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Abdul Malik to swim to Langkawi for a good cause

KANGAR, Thurs. - Abdul Malik Mydin, who is attempting to swim 48km from Kuala Perlis to Langkawi on Saturday, will also raise funds for the National Cancer Council.

"I hope many Malaysians will donate to help children suffering from cancer," said the 28-year-old businessman today.

Prime Minister Datuk Seri Dr Mahathir Mohamad will flag him off at the LKIM jetty in Kuala Perlis at 8.45pm.

Malik, who is also a national cyclist, is using this attempt to prepare himself for a 38km-swim across the English Channel from France to England sometime in July or August.

On the decision to swim to Langkawi at night, he said after under-going a month's training under coach John van Wisse in Australia, he had been advised to get accustomed to the "freezing waters" of the English Channel.

Malik, who hails from Kampung Gajah in Butterworth, swam across the Penang Channel three times between 1999 and 2001.