

# Hitting the pavement at Starwood Instarun

**RUNNING**

JP Mestanza  
editor2@classactmedia.co.th

Thousands of pairs of feet clobbered the track around Bang Wad Dam in Kathu last Sunday morning (October 12) for the Starwood Instarun – a charity event that pits together fitness and philanthropy.

Runners were able to take part in either the 10.5km or 6km runs with proceeds from the event being collected to support the Baan Bang Thong School in Kathu and the Life Home Project Foundation in Koh Siray.

Organised by three Starwood-owned hotels and resorts, Le Meridien Phuket Beach Resort, The Westin Siray Bay Resort & Spa, Phuket and The Naka Island, A Luxury Collection Resort & Spa, Phuket, the event brought out people from all walks of life, including Live 89.5's own Jason Wilder who completed the 10.5km race, (check out The



Winner of the 10.5km race, Kerati Charoenwattanachai.

Phuket News TV's coverage on thephuketnews.com/tv).

working cooperatively and in the spirit of charity," said Janet McNabb, Area General

Manager at The Westin Siray Bay said.

The winner of the 10.5km race was Kerati Charoenwattanachai, a Bangkok-based Phuketian. In June, Kerati proposed to his longtime girlfriend Kiranee Narabal after they completed the 9th Laguna Phuket International Marathon.

*Class Act Media was a proud sponsor of the Starwood Instarun 2014*

**VNEA Pool: Season 2, Round 2**

HOME	AWAY	SCORE
Hiso Low Cost	Tan Khun	1 : 4
Off Course	Man O Man	1 : 4
La Taverna	Thailand Pool Tables	5 : 0
LHM	Orange Corner	0 : 5
Reality	The Kata Dragons	5 : 0
Taz Girls	Mermaids	1 : 4
Big Apple	Cue Boys	0 : 5
The Target Masters	Pen In	5 : 0
WTF !!	Class Act Hustlers	1 : 4
Fun Taz Y	The Residence	5 : 0
OTG Running	Arrow Media	5 : 0
Legends	Millionaire	5 : 0

## Coach Zico steps up as chief of War Elephants

**FOOTBALL**

KIATISAK SENAMUANG has agreed to coach the full national side with his first assignment being next month's Suzuki Cup.

Affectionately called "Zico", the former Thailand striker guided the national U23 side to win the SEA Games gold medal last year and reach the semi-finals at the Asian Games last month.

Last month, Kiatisak repeatedly said he wouldn't accept the senior team job.

But Worawi Makudi, president of the Football Association of Thailand (FAT), announced last week Kiatisak had agreed to take the position. "We will allow him to



Zico led the U-23 team to 4th place in the Asian Games.

choose his staff and his first task will be next month's Suzuki Cup," Worawi said.

Kiatisak said he decided to coach the national team after talks with seniors in Thai footballing circles.

"I will start my job immediately as it is important to win back the Suzuki Cup," he said.

Thailand have not won the biennial tournament since 2002. *Bangkok Post*

## Phuketian bound for NYC Marathon

**RUNNING**

JP Mestanza  
editor2@classactmedia.co.th

PHUKET'S OWN KIRANEE Narabal will be one of over 50,000 runners to tackle the biggest marathon in the world – the TCS New York City Marathon – on November 2.

Since the New York City event is one of the big six World Marathon Majors (which includes the Boston, Chicago, Berlin, London and Tokyo marathons), a lottery takes place to choose out of a pool of applicants. After several years of attempting to enter, Narabal was informed back in July of her selection



Kiranee Narabal will be one of 50,000 runners in NYC.

to take part in the prestigious marathon.

"It's once in a lifetime event since I'm not going

back to do it in the next few years," she told The Phuket News. "I love that feeling of running in a place you don't know, you know no one and you become no one. I try to experience and explore anything."

Weather is a slight concern, she says, since the American coastal city is experiencing unseasonably colder temperatures than in past years. Still, Narabal believes that training in the Phuket sun has prepared her well.

"People say it's easier to train in the heat and run in the cold. We are arriving many days before and will need to train in the cold to get the body use to it. What's good for me is I never have cramps. I don't know, it's just my luck," Narabal says.

While she understands that expenses are high, Narabal says she hopes that her trip could inspire other athletes to take a chance at running any of the World Marathon Majors.

"This is something I would like to encourage people to do. If you want to be a part of a world class event, just have to get yourself ready. It's a once in a lifetime experience," she says.



**The New Sports Bar by Surin Beach**

**Opening Fri 31 Oct**

Located @  
**DoubleTree Resort by Hilton**  
**Phuket Surin Beach**

BPL \* Bundesliga \* Champions League  
RFL \* AFL \* F1 \* MLB \* NFL \* NBA

**Tel. 076-303-300**

 **championsphuket**

**THE 9<sup>th</sup> FLOOR**

Heavenly food served by angels.

---

RSVP 076 344 311

 /The9thFloor  
www.the9thfloor.com


