

Title : Ipoh to host MCIS Life-Malaysia Women Marathon 2022

Media : <http://ipohhyperlocal.com/>

Date : 03/08/2022

<http://ipohhyperlocal.com/ipoh-to-host-mcis-life-malaysia-women-marathon-2022/>

Ipoh to host MCIS Life-Malaysia Women Marathon 2022





After a hiatus of two years due to the pandemic, Ipoh will play host to the MCIS Life-Malaysia Women Marathon (MCIS Life MWM) 2022.

This is the first time the MCIS Life-MWM tours outside of the Klang Valley.

The run will be held on August 21, 2022 in conjunction with their 10th anniversary. It will hit the streets of Ipoh to take in the sights and scenery of the city.

Meanwhile, the first chapter of the 2022 race tour concluded at Padang Timur, Petaling Jaya in May with more than 1,000 participants coming together for the post-pandemic sporting event conducted in strict compliance to safety guidelines in order to manage the spread of COVID-19 infections.

“Women are instrumental influencers in our society when it comes to promoting the importance of leading a healthy lifestyle and so we take this year’s race for the first time to a venue outside of the Klang Valley and Ipoh is our first stop,” said Ragunath Murthy, Chief Distribution and Marketing Officer, MCIS Life.

“The City of Ipoh is all set to welcome the MCIS Life MWM 2022 participants, especially those coming from other cities as our run forms part of the National Day celebrations in Ipoh.

“The run’s route takes runners through heritage buildings and locations starting from Padang Ipoh,” said Ragunath.

“This time our event includes a one-of-a-kind category too, the full marathon duo, where two individuals can pair up to run the half marathon distance each while their combined distance and timing will be used to record their full marathon speed.

“This means less effort to complete a full marathon with the help of a friend,” added Madam Karen Loh, race director for MCIS Life MWM.

Title : Malaysia Women Marathon Menjelajah Ke Ipoh

Media : <https://latestmalaysia.com/>

Date : 03/08/2022

<https://latestmalaysia.com/2022/08/03/malaysia-women-marathon-menjelajah-ke-ipoh/>

Malaysia Women Marathon Menjelajah Ke Ipoh



Acara larian “MCIS Life-Malaysia Women **Marathon**” (MCIS Life MWM) 2022 akan kembali mewarnai siri kedua sempena ulang tahun ke-10 larian tersebut kali ini di Ipoh.

“Wanita mempunyai pengaruh yang besar di dalam masyarakat bagi mengetengahkan kepentingan gaya hidup sihat. Tahun ini merupakan tahun pertama di mana acara larian ini diadakan di luar Lembah Klang dan Ipoh merupakan lokasi pertama kami,” kata En. Ragunath Murthy, Ketua Pengagihan dan Pemasaran, MCIS Life.



The Mayor of Petaling Jaya, Encik Azrul Shah Bin Mohamad officially handed over the MCIS Life Malaysia Women Marathon flag to the City Community Director of Ipoh City Council, Puan Normala Latiff during the closing ceremony of the Petaling Jaya series; symbolising the handover of MCIS Life-MWM 2022 to the next location, Ipoh

“Bandaraya Ipoh berbesar hati untuk menyambut kedatangan peserta MCIS Life – MWM 2022, lebih-lebih lagi yang datang dari bandar lain. Larian ini merupakan salah satu aktiviti meraikan Bulan Kemerdekaan di Ipoh. Malah, laluan larian ini menelusuri lokasi dan bangunan bersejarah bermula dari Padang Ipoh,” kata Puan Karen Loh, pengarah acara untuk MCIS Life MWM.

