



## Rugby 7s defy the odds in own backyard

KUDOS to our men and women's Rugby 7s teams.

Both teams achieved a first – the men defied the odds to clinch the gold while the women sprang a surprise to bag the bronze.

The men's team did it with a local line-up and played their hearts out to tame Singapore 22-7 in the final.

They went one better than at the

2015 Singapore Games, when they won the silver.

The women have also shown tremendous progress since the Singapore Games.

In Singapore, the Malaysian women were thrashed 22-0 by the Philippines in the bronze medal playoff.

This time, the girls exacted sweet

revenge by edging the Philippines 7-5 at the same stage.

National men's coach Saizul Hafifi Mohd Noor has warned his players not to rest on their laurels.

"We may have emerged as the South-East Asian champions but we must continue to train hard to defend the title at the 2019 Philippines Games," he said.

**Double joy:** The men and women's rugby team celebrating their gold and bronze medal feats. — Bernama



**RUGBY**  
WHERE THE  
MEDALS WENT

### > MEN



**GOLD - MALAYSIA**



**SILVER - SINGAPORE**



**BRONZE - THAILAND**

### > WOMEN



**GOLD - THAILAND**



**SILVER - SINGAPORE**



**BRONZE - MALAYSIA**

National women's coach Nik Safuan Ismade Nik Man described his team's bronze as "a new beginning" for women's rugby.

"It was their first-ever medal in the Games. We need to go one better at the next Games.

"To do that, the girls need to improve on all aspects of their game," he said.