

Nani Sahirah eyes Thai SEA Games gold

NATIONAL women's shot put athlete Nani Sahirah Maryata hopes to upgrade her medal to gold at the 2025 SEA Games in Thailand after falling short in the previous edition.

"My target for 2025 is to clinch gold," she said in a video shared by the Malaysia Athletics Federation yesterday.

The 24-year-old Kuantan-born athlete won a bronze medal in her debut at the Cambodia SEA Games two years ago.

With just nine months to go, the Universiti Putra Malaysia student is on the right track to achieving her goal, having set a new national record of 15.70m at the Varsity Track & Field Grand Final last year.

She surpassed her own previous record of 15.39m.

She said that like many other athletes, her training schedule has been adjusted to accommodate sahur and breaking of fast during Ramadan. – Bernama