

RESULTS

SECOND LEG

> WOMEN'S UNIVERSITY

1. Irene Chong See Win (Universiti Malaya) 1'00:45
2. Teh Yong Le (Kelab Sukan Lasak UPNM) 1'09:57
3. Nadiah Mohd Sukarno (IIUM X-TEAM) 1'21:27

OPEN

1. Tam Mei Teng 1'03:51
2. Liyana Kamaruzaman 1'07:20
3. Hannah Kamaruzaman 1'07:24

> MEN'S UNIVERSITY

1. Lim Shimri (Kelab Sukan Lasak UPNM) 49:55
2. Jason Loh Chwan Chyin (Multimedia University) 49:56
3. Samsu Rudi (UPSI) 52:05

OPEN

1. Rikigoro Shinozuka (MET) 48:58
2. Mohamad Allie Helmi (Team First Endurance) 49:39
3. Muhammad Tareef Azfar Zakaria (Tri-Amateur Group) 50:44

RELAY

1. UM Running Club (Muhamad Hifzhudin Noor Aziz, Fariz Atraz Fauzi, Azwan Bunjing) 46:26
2. UPNM 1 (Muhammad Farris Syaza Zamri, Muhammad Khawarizmi Abd Shukor, Mohamad Suhaima Shukor) 48:48
3. Majlis Perdandaran Klang (Daanesh Manimaran, Izwan Md Sumairi, Vigneswaran) 49:35

> MIXED RELAY

1. UPNM 4 (Nurul Athirah Mahadi, Afif Ariffin, Mohd Ikram Hakim Mohd Fisol) 52:40
2. UPNM 6 (Nuraina Ayuni Ahmad, Muhammad Adam Jalil, Iqbal Aqil Mohd Fadzludin) 53:31
3. IIUM X-Team 1 (Siti Nur Amirah Kamaruddin, Muhammad Irfan Shathiran, Muhammad Afizul Faiz Mat Saad) 54:10

THIRD LEG

> WOMEN'S UNIVERSITY

1. Irene Chong See Win (Universiti Malaya) 49:59
2. Teh Yong Le (Kelab Sukan Lasak UPNM) 52:52
3. Fatin Nur Ain Ramli (IIUM X-Team) 58:20

OPEN

1. Tamika Baynes (AISM, Australia) 53:49
2. Liyaña Kamaruzaman 59:16
3. Seah Bee Lian 59:16

> MEN'S UNIVERSITY

1. Lim Shimri (Kelab Sukan Lasak UPNM) 41:59
2. Muhammad Tarmizulfika Ismail, Kelab Sukan Lasak UPNM) 42:15
3. Jason Loh Chwan Chyin (Multimedia University) 42:22

OPEN

1. Mohamad Allie Helmi (Team First Endurance) 42:17
2. Muhamad Hafiz Feroz (MET) 43:03
3. Saiful Khohar Abdul Halim (Persatuan Sukan Lasak TLDM) 43:52

RELAY

1. UM Running Club (Muhamad Hifzhudin Noor Aziz, Fariz Atraz Fauzi, Azwan Bunjing) 39:21
2. IIUM X-TEAM 1 (Muhammad Afizul Faiz Mat Saad, Muhammad Irfan Shathiran) 40:00
3. UiTM Runner's Club 1 (Mohd Azlan Saunin, Nor Izwan Ibrahim) 41:00

> MIXED RELAY

1. UPNM A (Muhammad Adha Satar, Muhammad Khawarizmi Shukor, Nor Khalilah Abu Khalil) 44:18
2. UPNM 5 (Nor Asmidar Zulkfli, Aizul Fahmi Jamaludin, Nadzrin Asraf Hassan) 44:26
3. Super UPSI Riders C (Shu Seo Cheng, Rafli Sum, Samsu Rudi) 44:38

Scratch trio emerge champions

UPNM A win mixed relay category in duathlon

By **TAN KARR WEI**

karrwei@thestar.com.my

EVEN though they have never joined a competition as a team, the Universiti Pertahanan Nasional Malaysia (UPNM) A trio emerged champion in the mixed relay category of the Malakoff University Duathlon Series.

Muhammad Khawarizmi Abd Shukor, Muhammad Adha Satar and Nor Khalilah Abu Khalil, finished ahead of their fellow students from UPNM 5 and Super UPSI Riders C.

Muhammad Adha and Khalilah had participated in the first leg of the series in the individual categories.

"Even though we have been training together, it's the first time that we participated as a team. We are glad that our consistent training has paid off," said Adha.

Even though we have been training together, it's the first time that we participated as a team.

— MUHAMMAD ADHA SATAR

Khawarizmi, who did the cycling portion of the race, said he and Adha ran together with Khalilah during the last portion of the race.

"We wanted to support her and also to cross the finishing line as a team," said Khawarizmi.



Well-prepared: (From left) Muhammad Khawarizmi, Nor Khalilah and Muhammad Adha came in tops in the Mixed Relay category

Khalilah said running with her teammates gave her motivation to keep up her pace.

"I participated in the Brooks half marathon in March so that prepared me for this competition," she said.

Khawarizmi also participated in the Kenyir Lake International Triathlon, taking on the cycling portion in the relay team.

"That race was an eye-opener

with so many experienced triathletes participating so I was mentally prepared for this competition," he said.

The mixed relay team was closely contested, with the UPNM A team finishing just eight seconds ahead of UPNM 5 (44:26) and the Super UPSI Riders C coming in close at 44:38 to finish third.



Family affair: The Open category also saw the participation of families. (From left) Damian Baynes and his children Henry and Tamika and Kiana from Australia.

Tough ride: The 13km cycling route around Universiti Putra Malaysia, Serdang is not an easy one because of some uphill roads.