National athlete R. Kirthana, as expected, easily won the women's long jump event at the Malaysian Institutions of Higher Learning Games (SUKIPT) yesterday.

Kirthana of Universiti Putra Malaysia (UPM) recorded 5.52m, followed by Universiti Malaysia Sabah’s (UMS) Ji Fedalliah Claritta Jaimin (5.34m) and Suratthani Rajabhat University’s Sonisa Sangthong (5.11m).

Kirthana, whose pet event is triple jump, however, was unhappy with her performance.

"I decided to do the long jump as I wanted to improve my running technique. "I am not satisfied as my personal best is 5.96m," said Kirthana who will leave for Jakarta on Friday for the Pre-Asian Games Championships.

In the high jump, national athlete Norliyana Kamaruddin of UPM recorded 1.65m for the title. Chia Lee Mei of Tunku Abdul Rahman University College took silver (1.65m) while Politeknik Malaysia’s Nurizah Abdullah (1.65m) finished third.

Politeknik Malaysia’s Teoh Kim Ling won the 5000m in 20:11.14s.

In silat, Universiti Pendidikan Sultan Idris (UPSI) showed their prowess with five titles. The gold medallists were Sharulnizam Abdul Roni (Putra C), Amirul Amri Rahim (Putra D), Amir Kasturi Rahim (Putra E), Mohd Shaheed Md Shafiee (Putra J) and Nor Aziera Zulkifli (Putri F).