Berikut merupakan informasi untuk MCIS Life MWM 2022 siri Ipoh:

- Merupakan kali pertama MCIS Life-MWM dijalankan di luar Lembah Klang
- Larian Siri Ipoh merupakan larian fizikal sepenuhnya (tiada kategori virtual)
- MCIS Life – MWM juga akan mengadakan ekspo di Padang Ipoh
- Daftar sekarang di <https://checkpointspot.asia/event/MCISLifeMWM22IPOH>

Title : MCIS Life Malaysia Women Marathon Jelajah Ke Ipoh Pada 21 Ogos 2022

Media : <https://www.dagangnews.com/>

Date : 03/08/2022

<https://www.dagangnews.com/mcis-life-malaysia-women-marathon-jelajah-ke-ipoh-pada-21-ogos-2022-17904>

MCIS Life Malaysia Women Marathon jelajah ke Ipoh pada 21 Ogos 2022



KUALA LUMPUR 3 Ogos - Acara larian 'MCIS Life-Malaysia Women Marathon' (MCIS Life MWM) 2022 kembali mewarnai siri kedua sempena ulang tahun ke-10 larian tersebut kali ini di Ipoh, Perak pada 21 Ogos 2022.

Larian siri pertama telah diadakan di Padang Timur, Petaling Jaya pada Mei lepas, di mana 1,000 peserta berkumpul bersama untuk acara sukan pasca pandemik.

Acara sebelum ini telah diadakan dengan pematuhan ketat kepada garis panduan keselamatan bagi menghindari penularan wabak COVID-19.

Ketua Pengagihan dan Pemasaran MCIS Life, Ragunath Murthy berkata, wanita mempunyai pengaruh yang besar di dalam masyarakat bagi mengetengahkan kepentingan gaya hidup sihat.

"Tahun ini merupakan tahun pertama di mana acara larian ini diadakan di luar Lembah Klang dan Ipoh merupakan lokasi pertama kami.

"Bandaraya Ipoh berbesar hati untuk menyambut kedatangan peserta MCIS Life - MWM 2022, lebih-lebih lagi yang datang dari bandar lain. Larian ini merupakan salah satu aktiviti meraikan Bulan Kemerdekaan di Ipoh. Malah, laluan larian ini menelusuri lokasi dan bangunan bersejarah bermula dari Padang Ipoh," katanya dalam satu kenyataan hari ini.



Ragunath Murthy

Pengarah Acara MCIS Life MWM, Karen Loh pula berkata, terdapat kelainan daripada segi kategori larian juga, acara maraton penuh beregu diperkenalkan di mana dua individu boleh berpasangan dan setiap seorang berlari untuk 21 kilometer.

"Gabungan jarak dan masa mereka akan digunakan sebagai rekod larian. Ini bermakna, anda kini boleh melengkapkan jarak penuh maraton dengan lebih mudah jika anda mendaftar sebagai pasangan beregu," katanya.



Title : Malaysia Women Marathon Heads North To Mark 10th Year Anniversary

Media : <https://www.ipohecho.com.my/>

Date : 03/08/2022

<https://www.ipohecho.com.my/2022/08/03/malaysia-women-marathon-heads-north-to-mark-10th-year-anniversary/>

Malaysia Women Marathon Heads North To Mark 10th Year Anniversary



MCIS Life-Malaysia Women Marathon (MCIS Life MWM) 2022 is all set to hit the streets of Ipoh in the second leg of its 10th anniversary race tour on 21 August 2022.

The first chapter of the 2022 race tour concluded at Padang Timur, Petaling Jaya in May with more than 1,000 participants coming together for the post-pandemic sporting event conducted in strict compliance to safety guidelines in order to manage the spread of COVID-19 infections.

“Women are instrumental influencers in our society when it comes to promoting the importance of leading a healthy lifestyle and so we take this year’s race for the first time to a venue outside of the Klang Valley and Ipoh is our first stop,” said Mr. Ragunath Murthy, Chief Distribution and Marketing Officer, MCIS Life.

“The City of Ipoh is all set to welcome the MCIS Life MWM 2022 participants, especially those coming from other cities as our run forms part of the National Day celebrations in Ipoh. The run’s route takes runners through heritage buildings and locations starting from Padang Ipoh.

“This time our event includes a one-of-a-kind category too, the full marathon duo; where two individuals can pair up to run the half marathon distance each while their combined distance and timing will be used to record their full marathon speed. This means less effort to complete a full marathon with the help of a friend!” added Madam Karen Loh, race director for MCIS Life MWM.

