

Andre lightens heavy schedule in bid for longer jumps

By T. AVINESHWARAN

PETALING JAYA: National jumper Andre Anura Anuar (*pic*) is hoping that a lighter competition schedule will pave the way for a stronger, more consistent showing in 2025.

The 25-year-old from Tenom, Sabah, endured a challenging season last year, particularly in the triple jump where he failed to register a single 16m mark.

His long jump performances were more encouraging but injuries and a packed schedule ultimately took a toll.

Competing in 18 meets throughout the season left Andre nursing ankle and shin injuries, which affected his rhythm and form across events.

Now, with a more strategic plan in place, he's focused on rebuilding and peaking at the right time, specifically, the SEA Games in Thailand at the end of the year.

He kicks off his 2025 campaign today at the Super Series MA International Meet at the historic Merdeka Stadium in Kuala Lumpur, where he will feature in both the long and triple jumps.

"I am about 80 percent ready," said Andre, who is currently pursuing a Mass Communication degree at Universiti Putra Malaysia (UPM).

"The other 20 percent depends on how my body responds after warm-up. I'm being cautious, especially after last season where I couldn't even cross the 16m mark in the triple jump. But I did manage to hit a season-best of 7.62m in the long jump, which was a positive."

Andre and his team are taking a smarter approach this season, targeting about 10 competitions before the SEA Games to ensure he's fresh and in peak form when it matters most.

"Last year's high workload didn't work for me. This time, we're planning better. The goal is to hit top

form during the SEA Games. More than anything, I just want to stay injury free."

Following the Merdeka Stadium meet, Andre will compete in three more key events – the Super Series Negeri Sembilan Meet, the Hong Kong Open, and the Asian Track and Field Championships.

He is aiming to clear the 16m mark again in the triple jump and maintain consistency in the long jump, all while staying healthy.

"At this stage of my career, these are the years where I need to hit my peak. Consistency and staying fit are everything."

At the Merdeka Stadium, Andre, who still holds the national long jump record of 8.02m set at the 2019 SEA Games in the Philippines, will get to test himself against German jumpers Simon Batz, an Olympian, and Maximilian Fischer, who competed in the European Under-20 Championships two years ago.

