

# Student and teacher complete sprint double

By AFTAR SINGH

**KUALA LUMPUR:** Student Nor Aliyah Abdul Rahman and schoolteacher Mohd Izzuddin Yahaya completed a sprint double at the Selangor Open Athletics Championships.

Fifteen-year-old Nor Aliyah, who won the women's 100m in 12.27 on Saturday, ran a personal best time of 24.81 to win the 200m at the Sports Arena at Universiti Malaya yesterday. She clocked her previous best – 25.25 – en route to the gold at the Asean Youth Championships in the Philippines in March.

Norris Foo of the Tunku Mahkota Ismail Sports School (SSTMI) clocked 25.84 to bag the silver while M. Darshini of the Bukit Jalil Sports School (BJSS) finished third in 26.23.

Nor Aliyah, a Form Three student at SSTMI, was thrilled to bits with her efforts.

"I created history in the two-day meet by becoming the youngest sprinter to win the 100m and 200m," said Nor Aliyah.

"I'm really happy with my time in the 200m as I managed to dip below 25 seconds. My mission is to keep improving in both the sprints," said Nor Aliyah.

## RESULTS

(All finals)

### ● Men

**110m hurdles:** 1. Ang Chen Xiang (Sin) 14.53, 2. Juan Wei Siang (Sel) 15.33, 3. Mohd Naim Abdullah (Prk) 15.52.

**200m:** 1. Mohd Izzuddin Yahaya (Per) 21.60, 2. S. Kannathasan (UPM) 22.03, 3. Muhd Azim Ifwat Mohd Azam (UPM) 22.86.

**4x400m:** 1. Tunku Mahkota Ismail Sports School (SSTMI) 3:14.05, 2. Terengganu 3:23.84, 3. Perak 3:25.68.

**3,000m steeplechase:** 1. S. Devinraj (Nse) 10:01.79, 2. S. Jivaranan (Sel) 10:11.71, 3. J. Prethibkumar (Sel) 10:26.86.

**10,000m walk:** 1. Mior Muhammad Amerul Ishak (Prk) 48:43.96, 2. M. Rajaratnam (For) 48:44.73, 3. Irfan Hanania Abdul Shahir (Pah) 50:46.88.

**Pole vault:** 1. Ng Dewey (Sin) 4.40m, 2. Desmond Boey (Sin) 4.40m, 3. Muhd Afiq Ahmad Alham (Joh) 4.20m.

**Triple jump:** 1. Mohd Hakimi Ismail (Prk) 16.61m, 2. Jonathan Lim (Navy) 14.81m, 3. Lau Jit Song (Prk) 14.30m.

Izzuddin also had no problem winning the men's 200m gold, clocking 21.60.

S. Kannathasan of Universiti Putra Malaysia (UPM) posted 22.03 to settle for the silver while Muhd Azim Ifwat Mohd Azam, also of UPM, clocked 22.86 to finish third.

The 30-year-old Izzuddin, who won the blue riband event in 10.66 on Saturday, was disappointed that national sprinter Badrul Hisyam

### ● Women

**200m:** 1. Nor Aliyah Abdul Rahman (SSTMI) 24.81, 2. Norris Foo (SSTMI) 25.84, 3. M. Darshini (BJSS) 26.23.

**100m hurdles:** Nur Syafiqah Anis Abu Bakar (UPM) 14.59, 2. Nurul Nabilah Azhar (BJSS) 16.03, 3. Noor Rafhanah Abdul Aziz (BJSS) 17.16.

**4x400m:** 1. Perak 4:20.73, 2. Petaling Jaya City Council (MBPJ) 4:33.51, Bukit Jalil Sports School (BJSS) 4:35.94.

**5,000m walk:** 1. Nurul Ashikin Hussin (Pah) 27:52.60, 2. Celeste Ho Wing Sum (Sel) 30:10.33, 3. Ng Zi Ling (MBPJ) 30:48.43.

**Long jump:** 1. Ng Yu Jie (Pah) 5.30m, 2. Noor Amy Lieyna Ismail (Ter) 5.12m, 3. Fatin Ilyana Mat Nayan (BJSS) 4.84m.

**High jump:** 1. Michelle Sng (Sin) 1.75m, 2. Shahira Sazali (BJSS) 1.65m, 3. Valerie Cheong (Sin) 1.60m.

**Pole vault:** 1. Justina Chan Jia Min (Sin) 3.50m, 2. Nurul Fitriyana Abdul Rani (Pah) 3.30m, 3. Puteri Nur Adila (MAF) 3.30m.

**Triple jump:** 1. Nurul Ashikin Abas (Prk) 12.28m, 2. Mahira Ishak (BJSS) 11.90m, 3. Nurul Anis Aunie Husin (Kel) 11.26m.

Abdul Manap pulled out of the 200m race.

"It was unfortunate that Badrul withdrew at the last minute. But I'm happy with my performance and winning the double," said Izzuddin.

Only one meet record was set in the championships. Michelle Sng of Singapore cleared 1.75m in the women's high jump to erase Malaysian Noraishah Ismail's 1.71m mark set in 1990.