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A triathlon champion in the making?

Young athletes show true grit, determination & endurance @ Putrajaya Perdana Aquathlon 2016

PUTRAJAYA, 26th September, 2016 – In the not so distant future, Malaysians may get to see a champion in the Triathlon sport if Tri-Amateur Triathlon Club has its way. At the **Putrajaya Perdana Aquathlon 2016** race which ended yesterday, young athletes unleashed their vast potential when they showed true grit, determination and endurance.

Children from the age of 07-09 years kicked off the competition swimming two 50m laps from the pool before running for 1km. It was followed by children in the 10-12 years old who swam 200m and ran 2km.

In the 13 – 15 years category, the teenagers swam in the lake for 400m and ran 2.5km. This was then followed by the 16 – 19 years old athletes who swam 750m and ran 5km. The final race saw adults participated in the Open category, where they swam 750m and ran for 5km. About 50 parents participated by being marshals at the race, making the race a unique family event.

Winners' list of honour include Nicholas Kong in the Boys 7-9 years old category, Eliza Tan (Girls 7-9 years), Darrell Tan Zhuo Wen (Boys 10-12 years), Siobhain Doyle (Girls 10-12 years), Matthew David Trott (13-15 years), Yeong Zhen Yi (Girls 13-15 years), Ryan Tan (Boys 16-19 years) and Chan E-Lyn (Girls 16-19 years).

Ms. Amy Ho, Secretary of Tri-Amateur Triathlon Club, the organizer of the race said, "The objective of this event is to promote the healthy sport of Triathlon in Malaysia, particularly introducing children to the sport. As Triathlon involves three sports disciplines, namely swimming, cycling and running, **Putrajaya Perdana Aquathlon 2016** race serves to gently introduce the sport to amateur athletes, by having only two out of the three disciplines."

"It is certainly very encouraging to see so many young talents whom we can groom to represent Malaysia in triathlon races in the region and perhaps even all the way to the Olympics in the near future," enthused Amy. The Tri-Amateur Triathlon Club is represented by team M3X in all races the Club participate in Malaysia and in the region.

The **Putrajaya Perdana Aquathlon 2016** received more than 485 entries this year, more than doubled from the year before in 2015. Forty seven per cent (47%) of participants are children and teenagers aged below 19 years while the rest of the participants were adults who participated in the open category.



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Dato' Rosman bin Abdullah, Group Managing Director, Putrajaya Perdana Berhad (PPB), the title sponsor for the race said, "It is always thrilling to see young children race their hearts out. Some of them were not physically fit initially when they joined the Club. After several training sessions, however, we saw progressive transformation not only in the physique and built but in the mental strength as well. At PPB, we firmly believe in encouraging the community especially the young ones to live a healthy lifestyle and learn to overcome challenges in life."

One of the notable young athletes who participated in the race is Shinn Gee, a 12 year old boy who is also one of Tri-Amateur Triathlon Club's strongest tri-athlete in his age group. At the age of 8, he had a tumor removed from his head and is still being monitored.

According to Amy, Shinn Gee can average 28 – 30 km an hour on the bike for a distance of 30km – 50km and he can run a sub 1 hour for 10 km which many healthy adults can't even achieve.

"A lot of people would find thousand and one reasons for not getting started. I believe Shinn Gee's story will inspire others to stop finding reason not to go into sports. At Tri-Amateur, we don't just train children in sports. We train them to be a leader. We teach them how to be part of a team. We teach them how to fail and learn to pick themselves up," quipped Amy.

"It is important to inculcate healthy living from young as sports such as these, aquathlon and triathlon are not just about physical endurance and speed, but also help build character and right attitude that will bring the athletes to achieve greatness in their chosen fields and may even propel them to be captains of industries in the future," said Dato' Rosman whom himself is an avid cyclist.

PPB is Tri-Amateur Triathlon Club's corporate sponsor and has made a Ringgit-for-Ringgit pledge in support of the Club as part of the company's Corporate Social Responsibility (CSR) initiative to nurture the young and the community to live a healthy lifestyle. PPB has since January this year sponsored up to RM50,000 to cover the costs for triathlon suits, jerseys and training camps.

"We are truly grateful to have PPB as our corporate sponsor. The financial assistance has enabled Team M3X to participate in regional and international level races and spur us further to continuously better our records," said Amy.

Team M3X raced in the Port Dickson International Triathlon 2016 held on 20th and 21st August and their notable achievements in the kids race include number two standing in the Boys Under 10, Boys Under 12, Girls Under 12 and Girls Under 14 categories. In the sprint distance race, Team M3X did well in the Men 15 – 29 years category taking the 3rd spot and in the Women 15 – 34 years category, they took the 4th spot.



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Triathlon sport is a sport involving the completion of three continuous sport disciplines: swimming, cycling and running over various distances. Triathletes compete for fastest overall course completion time, including timed "transitions" between the individual swim, cycle, and run components.

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About Putrajaya Perdana Berhad (PPB, the Group)

Putrajaya Perdana Berhad (PPB) is one of Malaysia's top construction, property development and concession groups. Since its incorporation in July 1998, PPB has successfully delivered distinctive and large scale projects on a turnkey, conventional and design and build basis.

PPB has built a wide range of buildings and distinctive landmarks. These include high-rise office and residential buildings, commercial and retail outlets, government offices, townships, and infrastructure projects such as highways, bridges, utility service tunnels and monorail tunnels, among others. The company is also one of the first to incorporate energy efficiency, green and sustainability features in the buildings it constructs, making it one of Malaysia's most innovative and reliable construction groups.

Several distinguished projects built by PPC in the Kuala Lumpur City Centre include the Pavillion KL, KL Eco City, Serai Condominium Bukit Bandaraya in Bangsar and Arcadia at Desa ParkCity.

PPC's landmark green projects include the Diamond Building for the Energy Commission, the Low Energy Office ("LEO") Building for the Ministry of Energy, Green Technology and Water as well as the Green Energy Office Building ("GEO") for National Green Energy Centre all of which received recognition from reputable green building rating system in the world such as LEED from US, Malaysia's Green Building Index (GBI) and the Greenmark seal from Singapore.



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Putra Perdana Development (PPD), its property development arm, has to date built and handed over 1,000 units of residential properties ranging from government apartments, semi-detached houses, super-link houses, townhouses and bungalows.

PPB is headquartered in Precinct 16, Putrajaya with around 450 employees.

For more information, please log on to www.p-perdana.com

About Tri-Amateur Triathlon Club

Tri-Amateur Triathlon Club is a non-profit, community based triathlon club. Established in February 2014, the club is registered with the Malaysia Sports Commissioner Office (Pesuruhjaya Sukan Malaysia) and is fully supported by the Kementerian Belia dan Sukan Malaysia.

Tri-Amateur Triathlon Club was created to provide a platform for all who wish to embark into the triathlon sports. The Club provides support to tri-athletes of all levels and ability including those who are completely new to triathlon by offering structured weekly training sessions, organized training camps, in-house and annual races.

The Club has helped children and adults who have never been physically active become tri-athletes and learn important life skills about teamwork, leadership and discipline.

Its goal is to continuously develop teams of elite tri-athletes to represent Malaysia in national and international races.

Within Tri-amateur Triathlon Club, the Club has formed Team M3X to represent the club in all races that they participate.

M3X is read as M Three X and it stands for “Malaysia Elite Cross-Training in the 3 discipline of sports ie: Swim, Bike & Run. The 3 when inverted is also E which stands for Elite.

For more information on Team M3X log on to: www.teamm3x.com