

# Weightlifter Azizah vows to break national record in London

**KUALA LUMPUR:** Weightlifter Azizah Fadzil aims to break the women's national record at the London Olympic Games next month.

The 21-year-old Penang athlete who will compete in the 53kg category expects stiff challenge from weightlifters from China, Russia and Kazakhstan.

"Qualifying for the Olympics is great as the exposure will help improve my performance. I aim to record a personal best and break the national record in the 97kg Clean & Jerk and 79kg Snatch," she said at the weight training centre, National

Sports Council (NSC), yesterday.

With six weeks to go, Azizah is actively undergoing training at the centre and attending programmes lined-up by NSC and Malaysia Weightlifting Association.

She was also advised to maintain her diet, health and be careful during training to avoid injury.

"I want to avoid injury as my focus is not only on the Olympics but also the SEA Games next year, the Commonwealth Games and Asian Games in 2014.

"The coach wants to increase the weight three weeks before the

Olympics. I do a lot of training to strengthen the muscles and maintain my stamina."

Azizah became Malaysia's first woman weightlifter to qualify for the Olympics on merit at the Asian Zone Olympic Qualifying Tournament in Pyeongtaek, South Korea in April.

Success did not come easy for the Universiti Putra Malaysia (UPM) student as she had to divide time between studies and sports.

Recalling her early involvement in sports, Azizah said initially her parents discouraged her as they

wanted her to concentrate of studies.

"However, after seeing my success and commitment in studies, my parents gave their blessings."

She was a high jumper in school and took up weightlifting since 16 and was picked for the Bukit Jalil Sports School.

"My coach Jamil Hashim was responsible for exposing me to weightlifting," she said.

Azizah was placed among the top five in women's weightlifting at the Jakarta SEA Games last year. — Bernama