

# Big Cheer for Jackie

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## Malaysian breaks Games record, all thanks to intensive training

JACKIE Wong Siew Cheer knows the value of hard work.

After all, that's what helped the Malaysian break the SEA Games record with a hurl of 65.90m en route to winning the gold in men's hammer at the National Stadium in Bukit Jalil yesterday.

He then set off on a victory lap carrying the Jalur Gemilang.

His efforts erased the previous mark of 65.63m set by Filipino Caleb Stuart in Singapore two years ago.

Jackie also bettered his own national record of 65.34m set at the South Korean Open Championships in June.

The 27-year-old Jackie was glad he finally managed to get the gold in his fourth Games.

"I'm happy I finally won gold in my fourth appearance in the

Games. I only won bronze in the last three editions.

"To make it even sweeter, I also broke the Games record with my fourth throw.

"I'd like to dedicate the gold to my coach Gu Yuan and my parents (father Wong Ling Bui and mother Tiong Mee Lang), who came all the way from Sarikei (Sarawak), to watch me in action at the stadium.

"The intensive training I had in Mokpo (South Korea) has paid off. I will now focus on next year's Commonwealth Games (in Gold Coast, Australia) and the Asian Games (in Jakarta)," said Jackie.

He began with a 63.04m hurl before improving on it with distances of 64.53m and 64.68m in the next two throws.



After breaking the Games record with the fourth throw (65.90m), he could only hurl the hammer to 65.75m and 65.50m in the last two throws.

Jackie's feat also ended Malaysia's 16-year gold drought in the men's hammer. Wong Tee Kui was the last gold medallist at the 2001 Kuala Lumpur Games.

Five athletes took part in the event and Kittipong Boonmawan of Thailand (65.49m) settled for the silver while Filipino Ferrera Arniel (55.94m) took the bronze.

Elaine Goh Ling Yin later stole the limelight when she ended Malaysia's 10-year gold drought by winning the women's 10,000m walk in 52:21.50.

Veteran Yuan Yufang, who last

won the 20km walk gold at Korat 2007, retired in the third lap due to a hamstring injury.

Six athletes featured in the event and Vietnamese Phan Thi Bich Ha clocked 52:27.78 to bag the silver while T. Assawawongcharoen was third in 53:17.10.

The 21-year-old Elena, who finished fourth at Singapore 2015, said the key to her victory was in "fighting with myself".

"I didn't fear the other walkers. My biggest fear was myself because I badly wanted to win a medal after failing in Singapore.

"I took the lead from the first lap and was surprised that none of the others managed to pip me to the gold.

"I must thank my coach Teoh Boon Lim for pushing me to the limit in training," said Elena.