

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 Tarmizizulfika Ismail from UPNM Extreme Sports Club trailing behind 48:15 followed by Firdaus Abdul Razak of Universiti Teknologi Malaysia who clocked 53:49.

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.

"Our team trained rigorously for the MUDS. We plan to maintain the same momentum throughout the next two legs of the race," 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 two legs.

"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 Tarmizizulfika Ismail (Kelab Sukan Lasak UPNM) 48:15
3. Firdaus Abdul Razak (UTM) 53:49

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. Rikigoro Shinozuka (MET Malaysia) 46:54
3. Mohamad Allie Helmi (Team First Endurance Malaysia) 49:16

Women's Open

1. Liyana Kamaruzaman (Malaysia) 1'07:34
2. Hannah Kamaruzaman (Malaysia) 1'07:35
3. Lenny Henry (UITM Malaysia Runner's Club Malaysia) 1'14:22

Men's Relay

1. UPNM 1 (Muhammad Farris Syaza Zamri, Muhammad Khawarizmi Abd Shukor, Mohamad Suhaime Shukor) 46:14
2. IIUM X-TEAM 2 (Muhammad Afizul Faiz Mat Saad, Muhammad Irfan Shathiran, Muhammad Afizul Faiz Mat Saad) 48:49
3. Majlis Perundangan Klang (Daanesh Manimaran, Izwan Md Sumairi, Vigneswaran Malaysia) 49:03

Mixed Relay

1. UPNM 4 (Nurul Athirah Mahadi, Afif Ariffin, Mohd Ikram Hakim Mohd Fisol Malaysia) 52:04
2. UPNM 7 (Nuryafiqah Asilah Ilias, Abu Bakar

Badruddin, Muhammad Fizree Ariffadzilah
Malaysia) 54:49

3. UPNM 6 (Nuraina Ayuni Ahmad, Muhammad
Adam Jalil, Iqbal Aqil Mohd Fadzludin Malaysia)
55:19

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.