Sarawak can improve gold medal haul — MSNS chief

KUCHING: Sarawak is determined to win more gold in the upcoming 13th Malaysia Games (Sukma XV).

Sarawak State Sports Council (MSNS) director Francis Nyurang Ding said Sarawak is optimistic of delivering the goods in at least 14 of the events to be competed particularly those which have been identified and worked on.

“We have identified 14 events that gave us silver during the last Sukma, which through intensive training and hard work could as well bring in the potential gold medals...we are (therefore) focusing on these events” he said when speaking to The Borneo Post on Wednesday.

According to him, Sarawak athletes have done well in the previous games held in Kuala Lumpur and brought home a haul of silver medals in 14 different events which could tactically could be converted into gold in the next round.

“We have been working hard on various programmes to help push the athletes in achieving the target set...Sarawak is determined to prove that we are still a sports powerhouse to be reckoned with” Nyurang said on the preparations made including challenging aspects of sports science, mental and physical training.

He expressed hope for Sarawak athletes to remain focus always and not to lose ground on the events that are traditionally their stronghold as well as keeping up with their training and preparation schedule.

“Our athletes need to benchmark others especially their counterparts from other states because there are many who can become our role models,” he said while confirming plans for the centralised training of state Sukma athletes at the new Universiti Malaysia Sarawak (Unimas) sports complex at Kota Samarahan in June.

Nyurang added that MSNS officials have also visited the various events’ venues in Kuantan, Pahang.