

Terengganu sprinter Harith set to blaze the track

MYANMAR SEA Games silver medalist Harith Ammar Mohd Sobri (*pic*) is undoubtedly the favourite to win the men's 100m and 200m races in the Sukma athletics competition which begins at Stadium Utama today.

The Terengganu lad, who turns 20 on June 19, is in high spirits after bagging the 100m bronze with a time of 10.79 at the Thailand Open three weeks ago.

He also won the gold in the blue riband event with a time of 10.70 at the Kedah Open in April.

At the SEA Games last December, he surprised everyone by clocking a personal best time of 21.46 to win the silver medal in the 200m.

Harith, who won the 100m gold medal at the Pahang Sukma two



years ago, said that he doesn't think any sprinter in the Games will be able to beat him in both the sprint events.

"I am in top form and will be going all out to improve my personal best in the 100m event," said

Harith, whose previous best was 10.66 at the Asean School Championships in Bandung two years ago, where he won the silver.

"Although I have not competed in the 200m event since last year's SEA Games, I am still confident of clocking a good time," said Harith, who only came in fifth in the 200m at the last Sukma in Pahang in 2012.

Meanwhile, the 20-year-old Zulkifli twins - Zaidatul Husna and Zaidatul Husniah of Penang - will be going all out to outdo each other in the women's 100m event.

At the last Sukma in Pahang, younger sister Husniah won the gold in the 100m with a time of 12.29 after Husna suffered a ham-

string injury in the semi-finals.

But this time, Husna, who has a personal best of 11.86, is confident of beating her sister for the gold in the blue riband event.

"I also have to be wary of Perak's Nurul (Eawan Syafiqah), who has been competing well in meets," said Husna.

The first event to kick off in athletics today is the women's 5,000m at 7am and Elena Goh Ling Yin of Federal Territories, who has a personal best of 25:02, is expected to win the event.

Sarawak's strongman Michael Sia, who bagged the bronze at the Thailand Open this month with a personal best distance of 52.23m is expected to win the men's hammer event today.