

Hi Everyone,



Our BIG day finally arrived on 3rd September 2016. Merapoh Forest Run 2016 (MFR 2016) saw an entry of slightly over 700 participants. This is our 2nd year hosting this run which aims to teach the public to appreciate the greenery, fresh air and beauty of the rainforest. We promise it will be an annual event from WSFFM!.

On race day our President Y.Bhg.Kol. Bersekutu (PA) Puan Sri To' Puan Datuk Shariffa Sabrina bt Syed Akil flagged off the first batch of 25 km Men's and Women's event at 8.30am followed by the 15km and 12 km. We had beautiful blue skies to accompany the runners.

MFR 2016 was a huge success. We would like to thank all the runners and all the people and companies who supported our event. We wish to thank especially the media for their coverage during the run.

Thank you and much appreciation also goes to Jawatankuasa Pelancongan dan Kebudayaan Negeri Pahang, Tourism Pahang, PERHILITAN Semenanjung Malaysia, Jabatan Belia dan Sukan Malaysia, Kementerian Pelancongan Dan Kebudayaan Malaysia Negeri Pahang, Tourism Malaysia Pahang, Taman Negara Pahang Sg. Relau, Merapoh, PEKA Malaysia, Malaysia Tourism Council, Revive, MNM, Tanah Aina Resort, Mutiara Taman Negara Pahang, Rich Networks, Dakstars and PPE Resources. Also, Jabatan Pertahanan Awam Malaysia (JPAM), Polis Diraja Malaysia (Kuala Lipis dan Merapoh), Jabatan Bomba dan Penyelamat Kuala Lipis, RELA Kuala Lipis dan Merapoh, JKKK Kampung Merapoh, residents of Kampung Merapoh and all individuals who contributed one way or the other to this event.

WSFFM continues to support the Fit Malaysia roadshows with our Stick2stix aerobic workout presentations. We participated in Fit Batu Pahat, Fit Dengkil, Selangor, Fit Rembau, Negeri Sembilan. Next on the agenda will be our participation in Putrajaya for "Hari Sukan Malaysia".

Our President Y.Bhg. Kol. Bersekutu (PA) Puan Sri To' Puan Datuk Shariffa Sabrina bt Syed Akil hosted the Hari Raya open house on the first day of Raya at her residence in Shah Alam. On 1st August she hosted another open house at Tanah Aina Fahad for all her friends and business associates.

Our Madam President continues with her twice weekly column in KOSMO in which she shares her view on "Sports and Fitness".

Kee Poh Siew
Editor

Upcoming Events	
8 th October 2016	Stick2stix at Fit Malaysia Putrajaya in conjunction with 'Hari Sukan Malaysia'.
26 th November 2016 (tentatively)	Launch of "Drumming Fitness".
TBC	Raub Treasure Hunt - date and venue to be confirmed.

Events in July, August and September 2016

	Hari Raya open house at Y.Bhg. Kol. Bersekutu (PA) Puan Sri To' Puan Datuk Shariffa Sabrina bt Syed Akil's residence in Shah Alam – 6 th July 2016
	Y.Bhg. Kol. Bersekutu (PA) Puan Sri To' Puan Datuk Shariffa Sabrina hosted Hari Raya open house at Tanah Aina Fahad, Kg. Peruas, Ulu Dong, Raub on 1st August 2016 for her friends and business associates.
	Malaysia Tourism Council (MTC) had its Gala Dinner on 16th July 2016 at Dewan Perdana, Felda Kuala Lumpur.
	Women's Sports and Fitness Foundation Malaysia (WSFFM) ingin mengucapkan setinggi-tinggi tahniah kepada YBhg. Dato' Sri Mohamed Nazir Meraslam, behdahari WSFFM di atas penganugerahan Darjah Kebesaran yang membawa kepada gelaran "Dato' Sri" dari KDYMM Sultan Pahang, Sultan Haji Ahmad Shah Al-Musta'in Billah Ibni Almarhum Sultan Abu Bakar Ri'ayatuddin Al-Muadzam Shah baru-baru ini. Tahniah sekali lagi buat YBng. Dato' Sri dari kami, barisan Exco WSFFM.
	Tanah Aina received the 'Best Enterprise' award again from Europe Business Assembly Corporation of Social Partnership, Oxford, United Kingdom.



Fit Malaysia Batu Pahat on 30th July 2016 at Stadium Batu Pahat.
Stick2stix took to the stage at 11.15 am with Adilla leading. Johor has a large number of Stick2stix enthusiasts and they were there to give their support. The crowd found Stick2stix to be a fascinating new brand of aerobic workout.



Press Conference on 'Merapoh Forest Run 2016" was held at Concorde Hotel, Kuala Lumpur on 2nd August 2016. WSFFM would like to thank all our media friends for their coverage of this very important event.



Rotary Club Bangsar 33rd installation dinner at Crystal Crown Hotel, 6th August 2016. Congratulations to the new President Mr Michael Pua.



Exco meeting at Tanah Aina Cafe 24th August 2016. We also celebrated Yati and Salina's birthdays which fall in the month of August. We wish both of them "Happy Birthday" and may god bless you always with all good things.



Stick2stix at Fit Malaysia Dengkil, Selangor 27th August 2016.



MFR 2016 attracted more than 700 participants. Cash prizes of more than 20 thousand ringgit was given out. Each category also received 6 consolation prizes for the runners. The race was flagged off by our President Y.Bhg.Kol. Bersekutu (PA) Puan Sri To' Puan Datuk Shariffa Sabrina bt Syed Akil on 3rd September 2016. The first batch of 25 km Men's and Women's event set off at 8.30am followed by the 15km and 12 km.

25km MEN OPEN:

1st - Muhaizar Bin Mohamad - He broke last year's record by 8 minutes. He clocked 1hr 47 minutes.
 2nd - Mohamad Affindi Nudin
 3rd - Lili Suhairi

25km WOMEN OPEN:

1st - Noor Amelia Binti Musa
 2nd - Tahira Najmunisa M. Said
 3rd - Nor Hani Mohd Jaafar

15km MEN OPEN:

1st - Muhammad Ramzan Jani Pittli
 2nd - Mohd Athir Bin Ismail
 3rd - Muhammad Norhafizi Bin Mohd Kasim

15km WOMEN OPEN:

1st Norliana Binti Mohd Pusni
 2nd - Nur Idayu Binti Tik
 3rd - Siti Aishah Binti Muhamad Shafee

12km MEN OPEN:

1st - Muhammad Norhanafie b Mohd Kasim
 2nd - Muhammad Alif Najmi b Radzuan
 3rd - Zulhilmi Bin Yusof

12km WOMEN OPEN:

1st - Ainur Shafiqah Binti Azmi
 2nd - Aimi Aida Binti Ahmad Azam
 3rd - Nurfazleen Binti Abdullah

Stick2stix was at Fit Malaysia Rembau, Negeri Sembilan - 4th September 2016. Our very beautiful and lively aerobic instructor, Adilla was on stage to lead the crowd.



Congratulations to our President Y.Bhg.Kol. Bersekutu (PA) Puan Sri To' Puan Datuk Shariffa Sabrina bt Syed Akil on receiving the Pangkor Dialogue Award for her commitment and dedication in PEKA.



Stick2stix was at Fit Malaysia Machang, Kelantan- 24th September 2016.



WSFFM and PEKA's President Y.Bhg. Kol. Bersekutu (PA) Puan Sri To' Puan Datuk Shariffa Sabrina bt Syed Akil's column on "Sports and Fitness" in KOSMO every fortnight. She also contributes articles on forest conservation and on environmental issues.

