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Sports-Malik

MALIK PREPARED TO SHARE EXPERIENCE WITH YOUNGER GENERATION

SEPANG, Aug 8 (Bernama) -- National marathon swimmer Abdul Malik Mydin will not waste the experience he has gained throughout his mission to swim across the English Channel, but would share them with those who are interested.

"I will not waste all the knowledge gained. On the contrary, I will share them with the younger generation who are interested and have the desire," he told reporters at a media conference after a welcoming ceremony for him at the KL International Airport (KLIA) Arrival Hall, here today.

He believed that by sharing his knowledge he could help to instil strong will power among the younger generation to indulge in activities that would make the people proud and raise the country's image.

The 28-year-old swimmer was given a hero's welcome for having conquered the English Channel.

Abdul Malik flew back on Malaysia Airlines (MAS) Flight MH01 from London and arrived at KLIA at 6pm today. He was greeted with cheers of "Malaysia Boleh" from more than 1,000 students of the National Youth Skills Institute (IKBN) nationwide and members of the public who had awaited his return.

Also on hand to welcome him were Prime Minister Datuk Seri Dr Mahathir Mohamad, Deputy Prime Minister Datuk Seri Abdullah Ahmad Badawi, Youth and Sports Minister Datuk Hishammuddin Tun Hussein and his deputy Datuk Ong Tee Keat as well as Malaysian mariner Datuk Azhar Mansor who had circumnavigated the world solo in 1999.

Asked on the significant knowledge he had gained when making the historic swim, Abdul Malik said it had taught him to be patient.

"If one wants to be successful, one has to have a lot of patience and look at any challenge as something that is not easy. Sincerity in performing any feat is also important," he said.

Abdul Malik said determination and patience had helped him a lot in realising his dream all this while to swim across the English Channel.

Recounting his experience when he was five kilometres away from the finishing point, he said it was an experience which was most challenging mentally and physically because of the strong current.

According to Abdul Malik, it was as if he could no longer continue with the swim due to the strong current which had hindered his progress.

"It took me five hours to complete the last five kilometres. I was already drained of energy. But due to the prayers and support of everyone, I persevered to complete the swim," he said.

Abdul Malik, however, has no plans to swim immediately after the feat.

He said in jest: "I don't want to think of anything else. After this, I want to rest.

Meanwhile, Hishammuddin said Abdul Malik's success in crossing the 58-kilometre channel in 17 hours and 35 minutes should be taken as a guide by the younger generation to progress and continue with the country's struggles.

"I support the Prime Minister who had said that not many races in the world actually have such an opportunity (to achieve such a feat).

"We want the younger generation to have Abdul Malik's attitude and spirit and they should emulate the positive values displayed by Abdul Malik," he said.

He was confident that Abdul Malik could become a role model for the

younger generation.

-- BERNAMA

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