Below are the key details of the MCIS Life-MWM 2022 Ipoh run:

- This is the first time the MCIS Life-MWM tours outside of the Klang Valley
- The Ipoh series would be a fully physical run, there are no virtual categories
- The event will also showcase an onsite expo

Sign up today at <https://checkpointspot.asia/event/MCISLifeMWM22IPOH>



Title : Malaysia Women Marathon Heads North To Mark 10th Year Anniversary

Media : <https://ramarama.my/>

Date : 03/08/2022

<https://ramarama.my/malaysia-women-marathon-heads-north-to-mark-10th-year-anniversary/>



Malaysia Women Marathon Heads North To Mark 10th Year Anniversary

Ipoh, 3 August 2022: MCIS Life-Malaysia Women Marathon (MCIS Life MWM) 2022 is all set to hit the streets of Ipoh in the second leg of its 10th anniversary race tour on 21 August 2022.

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- Sign up today at <https://checkpointspot.asia/event/MCISLifeMWM22IPOH>

Stay tuned to MCIS Life and MWM's social media channels for more details and updates on the race.

Title : 大马女子马拉松赛 第二站 21 日怡保举行

Media : <https://www.enanyang.my/>

Date : 03/08/2022

<https://www.enanyang.my/%E9%9C%B9%E9%9B%B3/%E5%A4%A7%E9%A9%AC%E5%A5%B3%E5%AD%90%E9%A9%AC%E6%8B%89%E6%9D%BE%E8%B5%9B-%E7%AC%AC%E4%BA%8C%E7%AB%9921%E6%97%A5%E6%80%A1%E4%BF%9D%E4%B8%BE%E8%A1%8C>

霹雳

大马女子马拉松赛 第二站21日怡保举行

2022年08月04日



八打灵再也市长莫哈末阿兹汉（左二）在第一届MCIS Life马拉松的闭幕典礼上将旗帜交给怡保市政厅城市社区主任诺玛拉（左三）。

（怡保3日讯）2022年MCIS Life- Malaysia Women Marathon（MCIS Life马来西亚女子马拉松，简称MCIS Life MWM）十周年系列赛的第二站将于8月21日在怡保举行。

系列赛的第一站于今年5月在八打灵再也举行，吸引逾千名参赛者。为确保参赛者的安全及减低冠病感染的风险，主办当局严格遵守防疫指南。

MCIS Life 首席分销与营销长拉古纳表示，女性是推动社会健康生活方式重要性的主要影响者，今年他们首次将活动在巴生谷以外的州属举行，而怡保是第一站。”

“怡保市已做好准备迎接MCIS Life MWM 2022的参赛者，尤其是来自其它城市的参赛者，该站的马拉松将是怡保市的国庆庆典活动。怡保站的马拉松路线将带领参赛者从怡保大草场穿过怡保一些著名的历史建筑和地点。”

MWM创始人兼赛事总监骆可欣补充，这次的怡保赛事还设立一项组别——全程马拉松二人组；两名参赛者可以组队并各自跑半程马拉松，而他们的距离和计时总数将用于记录他们的全程马拉松成绩。这表示参赛者可通过队友的帮助更轻易的完成全程马拉松。

有兴趣参加的民众可在此网址报名：

<https://checkpointspot.asia/event/MCISLifeMWM22IPOH>

Title : Malaysia Women Marathon heads to Ipoh for the first time ever
Marathon 2022

Media : <https://cj.my/>

Date : 03/08/2022

<https://cj.my/123378/malaysia-women-marathon-heads-to-ipoh/>

Malaysia Women Marathon heads to Ipoh for the first time ever.

In the second leg of its 10th anniversary race, The MCIS Life MWM 2022 run will take runners through heritage locations starting from Padang Ipoh

MCIS Life-Malaysia Women Marathon (MCIS Life MWM) 2022 is all set to hit the streets of Ipoh in the second leg of its 10th anniversary race tour on 21 August 2022.

This will be the first time the MCIS Life-MWM tours outside of the Klang Valley.

