Shim- ply stunning

UPNM student retains men’s university category in first leg of Duathlon Series

By JAROD LIM

Defending champion Lim Shimri of Universiti Pertahanan Nasional Malaysia (UPNM) won in the Men’s University category in the first leg of the annual Malakoff University Duathlon Series (MUDS).

Completing the run-bike-run challenge in 47:35min, Lim came in wide with first runner-up Muhammad Tarmizzuli Ismail from UPNM Extreme Sports Club trailing behind 48:15 followed by Firdaus Abdul Razak of Universiti Teknologi Malaysia who clocked 53:45.

Lim said he felt the pressure of having the competition held on his home ground as much was expected of him.

“I felt tremendous pressure but nonetheless relieved and delighted that I have made it through the first leg of the competition,” he said, adding that he wished to continue his winning streak.

Lim was also crowned the Powerbar University Duathlete of the Year (Men’s) title after his hat-trick win in the entire series last year.

For the Women’s University category, Irene Chong See Win from Universiti Malaya reached the finishing line first, followed by first runner-up UPNM Extreme Sports Club member Teh Yong Le and second runner-up Nor Khalilah Abu Khalil.

Chong, who was participating for the third time in the MUDS, said she still needed to improve in certain areas to triumph in the following twolegs.

“I am very pleased with my performance and I am delighted that I have won.

“This has been a perfect start to the series and I am optimistic that I will be able to maintain my competitiveness in the subsequent races,” she said.

Currently in its seventh year, over 350 participants took part in the tri-legged 3km run followed by 13.8km on the bicycle and a 3km sprint to the finishing line.

Among other individual categories are women’s open, men’s open and media.

Participants in teams of two or three members, took part in the mixed and men’s relay events.

UPNM teams also dominated the mixed relay category, with UPNM 4 emerging as the champion followed by UPNM 7 and UPNM 6 respectively.

The next competition will be held in Universiti Putra Malaysia on June 1.

RESULTS

Men’s University
1. Lim Shimri (Kelab Sukan Lasak UPNM Malaysia) 47:35
2. Muhammad Tarmizzuli Ismail (Kelab Sukan Lasak UPNM) 48:15
3. Firdaus Abdul Razak (UTM) 53:45

Women’s University
1. Irene Chong See Win (Universiti Malaya) 0:59:29
2. Teh Yong Le (Kelab Sukan Lasak UPNM Malaysia) 1:06:26
3. Nor Khalilah Abu Khalil (Kelab Sukan Lasak UPNM Malaysia) 1:07:18

Men’s Open
1. Shahrom Abdullah (Malakoff Cycling Club Malaysia) 46:41
2. Rikigor Shinozuka (MET Malaysia) 46:54
3. Mohammad Affie Helmi (Team First Endurance Malaysia) 49:16

Women’s Open
1. Liyana Kamaruzaman (Universiti Malaysia) 1:07:34
2. Hannah Kamaruzaman (Universiti Malaysia) 1:07:35
3. Leony Henry (UTM Malaysia Runner’s Club Malaysia) 1:14:22

Men’s Relay
1. UPNM 1 (Muhammad Farris Syaaza Zamri, Muhammad Khawarizmi Abd Shukor, Mohamad Shohaima Shukor) 46:14
2. IIUM X-TEAM 2 (Muhammad Azizul Faiz Mat Saad, Muhammad Irfan Shathiran, Muhammad Azizul Faiz Mat Saad) 48:49

Mixed Relay
1. UPNM 4 (Nurul Athirah Mahadi, Affifin, Mohd Ikrar Hakim Mohd Faisal Malaysia) 52:04
2. UPNM 7 (Nurulafiqah Asilah Ilias, Abu Bakar
This way: One of the race marshals guiding the duathletes to the right route during the race.

Strong duo: (From left) UM’s Irene (left) and Shinozuka posing for a photo after the first leg.
Steady race: Shimri dashing off the race track with his bicycle after emerging first at the first leg of Malakoff University Duathlon Series (MUDS).
Huffing and puffing: One of the duathletes charging towards the finishing line.