

Syafiq targets gold in HK after shedding the pounds

KUALA LUMPUR: Cycling enthusiast Mohd Syafiq Ridhwan has shed the pounds and is ready to wreck havoc when the Asian Bowling Championships begin from Sept 2-11 in Hong Kong.

The 26-year-old Syafiq weighed about 103kg last year but has dropped to just 83kg after picking up cycling as a hobby.

The lanky kegler believes that cycling and the intense training of late have help him improve on his focus and is looking forward to another golden outing.

"I started cycling some time last year with a group of friends and we would go to places like Putrajaya to ride," said Syafiq.

"On an average we cycle about three times a week, about 60km-70km each time.

"It's a great hobby for me because now I'm more motivated to do well in tournaments so that I can use the prize money to upgrade my bike.

"Besides, it has helped improve my stamina and I've discovered that I'm able to focus better during tournaments."

Syafiq, who won gold in trios with Aaron Kong and Mohd Nur Aiman in the Asian meet in 2008 also in Hong Kong, has set his sights on winning at least a gold this time.

"Four years ago, during my first Asian meet, I won gold in the trios and I'm really hoping to do the same this time," said the UPM Human Resource student.

"I'm also hoping to help win the team gold but it won't be easy as it will all depend on whether we are able to adapt to the lane patterns.

"Hopefully, we'll adapt and bring home some good results."

Besides Syafiq, the other men in the team are Aaron, Aiman, Alex Liew, Adrian Ang and Zulmazran Zulkifli.

The women's team comprise Shalin Zulkifli, Esther Cheah, Zandra Aziela, Siti Safiyah Amirah, Sin Li Jane and reigning world champion Jacqueline Jenelee Sijore.