

5th edition of the 10km run held in cooperation with the Ministry of Interior and leading local organizations

RunQ8 garners great support for childrens rehabilitation

KUWAIT CITY, Nov 28: RunQ8, one of Kuwait's most prominent charity sporting events, had yet another successful year with around 1,800 people taking part in the fifth edition of the race. Organized by the Fawzia Sultan Rehabilitation Institute (FSRI), the annual race took place on the morning of Nov 28 at Marina Crescent.

RunQ8 aims to raise awareness and funds to support the Children's Evaluation and Rehabilitation Center (CERC), FSRI's non-profit pediatrics facility, providing specialized and multi-disciplinary treatment and support for children with disabilities. The Center provides comprehensive programs that include physical therapy, speech therapy, psychology and occupational therapy.

This year RunQ8 was held in cooperation with the Ministry of Interior, in addition to support from RunQ8's founding partner Agility and a number of other major local organizations that included, Burgan Bank, Al-Ruwayeh & Partners (ASAR), Diyar United Company (DUC), Openware, Jumeirah Messilah Beach Hotel & Spa, Royal Pharmacies, The Athlete's Foot, Al Jarida, Kuwait Times, Good Health Arabia, Gabeeb and Everything Kuwait.

The 10km race proved to be an exciting challenge for the competitive athletes and avid runners amongst the participants, with the fastest runner completing the race in less than 35 minutes. Wendy Ulrich came in first in the women's division, with Abigail Bartholomew and Nadya Mayahi rounding up the top 3 in that category, in second and third place respectively. Amongst the male participants, Greg Ziembinski nabbed first place followed by Mohammed Abdullah and then Kedir Amino Abdo. As for the youth category, Helga Quint came in first amongst females, with Abdulmohsen Al-Ali placing first amongst the male participants.

However, the race was just as fun and exciting for everyone else who chose to walk, jog or even just stroll to simply take part and show their support for the great cause. Families and friends of participants lent their support by gathering at the RunQ8 race village where an eclectic mix of local vendors and businesses had set up booths, offering snacks, beverages and much more. The race village also featured a number of fun activities throughout the day, including yoga, holistic fitness and a CrossFit demonstration.

"We continue to be amazed every year by the level of support we see from our sponsors, partners, participants and of course the public. We are immensely grateful for every single person who came out today to show their support for such a worthy cause" said Dr Elham Al-Hamdan, President & Medical Director of FSRI. "RunQ8 is more than just a race; it is an important social initiative that aims to not only raise awareness of, but also gather much needed funds to support children's rehabilitation in Kuwait."

All proceeds from the race go towards enabling CERC to continue providing highly specialized quality care to children in Kuwait, who otherwise may not get access to the care they need. Majority of the raised funds from RunQ8 are used



(Top & above): photos taken during the RunQ8 5th edition 10km run.

Photos by Iehab Qurtal

to help children and families suffering from financial difficulties, providing them treatment at a subsidized lower cost, or even for free in

some cases. Dr Elham further added "The money that we have raised in the past through RunQ8 proved crucial

towards improving the lives of so many families, helping to provide their children with the life changing treatment they so urgently needed.

This is why we continue to organize this race year after year. The support of the local community is vital to us as a non-profit institution, and

goes a long way towards helping us carry out our mission to provide specialized care for people across all segments of society."



(Top & above): photos from the event.

Poms win three runs

England down Pakistan in thriller

DUBAI, Nov 28, (AFP) Pacesman Chris Woakes held his nerve in the final over to give England a hard-fought three-run win in the second Twenty20 international over Pakistan in Dubai on Friday.

Woakes conceded just seven runs in the 20th over to restrict Pakistan to 169-8 and help England defend a 173-run target to give his team an unbeatable 2-0 lead in the three-match series at Dubai stadium.

The 24,000 fans, mostly expats from Pakistan, had expected their team to pull off a sensational win after skipper Shahid Afridi smashed a blistering eight-ball 24 with three sixes and a boundary.

