

Syazrin is downhill king, thanks to Koko

THE Terengganu mountain bike team spent a month training in Bandung, Indonesia, last month to prepare for Sukma. But downhiller Ahmad Syazrin Awang Ilah went a step further.

Syazrin brought along his Indonesian trainer Koko M. Fadly to assess the trail in Perlis and that worked wonders as he bagged the gold medal at Pauh Putra yesterday.

The 17-year-old Syazrin completed the 1km course in 1:43.717. Md Hafiz Danial Md Shahrulmizam of Pahang clocked 1:45.419 for the silver while Muhd Raudhatul Razman Abdul Razak of Malacca was third in 1:46.122.

"I must thank my team and especially trainer Koko.

We had a few runs at the trail before the race and Koko showed me the fastest line to get a good time," said Syazrin.

In the women's event, Natahsya Soon of Sabah justified her status as national champion by taking the gold.

Natahsya, the winner of the BMX event on Sunday, completed the course in 2:00.095. Nur Farhanah Izzaty Zulkifli of Perak came in 13.003 seconds behind to claim the silver while Siti Natasha Mohd Basri of Selangor clocked 2:17.720 to take the bronze.

"It felt good to win the gold medal again," said Natahsya, who was also the downhill gold medallist at the 2012 Pahang Sukma.



Trail blazers: Terengganu's Ahmad Syazrin Awang Ilah (right) and Sabah's Natahsya Soon celebrate after winning the downhill races yesterday.