

# AS IT WAS ON RUN 3781 AT SEMENYIH HIGHTECH 9<sup>TH</sup> MAY 2016

12.8km on my GPS, take off 1km for checking so 11.8km run with 480m of ascent. Therefore tough run.

Check 1 Into the Sunway semenyih running area

Check 2 circular

Check 3 forget

Check 4 in quarry. False trail only 250m to home trail

Check 5 on track to sungai penning penning. I checked forward 450m so added 1km to my distance.

Second hill a killer, turned the run into an endurance test.

Rob