But Anwar Ali failed to connect on the last delivery off which Pakistan had needed four for victory.

Afridi took 22 off the 18th over by Woakes but his dismissal on the last ball left Pakistan to score 25 off the last two overs.

Pakistan's batsmen were once again reckless as most of them got good starts but failed to capitalise. Ahmed Shehzad top-scored with an 18-ball 28 with two fours and as many sixes.

Mohammad Hafeez made 25, Raffatullah Mohmand scored 23, Shoaib Malik managed 26 off 21 balls while talented Umar Akmal managed just three and Sohaib Maqsood only two.

England pacesman Liam Plunkett bowled with fire and venom to finish with 3-33 while leg-spinner Adil Rashid grabbed 2-18 in his four probing overs.

England won the first match — also in Dubai — by 14 runs. The final match is in Sharjah on Monday.

England were lifted to 172-8 by a quickfire 24-ball 38 by James Vince and 22-ball-33 by skipper Jos Buttler as they upped the tempo by notching 58 in the last five overs.

Leg-spinner Shahid Afridi, who took 3-15 in his four overs, derailed the England batting after they looked well-set at 32-0 in the fourth over.

Afridi trapped Alex Hales leg before for 11 and then had Jason Roy caught behind for 22-ball 29 (two sixes and a four) to leave England at 47-2.

Joe Root made 20 before Buttler and Vince lifted England with a 35-run partnership for the fourth wicket. Afridi returned for his last over to have Vince caught in the deep.

Vince hit two sixes and three boundaries.



England's David Willey plays a shot during the second T20 cricket match between Pakistan and England at the Dubai International Cricket Stadium in Dubai on Nov 27. (AFP)

Scoreboard

ENGLAND	
J. Roy c Ahmed b Afridi.....	29
A. Hales lbw b Afridi.....	11
J. Vince c Anwar b Afridi.....	38
J. Root c Afridi b Malik.....	20
J. Buttler c Ahmed b Tanvir.....	33
S. Billings c Umar b Riaz.....	11
D. Willey c Maqsood b Anwar.....	4
L. Plunkett c Ahmed b Anwar.....	1
C. Woakes not out.....	15
Adil Rashid not out.....	3
Extras: (lb1, w6) 7	
Total: (for eight wks; 20 overs) 172	
Did not bat: S. Parry	
Fall of wickets: 1-32 (Hales), 2-47 (Roy), 3-74 (Root), 4-109 (Vince), 5-136 (Billings), 6-150 (Buttler), 7-151 (Plunkett), 8-154 (Willey)	
Bowling: Anwar 4-0-27-2 (2w), Tanvir 4-0-43-1 (1w), Riaz 4-0-44-1 (2w), Afridi 4-0-15-3, Shehzad 1-0-10-0, Malik 3-0-32-1 (1w)	
PAKISTAN	
Ahmed Shehzad st Buttler b Parry.....	28
Rafatullah Mohmand st Buttler b Rashid.....	23
Mohammad Hafeez c Willey b Plunkett.....	25
Shoaib Malik c Root b Plunkett.....	26
Sohaib Maqsood b Rashid.....	2
Umar Akmal c Buttler b Plunkett.....	3
Sarfaraz Ahmed b Woakes.....	20
Shahid Afridi c Plunkett b Woakes.....	24
Anwar Ali not out.....	3
Sohail Tanvir not out.....	6
Extras: (lb1, nb2, w6) 9	
Total: (for eight wks; 20 overs).....	169
Did not bat: Wahab Riaz	
Fall of wickets: 1-51 (Shehzad), 2-60 (Mohmand), 3-90 (Hafeez), 4-93 (Maqsood), 5-017 (Umar), 6-120 (Malik), 7-148 (Afridi), 8-162 (Ahmed)	
Bowling: Willey 4-0-44-0 (1w), Woakes 4-0-40-2 (3w), Plunkett 4-0-33-3 (1nb, 1w), Parry 4-0-33-1, Rashid 4-0-18-2	
Result: England win by three runs	
Toss: England	