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Swim-Channel

MALIK HAPPY WITH PROGRESS AT TRAINING

By: Neville D'Cruz

MELBOURNE, July 10 (Bernama) -- Abdul Malik Mydin, who plans to be the first Southeast Asian to swim the English Channel, is delighted with the training he has received since coming here a month ago.

Under special coaching from famous marathon siblings John and Tammy van Wisse, who have both swum the Channel several times, Malik has totally changed his strokes and techniques, resulting in vastly improved performances.

"I am getting better and better each day," Malik told Bernama today.

"My swimming times are also improving daily, and I feel confident I should be up to the English Channel challenge by next July," said Malik, who hails from Butterworth.

Malik, 27, who is under the patronage of Prime Minister Datuk Seri Dr Mahathir Mohamad, said his stint at the Sandringham Swimming Centre here, which ends next Wednesday, has been the most beneficial of his two-year preparation to conquer the fickle waters of the English Channel.

He realises that the Channel is the Mt Everest for marathon swimmers and more people have in fact climbed Mt Everest and walked in space than swum the Channel.

On the advice of Alison Streeter, England's official "Queen of the Channel" with 41 crossings to her credit, Malik sought out marathon swim coach John van Wisse to help him fine-tune his training.

"John and Tammy have been fantastic and have done a lot for me. They are not only good trainers, but also wonderful motivators and are able to get the best out of me," said Malik.

"I am so pleased with the training in Melbourne that I plan to return in December for another stint," he said.

Before that he plans to train again in England, then on to a marathon swim in Zurich, Switzerland, followed by the mainland to Langkawi swim in October.

A former national cyclist and now a bodyguard, Malik is also concentrating on building his muscles and weight for his big assault, which he hopes will bring pride to Malaysia.

-- BERNAMA

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