

# Jackie surprises himself

**JACKIE** Wong (*pic*) delivered the first national record of the outdoor season when he improved on his own mark in the hammer throw at the Pahang Open in Kuantan yesterday.

The 24-year-old Jackie improved on his previous best of 63.71m set at the Philippines Open in March last year three times in six attempts at the Darulmakmur Stadium.

He broke the record with his second throw of 63.85m, extended his lead to 64.12 with his fourth attempt and finally heaved the hammer to 64.50 with his final effort.

It left Sarawak state teammate Michael Sia, representing Universiti Putra Malaysia, trailing a distant second on 49.28m.

"I was really surprised with my performance today because this is my first competition since September when I twisted my ankle in a competition in Korea," Jackie, Sea Games bronze medallist in 2013 and 2015, told *Timesport* yesterday.



"I'm fully recovered now and my coach (Gu Yuan) was satisfied with my performance. But I know I have a lot of areas I need to improve to reach the standard of top (Asian) throwers."

Jackie's performance came a day after Badrul Hisyam Manap

set the lanes ablaze with a new national junior record of 10.34 seconds in the 100 metres, missing out by just 0.04s on Watson Nyambek's national record.

Another athlete who enjoyed a good outing was Noor Shahidatun Nadia Zuki, who soared to a new personal best of 6.16m to win the women's long jump and pushed national record holder for the event, Noor Amira Nafiah, into second place on 5.97m.

Nadia, 20, has waited five years to improve on her previous best of 6.11m as she attempts to fulfil the early promise she showed as a teenager.

"I've been trying for a long time to beat my personal best which I did when I was in Form Three," said Nadia.

"I'm a bit surprised I managed to do it today since this is my first competition for the year. I hope to do better when I compete at the Perak Open later this month."

In other events, Perak's G. Aravinn Thevarr won the men's 200m final with a wind-assisted 21.13 seconds, just 0.02 slower than his personal best set in Skudai in January with Malacca's Khairul Hafiz Jantan second on 21.26.

Sea Games champion Irfan Shamsuddin fell just 82 centimetres short of his national record when he won the discus with a 57.22m effort while national record holder Yap Jeng Tzan claimed the women's javelin on 45.04m.

Triple jumper Hakimi Ismail, also a 2015 Sea Games gold medallist, continued with his struggle to qualify for the Rio Olympics after a poor 15.67m to win his event. **By Devinder Singh**