

# Ready for the challenge

UPNM aim to continue  
domination in duathlon meet



**Leading the series:** Lim Shimri of UPNM emerged the overall champion in the men's university contest of the Malakoff University Duathlon Series last year.

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**F**RONTRUNNERS Universiti Pertahanan Nasional Malaysia (UPNM) are aiming to extend their domination in the seventh Malakoff University Duathlon Series.

They are hoping to get off to a good start to retain both the top and best university trophies when they host the opening leg of this season's championships at their campus on May 11.

After stamping their mark on five previous occasions, UPNM extreme sports co-ordinator Mohd Hilmi Jalil said they were well prepared, including taking advantage of their homeground knowledge for the upcoming leg to be decided over a 3km run followed by 13.8km cycle before the final segment of the 3km run.

"We want to continue our proud tradition as the leaders in the series. Over the years, we have set a benchmark for other contenders to form formidable line-up in the tussle for supremacy.

"We are confident of repeating our outstanding performances based on the athletes' dedication in following the regular training programme," he added.

The tertiary education side fielding the most entries will claim the Top University trophy while the best performing university will lift the Best University trophy.

Last year, rookie Lim Shimri of UPNM dominated the competition, winning all three legs to emerge as the overall champion of the men's university contest.

Among the four other individual categories are women's university, women's open, men's open and media.

Participants forming a team with either two or three members will feature in the mixed and men's relays.

More than 700 participants joined the action in the previous season.

The hosts are hopeful to attract an increased participation with 900 competitors in the fray this year.

Malakoff chief executive officer Zainal Abidin Jalil said the shorter distances in the series served as a stepping stone for the beginners to gauge their strength before the aspiring duathletes go on to tackle the more challenging courses in the Powerman Championships.

"We have been designing less demanding courses to encourage them to discover the thrill of competing in the endurance event comprising two disciplines," he added.

The two subsequent competitions of the series are scheduled at Universiti Malaya and Universiti Putra Malaysia on May 18 and June 1 respectively.

For details, visit [www.duathlonseries.com.my](http://www.duathlonseries.com.my)