



11TH ASEAN
PARA GAMES
SOLO 2022
30 July - 6 August 2022

Malaysian Para Contingent

MEDIA SUMMARY REPORT



Paralympic Council of
MALAYSIA

22 August 2022



#WeThe15

1. Introduction

- a. The 11th ASEAN Para Games Solo 2022 was the biannual multi-sport event for athletes with disabilities hosted in Surakarta (Solo), Indonesia as from 30th July to 6th August 2022. A total of 10 ASEAN countries plus Timor Leste sent 1,248 athletes for 14 para-sports that were held. All the sports took place in Solo (11 in Surakarta, 2 in Karanganyar) except for para swimming was held in Semarang.
- b. The Games were organised by Indonesian ASEAN Para Games Organizing Committee (INASPOC) supported by National Paralympic Committee Indonesia and ASEAN Para Sports Federation (APSF).
- c. The 14 para-sports competed were Para Archery, Para Athletics, Para Chess, Para Badminton, Para Powerlifting, Para Swimming, Para Judo, Para Table Tennis, CP Football, Goalball, Boccia, Sitting Volleyball, Wheelchair Basketball and Wheelchair Tennis.
- d. Paralympic Council Malaysia (PCM) in collaboration with National Sports Council (MSN) sent our Malaysian Para Contingent to the Games consisting of 114 athletes and officials who competed in 11 sports – Para Archery, Para Athletics, Para Badminton, Boccia, Para Chess, Goalball, Para Powerlifting, Para Swimming, Sitting Volley, Para Table Tennis and Wheelchair Tennis.

2. Dignitaries

Function	Name
NPC President	Dato' Sri Megat Daniff Shahriman Bin Zaharudin
NPC Secretary-General	First Admiral Dato' Subramaniam Raman Nair (R)

3. Team Officials

Function	Name
Chef de Mission	Colonel MD Nor Azam Bin Ariffin (R)
Deputy Chef de Mission	Encik Mohd Sofian Bin Hamzah Director Paralympic Division – National Sports Council
Deputy Chef de Mission	Encik Muhd Iqbal Bin Sulaiman NPC Vice President
Sport Attache	Cik Norimah Binti Mat Daud NPC Executive Secretary
Secretariat	2 x NPC ; 4 x NSC
Chief Medical Officer	Dr Azril Syazwan Bin Mohd Ali National Sports Institute
Medical Team	3 x Medical Personnel National Sports Institute
Masseur	1 x Para Athletics
Team Managers	10 Team Managers
Coaches	5 x Para Athletics 3 x Para Swimming 1 x Para Archery 1 x Para Badminton 1 x Goalball 1 x Para Powerlifting 1 x Sitting Volleyball 1 x Wheelchair Tennis
Assistant Coaches	2 x Para Archery
Additional Official (As)	1 x Para Swimming 1 x NSC
Athlete Competition Partner (Ab)	1 x Boccia

4. Para Athletes' Profile



Archery



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Suresh Selvatamby
Open
Men's Individual Recurve Open
Men's Doubles Team Recurve



Wiro Anak Julin
Open
Men's Individual Compound Open
Men's Doubles Team Compound



Daneshen Govinda Rajan
Open
Men's Individual Compound Open
Men's Doubles Team Compound
Mixed Team Compound



Nur Jannaton Binti Abdul Jalil
Open
Women's Individual Compound Open
Mixed Team Compound



Nurfaizal Bin Hamzah
Open
Men's Individual Recurve Open
Men's Doubles Team Recurve



Athletics



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Abdul Latif Bin Romly
T20
Men's Long Jump Track



Muhammad Ziyad Bin Zolkefli
F20
Men's Shot Put Field



Mohamad Ridzuan Bin Mohamad Puzi
T36
Men's 100 M Track
Men's 200 M Track



Nasharuddin Bin Mohd
T20
Men's 400 M Track



Eddy Bernard
T44
Men's Long Jump Track
Men's 100 M Track



Muhamad Ashraf Bin Muhammad Haisham
T46
Men's 1500 M Track
Men's 400 M Track
Men's 800 M Track



Muhamad Aliff Bin Mohamad Awi
F20
Men's Shot Put Field



Mohamad Faizal Aideal Bin Suhaimi
T12
Men's 100 M Track
Men's 200 M Track



4. Para Athletes' Profile (cont'd)



Athletics



Mohamad Saifuddin Bin Ishak
T12
Men's Long Jump Track
Men's 100 M Track



Nur Alia Ardiela Natasya Binti Ibrahim
T20
Women's Long Jump Track
Women's 400 M Track



Zulkiffy Bin Abdullah
T20
Men's Long Jump Track



Muhamad Nurdin Bin Ibrahim
T20
Men's 1500 M Track
Men's 800 M Track



Muhammad Faiz Haizat Bin Rosdi
T38
Men's 1500 M Track
Men's 800 M Track



Partiban Ragey
T38
Men's 100 M Track
Men's 200 M Track



Mohammad Zikri Bin Zakaria
F55
Men's Shot Put Field
Men's Discus Throw Field



Muhamad Amirul Aif Bin Abdul Raof
F55
Men's Shot Put Field
Men's Discus Throw Field



Para Badminton



Cheah Liek Hou
SU5
Men's Singles
Men's Doubles



Mohamad Faris Bin Ahmad Azri
SU5
Men's Singles
Men's Doubles



Muhammad Fareez Bin Anuar
SU5
Men's Singles
Men's Doubles



Muhammad Ikhwani Bin Ramli
WH1
Men's Singles WH1
Men's Doubles WH1 - WH2



Noor Azwan Bin Noorlan
WH2
Men's Singles WH2
Men's Doubles WH1 - WH2



Mhd Amin Bin Burhanuddin
SL4
Men's Singles SL4
Men's Doubles SU5



4. Para Athletes' Profile (cont'd)



Boccia



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Mohammad Syafiq Bin Mohd Noh
BC2
Male Individual



Chess



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Mahadzir Bin Derani
B2/B3
Men's VI - Individual Standard
Men's VI - Team Standard
Men's VI - Individual Rapid
Men's VI - Team Rapid
Men's VI - Individual Blitz
Men's VI - Team Blitz



Hanson Ang Ping Ting
B2/B3
Men's VI - Individual Standard
Men's VI - Team Standard
Men's VI - Individual Rapid
Men's VI - Team Rapid
Men's VI - Individual Blitz
Men's VI - Team Blitz



Seri Idzihar Bin Mohd Shoberi
B2/B3
Women's VI - Individual Standard
Women's VI - Team Standard
Women's VI - Individual Rapid
Women's VI - Team Rapid
Women's VI - Individual Blitz
Women's VI - Team Blitz



Thoo Siaw Lan
B2/B3
Women's VI - Individual Standard
Women's VI - Team Standard
Women's VI - Individual Rapid
Women's VI - Team Rapid
Women's VI - Individual Blitz
Women's VI - Team Blitz



4. Para Athletes' Profile (cont'd)



Goalball



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Muhammad Haikal Azani
Bin Azman
B2
Men's Team



Muhammad Amirul Bin Ahmad
B2
Men's Team



Badrul Hisam Bin Musa
B3
Men's Team



Mohamad Firdaus Bin Ngitman
B2
Men's Team



Muhammad Norhelmi
Bin Mohd Rabi
B3
Men's Team



Partiban Perumal
B1
Men's Team



Para Powerlifting



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Nicodemus Manggoi Anak Moses
Physical Impairment
Men's Up to 88 kg



Wan Nur Azri Bin Wan Azman
Physical Impairment
Men's Up to 97 kg



Bryan Junency Anak Gustin
Physical Impairment
Men's Up to 80 kg



Sona Anak Agon
Physical Impairment
Women's Up to 73 kg



4. Para Athletes' Profile (cont'd)



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Sitting Volleyball



Arif Ridzuan
Bin Ab Nasir
VS1
Men's Team



Mohd Shahrudin
Bin Abd Karim
VS1
Men's Team



Muhammad Shahrul Irfan
Bin Abd Razak
VS1
Men's Team



Harman Bin Halion
VS1
Men's Team



Fakri Raimi Bin Razak
VS1
Men's Team



Fadzan Bin Mat Isa
VS1
Men's Team



Yuvarajah A/L Thijagarajah
VS1
Men's Team



Mohd Shahmil Bin Md Saad
VS1
Men's Team



Muhamad Nazrul
Bin Sabtu
VS2
Men's Team



Amir Sufian Bin Wahab
VS1
Men's Team



Muhammad Syahril Bin
Abd Hamid
VS1
Men's Team



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Para Swimming



Muhammad Nur Syaiful Bin Zuikafli
S5, SM5
Men's 50 M Freestyle S5
Men's 100 M Freestyle S5
Men's 200 M Freestyle S5
Men's 4 x 100m Freestyle Relay 34 pts
Men's 4 x 100m Medley Relay 34 pts



