

# Triple jump of joy for Andre ahead of C'wealth Games

By T. AVINESHWARAN

**PETALING JAYA:** SEA Games gold medallist Andre Anura Anuar (*pic*) shows he is getting into the groove for next month's Commonwealth Games after topping the triple jump event in the Perak Open yesterday.

The 23-year-old Andre took the gold with a jump of 15.19m, ahead of Perak's Mohd Shah Sholihin Azhar who gave a tough fight with a distance of 15.16m at the Perak Stadium in Ipoh.

Selangor's Mohd Izzul Haniff Mohd Raffi completed the podium with 14.71m.

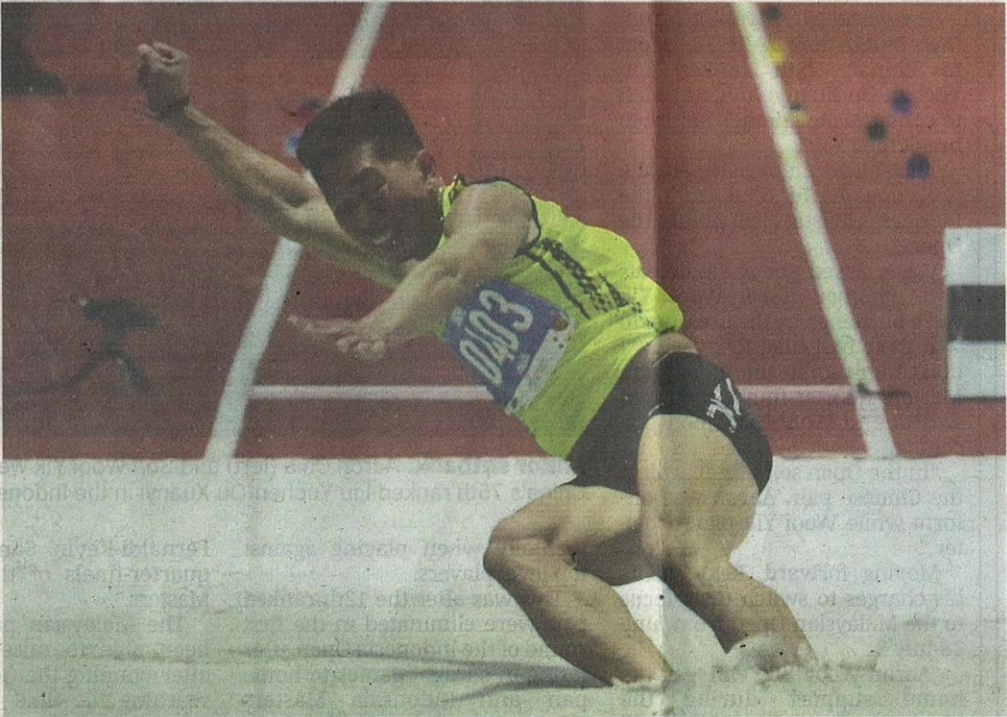
Last month, Andre registered a personal best of 16.51m to win the triple jump gold at the SEA Games in Hanoi.

He is one of the athletes selected under the athletics quota for the Commonwealth Games in Birmingham from July 28-Aug 8.

The others competing in Birmingham are Nauraj Singh Randhawa (high jump), Grace Wong (hammer throw), Mohd Irfan Shamsuddin (discus), Jackie Wong (hammer throw), Russel Alexander Nasir Taib (200m) and Shereen Samson Vallabuoy (400m).

Meanwhile, Grace won the hammer throw gold with a new Perak Open record. The SEA Games gold medallist threw a distance of 58.75m, breaking her own six-year old record of 53.40m.

Selangor's Nurul Hidayah Lukman finished second with 51.44m, while Sarawakian



Alienna Thipong Anak Laga took bronze with 45.54m.

SEA Games heptathlon bronze medallist Norliyana Kamaruddin won the high jump

gold with an attempt of 1.76m. Singapore's Michelle Sng took silver with 1.70m while Perak's Ngu Jia Xin took bronze, also with 1.70m, on countback.