



**Keeping fit:** Francey going for a jog before a training session.



**Training buddies:** Francey (centre) in discussion with teammates Elyone Matin and Elyonica Matin

# Francey finds her strength

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Photos by AHMAD MOHSIN

## Switch from athletics and taekwondo to weightlifting does her good

**D**EDICATION and determination have played a big part in Sabahan Frenceay Titus' sports career.

If not for her commitment towards excellence in sports, Frenceay would not have made an impact in weightlifting. She was an active sprinter and taekwondo exponent during her school days.

She had represented her school, SMK Kundasan, in the 100m and 200m. She had also won honours in taekwondo.

Unfortunately, she was unable to make any progress in both athletics and taekwondo. That was when her teacher Azman Jaibi advised her to venture into weightlifting.

Frenceay said Azman was impressed with her efforts in athletics and taekwondo.

"But he was concerned with my progress. He felt I should make an effort in weightlifting. Though he was not a qualified coach, he gave me some tips. From then onwards it was only weightlifting for me," said Frenceay.

That was five years ago when she was 16-years-old. After almost two months of training, Frenceay took part in the state championships. It was a joyful debut as she won a silver medal in the snatch, clean and jerk event.

Of course, Frenceay was delighted with her achievement.

"The silver medal was beyond my imagination. Azman was also happy for me. From then onwards, I just concentrated on weightlifting. Of course, it was not easy as I did not have a coach. I had to rely on advice from Azman as well as weightlifting coach, based in Ranau for guidance," said Frenceay.

The following year, armed with several months of intensive training, Frenceay made her presence felt in the National championships. Despite being a rookie, Frenceay showed her

potential with a fourth place in the championship.

She has also been a participant in the Malaysia Games since 2008 in Kuala Terengganu. She took part in the 58kg but did not win a medal.

However, her failure did not dampen her spirits. She realised she had to train more diligently. And she was rewarded in the 2010 Malaysia Games in Malacca.

She lined up in the 63kg and won

a silver medal. She was delighted with her effort. The silver medal, she said, was a reward for her determination and commitment to weightlifting.

Frenceay's weightlifting career



was given a boost when she was included in the National Sports Council's (NSC) back-up squad training programme last year. She was under the guidance of former international Martin Guntali. Training under Martin was good and Frenceay made steady progress.

She was selected to represent Malaysia in the SEA Games in Indonesia last year. Taking part in the 58kg, Frenceay, a Mass Communication student at the Universiti Putra Malaysia (UPM), finished fifth.

**Full of potential:**  
Frenceay won two gold medals in the Malaysia Games in Pahang in July.

Since early this year, she started training under China coach Lin Xinhui. And she showed her progress in the Malaysia Games in Pahang in July. She won two gold medals and set a new national record in the snatch 58kg. Frenceay's 81kg effort erased her old mark of 80kg.

In the clean and jerk, Frenceay's 95kg effort erased the old record of 90kg. For her impressive results, Frenceay, the only girl in her family, was named as the Best Sportswoman of the Malaysia Games.

Naturally, she was happy with the accolades which came with the two gold medals. She is looking forward to two big competitions — 2013 SEA Games in Myanmar and the 2014 Commonwealth Games in Glasgow. However her ambition is to qualify for the 2016 Olympics.

She has to hit 90kg in the snatch and 120kg in the clean and jerk for a chance to earn a place in the Olympics. With the regimental training programme, she is going through, Frenceay is confident of making her dreams a reality.