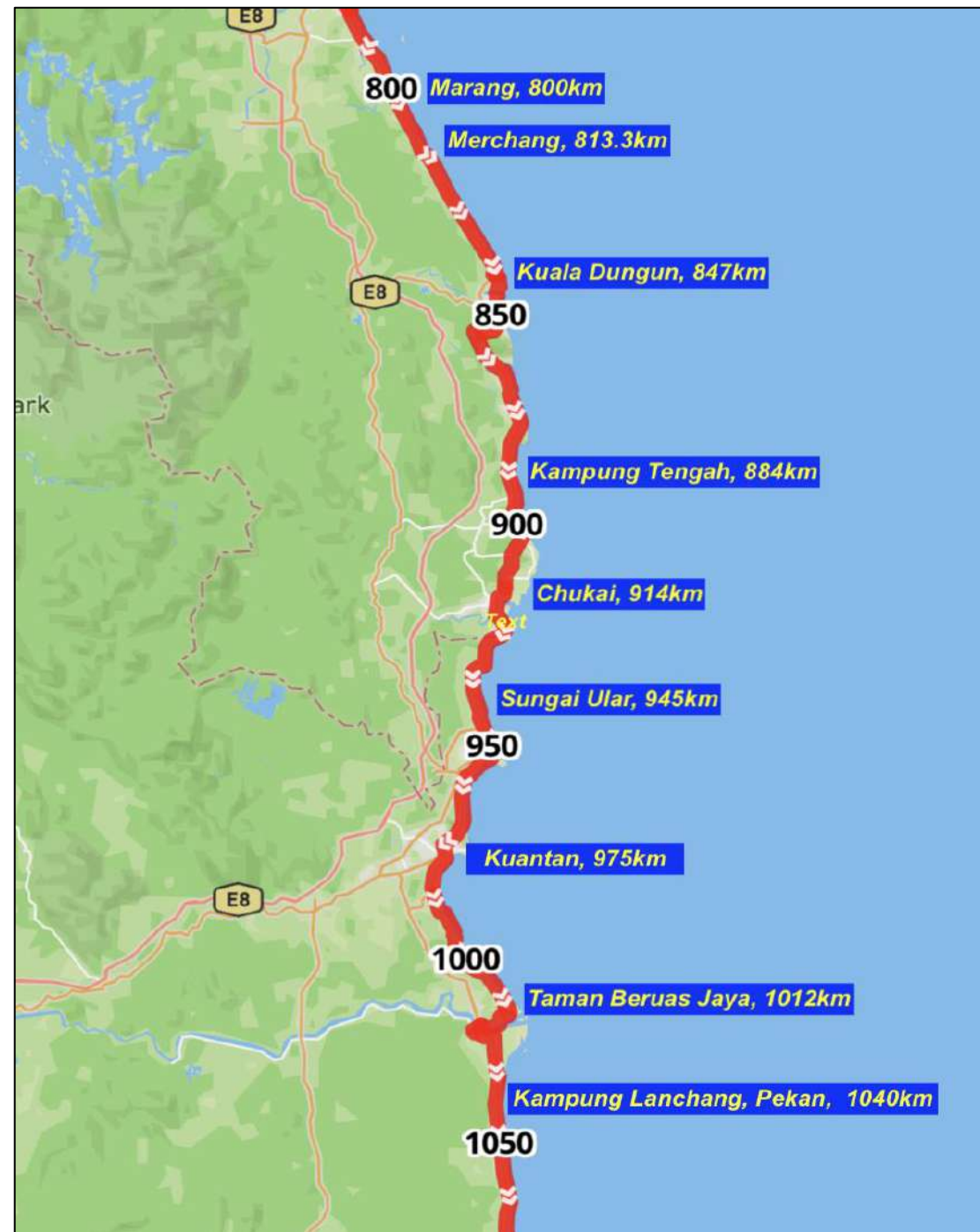
Date	Daily km	Accm Km	Ending Point for the Day
24/4/26 Fri	30.7	658.0	Bachok
25/4/26 Sat	30.0	688.0	Besut
26/4/26 Sun	34.0	722.0	Pantai Penarik
27/4/26 Mon	Rest Day in Pantai Penarik, Terengganu		
28/4/26 Tue	29.0	751.0	Kg Wakaf Cagak
29/4/26 Wed	23.0	774.0	K Terengganu (Tanjong Vista)
30/4/26 Thu	26.0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



Segment 5 (2/5/26 – 11/5/26)