Fraidden Dawan
S10, SM10
Men's 400 M Freestyle S10
Men's 100 M Butterfly S10
Men's 200 M Individual Medley SM10
Men's 4 x 100m Freestyle Relay 34 pts
Men's 4 x 100m Medley Relay 34 pts



Mohd Adib Iqbal Bin Abdullah
S14, SB14, SM14
Men's 50 M Breaststroke SB14
Men's 100 M Breaststroke SB14
Men's 200 M Individual Medley SM14
Men's 4x100 M Medley Relay S14
Men's 4x100 M Freestyle Relay S14



Ethan Khoo Yin Jun
S14, SM14
Men's 100 M Freestyle S14
Men's 200 M Freestyle S14
Men's 200 M Individual Medley SM14
Men's 4x100 M Medley Relay S14
Men's 4x100 M Freestyle Relay S14



Lim Carmen
S8, SB8
Women's 50 M Freestyle S8
Women's 100 M Freestyle S8
Women's 100 M Breaststroke SB8



4. Para Athletes' Profile (cont'd)



Para Swimming



30 Jul - 6 Aug 2022



Zy Lee Kher
S5, SM5
Men's 100 M Freestyle S5
Men's 200 M Freestyle S5
Men's 200 M Individual Medley SM5
Men's 4 x 100m Freestyle Relay 34 pts
Men's 4 x 100m Medley Relay 34 pts



Brenda Anellia Larry
S4, SB4
Women's 50 M Backstroke S4
Women's 100 M Breaststroke SB4



Muhammad Imaan Aiman Bin Muhammad Redzuan
S14, SM14
Men's 50 M Backstroke S14
Men's 100 M Backstroke S14
Men's 100 M Butterfly S14
Men's 4x100 M Medley Relay S14
Men's 4x100 M Freestyle Relay S14



Bryan Lau Sze Kai
S14, SM14
Men's 50 M Freestyle S14
Men's 50 M Butterfly S14
Men's 100 m Freestyle S14
Men's 4x100 M Freestyle Relay S14
Men's 4x100 Medley Relay S14



Abd Halim Bin Mohammad
S7, SB7, SM7
Men's 100 M Freestyle S7
Men's 50 M Breaststroke SB7
Men's 100 M Breaststroke SB7
Men's 4 x 100m Freestyle Relay 34 pts
Men's 4 x 100m Medley Relay 34 pts



Para Table Tennis



30 Jul - 6 Aug 2022



Brady Chin Zi Rong
TT9
Men's Singles - Class 9



Jennahtul Fahmi Bin Ahmad Jennah
TT11
Men's Singles - Class 11
Men's Doubles - Class 11
Men's Team - Class 11



Mohd Hazlin Bin Abdullah
TT11
Men's Singles - Class 11
Men's Doubles - Class 11
Men's Team - Class 11



4. Para Athletes' Profile (cont'd)



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Wheelchair Tennis



Abu Samah Bin Borhan
Open
Men's Singles
Men's Doubles



Mohamad Yushazwan Bin Yusoff
Open
Men's Singles
Men's Doubles



Muhammad Hazman Bin Mat Yamin
Quad
Quad Singles



Faizatul Ahya Binti Abdullah Thani
Open
Women's Singles



5. Para Athletes' Schedules

Athlete	Event	Venue	Date
AR - PARA ARCHERY			
Daneshen Govinda Rajan	Open Men's Individual Compound Open Men's Doubles Team Compound Mixed Team Compound	Kota Barat Stadium	31 Jul - 5 Aug 2022
Nurfaizal Bin Hamzah	Open Men's Individual Recurve Open Men's Doubles Team Recurve		
Suresh Selvatamby	Open Men's Individual Recurve Open Men's Doubles Team Recurve		
Wiro Anak Julin	Open Men's Individual Compound Open Men's Doubles Team Compound		
Nur Jannaton Binti Abdul Jalil	Open Women's Individual Compound Open Mixed Team Compound		
AT - PARA ATHLETICS			
Abdul Latif Bin Romly	T20 Men's Long Jump Track	Stadium Manahan	1 - 5 Aug 2022
Eddy Bernard	T44 Men's Long Jump Track Men's 100 M Track		
Mohamad Aliff Bin Mohamad Awi	F20 Men's Shot Put Field		
Mohamad Faizal Aideal Bin Suhaimi	T12 Men's 100 M Track Men's 200 M Track		
Mohamad Ridzuan Bin Mohamad Puzi	T36 Men's 100 M Track Men's 200 M Track		
Mohamad Saifuddin Bin Ishak	T12 Men's Long Jump Track Men's 100 M Track		
Mohammad Zikri Bin Zakaria	F55 Men's Shot Put Field Men's Discus Throw Field		
Muhamad Amirul Alif Bin Abdul Raof	F55 Men's Shot Put Field Men's Discus Throw Field		
Muhamad Ashraf Bin Muhammad Haisham	T46 Men's 1500 M Track Men's 400 M Track Men's 800 M Track		
Muhamad Nurdin Bin Ibrahim	T20 Men's 1500 M Track Men's 800 M Track		

5. Para Athletes' Schedules (cont'd)

Athlete	Event	Venue	Date
AT - PARA ATHLETICS (cont'd)			
Muhammad Faiz Haizat Bin Rosdi	T38 Men's 1500 M Track Men's 800 M Track	Stadium Manahan	1 - 5 Aug 2022
Muhammad Ziyad Bin Zolkefli	F20 Men's Shot Put Field		
Nasharuddin Bin Mohd	T20 Men's 400 M Track		
Partiban A/L Ragey	T38 Men's 100 M Track Men's 200 M Track		
Zulkifly Bin Abdullah	T20 Men's Long Jump Track		
Nur Alia Ardiela Natasya Binti Ibrahim	T20 Women's Long Jump Track Women's 400 M Track		
BA - PARA BADMINTON			
Cheah Liek Hou	SU5 Men's Singles Men's Doubles	Edutorium UMS, Solo City	31 Jul - 5 Aug 2022
Mhd Amin Bin Burhanuddin	SL4 Men's Singles SL4 Men's Doubles SU5		
Mohamad Faris Bin Ahmad Azri	SU5 Men's Singles Men's Doubles		
Muhammad Fareez Bin Anuar	SU5 Men's Singles Men's Doubles		
Muhammad Ikhwan Bin Ramli	WH1 Men's Singles WH1 Men's Doubles WH1 - WH2		
Noor Azwan Bin Noorlan	WH2 Men's Singles WH2 Men's Doubles WH1 - WH2		
BO - BOCCIA			
Mohammad Syafiq Bin Mohd Noh	BC2 Male Individual	FKOR UNS Sports Hall, Menahan, Solo City	31 Jul - 6 Aug 2022

5. Para Athletes' Schedules (cont'd)

Athlete	Event	Venue	Date
CH - PARA CHESS			
Hanson Ang Ping Ting	B2/B3 Men's VI - Individual Standard Men's VI - Team Standard Men's VI - Individual Rapid Men's VI - Team Rapid Men's VI - Individual Blitz Men's VI - Team Blitz	Lorin Hotel, Solo	31 Jul – 5 Aug 2022
Mahadzir Bin Derani	B2/B3 Men's VI - Individual Standard Men's VI - Team Standard Men's VI - Individual Rapid Men's VI - Team Rapid Men's VI - Individual Blitz Men's VI - Team Blitz		
Seri Izdihar Binti Mohd Shoberi	B2/B3 Women's VI - Individual Standard Women's VI - Team Standard Women's VI - Individual Rapid Women's VI - Team Rapid Women's VI - Individual Blitz Women's VI - Team Blitz		
Thoo Siaw Lan	B2/B3 Women's VI - Individual Standard Women's VI - Team Standard Women's VI - Individual Rapid Women's VI - Team Rapid Women's VI - Individual Blitz Women's VI - Team Blitz		
GB - GOALBALL			
Badrul Hisam Bin Musa	B3 Men's Team	UNS Sports Center	31 Jul – 5 Aug 2022
Mohamad Firdaus Bin Ngatiman	B2 Men's Team		
Muhammad Amirul Bin Ahmad	B2 Men's Team		
Muhammad Haiqal Azani Bin Azman	B2 Men's Team		
Muhammad Noorhelmie Bin Mohd Rabi	B3 Men's Team		
Partiban Perumal	B1 Men's Team		

