

# IEM Engineers' Run 2016

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Runners for 10km category waiting to be flagged off

Two branches of The Institution of Engineers Malaysia held their second annual IEM Engineers' Run last year.

The Sarawak Branch Graduate and Student Section organised the run on 11 September, 2016, in Kuching City in conjunction with the Engineer's Week in Malaysia while the Young Engineers Section (YES) of the Southern Branch held it on 12 November, 2016, in Johor Bahru. The main objective was to promote the importance of exercise and health among engineers.

The Kuching run, with the theme "Bridging Our Society", was also to introduce engineering, especially civil engineering, as a profession to the public. The organising committee comprised members of the Sarawak Branch Main Committee, YES and student chapters.

A total of 1,000 runners took part in this event held at Vivacity Megamall. All proceeds were channelled to the Sarawak Cancer Children's Society (SCCS) which also held a week-long exhibition at the venue to raise awareness of the effects of cancer on children.

Officiating at the 5km fun run at 6.30 a.m. was Cr. Wilfred Yap Yau Sin, who represented the Minister of Local Government, Senator Datuk Prof. Dr Sim Kui Hian, while Vivacity Megamall Managing Director Mr. Sim Yaw Hang flagged off the 10km event which had started earlier at

6a.m. The cut-off time for both runs was 1.5 hours and 2 hours respectively.

There were four categories for the 10km competitive run, namely 10km Engineer (Men), 10km Engineer (Women), 10km Open (Men) and 10km Open (Women). In 10km Engineer (Men) category, Tang Kwang Kuok walked away with first prize, followed by Anthony Huang and Kueh Kwang Tai. Tan Lay Phin led the 10km Engineer (Women) category, followed by Vivian Lau and Nur Hawani Razak. For 10km Open (Men) category, Chong Yen Boon finished first, followed by Ang Ming Chung and Sunny Jong Shi Xian. In the 10km Open (Women) category, Tang Sii Eng finished first place, followed by Christabel Lim and Julia Yap Siew Yin.

All participants who finished the run within the cut-off times received finisher medals. The Top 10 for each category (except 5km fun run) received vouchers sponsored by Sushi Zanmai, Finisher T-Shirts and cash prizes. There was also a lucky draw session in which 13 runners walked away with various prizes including a one-month free pass from Phoenix Gym, hampers from Indocafe and smartphones from Digi.

IEM Sarawak Branch thanks the following sponsors for their contributions: VivaCity Megamall, Sarawak Energy Berhad, Sarawak Information Systems (SAINS), Alpha Survey



*The organising committee*



*Launching of YES booklet by Ir. Associate Prof. Hayati and Ir. Haji Zainuddin*

*Ir. Vincent Tang (right), Chairman of IEM Sarawak Branch, presenting a plaque of appreciation to Mr. Wilfred Yap Yau Sin. On the left is Organising Chairman Ir. Johnny Tan*

Consultant, Gerbang Mahawijaya Sdn. Bhd., Indocafe and Digi. It also thanks its partners, including Brooks, Revive, Phoenix Gym, The Library, Komugi, Quiznoz Café, City Jogger's Club, Rev Run Co, Moma Water and Mat Team Design.

Two months later in November 2016, the Young Engineers Section of IEM Southern Branch held the JB Engineer's Run with the theme, "Go Green Run! Go Sustainability!". Its aim was also to promote engineering as a career and to enhance the good relationship between engineers and the public in Johor.

More than 1,200 engineers, students, their family members and friends took part in the event which started and ended at Austin Heights Water & Adventure Park, Johor Bahru. One week before the race, the entry packs of a navy blue colour dry-fit T-shirt and a bib number, were distributed.

The event started with a speech by Southern Branch Vice Chairman Ir. Haji Zainuddin bin Md. Ghazali, followed by the launching of the YES Photobook by the immediate past chairman, Ir. Assoc. Prof. Hayati binti Abdullah, and YES chairperson, Ng Pang Soon. Trainers with Anytime Fitness then led the crowd in a warm-up session before the 7km run was flagged off, followed by the 3km run 5 mins later.

All those who completed the run received a finisher's medal, a certificate and refreshments. A total of 60 prizes were given to the Top 15 runners in both categories. There were also 20 lucky draw prizes given away. Prizes were presented by the sponsors' representatives. Sponsors included Hong Xin Construction S/B, MAPEI and NS BlueScope Lysaght Malaysia Sdn. Bhd.

Also set up were exhibition booths related to sustainability and green environment from UTHM IEM Student Section (Green Road Show, Tapir make from recycled material), UTM Robocon (Robotic) Team, Malaysian Nature Society and SWM Environment Sdn. Bhd. ■