

Adi is too good for shot put rivals

ADI Alifuddin Hussin, despite being far from his best, was still able to bag the men's shot put gold at the Malaysian Institutions of Higher Learning Games (SUKIPT) yesterday.

Adi, who represented Universiti Putra Malaysia (UPM), won with a 16.33m effort over teammate Shahrin Salamat (13.83m). Politeknik Melaka's Tan Lit Wern took the bronze with a 12.73m effort at the National Sports Complex in Bukit Jalil.

Despite the easy win, Adi, who holds the national record of 17.53m, said he was disappointed with his effort yesterday.

"I am not used to competing in the mornings as international events are usually held in the afternoons, so it was quite a change for me," said Adi, who is a Human Resource and Development final year student.

"I felt quite tight (muscles) today and it affected my performance but I am happy I still managed to win gold."

The 24-year-old said he has set his eyes on a bigger prize at the Laos Asean Universiti Games (AUG) in December.

"I feel I can do much better than this and my target is to defend my gold medal at the AUG, which will most likely be my last appearance at the Games.

"I will be competing at the Macau Open at the end of the month in preparation for the Games and I hope I will be able to peak in Laos as I am expecting the competition to be tough."

Adi, a silver medallist at the 2009 Laos and Indonesia Sea Games last year, will be a two-time defending champion at the Laos AUG, after having won gold at the 2008 Kuala Lumpur and 2010 Thailand AUG in the shot put.

Meanwhile, the women's high jump saw UPM's Norliyana Kamaruddin clinch the gold medal, clearing 1.66m. In second place was teammate Wong Boon Syian (1.61m) while the bronze went to Nor Munirah Saadon who



Shot put gold medallist Adi Alifuddin Hussin.

managed 1.49m.

Politeknik Mukah Sarawak's Daveera Sali Liau clinched the men's javelin gold with a 51.76m effort. UPM's Mohd Loqman Shairom took the silver with 49.29m while Abdul Aziz Ibrahim (48.54m) of Universiti Malaya was third.

In karate, Universiti Teknologi Mara (UTM) emerged champions in the men's team kata event when they beat International Islamic University of Malaysia (IIUM) 5-0 in the final at the UKM campus in Bangi. Losing semi-finalists Universiti Sultan Zainal Abidin (UniSZA) and Kolej Tunku Abdul Rahmah were the bronze medallists.

IIUM's women fared better in the team event when they clinched the gold with a 5-0 whitewash of Universiti Tunku Abdul Rahman (UTAR). UTM and Universiti Teknologi Mara (UiTM) were joint bronze medallists.

The men's individual kata saw UTM's Wong Keng Yinn emerge victorious over Tan Poh Aun of Universiti Malaysia Pahang in another one-sided final (5-0) with UiTM's Mohd Azim Muhimian and IIUM's Mohd Raziman Md Dom taking the bronze.

The final gold of the day went to Shymala Rubini K. Muthiah (Multimedia College Kuala Lumpur) who trounced IIUM's Nur Shuhailah Shafian 5-0. Management and Science University's Georgina Christy George and Nurfatina Arfa of UiTM took the bronze.