



Good support: (From left) Queenie Ting, Nauraj Singh and Norliana Kamaruddin.

Vietnam setback won't stop Nauraj from working harder

PETALING JAYA: Nauraj Singh Randhawa said the bitter experience of missing out on the SEA Games gold is like going over a speed bump but the high jumper will not let it ruin his entire season this year.

Nauraj, who settled for silver (2.18m) in Hanoi behind Thailand's Kobsit Sithichai (2.21m), will start competing in the summer events in Europe when he returns to Leipzig, Germany, today.

He wants to gradually increase work on his techniques as an ankle strain just before the SEA Games had hampered his progress but he wants to be in better form to get a chance to compete in the Birmingham Commonwealth Games from July 28-Aug 8.

"It's like going over a speed bump. So things like these happen but it is important for me to stay on course because the season is long and I don't want to change and shift focus," said Nauraj.

"The SEA Games was the start of the outdoor season for me and I need to build the momentum and hopefully, I can get a call-up for the Commonwealth Games.

"The most important thing is to stay healthy as I had an ankle strain before going to the SEA Games and didn't do any technical stuff since then.

"In hoping that the summer competitions in Europe will be a platform for me to build up my technical work, because I spent a lot of time on speed and strength which are at really good levels. It's just a matter of time that I get my jumps in."

Nauraj was with heptathlete Norliana Kamaruddin and discus thrower Queenie Ting at the appreciation ceremony of their nutritional sponsors Ajinomoto yesterday.

The trio are under the "Winning meals Kachimeshi sports nutrition programme", which includes the Amino Vital jelly that supports the athletes with their performance, muscle endurance and recovery.

"This programme has been helping me in my performance in training and tournaments," said Nauraj, who encouraged other national athletes to try out the products in the Kachimeshi programme.