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# Company promotes good health and teamwork

EMPLOYEES of leading ICT solutions and services provider Dimension Data Malaysia, brought their competitive spirit usually displayed at work to the trails of the FRIM botanical park in Kepong at the Tour de Run 2016 running event

The employees and their family members along with business partners joined in the event organised by the company as an initiative to promote health and fitness.

It was held in light of the recently-concluded Tour de France cycling tournament in which Dimension Data was the official technology partner.

The run saw 300 participants taking on the challenging trails of the forest reserve, vying for the top honours in the 8km Men's Veteran, 8km Men's Open, 8km Women's Open and 8km Women's Open categories.

There was also a 5km Fun Run catered to children, as well as participants who preferred an easier start to running.

"Tour de Run 2016 is a continuation of our commitment to promote health, wellness and teamwork among our employees and an extension to the company's corporate social responsibility (CSR) initiatives where we encourage employees to lead a



Siow (standing fifth from right) with the winners of the Dimension Data Tour de Run 2016.

healthier lifestyle amid its high-energy, can-do culture," said Dimension Data Malaysia head of sales Kevin Siow.

"We are delighted to receive such great support from both the employees as well as our business partners and we look forward to organising more such activities in the near future," Siow added.

The event saw Lim Choon Yuen, Choong Kah Hung, Wee Mee Chin and Chong Ai Nee emerge champions in the various categories of runs, respectively.

The venue turned into a mini fiesta after the running segment

ended and participants were treated to a variety of food as well as activities for both children and adults.

As fitness and health were the emphasis of the event, Dimension Data Malaysia also held planking, push-up and squat challenges for courageous participants who were brave enough to push the limits and put their stamina and strength to the test.

The event was also sponsored and supported by Dimension Data's line of business partners, namely Blue Coat, Cisco, F5, Ixia, Netpoleon, Riverbed and VMware.