5. Para Athletes' Schedules (cont'd)

Athlete	Event	Venue	Date
PO - PARA POWERLIFTING			
Bryan Junnecy Anak Gustin	Physical Impairment Men's Up to 80 kg	Paragon Hotel, Solo	31 Jul – 5 Aug 2022
Nicodemus Mangoi Anak Moses	Physical Impairment Men's Up to 88 kg		
Wan Nur Azri Bin Wan Azman	Physical Impairment Men's Up to 97 kg		
Sona Anak Agon	Physical Impairment Women's Up to 73 kg		
SV - SITTING VOLLEYBALL			
Amir Sufian Bin Wahab	VS1 Men's Team	UTP Sport Centre	31 Jul – 4 Aug 2022
Arif Ridzuan Bin Ab Nasir	VS1 Men's Team		
Fadzan Bin Mat Isa	VS1 Men's Team		
Fakri Raimi Bin Razak	VS1 Men's Team		
Harman Bin Halion	VS1 Men's Team		
Mohd Shahrudin Bin Abd Karim	VS1 Men's Team		
Mohd Shahmil Bin Md Saad	VS1 Men's Team		
Muhamad Nazrul Bin Sabtu	VS2 Men's Team		
Muhammad Shahrul Irfan Bin Abd Razak	VS1 Men's Team		
Muhammad Syahril Bin Abd Hamid	VS1 Men's Team		
Yuvarajah Thijagarajah	VS1 Men's Team		

5. Para Athletes' Schedule (cont'd)

Athlete	Event	Venue	Date
SW - PARA SWIMMING			
Abd Halim Bin Mohammad	S7, SB7, SM7 Men's 100 M Freestyle S7 Men's 50 M Breaststroke SB7 Men's 100 M Breaststroke SB7 Men's 4 x 100m Freestyle Relay 34 pts Men's 4 x 100m Medley Relay 34 pts	Jati Diri Swimming Center Semarang City	1 – 5 Aug 2022
Bryan Lau Sze Kai	S14, SM14 Men's 50 M Freestyle S14 Men's 50 M Butterfly S14 Men's 100 m Freestyle S14 Men's 4x100 M Freestyle Relay S14 Men's 4x100 Medley Relay S14		
Ethan Khoo Yin Jun	S14, SM14 Men's 100 M Freestyle S14 Men's 200 M Freestyle S14 Men's 200 M Individual Medley SM14 Men's 4x100 M Medley Relay S14 Men's 4x100 M Freestyle Relay S14		
Fraidden Dawan	S10, SM10 Men's 400 M Freestyle S10 Men's 100 M Butterfly S10 Men's 200 M Individual Medley SM10 Men : 4 x 100m Freestyle Relay 34 pts Men : 4 x 100m Medley Relay 34 pts		
Mohd Adib Iqbal Bin Abdullah	S14, SB14, SM14 Men's 50 M Breaststroke SB14 Men's 100 M Breaststroke SB14 Men's 200 M Individual Medley SM14 Men's 4x100 M Medley Relay S14 Men's 4x100 M Freestyle Relay S14		
Muhammad Imaan Aiman Bin Muhammad Redzuan	S14, SM14 Men's 50M Backstroke S14 Men's 100 M Backstroke S14 Men's 100 M Butterfly S14 Men's 4x100 M Medley Relay S14 Men's 4x100 M Freestyle Relay S14		
Muhammad Nur Syaiful Bin Zulkafli	S5, SM5 Men's 50 M Freestyle S5 Men's 100 M Freestyle S5 Men's 200 M Freestyle S5 Men's 4 x 100m Freestyle Relay 34 pts Men's 4 x 100m Medley Relay 34 pts		

5. Para Athletes' Schedules (cont'd)

Athlete	Event	Venue	Date
SW - PARA SWIMMING (cont'd)			
Zy Lee Kher	S5, SM5 Men's 100 M Freestyle S5 Men's 200 M Freestyle S5 Men's 200 M Individual Medley SM5 Men's 4 x 100m Freestyle Relay 34 pts Men's 4 x 100m Medley Relay 34 pts	Jati Diri Swimming Center Semarang City	1 – 5 Aug 2022
Brenda Anellia Larry	S4, SB4 Women's 50 M Backstroke S4 Women's 100 M Breaststroke S4		
Lim Carmen	S8, SM8 Women's 50 M Freestyle S8 Women's 100 M Freestyle S8 Women's 100 M Backstroke S8		
TT - PARA TABLE TENNIS			
Brady Chin Zi Rong	TT9 Men's Singles - Class 9	Tirtonadi Sports Hall	31 Jul – 5 Aug 2022
Jennahtul Fahmi Bin Ahmad Jennah	TT11 Men's Singles - Class 11 Men's Doubles - Class 11 Men's Team - Class 11		
Mohd Hazlin Abdullah	TT11 Men's Singles - Class 11 Men's Doubles - Class 11 Men's Team - Class 11		
WT - WHEELCHAIR TENNIS			
Abu Samah Bin Borhan	Open Men's Singles Men's Doubles	Manahan Tennis Center	31 Jul – 4 Aug 2022
Mohamad Yusshazwan Bin Yusoff	Open Men's Singles Men's Doubles		
Muhammad Hazman Bin Mat Yamin	Quad Quad Singles		
Faizatul Ahya Binti Abdullah Thani	Open Women's Singles		

6. Medal Tally

As of 1 August 2022

SPORTS	ATHLETES	EVENTS			
Para Athletics	Muhammad Ziyad Zolkefli	Men's Shot Put Field F20	1		
Para Athletics	Eddy Bernard	Men's Long Jump Track T44	1		
Para Athletics	Mohamad Ridzuan Mohamad Puzi	Men's 100 M T35/36	1		
Para Swimming	Fraidden Dawan	Men's 400 M Freestyles S10	1		
Para Swimming	Mohd Adib Iqbal Abdullah	Men's 100 M Breaststroke SB14	1		
Para Swimming	Abdul Halim Mohamad	Men's 100 M Breaststroke SB8	1		
Para Swimming	Lim Carmen	Women's 100 M Breaststroke SB8	1		
Para Swimming	Muhammad Imaan Aiman Muhammad Redzuan	Men's 50 M Backstroke S14	1		
Para Swimming	Brenda Anellia Larry	Women's 50 M Backstroke S4	1		
Para Athletics	Muhamad Zikri Zakaria	Men's Shot Put Field F53-55	1		
Para Athletics	Mohamad Aliff Mohamad Awi	Men's Shot Put Field F20		1	
Para Swimming	Lim Carmen	Women's 100 M Freestyles S8		1	
Para Athletics	Muhammad Amirul Alif Abdul Raof	Men's Shot Put Field F53-55		1	
Total Medal			10	3	0

5. Medal Tally (cont'd)

As of 2 August 2022

SPORTS	ATHLETES	EVENTS			
Para Swimming	Mohd Adib Iqbal Abdullah	Men's 50 M Breaststroke SB14	1		
Para Athletics	Datuk Abdul Latif Bin Romly	Men's Long Jump Track T20	1		
Para Athletics	Muhammad Saifuddin Ishak	Men's Long Jump Track T11/12	1		
Para Swimming	Muhammad Nur Syaiful Zulkafli	Men's 200 M Freestyles S5 - Minus One		1	
Para Swimming	Muhammad Imaan Aiman Muhammad Redzuan	Men's 100 M Backstroke S14		1	
Para Athletics	Nur Alia Ardiela Natasya Ibrahim	Women's Long Jump Track T20		1	
Para Athletics	Zulkifly bin Abdullah	Men's Long Jump Track T20		1	
Para Athletics	Mohammad Ridzuan Bin Mohamad Puzi	Men's 200 M T36/37		1	
Para Athletics	Muhammad Nurdin Bin Ibrahim	Men's 1500 M T20		1	
Para Athletics	Muhamad Ashraf Bin Muhammad Haisham	Men's 5000 M T46		1	
Para Athletics	Eddy Bernand	Men's 100 M T44/62/64		1	
Para Athletics	Muhammmad Faiz Haizat Rosdi	Men's 1500m T37/38			1
Total Medal			3	8	1

