

**MAJLIS BANDARAYA SHAH ALAM
(BAHAGIAN KORPORAT DAN PERHUBUNGAN AWAM)**

AKHBAR : THE STAR
TARIKH : 22 MAR 2016



- 1 The Under-18 cyclists taking the first corner of the course during the 2016 Shah Alam criterium in Section 14, Shah Alam.
- 2 Ahmad Zaharin (centre) with the winners of the men's Open category.
- 3 Cyclists making their way on the course during the women's Open.

MAJLIS BANDARAYA SHAH ALAM
(BAHAGIAN KORPORAT DAN PERHUBUNGAN AWAM)

AKHBAR : THE STAR
TARIKH : 22 MAR 2016

Cyclists in fine form

22/3/2016

Sofian leads the pack, criterium a great way to prepare for race in Langkawi

ELITE rider Sofian Nabil Omar demonstrated his prowess at the Shah Alam Criterium when he finished ahead of the pack to win the men's Open category.

Sofian, who was the defending champion, said the criterium was his last practice outing before the Tour de Langkawi multi-stage race and added that he was pleased with the workout.

His fellow teammates from the National Sports Council - Muhd Zawawi Azman, Irwandi Lakasek, Afiq Huznie Othman and Akmal Hakim Zakaria - trailed him home not far behind to complete the top five spots.

Being a points race, their strate-

gy was to sprint ahead of the pack for a lap, which awards points, and then ease off to recover stamina while maintaining a brisk pace.

"The criterium is a great event for us to test our performance before a major race. It was also my last test before last year's Le Tour de Langkawi," Sofian said.

MBSA corporate communications and public relations head Shahrin Ahmad explained that organising the race was part of the Shah Alam City Council's (MBSA) ongoing initiative to foster a healthy lifestyle within the city and also a bid to uncover hidden talents in cycling that could be fur-

ther developed to the national level.

Shah Alam mayor Datuk Ahmad Zaharin Mohd Saad witnessed the men's Open criterium and presented the awards to the winners.

"It looks like the cyclists who competed are fuelled by the sporting spirit. They are not racing for the prizes but they are doing it for the love of the sport.

"Many of the participants here are from cycling teams and are competing on a higher level, such as the Le Tour de Langkawi cyclists and the Selangor team who are training for the Malaysia Games (Sukma) in July.

"It is also good to know that many of the riders have come from outside of Shah Alam to compete and test their performance here.

"We hope we can continue to develop more cycling related activities in the city and make them even more impactful," Ahmad Zaharin said.

The annual competition, which is popular with cycling clubs as well as amateurs and seasoned riders across the country, was again held on the 2.2km stretch of roads surrounding Taman Tasik Shah Alam in Section 14.

This year's race was the 16th

edition and attracted around 300 participants, including local as well as international cyclists from the UK, Thailand, Singapore and Indonesia.

The one-day competition was held from the morning and saw participants taking part in a mountain bike and children category, while the criterium was held in the afternoon.

The mountain bike and criterium categories were each divided into six more categories for cyclists Under-15, Under-18, Junior Master 35-45, Senior Master above 46, Men's Open 19-35 and a Women's Open.