The first event of the 29th SEAGames was the 42km marathon event, held at the mainstadium of Tampines. Also happening on the same day was a friendly competition by the Malaysia Organising Committee KL, which saw 15,000 runners give their best to the cause to raise funds during the SEAGames event.

On the second day, the 41km marathon was held at the Tampines International Stadium. Mohd Jumabu from Malaysia brought the country the country its first gold in the SEAGames marathon event.

Also happening on the same day was the 10,000m event. Thirty-nine athletes from 14 countries entered the competition, which was won by Bukit Mertajam’s Muhd Zaidatul Husniah. A young athlete with a promising future, Zaidatul Husniah won the gold medal in a time of 33:25.21.

In the women’s marathon, Filipina Mary Jay Tolentino of the Philippines made a valiant attempt to challenge Mary Joy and Nguyen Ngoc Huyen but was unable to match their pace. The pair of athletes from Vietnam won the gold and silver medals respectively.

The three-day event saw a total of 114 athletes participating in the four road races. With just 10 minutes to spare, Mohd Jumabu won the silver medal in Malaysia’s first SEAGames road race in the 5,000m.

On the third day of the track and field events, the 400m hurdles event was held. The competition was won by Vietnamese Pham Quang Le of Vietnam. The 30-year-old athlete from Da Nang won the gold in a time of 49.46.

The following day, I watched Elena Goh from Malaysia winning the gold in the marathon event, finishing first in 2:29:27. She was followed by Vietnamese Doan Thi Van, who took silver in 2:31:20.

Also happening on the same day was the 4 x 100m relay event. The Malaysia team won the gold medal with a time of 39.21.

On the final day of the athletics event, we witnessed three fantastic events in the SEAGames. The 100m, 200m, and 400m were held on the same day. We also had the privilege of watching the 4 x 400m relay event, which was won by Malaysia in a time of 3:28.49.

The following day, I watched Elena Goh from Malaysia winning the gold in the marathon event, finishing first in 2:29:27. She was followed by Vietnamese Doan Thi Van, who took silver in 2:31:20.

Also happening on the same day was the 4 x 100m relay event. The Malaysia team won the gold medal with a time of 39.21.

On the final day of the athletics event, we witnessed three fantastic events in the SEAGames. The 100m, 200m, and 400m were held on the same day. We also had the privilege of watching the 4 x 400m relay event, which was won by Malaysia in a time of 3:28.49.