

Let's stay in sync

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Pandelela and Jun Hoong eye podium spot in Montreal



Go for gold: Pandeleda Rinong (right) and Cheong Jun Hoong are hoping for a good result at the third leg of the Diving World Series in Montreal, Canada, this week. — Bernama

By LIM TEIK HUAT

PETALING JAYA: There's no rest for Gold Coast Commonwealth Games champions Pandeleda Rinong-Cheong Jun Hoong as they return to the pool for the Diving World Series in Montreal, Canada, this weekend.

Pandeleda-Jun Hoong will be out to maintain their impressive start to the year in the women's 10m platform synchro competition in the third leg of the prestigious series.

They led from start to finish to win the first gold medal in the synchro discipline at the Commonwealth Games less than two weeks ago.

The duo have managed to stay consistent this season, taking silver in the opening leg in Beijing, China, and a bronze in Fuji, Japan, last month.

Pandeleda-Jun Hoong are ranked second with 45 points ahead of North Korea's Kim Mi-rae-Kim Kuk-hyang (42). China's teenage pair Zhang Jiaqi-Zhang Minjie lead the standings after back-to-back wins in Beijing and Fuji with 54 points.

Apart from North Korea and China, Canada's Meaghan Benfeito-Caeli McKay will be the ones to watch as they are competing on home ground.

The Canadians will surely be out to impress

to earn their first podium in the series this year after taking silver in the Commonwealth Games in Gold Coast.

Pandeleda-Jun Hoong will be contending for a podium spot but of concern will be how fast they can shake off the jet-lag due to the long trip from Kuala Lumpur.

The Malaysian divers, including Nur Dhabitah Sabri-Leong Mun Yee, only left for Montreal on Monday.

"Your watch, phone and laptop all show different times, and you don't know who to believe. Your body clock, of course, is of no help," tweeted Pandeleda the day after arriving in Montreal.

The two-time Olympic medallist will also be out to do better in the 10m platform individual after failing to impress in the final in Gold Coast.

In Gold Coast, Pandeleda led in the preliminaries but failed to get her act right in the final to eventually settle for fourth.

Pandeleda placed fourth in the 10m platform individual in the first leg of the series in Beijing but did not make the top-six final in Fuji.

Dhabitah-Mun Yee will compete in the women's 3m springboard synchro event. They were bronze medallists in this event in Gold Coast.