5. Medal Tally (cont'd)

As of 3 August 2022

SPORTS	ATHLETES	EVENTS			
Para Athletics	Muhamad Ashraf Muhammad Haisham	Men's 1500 M T46	1		
Para Swimming	Ethan Yin Jun Khoo	Men's 100 M Freestyle S14	1		
Para Swimming	Fraidden Dawan	Men's 100 M Butterfly S10	1		
Para Swimming	Muhammad Imaan Aiman Muhammad Redzuan	Men's 100 M Butterfly S14	1		
Para Swimming	Ethan Yin Jun Khoo	Men's 200 M Individual Medley SM14	1		
Para Swimming	Mohd Adib Iqbal Abdullah	Men's 200 M Individual Medley SM14		1	
Para Archery	Suresh Selvatamby & Nurfaizal Hamzah	Recurve Men Open Double Team Elimination Round Recurve Men Open			1
Wheelchair Tennis	Faizatul Ahya Binti Abdullah Thani	Women's Singles C7			1
Para Athletics	Nasharuddin Bin Mohd	Men's 400 M T20			1
Total Medal			5	1	3

5. Medal Tally (cont'd)

As of 4 August 2022

SPORTS	ATHLETES	EVENTS			
Para Swimming	Ethan Yin Jun Khoo	Men's 200 M Freestyle S14	1		
Para Swimming	Brenda Anellia Larry	Women's 100 M Breaststroke SB4 (Minus One)	1		
Para Swimming	Zy Lee Kher	Men's 200 M Individual Medley SM5	1		
Para Swimming	Muhammad Nur Syaiful Zulkafli	Men's 50 M Freestyle S5	1		
Para Swimming	Fraidden Dawan	Men's 200 M Individual Medley SM10	1		
Para Athletics	Muhamad Ashraf Muhammad Haisham	Men's 800 M T46	1		
Para Athletics	Muhammad Faiz Haizat Rosdi	Men's 800 M T38		1	
Wheelchair Tennis	Mohamad Yusshazwan Yusoff	Men's Singles		1	
Para Archery	Daneshen Govinda Rajan	Individual Elimination Round Compound Men Open		1	
Para Athletics	Muhamad Nurdin Bin Ibrahim	Men's 800 M T20			1
Wheelchair Tennis	Abu Samah Bin Borhan	Men's Singles			1
Para Powerlifting	Sona Anak Agon	Women Category Up to 73 Kg - Best Lift (82 Kg)			1
Para Powerlifting	Sona Anak Agon	Women Category Up to 73 Kg - Total Lift (82 Kg)			1
Para Badminton	Mohamad Faris Bin Ahmad Azri & Mohd Amin Burhanuddin	Men's Double Team SU5			1
Para Badminton	Noor Azwan Bin Noorlan	Men's Singles WH2			1
Para Badminton	Mohd Amin Burhanuddin	Men's Singles SL4			1
Para Badminton	Cheah Liek Hou & Muhd Fareez Anuar	Men's Double Team SU5			1
Total Medal			6	3	8

5. Medal Tally (cont'd)

As of 5 August 2022

SPORTS	ATHLETES	EVENTS			
Para Swimming	Muhammad Nur Syaiful Zulkafli	Men's 100 M Freestyle S5	1		
Para Badminton	Muhammad Ikhwan Bin Ramli	Men's Singles WH1	1		
Para Archery	Daneshen Govinda Rajan & Nur Jannaton Abd Jalil	Mixed Double Team Compound Open	1		
Para Athletics	Abd Halim Mohammad	Men's 50 M Breaststroke SB8	1		
Para Archery	Daneshen Govinda Rajan & Wiro Anak Julin	Men Double Team Compound Open	1		
Para Badminton	Cheah Liek Hou	Men's Singles SU5	1		
Para Table Tennis	Jennatul Fahmi Ahmad Jennah	Men's Singles TT11	1		
Wheelchair Tennis	Abu Samah Bin Borhan & Mohamad Yushazwan Yusoff	Men's Double Team	1		
Para Badminton	Muhammad Ikhwan Bin Ramli & Noor Azwan Bin Noorlan	Men's Double Team WH1/WH2	1		
Para Powerlifting	Bryan Junency Anak Gustin	Men's Category (80 Kg) – Total Lift – 498 Kg	1		
Para Powerlifting	Nicodemus Manggoi Anak Moses	Men's Category (88 Kg) – Best Lift – 185 Kg	1		
Para Powerlifting	Nicodemus Manggoi Anak Moses	Men's Category (88 Kg) – Total Lift – 548 Kg	1		
Para Swimming	Lim Carmen	Women's 50 M Freestyle – S8 (Minus One)		1	
Para Badminton	Mohamad Faris Bin Ahmad Azri	Men's Singles SU5		1	
Para Table Tennis	Mohd Hazlin Abdullah	Men's Singles TT11		1	
Para Powerlifting	Bryan Junency Anak Gustin	Men's Category (80 Kg) – Best Lift – 170 Kg		1	
Para Powerlifting	Wan Nur Azri Wan Azman	Men's Category (97 Kg) – Best Lift – 173 Kg		1	
Goalball	Goalball	Men's Team			1
Para Powerlifting	Wan Nur Azri Wan Azman	Men's Category (97 Kg) – Total Lift – 343 Kg			1
Total Medal			12	5	2

5. Medal Tally (cont'd)

As of 5 August 2022



6. Medal Standing

As of 6 August 2022

RANK	CONTINGENT				TOTAL
1	Indonesia	175	144	107	426
2	Thailand	117	113	88	318
3	Vietnam	65	62	55	182
4	Malaysia	36	20	14	70
5	Philippines	28	30	46	104
6	Myanmar	14	12	17	43
7	Cambodia	7	10	11	28
8	Singapore	7	9	11	27
9	Timor-Leste	5	2	5	12
10	Brunei	1	0	3	4
11	Laos	0	2	7	9
Total		455	404	364	1,223

7. Summary of Website & Social Media

a. Games Update: <https://www.paralympic.org.my/solo2022.html>

b. 26 June – 6 August 2022

Subject	Total
Google Drives Of Photos & Videos Uploaded on PCM Website	27

c. 29 June – 8 August 2022

Social Media	Total Postings
Facebook	150
Instagram	119
Total	269

8. Overview

- Great Effort By Indonesia in organizing the games within a short timeframe of 5 months.
- Malaysian Para Contingent had to be split to participate in ASEAN Para Games Solo and Commonwealth Games UK – both of which were held about the same time.
- Performances by our athletes far exceeded the target set – from a target of 16 to 36!!
- Primary reasons were – discovery of new talents, uncertainty of opponents' performances due to lack of competition over 5 years and determination by our athletes.
- Outcome – provided a great boost to para athletes' commitment to para sports and renewed efforts by stakeholders to manage para-sports in a post-Covid-19 situation.
- Extensive media coverage due to participation by media personnel from BERNAMA, MSN Media Team and PCM Marketing & Communication and its Media Partner (CSN).