Marang – Pekan, Pahang 240 km

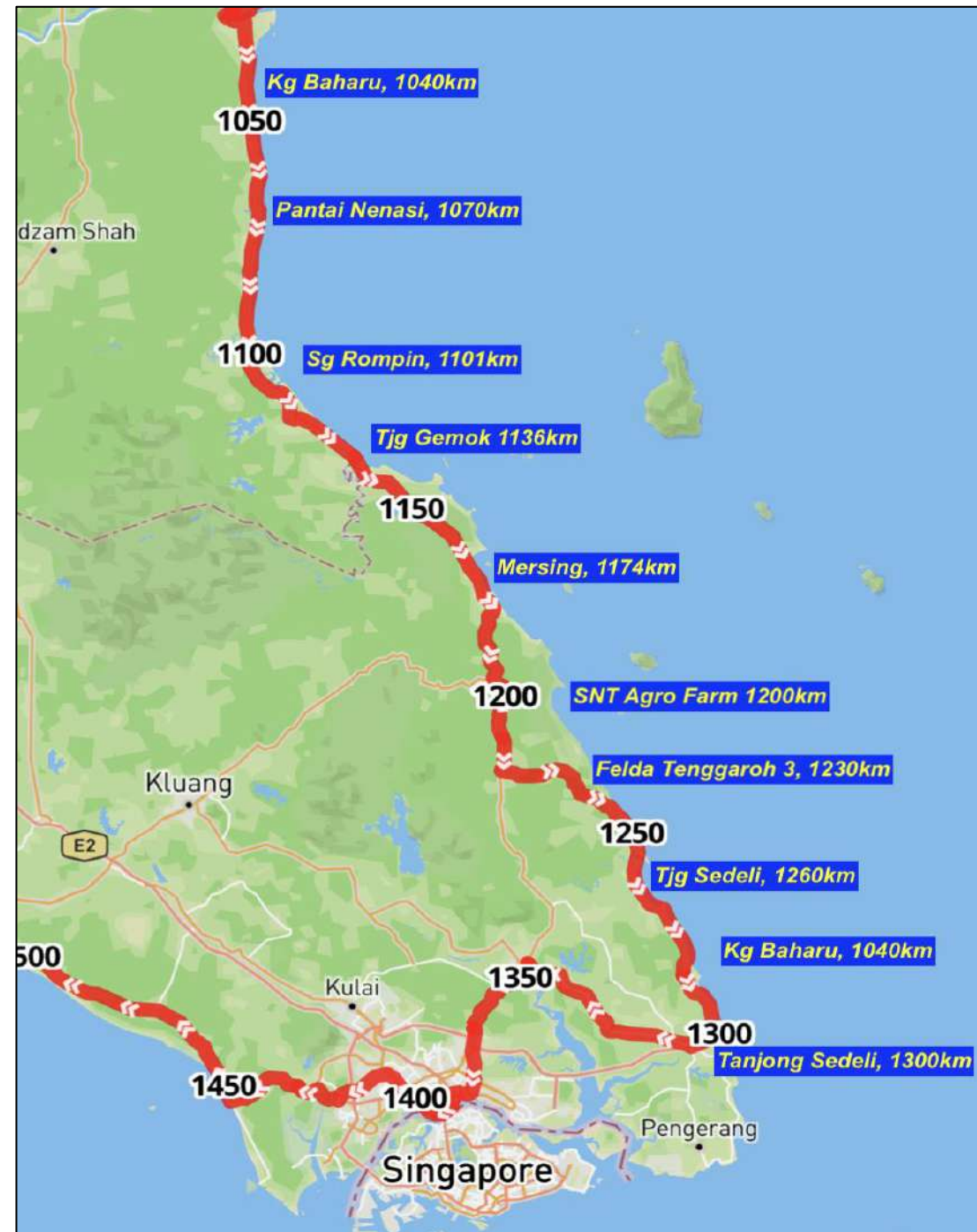
Date	Daily km	Accm Km	Ending Point For the Day
2/5/26 Sat	13.3	813.3	Merchang
3/5/26 Sun	33.7	847.0	Kuala Dungun
4/5/26 Mon	37.0	884.0	Kampung Tengah
5/5/26 Tue	30.0	914.0	Chukai
6/5/26 Wed	Rest Day in Bukit Kuang, Chukai, Terengganu		
7/5/26 Thu	31.0	945.0	Kg Sungai Ular, Pahang
8/5/26 Fri	30.0	975.0	Shell Petrostation, Kuantan
9/5/26 Sat	37.0	1012.0	Taman Beruas Jaya
10/5/26 Sun	28.0	1040.0	Kampung Lancang, Pekan



