

Dark horse beats two-time winner in MPIB Run 2015

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KUALA LUMPUR: Rosnizam Rosli was the first in the Men's Open 12KM category to cross the finish line on Jan 11, 2015 at the Padang Merbuk. The Perlis native prevented two-time winner Venugopal Rajendran from continuing his reign in the annual community run of Multi-Purpose Insurans Bhd (MPIB).

This is the first time that Rosnizam joined an MPIB run. Nonetheless, the 26-year-old is no stranger to physical challenges, having received training in the army. He quipped: "I believe it has helped prepare me to cope with the race's hilly terrain."

Susan Khoo, the champion in the Women's Veteran 12KM category for 4 years running, has only one word to describe the route as "tiring". She admitted that age was certainly catching up with her, but that won't stop her from returning next year to defend her title. And she won't be returning alone as her daughter Kim Khoo clinched the first place in the Women's 9KM category.

The fastest runner for the 12KM category, however, was Jean Pierre Lautredoux, a French national who clocked in with a gun time a little over 40 minutes.

In total, there were 60 winners from the 6 competitive categories. Their prizes were sponsored by New Balance, Revive Isotonic, Pacific Regency Hotel Group, Pilatique, Pinang Medical Supplies and KT Tape. For the runners in the non-competitive 5KM category, a lucky draw ensured that 10 of them "run" away with freebies from Running Malaysia, Pinang Medical Supplies and KT Tape.

Not all participants joined the race in the spirit of competition. Some were in for the fun, like Rosaliza Mohd Sarit. Thoroughly enjoying MPIB Run 2014, Rosaliza was drawn back for her second year and found 2015 equally engaging. "I have also taken part in MPIB's My First Run Clinic programme, and I find it very useful for beginners like myself. This time I also brought along my son, he did very well at the 3KM Fun Walk!"

The atmosphere was positively carnival. There were booths offering food, drinks and games as music filled the morning air from start to finish. Selfie-takers were spoilt for choice by the available colourful selfie boards, photo wall and crowd-favourite photobooth.

Before the race, runners were treated to an aerobic session by Pilatique to warm themselves up. Pilatique also offered pre- and post-run sports massage at their booth. Ice-cream, Milo drinks and Fitness cereal drew a large gathering at the Nestlé's booth. Runners who needed some post-race replenishment opted for the thirst-quenching Revive Isotonic booth and the fresh Massimo rolls from their goodie bags.

MPIB Run 2015 was the fourth city run organised by the general insurer. Project leader Jayne Liew remarks, "The number of participants for our runs consistently exceeds our cap of 5,000, which we find encouraging. The public response only motivates us to work harder at making them more enjoyable for our supporters. We are already considering tweaking a few elements for next year's run, slated for Jan 10, 2016."

The charitable initiative called Project Good Deeds that complements MPIB Run 2015 successfully collected 207 pairs of sports/running shoes and around 1,282 tee shirts for the orang asli community. The generous contributions from MPIB Run 2015's participants will benefit four orang asli settlements in Pahang and Selangor.