The first chapter of the 2022 race tour concluded at Padang Timur, Petaling Jaya in May.

More than 1,000 participants coming together for the post-pandemic sporting event conducted in strict compliance to safety guidelines in order to manage the spread of COVID-19 infections.



Azrul Shah, Mayor of Petaling Jaya handing over the marathon flag to the City Community Director of Ipoh City Council, Normala Latiff during the closing ceremony of the Petaling Jaya series

“Women are instrumental influencers in our society when it comes to promoting the importance of leading a healthy lifestyle and so we take this year’s race for the first time to a venue outside of the Klang Valley and Ipoh is our first stop,” said Ragunath Murthy, Chief Distribution and Marketing Officer, MCIS Life.



Ragunath Joe Murthy

“The City of Ipoh is all set to welcome the MCIS Life MWM 2022 participants, especially those coming from other cities as our run forms part of the National Day celebrations in Ipoh.

The run’s route takes runners through heritage buildings and locations starting from Padang Ipoh.” the race director, Madam Karen Loh said.

The Ipoh series will also be a fully physical run with no virtual categories. The event will also showcase an onsite expo.

“This time our event includes a one-of-a-kind category too, the full marathon duo; where two individuals can pair up to run the half marathon distance each while their combined distance and timing will be used to record their full marathon speed. This means lesser effort to complete a full marathon with the help of a friend” added Karen Loh.

Those interested in signing up for the MCIS Life-MWM 2022 Ipoh run can register online at <https://checkpointspot.asia/event/MCISLifeMWM22IPOH>

Title : MCIS Life-大马女性马拉松赛 怡保开跑吸引 2000 人参赛

Media : <https://www.sinchew.com.my/>

Date : 21/08/2022

<https://www.sinchew.com.my/20220821/mcis-life-%e9%a9%ac%e6%9d%a5%e8%a5%bf%e4%ba%9a%e5%a5%b3%e6%80%a7%e9%a9%ac%e6%8b%89%e6%9d%be%e8%b5%9b%e9%a6%96%e5%b1%8a%e5%9c%a8%e6%80%a1%e4%bf%9d%e5%a4%a7%e8%8d%89%e5%9c%ba%e5%bc%80%e8%b7%91/>

MCIS Life-大马女性马拉松赛 怡保开跑吸引2000人参赛



诺丽（左五）及鲁迈兹（右二）主持挥旗礼。（市政厅提供）



拉古纳慕迪（右起）、诺丽及鲁迈兹（左二）与得奖者们合影。（陈咏琪摄）



首届MCIS Life-马来西亚女性马拉松赛引来逾2000名参赛者。（市政厅提供）

（怡保21日讯）掌管旅游、文化和地方政府事务的霹雳州行政议员拿督诺丽指出，首届 MCIS Life-马来西亚女性马拉松赛迎来约2000名参赛者共襄盛举，也是霹雳州第一次引进这项赛事。

她向《大霹雳》社区报表示，非常欢迎举办此类活动，因这将增加以参赛者身分前来霹雳州和怡保市参观的游客人数。

“我知道该赛事是针对女性的，但这一次同时也对男性开放，尤其一些特别活动如双人马拉松比赛，无论是混合马拉松还是完全的男性或女性参赛者。”

拟成为一年一度活动

她说，这种差异显示其与其他马拉松赛的不同之处，也展示霹雳州想要以自身的创意开创一个不同于其他州举办的马拉松赛事。

“今天这场赛事从凌晨3时开始直至早上8时结束，共历时5小时，我们也欢迎不仅是体育赛事的活动，还有企业社会责任（CSR）和福利活动，以作为对霹雳州人民服务的活动。”

她表示，该赛事配合国庆月举办，亦作为霹雳州特别举办的庆祝活动之一；而她已计划将其作为一年一度的活动，在怡保市举办一场完整的女子马拉松比赛。

继MCIS Life-马来西亚女性马拉松赛在八打灵再也成功复出后，该马拉松赛今早在怡保举行，这也也是该赛事首次在巴生谷以外的州属举行。

参赛者穿越怡保名胜古迹

此比赛从怡保大草场（Padang Ipoh）开跑，并带领参赛者穿越怡保市的一些著名名胜古迹，如怡保毕治纪念大钟楼、怡保苏丹阿都阿兹休闲公园；以及怡保壁画街（Mural Art's Lane）。

