

## Swim, Bike & Run your heart out at the very first Putrajaya Perdana Triathlon

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**PUTRAJAYA, 22<sup>nd</sup> October 2017** - More than 650 participants from 18 different countries turned up today to swim, bike and run their way to victory in the first ever Putrajaya Perdana Triathlon. Held at the Water Sports Complex in Putrajaya, the Putrajaya Perdana Triathlon was organised by Team M3X by the Tri-Amateur Triathlon Club and mainly sponsored by Putrajaya Perdana Berhad (PPB). PPB is one of Malaysia's top construction, property development and concession groups, and was recently awarded the HR Asia Best Companies To Work For In Asia Award 2017, which pays homage to world class corporations with high levels of employee engagement and excellent workplace cultures.



The Putrajaya Perdana Triathlon was part of the National Sprint Triathlon Championship and sanctioned by the National Federation/Triathlon Association of Malaysia (NF/TRIAM). As such, there was an 'Elite' category (age 16

years and above) which saw 29 elite triathletes taking part, including Malaysian triathletes from the 2017 SEA Games such as Zoe Natasha Bowden and Ryan Tan Qai Shen.

The triathlon consists of a continuous three-stage race involving swimming, biking and running. The Putrajaya Perdana Triathlon 2017 consisted of 16 different categories, which differed based on the ages of the participants, and its corresponding length of the swim, bike and run. The youngest participant was 7 years of age with the most senior being a 67 year old from Hong Kong.

Some winners include Gabriel Ding Yee Shen in the TriDiscovery Kids (Boys 7 to 9) category, Mimi Adriana Lee in the TriKids (Girls 10 to 12) category, Matthew David Trott in the TriYouth (Boys 13 to 15) category, Sam McInnes in the TriJunior (Girls 16 to 19) category, Xian Hao Chong in the Elite (Men 16 and above) category, Ang Ye Koon in the AQUASWIM TriAdult (Men 20 to 29) category, Claire Hawkins in the TriPrime (Women 30 to 49) category and Ichiro Saito in the TriMaster (Men 50 and above) category.

More than a quarter of the participants were from the children and youth categories. This corresponds with the organisers and main sponsors' emphasis on introducing the sport to the youth with the continuous goal of developing teams of elite triathletes to represent Malaysia.

Ms. Amy Ho, Secretary, Team M3X by the Tri-Amateur Triathlon Club, believes it is important to introduce the sport to children at an early age. "Being involved in a sport like triathlon will teach children vital life skills such as discipline, motivation, commitment, and cooperation" she said.

"At Tri-Amateur Triathlon Club, we believe that while education is important, encouraging your children to adopt a healthy lifestyle is equally important, as it is beneficial for their physical, social and psychological development," she added.

Dato' Rosman Bin Abdullah, Group Managing Director, Putrajaya Perdana Berhad (PPB), shares that sentiment and believes in the importance of promoting a healthy lifestyle among the youth. "To ensure that the youth grow up to be healthy and successful individuals in the future, we need to impress upon them the importance of a healthy lifestyle from an early age. This is a key focus area for our Corporate Social Responsibility (CSR) programmes," he said.

In line with this, PPB has been actively supporting and sponsoring Team M3X by the Tri-Amateur Triathlon Club since January 2015. "The Putrajaya Perdana Triathlon 2017 was a good start and we look forward to an even bigger youth turn out next year! PPB's goal is to help increase visibility of the triathlon sports in Malaysia and help provide a platform for triathletes to excel when representing Malaysia in national and international events." said Dato' Rosman.

The Putrajaya Perdana Triathlon 2017 was the second part of a two part series, with part one being the Putrajaya Perdana Aquathlon 2017 which was held in September. The organisers and main sponsors intend to make this two part series an annual event.

