

Raymond reaps rich dividends after switch

NSTS 30.10.2012 37.

THE decision to switch from sparring to pattern has paid off handsomely for Universiti Malaysia Sabah's (UMS) Raymond Toh as he bagged two gold medals in taekwondo on the opening day of the inaugural Malaysian Institutions of Higher Learning Games (SUKIPT) yesterday.

Raymond scored a 36.2 total in the men's individual pattern event to clinch gold ahead of Universiti Tunku Abdul Rahman's (UTAR) Chew Wei Yan (35.2) and Too Lap Weng (35.5) of Universiti Kebangsaan Malaysia (UKM) at the Nilai Indoor Stadium, Negri Sembilan.

The 22-year-old then joined forces with UMS teammates Yeo Koh Siong and Fakhurrazi Sazali to take the gold medal in the men's team with a total score of 37.7. Help Universiti took silver on 31.5 while Universiti Teknologi Mara (UiTM) finished third on 31.4.

Raymond, who is coached by Korean Lee Min Hee, said he was delighted with his performance yes-

terday and sees it as a timely boost ahead of the Laos Asean University Games in December.

"I feel I have managed to improve a lot for this tournament as I felt relaxed and was able to perform at a high level," said the Batu Pahat-born Raymond.

Today will see a total of 10 gold medals up for grabs with eight to be offered in swimming which will be held at the National Aquatic Centre, Bukit Jalil, and two in bowling which will be held at Sunway Megalanes.

RESULTS (All pattern)

— Men's individual: 1

Raymond Toh (UMS) 36.3; 2 Chew Wei Yan (UTAR) 35.2; 3 Too Lap Weng (UKM) 35.5; Team: 1 UMS 37.7; 2 Help University 31.5; 3 UTM 31.4.

Women's individual: 1 Jocelyn Chai (USM) 37.8; 2 Liew Shwu-Lynn (Help) 35.9; 3 Medla Dahalan (UMS) 34.5; **Team:** 1 Help University 36.5; 2 USM 35.2; 3 UPM 34.6.

Mixed team: 1 UTAR 37.2; 2 UMS 36.4; 3 Help University 36.2. **By Fadhli Ishak**



Raymond Toh