9. Links

No	Dates/Subjects	Links
1	June - today	Games Updates https://www.paralympic.org.my/solo2022.html
Google Drives		
1	26 July 2022 Solo 2022 ASEAN Para Games (1)	https://drive.google.com/drive/folders/1SHtVlI89juml8G3jkOV7ywYCFvhuElNx
2	26 July 2022 - Solo 2022 ASEAN Para Games (2)	https://drive.google.com/drive/folders/1m4J8EfyBnZtnWgdZJ505Q4App0-wcglw
3	27 July 2022 - Solo 2022 Team Welcome Ceremony	https://drive.google.com/drive/folders/1-10TCzjrOhg_A2aFvBltsMctSXDTA5m
4	27 July 2022 - Day 2 - TEAM WELCOME CEREMONY	https://drive.google.com/drive/folders/1ciNxEx2zyM1LF948JscqWJYdK9E5QeUW7
5	26 July 2022 - Solo 2022 Wrap Up	https://drive.google.com/drive/folders/1wyT8pGF-SCSSG29wFn5gdK8NeWJJOVT-
6	27 July 2022 - Solo 2022 Wrap Up	https://drive.google.com/drive/folders/1wsNLDJY02xNtsXUUCp4DqOgz4r8lc9c
7	28 July 2022 Welcome Dinner	https://drive.google.com/drive/folders/1-BtI0b33hoSLW4EOdn2ueUinkeFrUgMQ
8	29 July 2022 - APSF Board of Governors Meeting	https://drive.google.com/drive/folders/1-LLGa3vyc-0wU5UG-wZ1dCu6sz08BLdw
9	28 July 2022 Solo 2022 Welcome Dinner	https://drive.google.com/file/d/1WQ3aduGe-9AQ-Ar4Q2SBJM_7WU3Dlzt/view?usp=drivesdk
10	30 July 2022 Solo 2022 Opening Ceremony	https://drive.google.com/drive/folders/1-PVUJQqteWLZ74cVmUDQJK1yo13UxA3Y
11	31 July 2022 Goalball (MAS v CAM)	https://drive.google.com/drive/folders/1-SXE_Gqakb0CqmeOPVDIUrP5k2i2BKui
12	31 July 2022 - Archery Competition	https://drive.google.com/drive/folders/1-Ph8DyEI2IA7_LFUUkUpCcsVWZjIPj0
13	31 July 2022 Sitting Volleyball (MAS v THAILAND)	https://drive.google.com/drive/folders/1-G3MDxXqoOwsHfWKHmLUV0m-URmNC-zd
14	28 July 2022 President's News	https://drive.google.com/drive/folders/1fNENlyYN4tJcx2x9l-4LyFXclcf_jfJ
15	1 Aug 2022 Day 7 - Para Athletics	https://drive.google.com/drive/folders/1-rnKpqWXDI7k_uY7C91979GT1i5vKd_V
16	1 Aug 2022 Para Athletics	https://drive.google.com/drive/folders/1-lyRCd4RGsXoBul4jUNG-gl_At-C7IXT
17	2 Aug 2022 Para Athletics	https://drive.google.com/drive/folders/1-tGt9ou4aSamwTj9jrn7H2u8m-cl6oJN
18	3 August 2022 Para Badminton	https://drive.google.com/drive/folders/1-vinjiXWczfa1bpe30u75eh37kvkvmGv
19	3 August 2022 Wheelchair Tennis	https://drive.google.com/drive/folders/1-uMhl7SOMCa89cJOaVPGodpACnNLHMx
20	3 August 2022 Para Badminton	https://drive.google.com/drive/folders/1-vinjiXWczfa1bpe30u75eh37kvkvmGv
21	3 August 2022 Wheelchair Tennis	https://drive.google.com/drive/folders/1-uMhl7SOMCa89cJOaVPGodpACnNLHMx
22	4 July 2022 Para Swimming	https://drive.google.com/drive/folders/1-zMb953jas0JUJwwNI6NpixASEY-vuKr
23	5 Aug 2022 Archery Victory Ceremony	https://drive.google.com/drive/folders/10-smdqVNggQp_OeQ4PDZeohtcNMaWexd
24	5 Aug 2022 Powerlifting	https://drive.google.com/drive/folders/106MWMApp1zCeggIpK7gMR0xCijBokrZVX
25	5 Aug 2022 Para Badminton	https://drive.google.com/drive/folders/1-hnzDzgEh_3xeyeg9r_S25g7J0ILDYWa
26	5 Aug 2022 Para Table Tennis	https://drive.google.com/drive/folders/106G_YkcNPUMrc33D8obTxB7cM3oyWOOQ
27	6 Aug 2022 Closing Ceremony	https://drive.google.com/drive/folders/108d55hPKc2AmXvI9IKvY7Rcj4o-wPDM

9. Links (cont'd)

No	Dates/Subjects	Links
Facebook		
1	29 June 2022 – 30 Days To Go	https://www.facebook.com/MASParalympics/photos/a.462264667284631/2085703661607382/?type=3
2	1 July 2022 - CdM Seminar	https://www.facebook.com/422590604585371/posts/pfbid0Remq8uBzGQFvZB5NbNPbyhYm9qXwgDetTn7QWdpW5R4KX8b2mEnyf54sZe9beC8bl/?d=n
3	7 Julu 2022 – Team Managers' Meeting	https://www.facebook.com/422590604585371/posts/pfbid0ebbK3miM8TekYakkacg297KTvyNM6tjLRgXZxejqw4MDPd4QTG7o7N7HYqnzNSzl/?d=n
4	10 July 2022 – 20 Days To Go	https://www.facebook.com/422590604585371/posts/pfbid02TQEEHxSTHu99ARLY9RInMyrpuC7j5xe1v4sxuvpbf5yYM4to4hdjYfZqaRfUtSfjl/?d=n
5	18 July 2022 – CdM Walkabout	https://www.facebook.com/422590604585371/posts/pfbid0BfEVWskjYxzLr9AJsvWfR2uuuvqC1etPpfgL14rNrgF5VLyKQbqHCZpFWUvXhEf/?d=n
6	18 July 2022 – RTM News	https://www.facebook.com/422590604585371/posts/pfbid0KMgeRP7QjBwXRSMBPxqAp2n8d8TCc98Fd6gRvwZr28J8iYJEMtFCvckS5JCoUta7l/?d=n
7	18 July 2022 – RTM News	https://www.facebook.com/422590604585371/posts/pfbid02o3j73Mhp4TyuQkXASCaikyBTrcQPXT6PtK4ZL9qkknjVSq6Y2wJpwLFQD5PqMqML/?d=n
8	18 July 2022 – RTM News	https://www.facebook.com/422590604585371/posts/pfbid091Mbi5hBe4rmAc5JKYseNoMfzYChEvGbuA13h31kWLQ4wyMuX4q12jvMyw7NvXdML/?d=n
9	20 July 2022 – 10 Days To Go	https://www.facebook.com/422590604585371/posts/pfbid02g9UK4aboakYar3NnusSYTCmJPpeYp8GbvILwzdsSc8FHBhwb5ZVrTGzTjdWUcel/?d=n
10	22 July 2022 - Majlis Penyerahan Jalur Gemilang	https://www.facebook.com/422590604585371/posts/pfbid025dDLisHnrfpTYJFgwyXCy6WMJ6WQT7anqn3bDMeAt2LVwaJzGjE9Dm1LhP52cqxl/?d=n
11	25 July 2022 – 5 Days To Go	https://www.facebook.com/422590604585371/posts/pfbid09DUidp7GXfp4VgCeFh8mEoLhKik6HHhvm7H9wZSjdGjNT1hZTNMbUN7dmH4zoU7l/?d=n
12	24 July 2022 - Atlet para negara menyertai Kem Akhir	https://www.facebook.com/422590604585371/posts/pfbid02F4TwSGSv8T6V3UTWaoCrPr5tpi8RDGEJXxxFv9fiT64ELat5gMLA6vgDvrtQoskl/?d=n
13	25 July 2022 - Majlis Penutupan Kem Akhir Temasya Para ASEAN Solo 2022	https://www.facebook.com/422590604585371/posts/pfbid0Fr1N4AtdUdYizXztCcv6UXY4ijznGf8Qnd5SiE2HmZqCfKAhtf5zP7ET2x22jiYl/?d=n
14	25 July 2022 - Packing & Loading	https://www.facebook.com/422590604585371/posts/pfbid0WhEkrQjLbpcXwki2a7wsWB1C6CfFPBdrJdkcWx7MsWrLF96o9kpS9ZUCDTd5KBiul/?d=n
15	26 July 2022 – Departure to KLIA	https://www.facebook.com/422590604585371/posts/pfbid0NLtfYp7y84bZRpnpRw5hCVnjkY4qjVoXegvuUDmsVwUpCa6ZQhHL1ZeJELiQ3G79l/?d=n
16	26 July 2022 – 4 Days To Go	https://www.facebook.com/422590604585371/posts/pfbid02PJhMFvFYFJwkhEkswyeiKxNYUdGAAyRKcNC7MGFNwR9vmqy32mzwKo7WvpFsV5vwl/?d=n
17	26 July 2022 - Departure Hall, KLIA	https://www.facebook.com/422590604585371/posts/pfbid0ZEzunctQgcJSKDdLoa4ReyGhfiXETfHgGFTN4Umn8qf3ma5Q2sqB3spiMyfj3QTZl/?d=n
18	26 July 2022 - Solo!!! We Are Ready	https://www.facebook.com/422590604585371/posts/pfbid0Z5VqUzE1vAnCX7DLpXXq2z2vBAaYx23QLSYNhLkiuZPrLveVE1a1YfkGeJDBAjmMI/?d=n
19	27 July 2022 – 3 Days To Go	https://www.facebook.com/422590604585371/posts/pfbid027UnWnVhoJQrbJ4kkpmfkrjUTJdAYe6GRFU2yiYxg3aPHbrwJfpx5vFp1mPftQBzjl/?d=n
20	27 July 2022 – Departure to Solo	https://fb.watch/eO3a8s0aUW/
21	27 July 2022 - Team Welcome Ceremony	https://www.facebook.com/422590604585371/posts/pfbid02v6cJG9S1skgnNb9XFk4gnbiuW3VDPt9GwMCxBGknAwdEkFdoinTZDanuCoGobuTzl/?d=n
22	28 July 2022 – 2 Days To Go	https://www.facebook.com/422590604585371/posts/pfbid0CNQQTQ3efhvoPvh6TubUqF2AxHtyfDyvnTriF1KsBL4Y6kstCSF2GqYyWUZrRgNI/?d=n
23	28 July 2022 - Team Welcome Ceremony	https://www.facebook.com/422590604585371/posts/pfbid06nNvcjMMEZALZNEJKUvEfujCCGjt2AmP1RrxcsDjc7or1Cg9n7QF3CoJKN4EKygl/?d=n
24	28 July 2022 - Rajamala is the Official Mascot	https://fb.watch/eO3eQJCSwv/
25	29 July 2022 – Welcome Dinner	https://www.facebook.com/422590604585371/posts/pfbid02EQ8g2Xzeu2PKR8Yx8K4mmLTikvogJzMPKLD3iIPQ5J5RoQhqqnzSkJv25ftiP5nzl/?d=n

