

Sabah's best live seafood Restaurant

"Awarded membership diploma Les Amis D'Escofier Society"
 "Awarded membership of famous chef special committee for china cuisine association"

新海港海鮮大酒樓有限公司
GRAND PORT VIEW SEAFOOD RESTAURANT SDN. BHD.

Unit 11, Lot 12 & 17, 1st Stage, Road, 88000 Kota Kinabalu, Sabah, Malaysia. Tel: 088-333178, 333179 Fax: 088-33306176

Little Italy
Pasta & Pizza Corner

DELICIOUS PASTA DISHES.
 SUPERB STONE BAKED PIZZAS

Great Italian Hospitality.

DOWN TOWN :
 23 Jalan Haji Saman,
 Ground Floor (Hotel Capital)
 EBE13 Kota Kinabalu, Sabah.
 Tel : 088-232 231

the summit. A fitting finale to an incredible week was watching sunrise from the highest point in Southeast Asia. -

After the race, James Preece from the winning team affectionately known as The Boys, says that strategizing on the best way to carry out each activity is a key factor in coming out first; from delegating tasks to making the strongest runners carry the mountain bikes through steep tracks. Teams were constantly put to the test. Teams consisted of people aged between 22 and 36, levels of fitness, competitive spirit and abilities including jungle survival skills.

A participant Mel Joy enthuses, "Overcoming inevitable differences was required throughout the challenge."

She adds that it is important it is to follow a training schedule to ensure physical readiness for Kinabalu Challenge.

Judith Amadi, born in the UK, whose parents hail from Nigeria, says, "Kinabalu Challenge 2008 was tough, but there is an incredible sense of achievement felt after surviving each day."

"One thing I learned is how important it is to pay attention to the instructions from our facilitators; from drinking enough water to how to use a pen knife properly! These tips can save everyone a lot of suffering," she shares.

Managing Director of Asia Ability, David Powell, explains that they place great importance in ensuring the safety of everyone involved.

"Apart from our specialist trainers, jungle experts and safety staff, we had a team of doctors on-hand 24 hours a day

throughout the challenge to cater to any medical emergencies," he says.

Expedition leaders, safety staff and facilitators from British Military Fitness (BMF) and Asia Ability Sdn. Bhd. planned, coordinated and managed the event. Kinabalu Challenge 2008 saw the largest group of participants so far.

Participants came from a range of professional backgrounds based in the UK, including financial institution Barclays Bank, music television network MTV, media giant JWT, and, medical and humanitarian aid organisation MSF.

Many of the teams have raised substantial sums of money for charity with beneficiaries including Raleigh International and MESCOT; a community based project in Batu Putih on the Kinabatangan River, the longest river in Sabah. In addition, participants donated clothing and shoes to an orphanage in Kudat.

Kinabalu Challenge, in its 8th year, is designed to provide participants with a challenging, yet fun, environment. This year, the event is co-organised by BMF from the UK and Asia Ability with support and assistance from Sabah Tourism Board and Sabah Parks. The next Kinabalu Challenge is scheduled for February 2009. With the challenge now over, participants are taking time out to see lots more of Sabah, including a river cruise down Klias river to spot Proboscis monkeys, visits to Sepilok and diving trips to Mabul and Sipadan.

They are also enjoying a well-earned break at some 5-star resorts.- Photographs courtesy of Sue-Chong Hartley.

GRACE HOTEL

Lahad Datu Centre Point, 4678, Jalan Kastam Lama, Lahad Datu.
 Tel: 089-881000, 089-866649 Fax: 089-887000
 email: grchotel@streamyx.com

Holiday Promotion

Room Rates from **RM80nett** (inclusive of breakfast)

- * Monthly Rental Available at Special Rates.
- * Terms and conditions apply - Terma dan Syarat

Excellence in Hotel Service Award Winning Hotel

IDD Telephone, Astro, WiFi, In House Movie, Coffee & Tea Making Facility, 24 hour Reception and Security, Safty Deposit Box, Shopping Arcade, Business Centre, Restaurant, Conference and Banquet Halls, Laundry Service, Basement Car park.



GAYANA ECO RESORT

Sabah's first over water island seafood restaurant.
 ALU ALU, Live Seafood Restaurant open to public for lunch and dinner.
 Price from RM105 per pax. Serving the ocean's best live seafood.



Sales & Reservations Office:
 100, 1st Floor, Jasinah Point, Kota Kinabalu
 Tel: 888-700288 Fax: 888-281380
 Email: www.reservations@gayana-eco-resort.com

Resort Location:
 Malibon Bay, Seas Front, Tawau Island, Tawau Port, Kota Kinabalu, Sabah, 88122/208
 Tel: 888-42222, 42222 Fax: 888-425114 Website: www.gayana-eco-resort.com



rs,
 Fam-
 8
 l-
 ceived
 ing a
 ence,
 acili-
 d/or
 ms
 ties
 and
 op-
 cau,
 and