

The Star (5/7/2022) Page 9

Rope jumpers set record for most skips in one minute

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A TEAM of 15 Malaysian rope-jumping athletes has made its way into the *Malaysia Book of Records* (MBOR).

The team's attempt for "Most Skips Over a Single Rope in One Minute by a Team" succeeded after members recorded 135 skips in one minute, surpassing the benchmark 130 skips set by MBOR.

The record challenge was held as part of the "Lohas Taiwan Excellence 2022: Jump for Love" charity campaign in Sunway Velocity mall, Kuala Lumpur.

All the rope-jumping athletes, from five states – Kuala Lumpur, Perlis, Johor, Kedah and Selangor – have taken part many times in rope-jumping competitions at the state, national and international levels.

They were aged between 17 and 33.

The team's head coach Saifull



(Back row, from fifth left) Peng, Malaysian Jump Rope Federation president Syaiful Anwar and Saifull with the team members holding up their Malaysia Book of Records certificates. – SHAARI CHEMAT/The Star

Nizar said it was not easy skipping as part of a group.

"The members need to have strong bonding and teamwork to skip without stopping.

"Though they had only five days

to train together, it didn't stop them from achieving the feat.

"Coordination is the key to this activity where they need to follow the rhythm carefully and ensure the distance between each of

them is the same," said Saifull at the event.

The 42-year-old coach said the team would attempt to break its own record next year, with a target of 160 skips within a minute.

Malaysian Jump Rope Federation (MYJuRF) vice-president Habibah Abdul Hamid, 60, said the association held two other MBOR records.

They are "The Longest Distance" achieved in 2009 and "The Most People Jumped (rope)" attained in 2016.

"This victory truly reflects the jumpers' high level of enthusiasm and commitment throughout their training period," said Habibah.

One of the skippers, Chin Rou Si, 17, said the record feat was an unbelievable moment for her and her sister Chin Jie Xi, 19, who was also part of the team.

"We were given three attempts to set the record. Due to nervousness, we missed the benchmark target in the first two attempts.

"However, in the third and final attempt, we finally achieved our aim to enter the MBOR," said Chin.

Also present at the event were MYJuRF president Syaiful Anwar and Taiwan Trade Centre director Eva Peng.