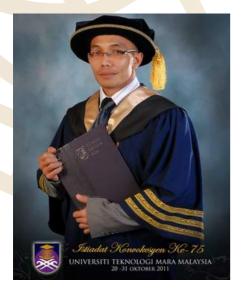
Prominent Alumni





Dr Malvern Abdullah, Senior Lecturer, Deparment of Business Management at Universiti Teknologi MARA, Samarahan, Sarawak, Malaysia

Achievements

•World Championships:

2022 - Phuket, Thailand - Gold (World Bodybuilding and Physique: 2021 - Tashkent, Uzbekistan - Silver (Open) Sports Federation - WBPF) - Silver (Masters): 2019 - Jeu Island, South Korea - Sth Place : 2018 - Chiang Mai, Thailand - 7th Place : 2017 - Ulaanbator, Mongolia - Silver : 2016 - Pattaya, Thailand - Bronze 2015 - Bangkok, Thailand - Silver : 2014 - Mumbai, India - 8th Place

Asian Championships :
2022 - Maafushi Island, Maldives - Silver (Open) (Asian Bodybuilding and Physique - Silver (Masters) Sports Federation - ABPF): 2019 - Batam, Indonesia - Silver :
2018 - Pune, India - 4th Place : 2017 - Seoul, South Korea -Gold : 2016 - Thimphu, hutan - 5th Place :
2015 - Tashkent, Uzbekistan - Sth Place : 2014 Macau - 8th Place

"PHUKET GOLD A DREAM COME TRUE FOR MALVERN"

That dream came true late Saturday for the 'so happy and emotional' senior lecturer of Universiti Teknologi Mara (Mara) Sarawak's Faculty of Business Administration when he outperformed Chaipipat Liwtrakul of Thailand and Fathuhulla Mohamed of Maldives in the Men's Athletic Physique 160cm category.





After 11 years, finally my first WBPF (World Bodybuilding and Physique Sports Federation) gold medal!

"Sebelum tok sikda; kinek tok dah ada (previously, didn't have it; now, I have it)!" he told The Borneo Post in a WhatsApp text message.



Malvern, 48, made his world championship debut in 2014 in the Mumbai edition where he placed eighth in the Bantamweight (65kg) category. His highest achievement previously was the silver medal which he obtained in 2015, 2017 and 2021. He also picked up a bronze in 2016.