



PRESS RELEASE

FOR IMMEDIATE RELEASE

Let's Start Running Now

*Multi-Purpose Insurans 2015 Run begins Run Clinics to prepare
new and interested runners for the 4th January 2015 Race*

Kuala Lumpur, 8 October 2014 – the Multi-Purpose Insurans Run (MPIB Run), a community run event will be starting the 1st session of 2 months long of Running Clinics next Saturday, 18th October 2014 with a talk on “Basic Fitness – Running as a sustainable healthy recreational activity for all / Running Shoes & Feet Types - the right fit”

The Clinics, a 2-month programme aptly named “My First Run Clinic” are for new and interested runners keen to take up running as a keep fit activity. Seasoned runners are welcomed to join at the Padang Merbuk Car Park, Jalan Parlimen to train in preparation for the Race on 4th January 2015.

The concept of My First Run Clinic is to help individuals who are now not running to take up running as a sustainable healthy recreational activity. Runners Malaysia will be conducting the 2 months programme commencing on 18th October and ending with a fellowship and trial run on 20 December 2014. All the Clinics will be held on Saturday at 7:30 a.m. and on certain Saturdays after the run, invited speakers and among them, Mr. Mark Williams, Standard Chartered KL Marathon Official Running Coach will share running tips, strength training, running gait, correct running shoes, fitness & performance.

The theme, “Healthy Lifestyle – Work Life Balance” has been adopted and maintained to continue to encourage runners to kick start the new year with living a healthy lifestyle as their new year resolution.





MPIB is expecting 5,000 runners for this 4th run which will again be held at the Padang Merbuk with 6 competitive categories i.e. 3 categories each for the 12KM and 9KM; a stretched distance from 8KM in the previous Run. There will be 2 Fun Run categories of 5KM and a 3 KM walk is being planned for the Runners' family members who wish to join in.

MPIB Run 2015 is supported by New Balance, Revive Isotonic as Official Apparel and Official Isotonic respectively together with a Running Malaysia as Media Partner (Magazine), Pacific Regency Hotel as Hotel Partner and a host of sponsors, partners and supporters.

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Note to Editors:

For more information on the MPIB Run 2014, please refer to:
<http://www.mpibrun.com.my/> and <http://www.facebook.com/MPIBRun>.

About Multi-Purpose Insurans Bhd

Multi-Purpose Insurans Bhd (MPIB), is a wholly-owned subsidiary of Multi-Purpose Capital Holdings Bhd, which in turn is a wholly-owned subsidiary of MPHB Capital Berhad ("MPHB Capital"), a public listed company. MPHB Capital was incorporated in 2012 and listed on the Bursa Malaysia Securities Berhad on 28 June 2013.

MPIB is licensed by Bank Negara Malaysia under the Insurance Act 1996. Our core business is underwriting of general insurance business offering innovative insurance products and services which can be customized to the specified needs of our individual and corporate clients. Established locally in 1973, MPIB has more than 40 years' of experience in serving commercial, institutional and individual customers from across Malaysia.

About MPIB Run

Back for the 4th year, the MPIB Run 2015 kicks start the Malaysian running calendar on the 1st Sunday of the year and for 2015, it is scheduled to take place on 4 January 2015. This community run will host 5,000 participants at the Padang Merbuk, Jalan Parlimen.

MPIB is proud to position itself as the pioneer general insurer in organising a community based public run in Malaysia in 2012. The inaugural event successfully gathered 3,750 runners and for the 2nd and 3rd year in 2013 and 2014 respectively, 5,000 runners participated; an increase of 33% from 2012 inaugural run. MPIB hopes this is reflective of a growing community adopting a healthy lifestyle and, hence, the event is themed "Healthy Lifestyle – Work Life Balance", aiming to suit to the community from all walks of life.

During the weeks leading up to the Run on 4 January 2015, MPIB have scheduled 8 "My First Run Clinics" for new and interested runners taking baby steps to the world of running. The clinic also includes health and fitness related talks to furnish runners with fitness knowledge and to prepare them for the Run on Sunday, 4 January 2015.