MCIS Life首席分销与营销官拉古纳慕迪表示，他们很荣幸能够通过怡保市的赛事，在今年国庆月里展示我国的历史和文化特征。

“更巧合的是，今年的国庆主题为‘坚定同在’（Teguh Bersama）亦符合我们“People Helping People”的品牌口号。”

骆可欣：首次怡保举行设二人组

马来西亚女性马拉松赛创办人兼赛事总监骆可欣补充，为了纪念MCIS Life-马来西亚女性马拉松赛首次在怡保举行，她们设立一项独一无二的组别，即全程马拉松二人组，该组别让两名参赛者组队完成42公里的总距离，而这也是在该赛事历史上首次进行。

马来西亚女子马拉松于2013年首次举办，是亚太地区的首个女子马拉松赛事，并只允许女性选手参赛，这以欢庆女性跑者及支持女性和性别平等的赛事，成为了一年一度盛大的马拉松活动。

全程马拉松二人组（42公里）、半程马拉松（21公里）的挥旗礼由拉古纳及运动员森孙（Samson Vallabouy）和约瑟芬（Josephine Mary）主持，而10公里及5公里的赛事则由诺丽及怡保市长拿督鲁迈兹主持。

Title : MCIS Life-MWM 2022, Celebrate The Country's Independence Month

Media : <https://www.ipohecho.com.my/>

Date : 21/08/2022

<https://www.ipohecho.com.my/2022/08/21/mcis-life-mwm-2022-celebrate-the-countrys-independence-month/>

MCIS Life-MWM 2022, Celebrate The Country's Independence Month



More than 2,000 participants in the MCIS Life Malaysia Women Marathon (MCIS Life-MWM) 2022 event managed to complete the running distance while still enjoying the beauty and uniqueness of Ipoh City.

The Mayor of Ipoh, Datuk Rumaizi Baharin @ Md Daud said the MCIS Life-MWM organization is an event that celebrates women in the community while fighting for women's issues and gender equality.

"This marathon series organized by MCIS Life Malaysia is the first time it has been organized outside the Klang Valley as it was previously held in Petaling Jaya.



"This marathon directly introduces the city of Ipoh, especially to participants from outside Perak, in addition to celebrating our country's independence month.

"The city of Ipoh is famous for its buildings built during the British rule. It has its own history such as Ipoh War Memorial, Birch Memorial, Ipoh Town Hall and many more. All of that brings back the spirit of nationalism and nostalgia", he told Ipoh Echo when interviewed after the award ceremony for the winners in Padang Ipoh today.

Also present was the Chairman of the Housing, Local Government and Tourism, Dato' Nolee Ashilin binti Dato' Mohammed Radzi.

The marathon was open to the public aged 16 and over through the 5 km, 10 km, 21 km and 42 km Duo races.

The full marathon duo (42km) event was run by Malaysia's veteran Olympic and Commonwealth Games athletes, Samson Vallabouy and Josephine Mary. While the 10 km and 5 km running events were released by Dato' Nolee Ashilin and Dato' Rumaizi.

Meanwhile, MCIS Life-MWM Run Founder and Director, Karen Loh said this marathon highlights the history and cultural identity of Malaysia in conjunction with the national independence month celebration.

“Coincidentally, the theme of this year’s independence celebration is ‘Strong Together’ which is also in line with our credo principle #PeopleHelpingPeople.

“In conjunction with the inaugural run held in this city known for its history of tin mining, a new category was introduced which was the Duo Marathon Category where two runners can run in turns to complete the full marathon distance of 42 km.

“Today’s event is even more meaningful as the MCIS Life mobile clinic ‘Purple Truck’ which is a mobile cancer screening clinic was inaugurated by the DYMM Raja Permaisuri of Perak, Tuanku Zara Salim”, he said.

