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Sports-Swimming

MALIK CONTINUES TRAINING TO CROSS THE ENGLISH CHANNEL

KUALA LUMPUR, March 18 (Bernama) -- Abdul Malik Mydin, 28, who aims to be the first Malaysian to cross the English Channel will continue his internal and overseas training until his attempt at the end of July.

Abdul Malik just returned from his one-month training in Melbourne, Australia and will travel to Kunming, China next week for an altitude conditioning to test his breathing abilities.

"After that I will return to Melbourne in the middle of April for sea survival training under coach John Van Wisse."

He told reporters at the press conference after the pre-launching programme of the English Channel Challenge launched by the Defence Minister Datuk Seri Najib Tun Razak here today.

Abdul Malik will cross the channel through Shakespeare Beach in Dover, London heading towards Cap Gris Nez, Calais, France -- involving 32.8km.

He will return to Malaysia in May to prepare for the Kuala Perlis-Pulau Langkawi swim covering 48km -- a distance much further than the English Channel challenge.

"The Kuala Perlis to Langkawi event will be held between May 24th and 25th. Prime Minister Datuk Seri Dr Mahathir Mohamad the patron for the English Channel Challenge has agreed to launch the event," he said.

For the event Abdul Malik said his party had received the cooperation from the Defence Ministry and the Royal Malaysian Navy.

They will help in terms of security, charting routes and monitoring water levels from Kuala Perlis to Langkawi.

"Each crossing has its own challenge. For the Kuala Perlis to Langkawi, the water temperature is expected to be warm while the English Channel is cold - between 14 to 18 Celsius," he added.

-- BERNAMA

ZAS MFJ VP