

Sprinter Afrina fixes eyes on goals despite frantic juggling act

By T. AVINESHWARAN

PETALING JAYA: Balancing tertiary education and athletics training can be a challenge for an athlete. Just ask national sprinter Nur Afrina Batrisyia (*pic*).

The 20-year-old Afrina is finding it harder at the Universiti Putra Malaysia (UPM) compared to her days at the Bukit Jalil Sports School.

The 20-year-old, who is pursuing a degree in sports science, joined UPM in October last year, along with another notable athlete, 400m hurdler Fakhrul Afizul Md Nasir.

“Managing time is the hardest. The timetable in the university is not the same as when I attended Pre-University at Bukit Jalil Sports School,” said Afrina.

“When I was in the sports school, we had classes and training in the morning, followed by more training in the evening. In the university, I’ve to sacrifice some study time to fit in two training sessions in one day.

“Athletes like Zaidatul Husniah (Zulkifli) and Roslinda (Samsu) had to prolong their studies due to their commitments as athletes. It’s not easy but I will try to finish my studies as soon as possible.

Afrina is determined to achieve her goals



despite her juggling act.

“There’s nothing to worry, I’m not going to neglect my training because I’ve specific goals that I want to achieve in 2025.”

In the Malaysia Games (Sukma) last year, Afrina made headlines for Selangor by winning gold medals in both the 100m and 200m events, and breaking competition records.

In the 100m, she finished with a time of 11.64 seconds, and in the 200m, she clocked 23.89 seconds.

Afrina has been part of the national setup since 2022, and she gained recognition in 2023 when she helped Malaysia win a bronze medal in the Asian Games 4x100m relay, alongside Zaidatul, Shereen Samson Vallabouy, and Azreen Nabila Alias.

Afrina said that 2024 was her best year and vowed to do even better in 2025.

“I’m proud of myself because I achieved all my targets in 2024. I wanted to win gold medals in Sukma Sarawak and break the record and I did that. Whatever I set my mind to, I always accomplish it.

“This year, I want to improve my personal best in both events and win a medal at the SEA Games in Thailand, whether in individual events or relays.”

The SEA Games will be held in December.