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it is time to up the ante.

After coming in last in the past seven years, chief executive officer Gerald Ambrose is determined to change the results next month. "I have put up a poster above my PC that says: 'Failure is not an option. Win or die,'" he says.

He adds that Aberdeen is no stranger to charitable work, having

ensure if they want us to do it again!"

This year, Aberdeen's team — comprising Jeremy Michael Greenhall, Ngam Wai Shin, Tai Li Yian, Evan Cheah Khiang Hin and Nadjlaa Zubri — is taking its preparation to a whole new level by not only going for group training sessions, but also undergoing intensive psychological sessions

their confidence. The team has been rigorous following Lance Armstrong's biobiotic diet before the race past three years. "In addition, all Aberdeen staff have to be able to run a mile in four minutes, spar with Manny Pacquiao and climb Petronas Tower One before they are shortlisted," quips a team member.

"The Rat Race ensures that we remain superb physical specimens," he adds.

ThunderCats go.



The Edge Kuala Lumpur Rat Race 2015 collection (as at Aug 13, 2015)

COMPANY NAME	AMOUNT (RM)	TOTAL TEAMS
Aberdeen Asset Management Sdn Bhd	18,000	1
Affin Hwang Asset Management Bhd	66,000	6
CIMB Investment Bank Bhd	32,000	2
Deloitte	18,000	1
Eco World Development Group Bhd *	66,000	6
Ernst & Young Advisory Services Sdn Bhd	18,000	1
Feruni Ceramiche Sdn Bhd **	44,000	3
Fraser & Neave (Malaya) Sdn Bhd	32,000	2
Genting Malaysia Bhd	18,000	1
Glomac Bhd	18,000	1
Hartalega Sdn Bhd	18,000	1
IOI Properties Group Bhd	18,000	1
Ireka Corp Bhd	18,000	1
K&N Kenanga Holdings Bhd	18,000	1
Khazanah Nasional Bhd	32,000	2
KNM Group Bhd	32,000	2
KPMG	18,000	1
Lafarge Malaysia Bhd	32,000	2
Land & General Bhd ****	18,000	1
Matrix Concepts Holdings Bhd **	44,000	3
Maybank	60,000	5
Merchantrade Asia Sdn Bhd	32,000	2
Microlink Solutions Bhd	18,000	1
MKH Bhd	18,000	1
Nestlé Products Sdn Bhd	18,000	1
PricewaterhouseCoopers (PWC) Malaysia	18,000	1
REDHA Youth	18,000	1
S P Setia Bhd	32,000	2
Tanjong Management Services Sdn Bhd	18,000	1
Top Glove Corp Bhd	18,000	1
Trinity Group Sdn Bhd	18,000	1
Tropicana Corp Bhd	18,000	1
UDA Holdings Bhd	18,000	1
Vistage Malaysia Sdn Bhd ***	32,000	2
WCT Holdings Bhd	18,000	1
Total	932,000	61

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The heat is on for Ireka

Ireka Corp Bhd deputy group managing director Monica Lai Voon Huey says the heat is on at Rat Race this year as she seeks to repeat her achievement in last year's CEO Race, where she came in second.

She believes that taking part in the CEO Race is a chance to "lead by example". She adds that the event is a good idea that combines charity and sport.

Ireka is no stranger to corporate

responsibility programmes, with IREKA CARES entering its fifth year. Each year, the programme selects and adopts a children's home under one of its five pillars — community, arts, recreation, environment and sports (CARES). The company's employees then run a series of educational and learning programmes at the home throughout the year.

"We also make use of our property, IT and construction skills to improve the living environment

of the children, doing minor upgrades and renovations at the home, as well as providing IT support. To date, we have worked with three homes, namely Lighthouse Bangsar, Rumah Hope and Rumah Kanak-Kanak Angels," Lai says.

Ireka is fielding a team of five runners in the mixed category. "This is the perfect way to exercise and raise funds for worthwhile causes. I like the idea of running for a reason," says team leader Mohd Fakhzan.



Microlink Solutions fields new runners

Taking part in the mixed category is Microlink Solutions Bhd CEO Chia Yong Wei, who says there is always some pressure when representing a company or group of people. "You don't want to let them down. But the pressure is good, it motivates me to perform."

Fellow participant, Hew Wen Li says training for the race gives her a sense of achievement, even in the hardest of times. "I go to the gym four to five times a week to increase my stamina in preparation for the

race. Joining the race allows me to experience participation, and most importantly, it keeps me healthy," she says.

She would like to see more youngsters become aware of charitable causes in the country.

Associate analyst Lee Kar Sheng says he is excited about getting to know his colleagues better beyond the office and work space, and hopes to build memories with them.

"Beyond the race and the prizes, I also wish to see people getting involved in charitable work," he says.