9. Links (cont'd)

No	Dates/Subjects	Links
Facebook (cont'd)		
26	29 July 2022 - President NPC Malaysia, Dato' Sri Megat D. Shahriman Bin Dato' Zaharudin giving motivational & inspirational talks	https://fb.watch/eO3iUble6d/
27	29 July 2022 - Thank You APSF & INAPSOC	https://fb.watch/eO3kixjGFv/
28	29 July 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid0q525eFBvZRjANrjVUphDVmHkpfZrPLaUgU5QVWkfakGGfy6LHwi9A71WgYy2FEm5l/?d=n
29	29 July 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid02TFpUP7ghy321aibkHkp5tbp3LP9pgovYqzmoqsRdNcEDTsMoZFhnCwtA7ewqF4dSl/?d=n
30	30 July 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid0OrigpynLVp3UFDkUph26P1zXD9JekuHeU88PWWQTq5qw84wJCwFYKhjpMACBo559yl/?d=n
31	30 July 2022 – Opening Ceremony	https://www.facebook.com/422590604585371/posts/pfbid02z8s8NsLbE3kx4NqLgNd9wgrpxSn5Su1Eeg3LHG92ti59AYzyWRqo6QyndkzEJGt1l/?d=n
32	31 July 2022 – Opening Ceremony	https://fb.watch/eO3qvtfyM6/
33	31 July 2022 – Opening Ceremony Highlights	https://fb.watch/eO3rBs-PET/
34	31 July 2022 - Day 1 - Competition Schedule	https://www.facebook.com/422590604585371/posts/pfbid0226mk7URgwxccQUTxuyLuxJNuMfVUBF96nmjReDg9CYMkFcQrCC3DePU8z7bCCgoCl/?d=n
35	31 July 2022 – Para Archery In Action	https://www.facebook.com/422590604585371/posts/pfbid0ihnCP2Ruk6TfWSVAjVxUcU6w7vKE2kWXaYnJQ8Cud9E5gEjv1tPhBVj3dYj3DPRbl/?d=n
36	31 July 2022 - Malaysia Goalball team beat Cambodia with 10 goals.	https://www.facebook.com/422590604585371/posts/pfbid0g8VN5yhzff4UStqXDAUuSpXcuhQ4tiX8zYPchpKimxdVyg59zWM6i97yXQiWyetjl/?d=n
37	31 July 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid0xbCpZhbnuU28oEXQ99FvN4G5SSekzFJVWxVjCkEKURWZ8KBYPdy32Bj1k1ZQfHCWl/?d=n
38	31 July 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid0BcioiDPvCZgxj1MCS9nALQkm2WjFPQ5ePxmMSci46NnJWuXGVAG32vcFkVUCDRD6l/?d=n
39	31 July 2022 - A Valiant Effort By Sitting Volleyball Team	https://www.facebook.com/422590604585371/posts/pfbid0341ctBxamp4nXTEujVi5EodTASDEantjab8FtmrCm1qeDTDDo3B3t23AZeg3jRCyl/?d=n
40	31 July 2022 - Wrap Up Day 1	https://fb.watch/eO3Gt1_bIQ/
41	1 Aug 2022 - Day 2 - Competition Schedule	https://www.facebook.com/422590604585371/posts/pfbid0mcqWxkm2rhNBoiGiQhDHQfb5zzqtUSFAz1WvzDLANctqcYiY2748y2NujcM2ggX8l/?d=n
42	1 Aug 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid024qZei9ozoCaNFkXtcUppDGeLgxtX4LBohngiVrsiaKVtZAzMwGSwZKFY1WiXqzxHl/?d=n
43	1 Aug 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid03698saQpydy4zD7ayPaiX6iRKEngZAo1z6Buvbw8Be5Litv2ry9EDKMhJPopARGspl/?d=n
44	1 Aug 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid02nuKNZkbAaDPFxdLKsfmKARWDCRJRn78Mz1EE35Nswjib2Xu7oWBsHJ5R6wW56g6nl/?d=n
45	1 Aug 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid0WvEXQXYX5WwhwcQw8VJERnxx1zzMCLVS6Q8cN24FT5qtzta4wCN7gBwXpKU3uiAUI/?d=n
46	1 Aug 2022 - MALAYSIA'S FIRST GOLD	https://www.facebook.com/422590604585371/posts/pfbid0bSEEkj9rEj4agjXCwbwHQLGgDYrZBC3du8EGAGWPxqwkXkY5S5kFvFMPuvCUjk81l/?d=n
47	1 Aug 2022 - MALAYSIA'S FIRST SILVER	https://www.facebook.com/422590604585371/posts/pfbid02NwwrXQrMre7yXN2m8usZWu8SubAGws4RwgaAMXd9rpP21AtvaKRkj3eeHUR5q8L1l/?d=n

