

Community run

The recent Multi-Purpose Insurans Bhd (MPIB) Run saw 60 winners in six competitive categories including Rosnizam Rosli (first, Men's Open 12km category), Susan Khoo (champion, Women's Veteran 12km category) and Khoo's daughter Kim Khoo (first, 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 of a little over 40 minutes.

MPIB Run 2015 is the fourth city run organised by the general insurer. Project leader Jayne Liew said: "The number of participants for our runs consistently exceeds our cap of 5,000, which we find encouraging. The response motivates us to work harder at making the event more enjoyable."

Before the race, runners were

treated to a warm-up aerobic session by Pilatique which also offered pre- and post-run sports massage at its booth.

The charitable initiative called Project Good Deeds that complemented MPIB Run 2015, collected 207 pairs of sports/running shoes and 1,282 T-shirts to benefit four Orang Asli settlements in Pahang and Selangor.