Segment 6 (12/5/26 – 21/5/26)

Pekan – Tanjung Sedeli, Johor 260 km

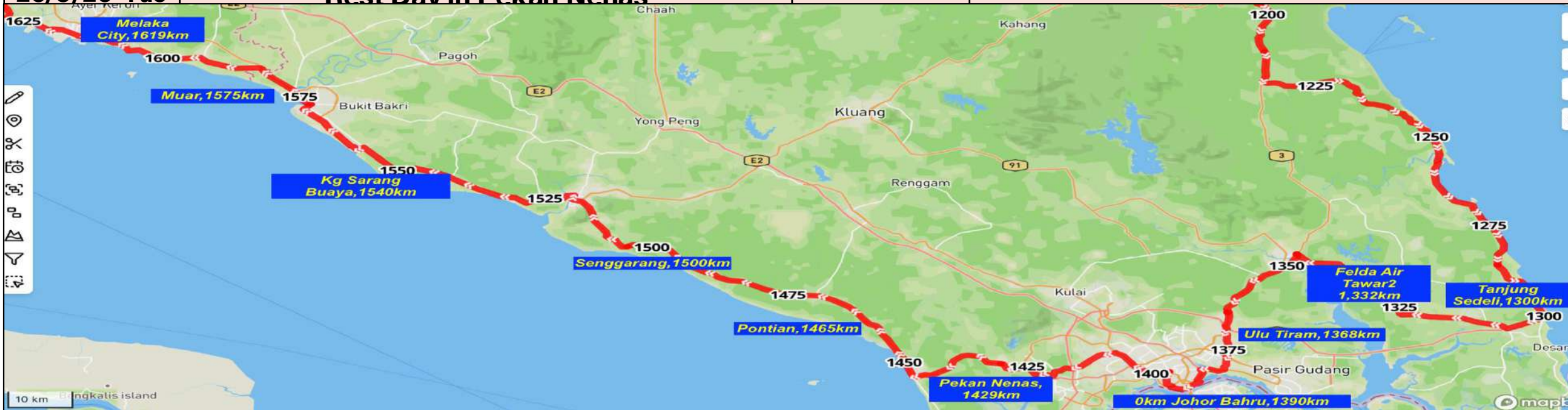
Date	Daily km	Accm Km	Ending Point For the Day
12/5/26 Tue	30.0	1,070	Pantai Nensai
13/5/26 Wed	31.0	1,101	Sungai Rompin
14/5/26 Thu	35.0	1,136	Tanjung Gemok
15/5/26 Fri	38.0	1,174	Mersing
16/5/26 Sat	Rest Day in Mersing, Merlin Inn		
17/5/26 Sun	30,0	1,204	SNT Agro Farm
18/5/26 Mon	30.0	1,234	Felda Tenggara 3
19/5/26 Tue	30.0	1,264	Tanjung Sedeli
20/5/26 Wed	36.0	1,300	Roundabout, Jln Desaru/Bayu Balau
21/5/26 Thu	Rest Day in Bayu Balau Beach Resort, Tanjung		



Segment 7 (22/5/26 – 1/6/26)