9. Links (cont'd)

No	Dates/Subjects	Links
Facebook (cont'd)		
48	1 Aug 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid0LKvj8XAEzvKfCsQCMEMc46g2QxntmXGeJL9KNJrUfbMvEi2AVBfBMDsNbixMSmTl/?d=n
49	1 Aug 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid0oRa157YuAYcUJrYf5i2ykEzcXQnNtZdLAm8Qz6GZr38K1tR718JBDfPaxY3NuQHr/?d=n
50	1 Aug 2022 - Eddy Bernard Grabs Malaysia's 3RD GOLD	https://www.facebook.com/422590604585371/posts/pfbid025zBWdNCX6zNMGGivccK5cHhmqnH1bWGLqqe8So7ixRwpUz9AJerZBHBi4SavvreJl/?d=n
51	1 Aug 2022 - Ridzuan Puzi won Malaysia's 2ND GOLD	https://www.facebook.com/422590604585371/posts/pfbid02d2HvRb8oFzCpCpmeZfior7Fq8qXb5DsX52tZaDnEzPwiNBsYuN132LFVPWv94Z5wl/?d=n
52	1 Aug 2022 – Medal Tally	https://www.facebook.com/422590604585371/posts/pfbid02r8iqTXirf1TAR5qemHbB7Nct5ZeJvQnSjBKrZyXfDrh8SsFVohNrnvk8hz4JyoKl/?d=n
53	2 Aug 2022 - Day 3 - Competition Schedule	https://www.facebook.com/422590604585371/posts/pfbid02TTBECCBGWvvybkXCtxyqMQ7saTt7nNAhVxWbT9uuEDuhxBL3em5d5MwcAUw3rl/?d=n
54	2 Aug 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid0JEmmZmkogqNovYkbRXY8a2fMxW295t651gdHhVa3g9swQD6mQif3BrwpDCLfuPr7l/?d=n
55	2 Aug 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid0Xg2XuoC9MPnkVQRUQZintWX2tWKpNQnRD5yLq3PKn9HhLWraaoGEMwsVBvgfY9GZl/?d=n
56	2 Aug 2022 - Our FIRST VICTORY CEREMONY	https://www.facebook.com/422590604585371/posts/pfbid08h1TQ2u3g5aXsQNo91RvL99Mh2mrgav6MqsotLYSA2386XPE3k6TfCetYfDVBsthl/?d=n
57	2 Aug 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid02gT9IRfHGTIDjRUyVyHAKKphX5hzuTLWypnj2S1jNjoU96hVzpdXsspjZRNf856l/?d=n
58	2 Aug 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid0Wvmff8V187bjFk3qEKhdTiaP32Bzi1vP9S32T5bMQcYBNbNswtCYzcHsk91Juqnl/?d=n
59	2 Aug 2022 - Congratulations to Ziyad Zolkefli	https://www.facebook.com/422590604585371/posts/pfbid0noy5iH9UMVEda6Ys9vZC9xExYTG5m8DdQumv6ztHa6bKv5DgDhBcl72pCjQFv9al/?d=n
60	2 Aug 2022 - Congratulations to Mohamad Aliff Mohamad Awi	https://www.facebook.com/422590604585371/posts/pfbid02j8EzfCbGGHGc2qwpPhT3x3haT2VAgXwWzT2bJ6Z54Mi7eYRjclNP7X1Z4CqDgWAl/?d=n
61	2 Aug 2022 - Ridzuan Puzi won Malaysia's 2ND GOLD	https://www.facebook.com/422590604585371/posts/pfbid02kn6uynr4yMXupYaxFdpdnQP4oQwsRDyJT9hTgKf68yXgYJk1uUDSvvoDyWfnfIP7l/?d=n
62	2 Aug 2022 - Eddy Bernard grabs Malaysia's 3RD GOLD	https://www.facebook.com/422590604585371/posts/pfbid0dmsjCSXwGiEqnBjg6ybzSd1bMmo9hSKPFMY2trteViNLo4KSHrdk7R6K9caRHap/?d=n
63	2 Aug 2022 - Mohamnad Saifuddin won GOLD	https://www.facebook.com/422590604585371/posts/pfbid02Y3YrVyaovjt6CJPJis6WsgHkCDWiVCxrWxtwAjS7tFjLjLgbbYmbkKdVKbXvCLGI/?d=n
64	2 Aug 2022 - CONGRATULATIONS, DATO' LATIF ROMLY!!!	https://www.facebook.com/422590604585371/posts/pfbid02jQJ7vzY8jaTdnZU3akLEb96HUI93E5FdHmh9tSxTNV8TawD5K1J5foyzb3ja1Uhc/?d=n
65	2 Aug 2022 - SYABAS, ZULKIFLY ABDULLAH!!!	https://www.facebook.com/422590604585371/posts/pfbid02JKBRSeT196U6ezeGTTCojvXckrFHeu6Aipf71zLZtbFHXCv9xWXRcc4RNXnP5pKBl/?d=n
66	2 Aug 2022 - CONGRATULATIONS, DATO' LATIF ROMLY!!!	https://www.facebook.com/422590604585371/posts/pfbid0iVf6tXevhCTUPPFG7NATgjs7zQkY84SEFG7f2LmyCvGDDi6ms3Noja727GS8Gjk8l/?d=n
67	2 Aug 2022 - CONGRATULATION, ZULKIFLY ABDULLAH!!!	https://www.facebook.com/422590604585371/posts/pfbid0CUCAgneipJgbszSExDJD3beWyiRzz2Utg9HiU4s3yK9ooxPD3Vb5KN6Li9RK3pl/?d=n
68	2 Aug 2022 - Ziyad sumbang pingat emas pertama Malaysia	https://fb.watch/eO4b19yzhh/
69	2 Aug 2022 - Mohammad Nur Syaiful won SILVER	https://www.facebook.com/422590604585371/posts/pfbid0S8WiNNtk57pcsYHweS9XSVCsBs8Rh4KG4uV69FN2CNXsFFs2vDY76LLZLTnkDuT2l/?d=n
70	2 Aug 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid0nJNVY7ySviP2Au7vqQCfuhDAdtmYT2DyyRpLEKxBdQsZ9mFHGvsw44iGpAuKRTDTl/?d=n

9. Links (cont'd)

No	Dates/Subjects	Links
Facebook (cont'd)		
71	2 Aug 2022 - Eddy tak sangka catat rekod baru	https://fb.watch/eO4dMumh4o/
72	2 Aug 2022 - "Terima Kasih semua yang mendoakan saya,"- Dekwan	https://fb.watch/eO4eLACcPt/
73	2 Aug 2022 - Prospek emas yang tak dijangka	https://fb.watch/eO4fGFIjWo/
74	2 Aug 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid02U57B8sV7x7RhpuyCzjv49iCaN6bz8UMT1dZqAdsFBH9pujiJ6HF4LmA7gc2vd5DUl/?d=n
75	2 Aug 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid02U57B8sV7x7RhpuyCzjv49iCaN6bz8UMT1dZqAdsFBH9pujiJ6HF4LmA7gc2vd5DUl/?d=n
76	2 Aug 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid0fzdJXPNDpMJmZ6VUFtmNqtDjxb3E5BgEjw36YNyumJ6PCotXYQFXLkhioBLVd5QvI/?d=n
77	2 Aug 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid0YT2F4XnPgVfFTrbgr47tYGHUCU2YZXmiT2ihkYIT8QwDRUo13ZvWiYCVyGkPYsZ5l/?d=n
78	3 Aug 2022 - Day 4 - Competition Schedule	https://www.facebook.com/422590604585371/posts/pfbid0xzgfsGsL4q7Mbn4z5DLoAop5LUo8f4EpQWwasqGaK86cr7U5xqzGxuiTew7oqQiil/?d=n
79	3 Aug 2022 - PCM-11th ASEAN Para Games Solo 2022 Web page	https://www.facebook.com/422590604585371/posts/pfbid0388a5mPwf5vhsYViqVTuZgsJfz6jVtY8SR18YgrFBNRXbKkmmWUQHkSv45truDsFI/?d=n
80	3 Aug 2022 - 2 August 2022 TOTAL MEDAL TALLY	https://www.facebook.com/422590604585371/posts/pfbid02sH82CkbQ79oKz97XH8q64j6REoRjcUx8HakPaHUVjBZEyDKgtdr77JFEqBn217DI/?d=n
81	3 Aug 2022 - Muhamad Ashraf Muhammad Haisham won GOLD	https://www.facebook.com/422590604585371/posts/pfbid0DAvqucom2wGpTLGooGsUhbaJ62wvfvGv8tFpYerWb5S7CdhZ5H5Um9FPYDxnCFLwl/?d=n
82	3 Aug 2022 - Suresh Selvatamby & Nurfaizal Hamzah won BRONZE MEDAL	https://www.facebook.com/422590604585371/posts/pfbid02KFESNCgYXEn2raobRaj4k6ZT2JYctCAs5uKkcuzEMmzj51PbueQ6M51xetVekZ9rl/?d=n
83	3 Aug 2022 - 3 August 2022 TOTAL MEDAL TALLY	https://www.facebook.com/422590604585371/posts/pfbid0PjGdHyc6QCcyTraag8VBonYVyLkMjPx76XJm1QWGBTnwjfvEKYGmXemtSMv97zrHil/?d=n
84	3 Aug 2022 - Exceeded Our Target Of Gold Medals.	https://www.facebook.com/422590604585371/posts/pfbid01GHRciDvBfWabBxmdGThMHwWh76dhqQaXqNzK4gE5eszXZ7cP4B68VVJemXJml/?d=n
85	4 Aug 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid0ZXPnJq7heqHeGaAWrkUke6Cbd3W21RrTHfCjgA4Zy3wS1QHTjYUx4FE5jknETNG7l/?d=n
86	4 Aug 2022 – WC Tennis: Atlet negara akan berikan persembahan terbaik di Final	https://fb.watch/eO4w8abnzj/
87	4 Aug 2022 - Beregu Lelaki Tenis Kerusi Roda capai sasaran	https://fb.watch/eO4xdofyFK/
88	4 Aug 2022 - Jurulatih Para Badminton Negara, Coach Woon Sze Mei Mahu Mereka Lebih Agresif Dalam Gelanggang ..	https://fb.watch/eO4ymNoVp-/
89	4 Aug 2022 - Day 5 - Competition Schedule	https://www.facebook.com/422590604585371/posts/pfbid02iPYMRC8V7V1jEYL6GUHnNCg2DnjQ3MPZJFs4Hjw9QXBpr4fFYUhsSls5v2FZJZHI/?d=n
90	4 Aug 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid0RNCm3frF2hSb7Lv81AyMQURREgcJcGskE3y5hYukNkmKE38MxNQacW8h5n9xe9KI/?d=n
91	4 Aug 2022 – Badminton: Kena lebih agresif untuk mara ke final	https://www.facebook.com/422590604585371/posts/pfbid0QUUwWszqkCRzFzSxiZBFRvT7dRa7y3HdgUUwfr7p9tSE42ieCnWuGfLFPoYqy3ql/?d=n
92	4 Aug 2022 - Beregu Lelaki Tenis Kerusi Roda capai sasaran	https://www.facebook.com/422590604585371/posts/pfbid0efk4Tfw5utDKamnThrfmDgxdQzVwSyCQysUveTTdKzKYXiku4hSckcrNkVvK7Xl/?d=n
93	4 Aug 2022 - Ethan pancing emas di Semarang	https://www.facebook.com/422590604585371/posts/pfbid025rY7RbNJ7iijKojctXqrNNkPLJfa63pcw6KpeDUBqPaJHGqpKQpVybYHfEqENefl/?d=n