The champion of the Doubles Full Marathon event, Women’s Doubles Category was won by Kartini Ahmad Kamal and Noor Farina Rusdi; The Men’s Doubles was won by Wong Yize and Mohammad Izul Amirul and the Mixed Doubles was won by Nik Fakaruddin and Noor Amelia.

The Open Women’s Half Marathon Champion was won by Chen Li Peng and the Women’s and Men’s Veterans were won by Sea Hui Thin and Kipchirchir Lel.

Meanwhile, the Women’s Open 10 km champion was won by Law Lee Chee, the Women’s Veteran was won by Lee Sium Louw and the Men’s Veteran was won by Mohd Naim Jamaluddin.



Title : MCIS Life-MWM 2022, Raikan Bulan Kemerdekaan Negara

Media : <https://peraktastic.com/>

Date : 21/08/2022

<https://peraktastic.com/p1/index.php/komuniti/2097-mcis-life-mwm-2022-raikan-bulan-kemerdekaan-negara.html>

MCIS Life-MWM 2022, raikan bulan kemerdekaan negara



Ipoh: Lebih 2,000 orang peserta acara larian MCIS Life Malaysia Women Marathon (MCIS Life-MWM) 2022 berjaya menghabiskan jarak larian disamping menikmati keindahan dan keunikan Bandaraya Ipoh.

Datuk Bandar Ipoh, Datuk Rumaizi Baharin @Md Daud berkata penganjuran MCIS Life-MWM merupakan acara larian yang meraikan wanita dalam komuniti larian di samping memperjuangkan isu wanita dan kesaksamaan jantina.



"Siri maraton ajuran MCIS Life Malaysia merupakan anjuran kali pertama di luar Lembah Klang kerana sebelum ini telah dilangsungkan di Petaling Jaya pada bulan Mei lalu.

"Maraton ini secara langsung memperkenalkan Bandaraya Ipoh khususnya kepada para peserta dari luar Perak selain meraikan bulan sambutan kemerdekaan negara kita.

"Bandaraya Ipoh terkenal dengan bangunan yang dibina pada zaman pemerintahan British. Ia mempunyai sejarahnya yang tersendiri seperti Tugu Peringatan Perang Ipoh, Tugu Peringatan Birch, Town Hall Ipoh dan pelbagai lagi. Semua itu dapat mengembalikan semangat nasionalisme dan nostalgia di zaman penjajah British di Tanah Melayu", katanya kepada Ipohecho sewaktu ditemubual selepas acara penyampaian hadiah kepada para pemenang di Ipoh Padang, hari ini.

Hadir sama, Pengerusi Jawatankuasa Perumahan, Kerajaan Tempatan Dan Pelancongan Negeri Perak, Dato' Nolee Ashilin Dato' Muhammed Radzi.

Maraton ini terbuka kepada orang ramai yang berumur 16 tahun ke atas menerusi larian jarak 5 km, 10 km, 21 km dan 42 km Duo.



Acara maraton penuh beregu (42km) dan separa maraton (21km) telah dilepaskan oleh atlet veteran Malaysia dalam acara Olimpik dan Sukan Komanwel, Samson Vallabouy dan Josephine Mary. Manakala acara larian 10 km dan 5 km telah dilepaskan Dato' Nolee Ashilin dan Dato' Rumaizi.

Sementara itu, Pengasas dan Pengarah Larian MCIS Life-MWM, Karen Loh berkata maraton ini mengetengahkan sejarah dan identiti budaya Malaysia bersempena sambutan bulan kemerdekaan negara.

"Secara kebetulan, tema sambutan merdeka tahun ini ialah 'Teguh Bersama' yang juga sejajar dengan prinsip kredo kami #PeopleHelpingPeople.

"Sempena larian yang julung kali diadakan di bandaraya yang terkenal dengan sejarah perlombongan bijih timah ini, satu kategori baru diperkenalkan iaitu Kategori Maraton Penuh Beregu di mana dua pelari boleh berlari secara bergilir untuk melengkapkan jarak penuh maraton iaitu 42 km.