Tanjong Sedeli – Melaka City 319 km

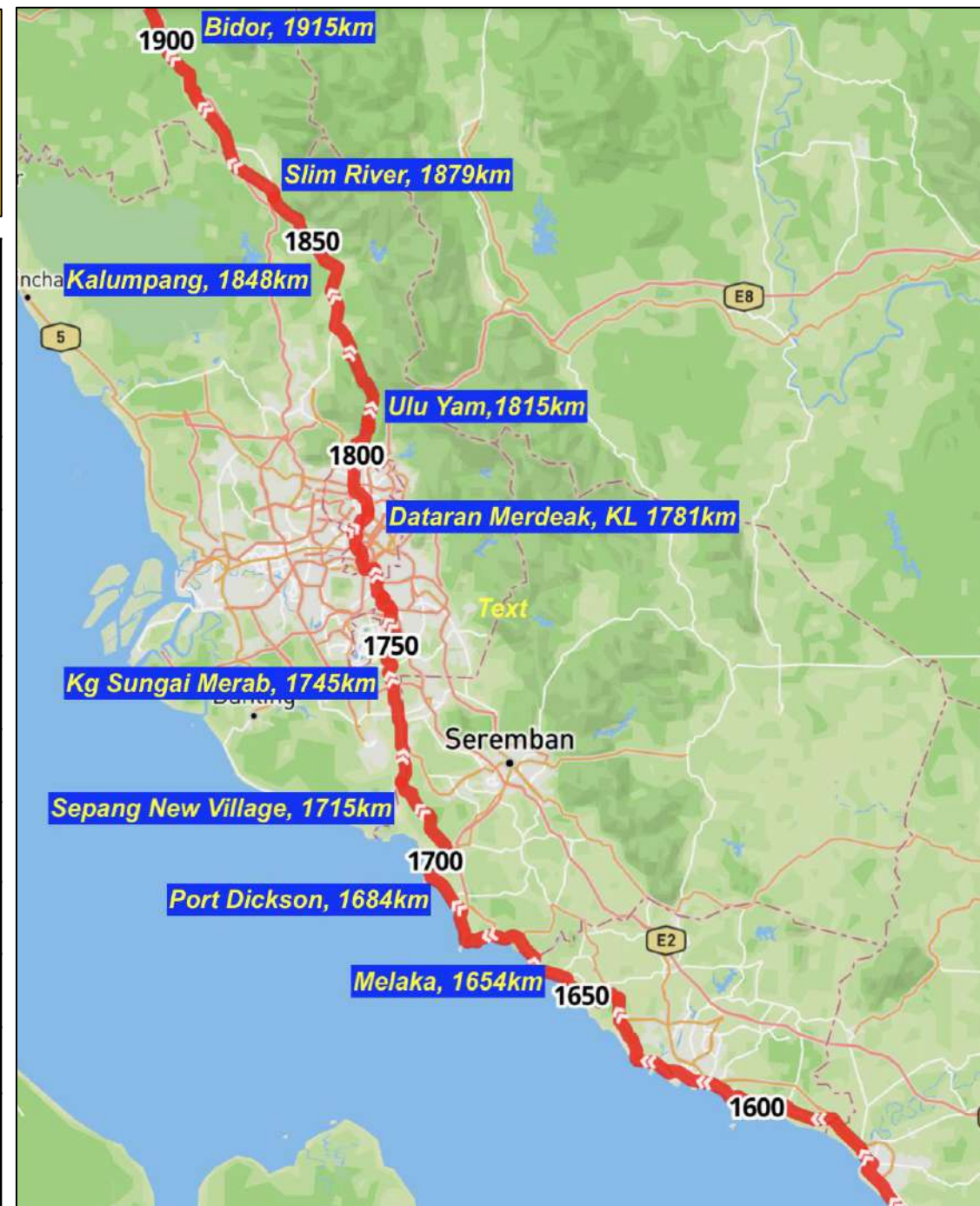
Date	Daily km	Accumulated Km	Ending Point For the Day	27/5/26 Wed	36,0	1,465	Pontian
22/5/26 Fri	32.0	1,332	Felda Air Tawar 2	28/5/26 Thu	35.0	1,500	Senggarang
23/5/26 Sat	36.0	1,368	Ulu Tiram	29/5/26 Fri	40.0	1,540	Kg Sarang Buaya
24/5/26 Sun	22.5	1,390	0 km, J Bahru	30/5/26 Sat	35.0	1,575	Muar
25/5/26 Mon	38.5	1,429	Pekan Nenas	31/5/26 Sun	44.0	1,619	Melaka City
26/5/26 Tue	Rest Day in Pekan Nenas			1/6/26 Mon	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 Tue	35.0	1,654	Kuala Sungai Baru
3/6/26 Wed	30.0	1,684	Port Dickson
4/6/26 Thu	31.0	1,715	Sepang New Village
5/6/26 Fri	30.0	1,745	Sungai Merab
6/6/26 Sat	36.0	1,781	Dataran Merdeka, KL
7/6/26 Sun	Rest and Activity Day in Kuala Lumpur		
8/6/26 Mon	34.0	1,815	Hulu Yam
9/6/26 Tue	31.0	1,848	Kalumpang, Hulu Selangor
10/6/26 Wed	33.0	1,879	Slim River
11/6/26 Thu	36.0	1,915	Bidor
12/6/26 Fri	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
13/6/26 Sat	35.0	1,950	Kampar
14/6/26 Sun	35.0	1,985	Ipoh
15/6/26 Mon	35.0	2,020	Sungai Siput
16/6/26 Tue	33.0	2,053	Padang Rengas
17/6/26 Wed	Rest Day in Padang Rengas		
18/6/26 Thu	35,0	2,088	Simpang Empat
19/6/26 Fri	32.0	2,120	Nibong Tebal
20/6/26 Sat	35.5	2,156	Butterworth
21/6/26 Sun	78.3	2,234	Penang

END OF RUN FOR GOLD

