

ATHLETICS

# QUEENIE HAS TO 'BEAT HERSELF' IN MALAYSIA

Sarawakian is used to breaking her own national discus record

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**Q**UEENIE Ting has no one to rival her in Malaysia when it comes to throwing a 1kg metal disc.

So, the discus thrower from Sarawak has to "battle herself" or better her own mark.

Queenie, 25, who hails from Sarikei, became the first Malaysian woman to hurl the discus beyond the 50m mark with a throw of 50.67m at the Malaysian

Track & Field Trials last November.

And at the Hanoi Sea Games in May, she threw a mighty 52.36m to rewrite her own national record.

Queenie, who believes she can still go much further, has set a target to hit the 55-metre mark by the end of this year.

"I don't want to be just satisfied by being the number one women's discus thrower in the country. I want more success and to rewrite more national records," said Queenie, who trains under coach Ali Hamid.

"My coach believes that I can break the 55-metre barrier by end of this year."

Queenie, who is pursuing a degree in physical education at Universiti Putra Malaysia, has been invited to compete in the Athletics Challenge Cup in Niigata City, Japan this weekend.

"I'm not sure about the strength of the other athletes in the Japan meet, but I am physically and mentally in good form to make a good throw on Saturday," said Queenie, who won gold with a hurl of 51.32m in the Higher Learning Education Games in Tanjong Malim last month.

The two other Malaysian athletes invited for the Japan meet are sprinter Azeem Fahmi and high jumper Eizlan Dahalan.



Queenie Ting training at the National Sports Council field in Bukit Jalil last month. PIC BY GENES GULITAH