"Acara hari ini lebih bermakna apabila klinik bergerak MCIS Life 'Purple Truck' yang merupakan sebuah klinik saringan kanser bergerak dirasmikan DYMM Raja Permaisuri Perak, Tuanku Zara Salim", ujarnya.



Juara acara Maraton Penuh Beregu, Kategori Beregu Wanita dimenangi oleh Kartini Ahmad Kamal dan Noor Farina Rusdi; Beregu Lelaki dimenangi oleh Wong Yize dan Mohammad Izul Amirul dan Beregu Bercampur dimenangi oleh Nik Fakaruddin dan Noor Amelia.



Juara Separa Maraton bagi Wanita Terbuka disandang oleh Chen Li Peng dan Veteran Wanita dan Lelaki dimenangi oleh Sea Hui Thin dan Kipchirchir Lel.

Sementara itu, juara 10 km Wanita Terbuka dimenangi oleh Law Lee Chee, Veteran Wanita dimenangi oleh Lee Sium Louw dan Veteran Lelaki disandang oleh Mohd Naim Jamaluddin. - Peraktastic-

Title : MCIS Life-大馬女性馬拉松賽 怡開跑 2 千人參賽
Media : Sin Chew Daily
Date : 22/08/2022



↑ 诺丽（左五）及鲁迈兹（右二）主持挥旗礼。（市政厅提供）



→ 拉古纳慕迪（右起）、诺丽及鲁迈兹（左二）与得奖者们合影。（陈咏琪摄）

MCIS Life-大馬女性馬拉松賽 怡開跑2千人參賽

（怡保21日讯）掌管旅游、文化和地方政府事务的霹靂州行政议员拿督诺丽指出，首届MCIS Life-马来西亚女性马拉松赛迎来约2000名参赛者共襄盛举，也是霹靂州第一次引进这项赛事。

她向《大霹靂》社区报表示，非常欢迎举办此类活动，因这将增加以参赛者身分前来霹靂州和怡保市参观的游客人数。

“我知道该赛事是针对女性的，但这一次同时也对男性开放，尤其一些特别活动如双人马拉松比赛，无论是混合马拉松还是完全的男性或女性参赛者。”

拟成为一年一度活动

她说，这种差异显示其与其他马拉松赛事的不同之处，也展示霹靂州想要以自身的创意开创一个不同于其他州举办的马拉松赛事。

“今天这场赛事从凌晨3时开始直至早上8时结束，共历时5小时，我们也欢迎不仅是体育赛事的活动，还有企业社会责任

（CSR）和福利活动，以作为对霹靂州人民服务的活动。”

她表示，该赛事配合国庆月举办，亦作为霹靂州特别举办的庆祝活动之一；而她已计划将其作为一年一度的活动，在怡保市举办一场完整的女子马拉松比赛。

继MCIS Life-马来西亚女性马拉松赛在八打灵再也成功复出后，该马拉松赛今早在怡保举行，这也是该赛事首次在巴生谷以外的州属举行。

参赛者穿越怡保名胜古迹

此比赛从怡保大草场（Padang Ipoh）开跑，并带领参赛者穿越怡保市的一些著名名胜古迹，如怡保毕治纪念大钟楼、怡保苏丹阿都阿兹休闲公园；以及怡保壁画街（Mural Art's Lane）。

MCIS Life首席分销与营销官拉古纳慕迪表示，他们很荣幸能够通过怡保市的赛事，在今年国庆月里展示我国的历史和文化特征。

“更巧合的是，今年的国庆主题为‘坚定同在’（Teguh Bersama）亦符合我们“People Helping People”的品牌口号。”

骆可欣：首次怡保举行设二人组

马来西亚女性马拉松赛创办人兼赛事总监骆可欣补充，为了纪念MCIS Life-马来西亚女性马拉松赛首次在怡保举行，她们设立一项独一无二的组别，即全程马拉松二人组，该组别让2名参赛者组队完成42公里的总距离，而这也是在该赛事历史上首次进行。

