

Li Kian does it again

Archival News | New Straits Times | 23/03/2005 | Author: Shenton Gomez

IT WAS a double for Ng Li Kian yesterday when he added the 400m gold to the 800m title he won on Monday in the Kuala Lumpur Schools Bangsar Zone Under-18 meet at the National Stadium in Bukit Jalil yesterday.

"I am in a better shape than last year. I only competed in the 4x400m event in the 2004 MSSM meet but this year, I hope to compete in the sprint competitions as well," said the SMK Sri Sentosa athlete.

In winning the 400m in 51.54s, Li Kian bettered his personal best of 53.30s set last May.

The 16-year-old had an impressive outing when he clinched three gold medals for Sentul in last year's Zone meet. He was also equally successful in his studies when he scored seven As in his PMR examination.

"I have been training very hard for the past six months and have now set my sights on the 200m gold tomorrow (today)," said Li Kian.

Meanwhile, Shafiq Ismail gave Armed Forces College their fifth medal when he bagged the Under-18 110m hurdles gold medal in 17.22s.

"I am delighted because this is my fourth straight win but, unfortunately, I don't intend to be involved in athletics after school," said Shafiq.

The national junior cricket player will put his hurdling career behind him as he strives to be part of the national cricket team.

RESULTS - Boys' Under-18, 400m: 1 Ng Li Kian (SMK Sri Sentosa) 51.54s, 2 Mohamed Amiruddin Rahim (Methodist) 54.87, 3 Nor Zarif (Armed Forces) 55.20; 3,000m: 1 Aidi Shukri (Armed Forces) 11:28.38, 2 Heng Fook Huan (Methodist) 12:23.54, 3 Siew Chin Pui (SMK Seri Saujana) 12:23.60. 110m hurdles: 1 Shafiq Ismail (Armed Forces) 17.22s, 2 Cheong Choon Meng (SMK Sri Sentosa) 18.11, 3 Zhariq Shafiq Onn (Victoria) 18.69.

Long jump: 1 Chang Choon Meng (SMK Sri Sentosa) 6.06m, 2 Mohamed Faiz Pairan (Armed Forces) 5.89, 3 Krishant Nareen (SMK Bkt Bandaraya) 5.73; shot putt: 1 Lee Xuen Hong (SMK Sri Sentosa) 10.48m, 2 Teong Sin Hen

(SMK

Sri Sentosa) 9.98, 3 Wong Hong Wai (SM Sg Besi) 9.65.

Under-15: 400m: 1 Phung Chun Yem (SMK Sri Sentosa) 55.09, 2 Mohamed Hasriq (Armed Forces) 58.24, 3 Khairul Iawan Ariffin (SMK Bangsar)

59.02;

2,000m: 1 Ng Wai Meng (SMK Sri Sentosa) 8:46.50, 2 Wong Kok Yew (SMK Sri Sentosa) 10:07.34.

110m hurdles: 1 Mohamed Zubir Zulkiflee (La Salle) 18.59, 2 Mohamed Zulfadhli (SM Bkt Jalil) 18.83, 3 Wat Corakpom Sumela (Bkt Bintang) 18.99; Shot putt: 1 Nicky Chin (Armed Forces) 9.73m, 2 Choo June Wai

(SMK

Seri Sentosa) 9.53, 3 Mohamed Adam (Armed Forces) 9.23; triple jump: 1 Wan Shao Tien (SMK Sri Sentosa) 11.68, 2 Tamzarul Iqhal (Armed Forces) 10.96, 3 Aprizal Taib (SM Sri Pantai) 10.92.

Under-12, high jump: 1 Lim Ding Yenn (SJKC Kuen Cheng) 1.33m, 2 Nasrul Azreen Mohamed (SK Bangsar) 1.29, 3 Mohamed Zainal Abidin (SK Seri Setia); Shot putt: 1 Lim Yat Yong (SJKC Kuen Cheng) 9.20, 2 Mohamed Izudin Ilias (SK Bangsar) 8.77, 3 Mohamed Hanbali Razali (TTDI 1) 8.71.

Girls' Under-18, 400m: 1 Tan Hui Meng (SJJC Kuen Cheng) 1:10.05, 2 Lydia Pathmanathan (Methodist) 1:11.55, 3 Shanfini Louise (Bkt Bandaraya) 1:12.53; long jump: 1 Nor Hamidah Rajaludin (SM Sri Pantai) 4.23m, 2 Nadiah Yahya (SMK Bangsar) 4.09, 3 M Rajagopal (Methodist) 3.76. 3,000m: 1 Loon Lai Yan (Methodist) 13:27.41, 2 Lau Ming Yueh (SJJC Kuen Cheng) 14:00.61, 3 Lim Hui Voon (SMK Sri Sentosa) 14:23.37. 100m hurdles: 1 Rozaidasura Mohamed Alie (SMK P Methodist) 20.57, 2 Voon Kim Fang (Sri Sentosa) 22.13, 3 Chai Pui Yien (SJJC Kuen Cheng) 22.99; under-15: 400m: 1 Teong Sui Men (SMK Seri Sentosa) 59.65, 2 Wong Pui Yee (SMK Seri Sentosa) 1:07.56, 3 Zainol Asriah (SMK Sri Saujana) 1:11.03; 3,000m walk: 1 Chua Shu Chin (SMK Sri Sentosa) 24:30.99s, 2 Hoe Ai Lin (SMK Sri Sentosa) 26:34.47). 100m hurdles: 1 Wong Pui Yee (SMK Sri Sentosa) 18.92, 2 Jasilyn Rangson (SM Sri Cempaka) 19.55, 3 Chue Sau Chin (SMK Sri Sentosa) 20.96; Under-12, shot putt: 1 Siew Chee Wan (SK Seri Indah) 7.28m, 2 Ida Adora (SK Bkt Damansara) 6.94, 3 Ziana Zakaria (SK Desa Tasik) 6.75. -SHENTON GOMEZ

(END) Source : New Straits Times