



Mohamad Ridzuan Mohamad Puzi

Mohamad Ridzuan dilahirkan pada 27 September 1987 di Perlis dan berasal dari Felda Rimba Mas, Padang Besar, Perlis. Mohamad Ridzuan disahkan menghidap cerebral palsy ketika beliau berusia setahun.

Mohamad Ridzuan merupakan pemenang pingat emas pertama negara di Sukan Paralimpik Rio 2016. Bukan sekadar muncul sebagai penyumbang emas pertama, malah Mohamad Ridzuan turut mencipta rekod baharu Sukan Paralimpik dalam acara 100 meter lelaki T36 (cerebral palsy) dengan catatan masa 12.07 saat, meninggalkan pelari dari China, Yang Yifei 0.13 saat di belakang beliau.

Ini bukan kali pertama Mohamad Ridzuan telah membanggakan Malaysia. Sebelum ini, beliau telah memenangi pingat emas bagi acara yang sama di Kejohanan Olahraga Paralimpik Dunia 2015 di Doha, Qatar. Beliau juga telah mencipta rekod baharu bagi acara sama dalam Sukan Para ASEAN ke-8 di Singapura.

Bakat Mohamad Ridzuan dikesan selepas Pembantu Operasi Jabatan Kebajikan Masyarakat (JKM) dan Jurulatih Sukan Paralimpik negeri, Affizam Amdan sering melihat beliau berlari bersama rakan-rakan yang bukan dari golongan OKU. Affizam mula melatih Mohamad Ridzuan sejak 2004. Mohamad Ridzuan diserap oleh Majlis Sukan Negara (MSN) pada 2012 dan semenjak itu mula berlatih di bawah agensi tersebut dan terus mengharumkan nama negara.

Beliau pernah dinobatkan sebagai Olahragawan Paralimpik Kebangsaan 2015.

Mohamad Ridzuan was born on 27 September 1987 at Felda Rimba Mas, Padang Besar, Perlis. He was diagnosed with cerebral palsy when he was a year old.

Mohamad Ridzuan is Malaysia's first gold medallist at the 2016 Rio de Janeiro Paralympic Games. He also made a new Paralympic record in the men's 100m T36 (cerebral palsy) with a time of 12:07 seconds, leaving Yang Yifei from China 0:13 seconds behind.

This is not the first time Mohamad Ridzuan has made Malaysia proud. Previously, he won the gold medal for the same event at the 2015 World Paralympic Athletics Championships in Doha, Qatar. He also set a new record for the same event in the 8th ASEAN Para Games in Singapore.

The talented sportsman was spotted by Affizam Amdan, from the Social Welfare Department (SWD) who was also the state coach for the Paralympic Games. He often saw Mohamad Ridzuan running with friends who were not physically challenged. Affizam began training Mohamad Ridzuan in 2004 and he was absorbed by the National Sports Council (NSC) in 2012. Since then, he has been training under the agency and continues to bring honour to the country.

He was named the National Paralympic Athlete 2015.



Cetakan berwarna emas
Gold ink printing

Muhammad Ziyad Zolkefli

Atlet lontar peluru, Muhammad Ziyad Zolkefli bukan sahaja memenangi emas kedua buat Malaysia, malah telah berjaya memecahkan rekod dunia di Sukan Paralimpik Rio 2016. Bukan sekali, malah dua kali rekod dunia berjaya dipadam Ziyad. Lontaran pertamanya berjaya memadam rekod milik Todd Hodgetts dari Australia sejauh 16.29 meter yang dicipta di Sukan Paralimpik London 2012. Lontaran kelima Ziyad sekali lagi mencipta rekod dunia dengan catatan 16.84 meter.

Dilahirkan pada 15 Mac 1990, Ziyad yang berasal dari Selangor, menghadapi masalah pembelajaran semasa kecil. Bakat beliau digilap semasa menuntut di sekolah Menengah Teknik Tanah Merah, Kelantan sebelum diserap oleh Majlis Sukan Negara untuk menjalani latihan intensif.

Ziyad pertama kali beraksi secara profesional di Sukan Paralimpik London 2012 dan telah meraih pingat gangsa. Ziyad juga turut merangkul emas bagi kategori F20 lelaki pada Kejohanan Olahraga Dunia Jawatankuasa Paralimpik Antarabangsa 2013 dan di Sukan Para Asia 2014.

Muhammad Ziyad juga pernah dinobatkan sebagai Olahragawan Paralimpik 2013.

Shot put athlete, Muhammad Ziyad Zolkefli not only won the second gold for Malaysia, but managed to break two world records in the Paralympic Games Rio 2016. His first throw successfully broke the record held by Todd Hodgetts of Australia who threw a distance of 16.29 metres in the Paralympic Games London 2012. At his fifth throw, Ziyad once again set a world record of 16.84 metres.

Born on 15 March 1990, Ziyad who hails from Selangor, suffered from learning problems as a child. His talent was honed while studying at the Technical Secondary School in Tanah Merah, Kelantan before being absorbed by the National Sports Council for intensive training.

Ziyad made his professional debut at the London 2012 Paralympic Games where he won a bronze medal. Ziyad also won gold in the men's F20 category at the 2013 International Paralympic Committee Games and at the 2014 Asian Para Games.

Muhammad Ziyad was awarded with Paralympic Athlete 2013.



Abdul Latif Romly

Kehebatan Abdul Latif Romly dianggap luar biasa apabila beliau tiga kali mencipta rekod dunia dalam acara lompat jauh di Sukan Paralimpik Rio 2016. Beliau meraih pingat emas ketiga Malaysia dalam acara lompat jauh kategori T20 (kurang upaya intelektual) dengan lompatan terakhir sejauh 7.60 meter.

Rekod dunia terdahulu, iaitu 7.35 meter, yang dipegang oleh beliau sendiri, dicatat di Kejohanan Olahraga Dunia IPC di Doha, Qatar 2015. Rekod Sukan Paralimpik iaitu 7.25 meter pula dipegang oleh Jose Antonio Exposito Pineiro dari Sepanyol yang dilakukan di Sukan Paralimpik London 2012.

Dilahirkan pada 31 Mac 1997 di Perlis, Abdul Latif yang mengalami masalah pembelajaran hanya boleh membaca dan menulis dengan baik setelah memasuki sekolah menengah. Bakatnya dalam bidang sukan mula dikesan sejak awal lagi di Sekolah Kebangsaan Seri Tunjong, Berseri, Perlis.

Abdul Latif mula memasuki program di bawah Majlis Sukan Negara di Bukit Jalil, Kuala Lumpur selepas tamat sekolah menengah pada 2014.

Abdul Latif Romly broke three world records in the long jump at the 2016 Rio Paralympic Games. He won Malaysia's third gold medal in the long jump T20 category (with intellectual disabilities) with a leap of 7.60 metres.

His previous world record of 7.35 metres was made at the 2015 IPC World Athletics Championships in Doha, Qatar. The Paralympic Games record of 25.07 metres was held by Jose Antonio Exposito Pineiro of Spain made at the London 2012 Paralympic Games.

Born on 31 March 1997 in Perlis, Abdul Latif had learning difficulties and was only able to read and write properly after entering high school. His talent was first spotted during his early days at Sekolah Kebangsaan Seri Tunjong, Berseri, Perlis.

Abdul Latif entered the National Sports Council programme in Bukit Jalil, Kuala Lumpur after finishing high school in 2014.