

Duo come out tops in race

Record turnout as Venugopal, Koo win Seremban Half Marathon

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INTERNATIONAL runner R. Venugopal and Koo Suet Lee won the Men's and Women's Open categories, respectively, in the Seremban Half Marathon (SHM) recently.

Venugopal, a former Malaysian Schools Sports Council (MSSM) champion, clocked 1'11:44s to finish ahead of M. Murali and P. Janarthanan.

Suet Lee, a 20-year-old nursing student from Ipoh, was thrilled to emerge as the winner in the event.

"I am taking part in the SHM for the first time. It could be beginner's luck. But I had been training hard and taking part in a lot of road races as well," said Suet Lee, who was placed 40th in the Standard Chartered KL Marathon.

Hot on Suet Lee's heels were Tricia Lim and Lee Won Shan, respectively.

As the champions, Venugopal and Suet Lee each received RM600 cash and a medal.

The 23rd edition of the SHM, flagged off by Tunku Naquiyuddin Tuanku Ja'afar, attracted a record number of 9,010 participants.

Frenchman Jean Pierrei Lautredoux was the only foreigner on the podium this year. He won the men's veteran category in a time of 1'11:40s followed by S. Ganesan and Goh Choon Aun.

Besides the three main categories, prizes were awarded to the top finishers in the men's and women's senior, men's and women's veteran, men's and women's senior veteran and men's and women's junior 10km events.

Former international M. Ramakrishnan, 57, once again emerged champion of the men's senior veteran category taking home RM200 and a medal.

He has been taking part in the

23RD SEREMBAN HALF MARATHON 2010

SHM since its inception in 1987. As in previous years, the largest school contingent in the run was presented with a cash reward in recognition of the participants' efforts and initiative.

SMK Chan Wa were represented by about 2,600 students and took the top prize of RM1,000. SMK Bukit Mewah and SMK St Paul were next and received RM750 and RM500, respectively.

Sunrise MCL Land, one of the major sponsors, bagged the top two spots in the 5km corporate run while the third place went to Sino Hua-An International.

Organising chairman Datuk Zainal Abidin Ahmad commended the participants and sponsors for making the SHM a success.

"The support from the sponsors and the participants have made the run what it is today — one of the longest-running half mara-



At full throttle: Runners sprinting to stay ahead of the pack at the start of the race.

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Ready, set, go: Wheelchair-bound participants of the Seremban Half Marathon get moving during the run which is among the few in the country to include categories for the disabled.



Top spot: Venugopal his prize from Tunku Ampuan Najihah Tunku Besar Burhanuddin.

Marathon continues to be a huge success

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thons in the country and also among the few to have categories for the disabled.

"This year, we only allowed participants from the Asean region or foreigners who were living and working here.

"This move was made to level the playing field so local partici-

pants would have a chance of claiming the top spots," he said.

Zainal said proceeds from the run would be channelled to the state's junior athletes development fund in support of new sporting talent.

The SHM was jointly organised by the Seremban Municipal Council (MPS), the Antah Group, the Seremban Hash House Harriers and the Negri Sembilan Amateur Athletics Association.

The major sponsors were Sunrise MCL Land Sdn Bhd (Forest Heights), Tint Shop, Milo and Bata Marketing while the co-sponsors were Kian Joo Can Factory, Sino Hua-An International, Royal Selangor International, Sports Toto, Antah HealthCare Group, Rohto Mentholum and Permais Sandilands. The Star was the media sponsor.



Starting off: Tunku Naquiyuddin flagging off the participants of the Seremban Half Marathon which began in front of the municipal council field here.

RESULTS

21km
Women: 1. Koo Suet Lee; 2. Tricia Lim; 3. Lee Won Shan
Men: 1. R. Venugopal; 2. M. Murali; 3. P. Janarthanan
Men's Veteran: 1. Jean Pierrei Lautredoux; 2. S. Ganesan; 3. Goh Choon Aun
10km
Women: 1. Lim Pick Jun; 2. Seah Bee Lian; 3. Lee Wai Mun
Women's Veteran: 1. Lim Ai Lin; 2. Loke Khuan Mee; 3. Hung Yoke Chun

Women's Senior Veteran: 1. Gan Siew Hong; 2. Wong Ah Yin; 3. Mah Ah Mooi
Men: 1. P. Balamani Krishna; 2. V. Kohilan; 3. P. Vijayan
Men's Veteran: 1. S. Karmukilan; 2. M. Thanasekaran; 3. Wong Weng Seng
Men's Senior Veteran: 1. M. Ramakrishnan; 2. C. Krishnasamy; 3. Mohd Sowoto Indi
Women's Junior: 1. Nor Walieyna Nor Aziz; 2. N. Nandhini; 3. Nor Kamieylla
Men's Junior: 1. S. Sivashankaran; 2. K. Eswaran; 3. C. Bairavan



Keen readers: Participants in the run lining up to get their copies of The Star at the municipal council field during the recent Seremban Half Marathon.



All smiles lady: Koo receiving her prize from Tunku Ampuan Najihah Tunku Besar Burhanuddin.