马来西亚女子马拉松于2013年首次举办，是亚太地区的首个女子马拉松赛事，并只允许女性选手参赛，这以欢庆女性跑者及支持女性和性别平等的赛事，成为了一年一度盛大的马拉松活动。

全程马拉松二人组（42公里）、半程马拉松（21公里）的挥旗礼由拉古纳及运动员森孙（Samson Vallabouy）和约瑟芬（Josephine Mary）主持，而10公里及5公里的赛事则由诺丽及怡保市长拿督鲁迈兹主持。

Title : MCIS Life Malaysia Women Marathon (MCIS Life-MWM) 2022

Media : <https://www.emily2u.com/>

Date : 23/08/2022

<https://www.emily2u.com/mcis-life-malaysia-women-marathon-mcis-life-mwm-2022/>

MCIS Life Malaysia Women Marathon (MCIS Life-MWM) 2022

Even before the break of dawn, 2000 enthusiastic runners were already at the Ipoh Padang, waiting for their respective race categories to be flagged off. The MCIS Life Malaysia Women Marathon (MCIS Life-MWM) 2022 was a much-anticipated event as it was held outside of the Klang Valley for the first time, and Ipoh was selected as the venue.

The 10km and 5km races were flagged off by State Tourism Committee Chairperson YB Dato' Nolee Ashilin Binti Mohammed Radzi together with Ipoh City Mayor YBhg. Dato' Rumaizi Baharin.



(From right) YB Dato Nolee Ashilin, State Exco for Housing, Local Development & Tourism, and Ipoh Mayor YBhg. Dato' Rumaizi Baharin, alongside Joe Ragnath Chief Distribution & Marketing Officer, MCIS Life flag off the 10km and 5km run at 6.15am (21st Aug) at Ipoh Padang.

Meanwhile, the full marathon duo (42km) and half marathon (21km) were flagged off by Mr. Ragunath Murthy, Chief Distribution & Marketing Officer, MCIS Life, along with Samson Vallabouy and Josephine Mary, Malaysia's own Olympian and Commonwealth Games athletes.



MCIS Life Malaysia Women Marathon Ipoh 2022 flag-off ceremony for Full Marathon (42km) Duo and Half Marathon (21km) by Mr. Ragunath Murthy, Chief Distribution & Marketing Officer, MCIS Life; Samson Vallabouy and Josephine Mary, Malaysia's own Olympian and Commonwealth Games athletes, plus Karen Loh Founder & Race Director of MCIS Life-MWM.

The event day was made more meaningful with the launch of MCIS Life's mobile clinic dubbed the "Purple Truck"; a mobile cancer screening vehicle to provide screening services and to create awareness of the importance regarding cancer screening and also a healthy lifestyle. DYMM Tuanku Zara Salim, Raja Permaisuri Perak Darul Ridzuan, officiated the launch.



DYMM Tuanku Zara Salim, Raja Permaisuri Perak Darul Ridzuan, officiates the launch of the "Purple Truck"



DYMM Tuanku Zara Salim, Raja Permaisuri Perak Darul Ridzuan visits the "Purple Truck"

To mark Merdeka month, the route took runners across the city's scenic historical sites such as the Ipoh War Memorial, Birch Memorial Clock, and 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. Ragunath Murthy, Chief Distribution & 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 & 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. In Ipoh, men were allowed to race along as well.



Prize Giving Ceremony for the Full Marathon Duo Mixed Category: (from left) Karen Loh Founder & Race Director of MCIS Life-MWM, Ipoh Mayor YBhg. Dato' Rumaizi Baharin, Amiruddin Bin Nasir, Nur Syaripah, Noor Amelia, Nik Fakaruddin, Loh Chooi Fern, James Low Meng Tack, YB Dato Nolee Ashilin (State Exco for Housing, Local Development & Tourism) alongside Joe Ragunath Chief Distribution & Marketing Officer, MCIS Life.

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 Peng, 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

Event: MCIS Life Malaysia Women Marathon (MCIS Life-MWM) 2022

Venue: Ipoh Padang

Date: 21st Aug, 2022

Time: 6am