ATHLETICS (Under-achieved) ~

ZAIDATUL Husniah Zulkifli received a wildcard to compete in the 100m in Rio. She finished third after clocking 12.12 in the preliminaries to reach the final. She did even worse, clocking 12.62 and last of the eight runners despite a strong field. Zaidatul was placed 64th and last of the first-round runners. High jumper Sauraj Singh Randhawa could only manage 2.26m to finish joint 18th overall. The truth may be cruel, but our athletes even struggled to win at SEA Games level. The Malaysian Athletics Federation should nurture Khairul Hafiz Jardan, who broke the national 100m record with a 10.18 run in Sukma last month properly and make him conquer next year's SEA Games and the Asian Games in 2018.

SWIMMING (Under-achieved) ~

WE can only admire Singapore for producing an Olympic champion with Joseph Schooling beating American Michael Phelps for the men's 100m butterfly gold in Rio. Of our two swimmers — Nelson Sim (pic) in men's 100m freestyle, 400m and 1,500m freestyle and Pheae Qing En (women's 100m breaststroke) — cleared their hearts to go to the next round. The only consolation was Wilson equalling his own national record of 1:47.67 in the 200m freestyle. It's not their fault as they hardly get any chance to train or compete overseas. Heidi Gan was the only Malaysian competitor in the women's 100m marathon swimming, finishing 21st after clocking 1:59.07. She was better off in London where she was placed 16th.

GOLF (Under-achieved) ~

A TOP 10 or even 20 finish would have been acceptable considering the class of the field as golf returned to the Olympics after a 112-year absence. But Gavin Kyle Green (pic) could only finish 47th (three-over 287) and Danny 48th (four-over 288) in the 60-man event. Kelly Tan and Michelle Koh also struggled. Kelly was placed 51st (13-over 297) while Michelle finished 58th (24-over 308) out of 60 golfers. No excuses, really.

WEIGHTLIFTING (Success) ~

MOHD Hafiz Mansor was the only Malaysian athlete to break a national record in Rio. The 26-year-old, competing in the 69kg category, did not waste his trip as he lifted a total of 316kg to shatter his own mark of 313kg set at the 2011 World Championships in Paris. He lifted 140kg in the first two lifts, 162kg in the third to set his best of 316kg for a total of 236kg. His lift failed on the last lift at 341kg.

SHOOTING (Under-achieved) ~

JOHNATHAN Wong went to Rio with high hopes of being the first Malaysian to reach a shooting final. But he did not even come close. He made up the numbers in both events, finishing 28th (574 points) in the 10m air rifle and 37th (535 points) in the 50m air pistol. Malaysian shooters hardly have enough top-level competition and efforts must be made to send them to compete in higher-level tournaments.

BADMINTON (Success) ~

LEE Chong Wei failed to win the gold for the third time of asking after falling to Chen Long. But it was the performances of Goh Liu Ying-Chan Peng Soon (mixed doubles) and Tan Wee King-Goh V Shem (men's doubles) which warmed the hearts of Malaysians. They played out of their skins to reach the final. Liu Ying-Peng Soon didn't come close, but Wee King-V Shem just didn't have the luck in the last few points. Badminton has now contributed six silvers and two bronzes to Malaysia's total Olympic haul of seven silvers and four bronzes.

CYCLING (Success) ~

AZIZUL HASNI Awang saved the day for cycling by winning the bronze in men's keirin. The smallest rider in the six-man final contributed Malaysia's first Olympic medal in cycling. Azizul has said he will be around for the 2020 Tokyo Olympics, and let's hope he will end Malaysia's gold jinx. Fatehah Mustapa, the other cyclist in Malaysia, was placed 33rd out of 37 competitors with 274 points in the women's Laserradial. Malaysia, had very little chance of winning an Olympic medal.

ARCHERY (Under-achieved) ~

THE three-man team of Khairul Anuar Mohamad, Haziq Kamaruddin and Muhammad Akmal Nor Hasrin failed miserably. Malaysia finished last in the 12-team ranking round and then lost 6-2 to France in the elimination round. In the individual event, only Khairul made the round of 32 while Haziq and Akmal were eliminated in the round of 64. We have the potential, but more training stints and competitions are needed if Malaysia want to challenge the world's best.

DIVING (Success) ~

PANDELELA Rinong- Cheong Jun Hoong saved the day by winning the silver — Malaysia's first medal in Rio — in the women's 10m platform synchro. The other bright spot is the performance of 17-year-old Nur Dhabitah Sabri who qualified for the 10m platform individual. She should be groomed to replace Pandelela for future Olympics. The letdown is that the two men — Ooi Tei Liang (men's 10m platform individual) and Ahmad Amsyar Azran (men's 3m springboard individual) — failed to even reach the semi-finals. It's difficult for Malaysia to win the gold due to China's stranglehold. But we must be there to strike when they falter. A silver or a bronze is better than nothing.

SAILING (Under-achieved) ~

KHARULULZAM Mohd Afendi finished 35th overall on 281 points out of 46 sailors in the men's Laser. Debutant Nur Shazrin Mohamad Latif was placed 33rd out of 37 competitors with 274 points in the women's Laser radial. Malaysia have very little chance of winning an Olympic medal in sailing. At best, we can win at SEA Games and, with better luck, at Asian Games level.