

Hardship motivates Pahang runner Ikbolassen to capture 10,000m gold

By **Aftar Singh** - September 15, 2022 @ 9:59pm



Pahang's Ikbolassen Kamal Hussain celebrates after winning the 10,000km gold at the National Stadium in Bukit Jalil today. -BERNAMA PIC

KUALA LUMPUR: Hardship has hardened distance runner Ikbolassen Kamal Hussain's resolve in every race.

The 20-year-old, who comes from a poor family, lost his mother when he was 13. His father works at a farm in Cameron Highland with no fixed salary.

Amid the adversities, he runs on.

Yesterday, the Pahang athlete made his family proud by winning the Malaysia Games men's 10,000m gold at the National Stadium in Bukit Jalil.

Ikbolassen gave his all, clocking a personal best of 31:11.62s, which was faster than the meet record of 31:47.95 set by A. Munusamy in Pahang in 1996.

However, the National Sports Council have decided that all records set at this year's Games will not be recognised as Under-23 athletes are allowed to compete in this Under-21 competition.

Ikbolassen, who is featuring in his first and last Malaysia Games, is tipped to be the next long distance star for Malaysia.

In fact his time yesterday has qualified him for next year's Sea Games in Phnom Penh.

His effort was more than one minute faster than the gold medal-winning time of 32:17.34 by Vietnam's Nguyen Van Lai in the Hanoi Sea Games in May.

Ikbolassen, who will get RM4,000 from the Pahang State Council for his effort, took the lead in the eighth lap and never looked back in the 25-lap race. He finished more than two minutes ahead of Selangor's S. Dinesh Varma (33:33.690) and Penang's B. Ruveshwaran (34:13.070) who got the silver and bronze respectively.

Ikbolassen, who took up athletics at the age of 15, said hardship has made him a determined and disciplined person.

"I come from a poor family but that did not stop me from achieving my dream of becoming a national runner.

"I love running, and I'm proud to have a memorable outing in the Malaysia Games. I must thank my coach. P. Subramaniam for his guidance," said Ikbolassen, who also hopes to win medals in the 3,000m steeplechase and 5,000m.

Subramaniam, who has been training Ikbolassen for the last 18 months, said: "Ikbolassen has made steady progress because he pushed himself hard in training, and he never misses training.

"He is so dedicated that he wakes up at five in the morning to train. I am proud to have an athlete like him."

Meanwhile, Johor's Nur Atiqah Sufiah Hanizam won the women's discus with a personal best of 44.99m. Pahang's Nani Sahirah Maryata (39.97m) and Sarawak's Vanessa Niega Anak Franky (35.38m) bagged the silver and bronze respectively.

Despite a knee injury, Perak's Nurul Ashikin Abas made a leap of 12.81m to win the women's triple jump. Kok Hui Ying of Federal Territories clocked 28:45.810 to finish first in the women's 5,000m walk.

RESULTS — Men's 10,000m: 1 Ikbolassen Kamal Hussain (Pah) 31:11.620s, 2 S. Dinesh Varma (Sel) 33:33.690, 3 B. Ruveshwaran (Pen) 34:13.070;

High jump: 1 Farrell Glenn Felix Jurus (Sab) 2.15m, 2 Eizlan Dahalan (Sab) 2.06, 3 Kuan Jhy Yunn (Prk) 2.03.

Shot putt: 1 Jonah Chang Anak Rigan (Swk) 16.65, 2. Kamal Farhan Rahman (Prk) 16.31, 3. Farm Loong Deng (Joh) 15.84.

Women's 5,000m walk: 1 Kok Hui Ying (FT) 28:45.81s, 2 Nurul Alyahaziqah Kamarazaman (Kel) 29:30.73, 3 Nurul Ashikin Hussin (FT) 29:51.27;

Discus: 1 Nur Atiqah Sufiah Hanizam (Joh) 44.99, 2 Nani Sahirah Maryata (Pah) 39.97, 3 Vanessa Niega Anak Franky (Swk) 35.38.

Shot putt: 1 Nani Sahirah Maryata (Pah) 13.38, 2 Grace Wong (Swk) 12.40, 3 Nurul Ainin Syauqina Nor Azahar (Pah) 12.08.

Triple jump: 1 Nurul Ashikin Abas (Prk) 12.81, 2. Ng Yu Jie (Pah) 11.79, 3. Dayang Shari Uluk (Sab) 11.53.