



Dynamic duo: Irene (second left) and Shimri (third left) at the prize-giving ceremony where they were crowned Duathlete of the Year in the Women's University and Men's University categories with both winning all three legs of the series. With them are Zainal Abidin (right) and Malakoff corporate affairs and communications head Yusop Rashid.



Strong contenders: UPM's Shimri (centre) starting off the 3km run with Multimedia University's Jason Loh (right) in hot pursuit.

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A class above the rest

Shimri and Irene make clean sweep of Malakoff duathlon series

DESPITE being bugged by the flu, Universiti Malaya's (UM) Irene Chong See Win won the third leg of the Malakoff University Duathlon Series at Universiti Putra Malaysia in Serdang over the weekend.

The win saw Irene making a clean sweep of all three legs of the series.

Coming in at 41:59, Irene was almost three minutes ahead of second-placed Teh Yong Le from Kelab Sukan Lasak Universiti Pertahanan Nasional Malaysia (UPNM) in the Women's University category.

"I woke up the day before with a bad flu and a backache so I just took it easy with a morning swim and let my body rest after that.

"My lungs felt heavy during the first run so I slowed my pace and it gradually got easier to

breathe. I felt stronger during the last run so I picked up my pace," said the 24-year-old sport science management student.

The third leg of the series involved a 3km run, 13km cycle and a final 3km sprint to the finishing line around the UPM campus.

UPNM's Lim Shimri also chalked up his third win in the Men's University category with a time of 41:59.

After finishing just one second ahead of Multimedia University's Jason Loh in the second leg on May 18, the 21-year-old Shimri upped his training before the third leg.





Uphill task: The third leg of the series involved a 13km cycle around the undulating grounds of Universiti Putra Malaysia, Serdang.

"I trained every day and concentrated on break training, where I would do bouts of cycling and short, hard sprints," said the second-year medical student who hails from Malacca.

His extra effort paid off and he finished the race ahead of Jason, who only managed a third placing (42:22) behind Muhammad Tarmizi-zulfika Ismail of UPNM who clocked 42:15.

With their wins in all three legs, Shimri and Irene were crowned the Men and Women University Duathlete of the Year.

The top five participants who finished each leg were awarded 400, 360, 330, 310 or 300 points in accordance with their finishing positions and both of them accumulated the

maximum 1,200 points.

UPNM also bagged a double honour for having the most number of students participating and also having the best results for each leg in the Top University and Best University awards.

Shimri, who received the award on behalf of UPNM, said it was satisfying to win the trophies for the second year in a row.

"Our intense training and hard work have been rewarded and it is definitely a motivation for us to go all out next year," he said.

Malakoff chief executive officer Zainal Abidin Jalil said the duathlon series was first organised in 2003 with 312 participants and have gained popularity over the years with more than 900 joining this year.