

Experience pays off

SHOW STEALERS: UPM quartet come together for golden show

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UNIVERSITI Putra Malaysia's (UPM) 4x100m quartet banked on a wealth of experience to overcome a stiff challenge from Universiti Teknologi Mara (UiTM) and clinch the gold at the Malaysian Institutions of Higher Learning Games (SUKIPT) yesterday.

UPM's S. Kannan, Zabidi Ahmad, Rohaizad Jamil and Jad Adrian Washif clocked a respectable 42.03 seconds to win gold while UiTM (Mohamad Arif Zulhilmi Alet, Mohad Adib Zulhusmi Alet, Mohamad Afif Zulhusmi Alet, Zulfiqqar Nallen Abdullah) took the silver on 42.52s.

Bronze went to Universiti Malaysia Perlis' (UniMAP) Mohamad Aizad Mohd Mokhtar, Mohd Shamimi Azmi, Mohamad Latif Nyat and Mohamad Isa Ahmad Azan who clocked 43.41s.

Kannan, who anchored the team at the National Sports Complex in Bukit Jalil, said the team were delighted to clinch gold against a formidable UiTM team.

"We had expected it to be a tough race with UiTM in the final," said the 25-year-old.

"We had all been training in-

dividually prior to the competition due to personal commitments. It was really our previous experience competing as a team that really helped us to victory."

The quartet, who also emerged victorious at the Malaysian Universities Sports Council (MASUM) championships in Sarawak earlier this year, have competed together since the 2008 Asean University Games (AUG) in Kuala Lumpur where they took silver.

The women's 4x100m saw UniMAP's Norjannah Hafiszah Jamaludin, Nurul Faizah Asma

Mazlan, Raja Nursheena Raja Azhar and Nor Atikah Awang emerge winners in a time of 48.47s with UPM's Lau Kah Lin, Siti Nurhayati Zulkifli Norliayana Kamaruddin and Nurul Sarah Abdul Kadir taking silver on 49.72s.

Universiti Pendidikan Sultan Idris (UPSI), represented by Siti Nadiah Mohd Isa, Lye Wei Wan, Nurul Amira Baharudin and Nuradilah Sulleh finished third (53.99s).

In karate, UPM continued their dominance in the kumite events when they bagged three

of five gold medals on offer at the UKM campus in Bangi.

UPM emerged winners in the men's 75kg (K. Teagarajan), men's 84kg (Theeban Govindasamy) and men's individual above 84kg (Jayaseelan Vijayakumar).

UiTM's Arni Nurfatin Arpa clinched the gold in the women's 68kg while Universiti Sultan Zainal Abidin's (UniSZA) Nasuha Najmi emerged champion of the women's above 68kg.

RESULTS — Men's 400m hurdles: 1 Mohd Baihaqi Razlan (UniMAP) 52.75s, 2 Eldy Sham Irlon (UMS) 53.37s, 3 Muhd Firdaus Mazalan (UniMAP) 53.65s.

Long jump: 1 Pang Li Chong (PUO) 7.08m, 2 Syazwan Samsudin (KKP) 6.77m, 3 Muhd Amin Kamal (UTM) 6.76m.

Discus: 1 Muhd Azwan Fahmi Zuhairi (UniMAP) 38.85m, 2 Muhd Syafiq Warrmal (UM) 38.28m, 3 Lin Khi Liang (Unimas) 34.87m.

3,000m steeplechase: 1 Karthik Jayamaran (UPM) 9:44.61s, 2 M. Jayaseelan (KKPP) 10:23.35s, 3 S. Kugan (KKPP) 10:28.36s.

Women's 400m hurdles: 1 Emmy Ahkim (UMS) 67.95s, 2 Nurul Shafiq Dawood (USM) 73.01s, 3 Roslailawati Hamzah (UPM) 85.27s.

5,000m walk: 1 Loh Chooi Fern (UTAR) 28:51s, 2 Soo Gie Chee (UPM) 30:37.73s, 3 Oh Wei Lin (USM) 32:48.47s.

Shot put: 1 Nur Saiyidah Ramli (UPM) 11.10m, 2 Mazreca John (UiTM) 10.02m, 3 Nor Saidatina Abdul Jalil (Instedt) 9.20m.

Heptathlon: 1 Nurul Huda Ahmad Faisal (PUO) 2,886, 2 Nurhaslinda Md Husin (UniMAP) 2,634, 3 Saleha Azizah Mohammed Aris (UTM) 2,484.



(From left) **Jad Adrian Washif, Rohaizad Jamil, S. Kannan and Zabidi Ahmad** took gold in the 4 x 100m at the Malaysian Institutions of Higher Learning Games yesterday. Pic by Goh Thean Howe