

It's her platform

Pandelela wants gold to be Malaysia's most successful diver



Gold Coast, here we come: (From left) Pandelela Rinong, national coach Zhang Yukun, Leong Mun Yee and Nur Dhabitah Sabri are all geared up for the Commonwealth Games next month. — S.S. KANESAN / The Star

By LIM TEIK HUAT

KUALA LUMPUR: Malaysian diver Pandelela Rinong has two good chances to strike gold at the Commonwealth Games in Gold Coast, Australia, next month.

Pandelela is just hoping her entry into the water will not fail her as she bids to strengthen her status as the most successful Malaysian diver in Commonwealth Games history.

At 25, Pandelela already has four medals, including one gold, from two previous outings. Pandelela was only 18 when she made a golden debut to win the women's 10m platform individual title in the 2010 edition in New Delhi, India.

She also partnered Leong Mun Yee to take silver in the 10m platform synchro.

In Glasgow, Scotland, four years ago, she narrowly missed out on a successful defence of the 10m platform individual title to settle for a silver.

The Sarawak-born diver secured bronze in the 10m plat-

form synchro with Nur Dhabitah Sabri.

Pandelela wants to maintain her 100% record in the platform discipline in Gold Coast.

"I'm progressing to peak in the Commonwealth Games. I don't want any problem being consistent but what I need to improve on is my entry.

"I hope to execute clean dives and if I can do it, I have a very good chance to be on top.

"My worry is staying clear of serious injuries.

"There are minor ones but it's taken care with good treatment from the National Sports Institute," said Pandelela, who won the Australian Grand Prix gold medal in 10m platform individual in her last visit to Gold Coast.

Pandelela will partner Cheong Jun Hoong in the 10m platform synchro on the first day of competition on April 11 where they stand a bright chance to deliver gold.

They are the reigning Olympic silver and World Championships

COUNTDOWN TO GOLD COAST COMMONWEALTH GAMES

12 DAYS TO GO

TAKE 5 WITH AN NAJWA AZIZAN

By K. RAJAN

Q1: Malaysia did not qualify for this year's Games. What's your comment?

A: It's heartbreaking to miss the qualification for this year's Games in Gold Coast but we have to accept it and move on.

Q2: What's next for you and the national netball team?

A: We have a young team. We need to move forward and improve our world ranking (24). We also need to think about defending our Asian Championship crown in Singapore this September.

Q3: You are the first Malaysian netball player to play in a pro league. How's the experience?

A: My club Greater Western Sydney (GWS) play in the second division of the Australian Netball League. We are having our pre-season training, the intensity here is so much higher and everyone is giving their best in training sessions and test matches.

Q4: What do you miss most being away from Malaysia?

A: I'm enjoying myself here actually, I just miss my best friends.

Q5: Since you are in Australia, what's your plan at the Games?

A: I'll definitely be there at the Games. I plan to watch the netball matches and support the Malaysian athletes competing here.

Sports: Netball

Date of birth: Aug 9, 1997

Place of birth: Kuala Lumpur

Achievements

> 2017 KL SEA Games - gold medal

Competition dates: April 8-14

Venue: Gold Coast Convention and Exhibition Centre, Coomera Sport and Leisure Centre

Medals at stake: 1-1-1

bronze medallists.

"There were plans to increase my degree of difficulty (DD) but it has been put on hold as there is not enough time to train for them.

"I will stick to my usual dive routines," added the two-time Olympic medallist.

The women's diving team will leave for Gold Coast on April 5.



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