

Sadat hammers home intention after outdoing Jackie at SEA Games

PETALING JAYA: National hammer thrower Sadat Marzuqi Ajisan (*pic*) reached a significant milestone last year by clinching the SEA Games silver medal in Thailand by finishing ahead of senior Jackie Wong who had to settle for bronze.

Sadat recorded a throw of 60.15m, his first time breaching the 60m mark since 2022, when he set a personal best of 60.63m at the Malaysia Games (Sukma) in Kuala Lumpur.

The 24-year-old has now set his sights higher, targeting throws of 65m and beyond as he hopes to qualify for the 2026 Commonwealth Games in Glasgow and the 2026 Asian Games in Aichi-Nagoya.

“For the Asian Games, I need to throw at least 65m, while for the Commonwealth Games, it may be around 68 to 70m,” he said. “This year, I am starting from scratch as my coach wants me to follow a new programme since we began working together.

“I believe this approach can help further my throwing distance and meet my goal of reaching 65m or more.

“My most important target is the Asean University Games at the end of the year at UPM (Universiti Putra Malaysia) where I aim to break the national record.”

Jackie still holds the national hammer throw record of 68.22m set in 2019 at the



Malaysian Championship.

Meanwhile, Sadat also revealed plans to undergo training abroad, with Algeria among the potential destinations due to its strong training facilities and his coach's professional connections there.

He credited coaches Tan Song Hwa and Hakim Toumi for playing key roles in his success at the Thailand SEA Games.

On Toumi, Sadat said: “He is an incredible coach who is very generous with his knowledge. His experience is vast, having competed in numerous Olympic Games and World Championships.”