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**MCIS Life Malaysia Women Marathon Sprints Through Ipoh To
Mark Merdeka Month**

Ipoh, 21 August 2022: After the successful comeback in May at Petaling Jaya, the MCIS Life Malaysia Women Marathon (MCIS Life-MWM) 2022 blazed through Ipoh this morning, marking the first time the run is held outside of the Klang Valley.

The run was flagged off at Padang Ipoh and incorporated a route map which enabled participants to take in scenic historical sites of the city such as the Ipoh War Memorial, Birch Memorial Clock Tower and the serene Sultan Recreation Park as well as the more contemporary Ipoh Mural Lane.

"We were enthusiastic about the idea of showcasing our country's history and cultural identity in conjunction with August being the month of Merdeka. Coincidentally, this year's national theme of '*Teguh Bersama*' is also in line with our credo '*People Helping People*'" said Mr. Ragnath Murthy, Chief Distribution and Marketing Officer, MCIS Life.

"To commemorate our inaugural Ipoh run, a special category was introduced, the first of its kind in the history of the run, which was the Full Marathon Duo category where two runners can team up to complete a total distance of 42km," said Madam Karen Loh, Founder and Race Director of MCIS Life-MWM.

MWM is the first women's marathon event in the Asia Pacific region which was first held in 2013, allowing only women runners to participate. Since then, it is an annual event celebrating the sorority of women in the running community while championing relevant issues affecting women and gender equality.

Hundreds of runners convened at the historical Padang Ipoh with adherence to the standard operating procedures and sporting events guidelines.

The full marathon duo (42km) and half marathon (21km) was flagged off by Ragnath, as well as Samson Vallabouy and Josephine Mary, Malaysia's own Olympian and Commonwealth Games athletes. The 10km and 5km were flagged off by YB Dato Nolee Ashilin, the state Exco for

Housing, Local Development and Tourism together with the Datuk Bandar of Ipoh, Dato Rumaizi Baharin.

The following individuals emerged as the top winners during the two-hour race:

- Champions of the Full Marathon Duo of the Women Duo, Men Duo and Mixed Duo categories: Kartini Ahmad Kamal & Noor Farina Rusdi, Wong Yize & Mohammad Izul Amirul and Nik Fakaruddin & Noor Amelia
- Champions of the half marathon (21km) of the Women Open, Women Vet and Men categories: Chen Li Ping, Sea Hui Thin and Kipchirchir Lel
- Champions of the half marathon (10km) of the Women Open, Women Vet and Men categories: Law Lee Chee, Lee Sium Louw and Mohd Naim Bin Jamaluddin

The event day was made more meaningful with the launch of MCIS Life's mobile clinic dubbed the "Purple Truck"; a mobile cancer screening truck aimed at screening services as well as awareness of the importance of cancer screening and a healthy lifestyle. The launch was graced by DYMM Tuanku Zara Salim, Raja Permaisuri Perak Darul Ridzuan.

END

MCIS LIFE MALAYSIA WOMEN MARATHON 2022 (IPOH) WINNERS' LIST

Full Marathon (42km)

	Women Duo	Men Duo	Mixed Duo
1	Kartini Ahmad Kamal & Noor Farina Rusdi	Wong Yize & Mohammad Izul Amirul	Nik Fakaruddin & Noor Amelia
2	Ong Sueming & Tham Sze Kei	Zulkhairi Bin Shahrin & Mohd Nor Afifi	Amiruddin Bin Nasir & Nur Syaripah
3	Tham Seow Yee & Tham Seow Mun	Lim Kok Leong & Wong Fu Siang	James Low Meng Tack & Loh Chooi Fern
4	Lim Soek Yan & Leong Yee Lan	Tan Chong Lun & Gui Chin Keong	Law Lip Hou & Tiew Jing Jing
5	Pan Hui Qi & Wong Pik Wah	Ong Wei Xiang & Kenny Ng Hong Liang	Tang Xing Nian & Lee Seng Yao

Half Marathon (21km)

	Women's Open	Women's Vet	Men
1	Chen Li Ping	Sea Hui Thin	Kipchirchir Lel
2	Emily Ho Mei Li	Alicia Toh Chia Yin	Robin Tan
3	Allison Beh	Michelle Looi Mei Yan	Elvis Kyalo Kisavi

10km Run

	Women's Open	Women's Vet	Men
1	Law Lee Chee	Lee Sium Louw	Mohd Naim Bin Jamaluddin
2	Tioh Yen Tyng	Supreeya Thinthip	Muhammad Asymawi Bin Muhamad
3	Nor Afifah	Yen Siew Foong	Muhamad Danial Zul Hilmi

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