

UMS to 'run' into Malaysia Book of Records

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KOTA KINABALU: Universiti Malaysia Sabah (UMS) Sports Education and Social Development School (SPPS) will organise the Malaysia Book of Records (MBR): Longest Distance Run on a Treadmill by a Group for 10 days from Jan 20 to 31.

Its Vice Chancellor, Prof Datuk Dr Mohd Harun Abdullah said that the programme will be held in conjunction with UMS' 20th anniversary.

"This activity is one of the ways to instil confidence especially among students that we can achieve the unexpected," he said in his speech at the sponsorship handing over ceremony for the project at UMS here, yesterday.

He said the programme is an attempt to overcome the old record created by UiTM Samarahan in 2012 and Universiti Malaya in 2011.

"I am so proud with the efforts from SPPS and Medical school who dare to take the risk to organise such programme involving physical and mental force of the athletes," he said.

Nine runners will partake in the challenge, consisting of eight males and a female. They will do the run by rotation for 264 hours, 11 days non-stop.

Director of the programme, Laura Simon said the program aims to provide opportunities for students to write their names in the MBR thus bring-



Dora

ing glory to UMS.

She said, this experience will develop a mature person in terms of intellectual, mental and physical.

Laura thanked all parties who involved directly and indirectly in the programme especially the sponsors such as Youth and Sports Ministry, Sagajuta Sdn Bhd, Adabi Sabah Sdn Bhd, Number One Fashion and Tailoring Trading, Novotel Hotel, Avon Beauty Centres, Celcom Axiata Berhad, Alam Medik and Universal Fitness Leisure.

The only female athlete, Dora Suan, 22, when asked on her preparation said that she has started treadmill and muscles training two weeks ago.

"We have a compulsory treadmill training every Monday, Wednesday and Friday for one hour and 30 minutes. The rest of the days are up to us whether to do jogging or other types of exercises," she



Abner

said.

Dora said that she received overwhelming support from families and lecturers and so positive that she could beat the record based on her previous achievements.

"My best record is 46 rounds on treadmill for two hours. The highest is 56 rounds by one of my friends here," she said adding that she was a long-distance runner (1500m and 3000m) during her primary school days.

Dora was also awarded a gold medal for 1500m and 3000m long-distance during SUKMAB (Sukan Mahasiswa Borneo) in 2011.

She also added that the geographical factor of her village in Kampung Lokos Tamparuli could be one of the reasons of having strong stamina.

"I walk to school every day from my house and I believe that is when I began building up my stamina," she ex-



Dr Harun (6th left) poses with the committee and athletes.



Dr Harun (2nd left) receives mock cheque from one of the sponsors.

plained.

For Abner Moilie, 21, being 'different' could be a challenge for him but his eyesight problem will not stop him from pursuing his dream to

put his name in the Malaysia Book of Records.

He said, he faces imbalance sometimes because of his short-sighted condition but he could adapt with it.

Abner, who is taking coaching for his major said that he won a bronze medal for long jump category during 2009 Paralimpik Remaja Asia in Japan.