

Adi hopes to bag a medal for his late coach Nazar

By AFTAR SINGH

KUALA LUMPUR: SEA Games-bound shot putter Adi Alifuddin Husin is downcast after the demise of his personal coach Mohd Nazar Abdul Rahim, who died on Nov 4.

The 42-year-old former international Nazar, who was the national throws coach since 2001, died of a heart attack after being hospitalised in June because of heart problems and pneumonia.

The 25-year-old Adi, who has trained for 10 years under Nazar, is now coached by Faizol Harun, Nazar's assistant.

Adi, who will be featuring in his fourth SEA Games in Myanmar, said that he is still in shock.

"He was my 'guru' who helped me become one of top shot putters in South-East Asia.

"I'm sad about his demise as he was a good coach and a friend ... he helped me break my shot putt record five times in the last 10 years," said Adi, of Kuala Terengganu.

Adi made his debut in the 2007 Korat SEA Games where he finished fourth. Two years later in Laos he did well to win the silver.

He rewrote his national record with a throw of 17.53m in Palembang in 2011 to win the silver.

However, Adi failed to beat his silver medal mark to qualify for the Myanmar SEA Games.

He was selected for Myanmar based on his effort of 16.88m, which he achieved at the World University Games in Kazan in July.

Adi is ranked second in this region for his efforts in Kazan while top-ranked Thwat Khachin of Thailand has a personal best of 16.90m.

Adi, who is pursuing a degree in human resource development at Universiti Putra Malaysia (UPM), wants to win a medal for his late coach Nazar.

"Although I failed to surpass the 17m mark this year, I hope to rise to the occasion to hurl a decent mark to win the medal," said Adi.