

FOR IMMEDIATE RELEASE

## Back with a splash!

*The Putrajaya Perdana Aquathlon 2017 marks its 3<sup>rd</sup> year  
with a continued emphasis on youth and a healthier lifestyle!*



**PUTRAJAYA, 17<sup>th</sup> September 2017** – Around 750 participants turned up today to swim, run and build their endurance and push boundaries at the Putrajaya Perdana Aquathlon 2017. Held at the Water Sports Complex in Putrajaya, the Putrajaya Perdana Aquathlon was organised by Team M3X by the Tri-Amateur Triathlon Club and mainly sponsored by Putrajaya Perdana Berhad.

The popularity of the event is part of the growing interest in multisport competitions here in Malaysia. The Putrajaya Perdana Aquathlon 2017 is part one of a two part series event, with part two, the Putrajaya Perdana Triathlon 2017, to be held at the end of next month.

The aquathlon sport consists of a continuous, two-stage race involving swimming followed by running. The Putrajaya Perdana Aquathlon consisted of 14 different categories, which differed based on the ages of the participants from age 7 right up to above 50 years of age, and its corresponding length of the swim and run.

Some winners include Intan Anaqah Binti Inderadin in the AquaDiscovery Kids (Girls 7 to 9) category, Nicholas Long in the AquaKids (Boys 10 to 12) category, Siobhain Doyle in the AquaYouth (Girls 13 to 15) category, Oliver Rios Trott in the Aqua Junior (Boys 16-19) category, Serena Yang in the AQUASWIM Adult (Women 20 to 29) category, Aldrian Yeo Yu Yong in the AQUASWIM Prime (Men 30 to 49) category and Lindsey Fiona Cruickshanks in the AQUASWIM Master (Women 50 and above) category.

With eight of the 14 categories being catered to the youth, it is no wonder that this year's event saw more young people participating as compared to the previous years, especially in the 7-9 and 10-12 age categories. This showed a clear emphasis on engaging the youth by the organisers and sponsors.

Ms. Amy Ho, Secretary, Team M3X by the Tri-Amateur Triathlon Club, said, "We have achieved what we set out to do and have got more children involved in the triathlon sport. Sports participation is beneficial for both the physical and social or psychological development of all young people."

"Events such as the Putrajaya Perdana Aquathlon promote responsible social behaviours and greater academic success, confidence in one's physical abilities, appreciation of personal health and fitness and help build strong social bonds," she added.

Dato' Rosman bin Abdullah, Group Managing Director, Putrajaya Perdana Berhad (PPB) concurred and felt that PPB's role as a corporate citizen is of the utmost importance. "One of the key focus areas for our Corporate Social Responsibility (CSR) programmes is to promote a healthy lifestyle among the youth," he said.

"The importance of a healthy lifestyle needs to be impressed upon our youth to ensure they start young and ensure they grow up to be healthy and successful individuals in the future," he added.

In line with this, PPB has been actively supporting and sponsoring Team M3X by the Tri-Amateur Triathlon Club since January 2015. "PPB's aim is to help build the triathlon sports in Malaysia and to help nurture triathletes representing Malaysia in national and international events," said Dato' Rosman.

The Putrajaya Perdana Triathlon 2017, the second part of this two part series, is to be held on 22<sup>nd</sup> October 2017. It boasts 14 different categories based on age and the swim, bike and run distances.

This event is part of the National Sprint Triathlon Championship and sanctioned by the National Federation/Triathlon Association of Malaysia (NF/TRIAM). There will be an 'Elite' category (age 16 years and above) in the Putrajaya Perdana Triathlon 2017 and all the Malaysian elite triathletes will be competing in this event.

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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. PPB has successfully delivered many 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.

Putra Perdana Construction (PPC), its construction arm has built several distinguished projects including the Pavillion KL, KL Eco City, Serai Condominium Bukit Bandaraya in Bangsar and Arcadia at Desa ParkCity, as well as infrastructure projects such as the PAMER (Projek Air Mentah RAPID) for PETRONAS in Pengerang, Johor.

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 systems in the world such as LEED from US, Malaysia's Green Building Index (GBI) and the Greenmark seal from Singapore.

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.

For more information, please log on to [www.p-perdana.com](http://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 triathletes 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](http://www.teamm3x.com).