

# Prominent Alumni



**Dr Malvern Abdullah,**

Senior Lecturer,

Department 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

A photograph of Dr. Malvern Abdullah holding the Malaysian flag and a trophy. The text "PHUKET GOLD A DREAM COME TRUE FOR MALVERN" is overlaid on the image.

**"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.