

THE Multi-Purpose Insurans Bhd (MPIB) Run 2014 was held recently in Padang Merbuk, Kuala Lumpur with more than 5,000 runners and their family members joining the first Sunday community run of 2014.

It was certainly a healthy start to the year as the event, back for the third year, started with a "Healthy Lifestyle-Work Life Balance" resolution by warming up to a vigorous aerobic session conducted by the Pilatque instructors.

Many arrived as early as 5am to get a good spot in front of the stage to follow every step of the instructors. It was also an opportunity for runners to donate their running or sports shoes to the orang asli community.

Since the launch of "Project Good Deed Shoes 2014", 195 pairs of shoes were collected before the event. On the day of the run, another 54 pairs were collected and in total, the collection amounted to 249 pairs.

There were many familiar as well as new faces claiming the winners' title for the various categories. It was indeed an encouraging response from the community, seeing an increase in participation of the event from previous years.

The 12km Men's category was the first to be flagged off followed by the other categories. There was also a 3km Fun Walk category for those who preferred brisk walking and many family members and friends of runners registered to join in the fun.

Business associates of MPIB and the main and co-sponsors of the event also took part.

A total of 30 participants were students from Sunway University, Taylor's University and Tunku Abdul Rahman University College who were selected beneficiaries of Alliance Bank Malaysia Berhad and New Balance, which donated running gear, attire and shoes.

Eighty top runners from the eight competitive categories walked away with prizes sponsored by New Balance, Revive Isotonic and the top three runners won Pilatque private classes and one month of Pilatque unlimited group mat classes.

Carnival time at Padang Merbuk

Participants and their families turn out in droves for annual run



Organising committee chairman Jayne Liew said: "We would like to thank all runners, main sponsors, co-sponsors, the organising committee, volunteers and all those involved in this event for making it a success and congratulations to all winners from the eight categories."

"We would also like to express our gratitude to all donors of running shoes for taking the trouble and for their generosity. We look forward to their participation in the next event next year."



- 1 The winners of the different categories celebrating their win.
- 2 Runners all charged up at the start of the race.
- 3 The winners of the fancy dress competition with their prizes.