9. Links (cont'd)

No	Dates/Subjects	Links
Facebook (cont'd)		
94	4 Aug 2022 - Brenda juara acara Kuak Dada Wanita 100m	https://www.facebook.com/422590604585371/posts/pfbid0ug9XRCumBzNUsQNVmaTno7X9SEFLAMJ6es6yHRbp2LruvwREgsJ2CFYH2qXxP7zEI/?d=n
95	4 Aug 2022 - Zy Lee Kher bangkit di saat akhir	https://www.facebook.com/422590604585371/posts/pfbid06pEc8BBX26FVFN463kkTMoy2kfgL7DvFcjPGpLpricKBGDF4RmiMSBvqowWxjUz3l/?d=n
96	4 Aug 2022 - Ethan Yin Jun Khoo won GOLD	https://www.facebook.com/422590604585371/posts/pfbid0kwx7qinCZo6ZFP3r1JKV7RLhmVBQgbDU8cNxW6TQJGTw4i29NLMs9yJ3QTxkhvtl/?d=n
97	4 Aug 2022 - Brenda Anellia Larry won GOLD	https://www.facebook.com/422590604585371/posts/pfbid0fn4sW5a94A2c9TPLE341oQ5LtuJwHuFpV5yUcHYjxGVpi7WiGyyVciVz17G8rCP8l/?d=n
98	4 Aug 2022 - Zy Lee Kher won GOLD	https://www.facebook.com/422590604585371/posts/pfbid02byMRPGMTPdHU25RL5pa9YNaLKTxvgknukdEKKve53vwdT39bZoURrb81Lw5AyE6Cl/?d=n
99	4 Aug 2022 - Fraidden Dawan won GOLD	https://www.facebook.com/422590604585371/posts/pfbid0fh3XKzVcBu1FEMrWnSQjYzmb8UrDmtj8JfzjmZ6feS4eH2yvtUcByk6Y3ArUKjtDL/?d=n
100	4 Aug 2022 - Muhammad Nur Syaiful Zulkafli won GOLD	https://www.facebook.com/422590604585371/posts/pfbid0j4y2eLrBr5LEns9PNCWaZKhNyPxYURZs26eaA6izyoncYqEJGG8ZTvtWQKY7roRI/?d=n
101	4 Aug 2022 - Lawatan Presiden MPM dan CDM ke Kolam Jatidiri	https://www.facebook.com/422590604585371/posts/pfbid035nPMQfnhQWjyd9vDSglYX3ayJMjrvE6qLiHadi8Wty7iQPUEZGfkebcd9iFkjmkl/?d=n
102	4 Aug 2022 - Showers Of Gold At The Pool Raises Gold Medal Tally	https://www.facebook.com/422590604585371/posts/pfbid0fe4ymw5Gt99m2U7pbqtNnZVqaogZgqQMmMHUjRtd59NT83cftPaVZvt9h6cw1SJA/?d=n
103	5 Aug 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid0xKv2yKwLVewFYqe4sSHRCBma24FFfpR4t5yz7zBjHD7quS3RfpZr77NntRfG97s7l/?d=n
104	5 Aug 2022 - Day 6 - Competition Schedule	https://www.facebook.com/422590604585371/posts/pfbid0xtndCL7VwF3PUcuzonFzWMyGpg5kqDEaC3doshBb9LTM36ni5V5pabKdhGCSAVCl/?d=n
105	5 Aug 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid02r1Bn3YdybjKZkcjuTtj2axurzEpBdpRvIZKohPCbNbDt9f1ggDL62SU88X9rx7el/?d=n
106	5 Aug 2022 - Pasukan Renang Para Malaysia selesa pancing emas	https://fb.watch/eO4-OglRqv/
107	5 Aug 2022 - Koleksi foto Cheah Liek Hou dan Fareez Anuar	https://www.facebook.com/422590604585371/posts/pfbid02zNxEm1hWz8M3tjkdag69YAhoUaXwk2nxv8V7PUHVTFifg2Xecf1LZUnZGaMoZ3xwl/?d=n
108	5 Aug 2022 - Highlight aksi pemain badminton..	https://fb.watch/eO53q0KF9c/
109	5 Aug 2022 - Pingat Emas WH1 milik Ikhwan	https://www.facebook.com/422590604585371/posts/pfbid0ioZufmRxxwCvzuH9KBLqRQEKE3J5hz1uMHs8mGe7vgtt6UxGShR6H5Ef6RPjqlspl/?d=n
110	5 Aug 2022 - Cheah Liek Hou Juara!!!	https://www.facebook.com/422590604585371/posts/pfbid0ULQ2CU3jMYTnHKUEPoWQnN9efSZ7Pd4YDtbLNsorbu6UdChpJGLGvgJtozhxiC4FI/?d=n
111	5 Aug 2022 - Lawatan Presiden MPM ke Lapangan Kota Barat	https://www.facebook.com/422590604585371/posts/pfbid09HdPkH9by2vj97y7W5q3ug3drjPe3DyAkKDZ6raydC4GukMPzsnPUQPa1VatYgNFI/?d=n
112	5 Aug 2022 - Foto Tambahan: Sekitar perlawanan akhir Terbuka Berpasukan Campuran Compound dan Terbuka Lelaki Berpasukan Compound	https://www.facebook.com/422590604585371/posts/pfbid023EBvQsWh3PNF5LQVRfULzk4ihVq3tQEx7HPiCuX11uh6Vgz3xF6zSduhqzdpJ6KDI/?d=n
113	5 Aug 2022 - 4 August 2022 TOTAL MEDAL TALLY	https://www.facebook.com/422590604585371/posts/pfbid02nCN41kZgSGUopj2ArktMw8puW8Kn1MBjxbe4PY33KFgACdXezPUfsFnAjoFKSEFI/?d=n
114	5 Aug 2022 - Muhamad Ashraf Muhammad Haisham won GOLD	https://www.facebook.com/422590604585371/posts/pfbid02rtpEaEoSde7YQSQq6Ry4N5kejDqP2VypKCDPyCtMvbU8PkHBjDotcKikp8Vbn3ml/?d=n
115	5 Aug 2022 - Muhamad Nurdin Bin Ibrahim won BRONZE	https://www.facebook.com/422590604585371/posts/pfbid01PVUt633TRmig8MTLcE8jomwoWFA3Asn95Q5DJJyJogYfyp4BsUHsHbjfms8GCI/?d=n
116	5 Aug 2022 - Mohamad Yusshazwan Bin Yusoff won SILVER	https://www.facebook.com/422590604585371/posts/pfbid0Qe8M8qFuf8SQ1oQaQPkWiDaB2cmi1ufUxndTP8Bo49XMJvkiDss82wjdcDsDjSwl/?d=n

9. Links (cont'd)

No	Dates/Subjects	Links
Facebook (cont'd)		
117	5 Aug 2022 - Mohamad Faris Ahmad Azri & Mohd Amin Burhanuddin won BRONZE	https://www.facebook.com/422590604585371/posts/pfbid032HumgvWYDAMKYqHppruQYzPqA4MTT66mme4tEKJtNsNpMdeNegkW3SwF6QNLcRXPl/?d=n
118	5 Aug 2022 - Muhammad Nur Syaiful Zulkafli won GOLD	https://www.facebook.com/422590604585371/posts/pfbid032WdvQey8yvGCdeMAUjm6tZJXmtTgvuwoRT71a574SFqeRUonKchs4E6mG97gGyfl/?d=n
119	5 Aug 2022 - Cheah Liek Hou & Muhammad Fareez Bin Anuar won BRONZE	https://www.facebook.com/422590604585371/posts/pfbid0FhvdjB3Jn9dgKQwKTX7849uS9GcbUFFoAoPr2ufcWAP5fDsHgpiYWzPiR8jdVCnMI/?d=n
120	5 Aug 2022 - Lim Carmen won SILVER	https://www.facebook.com/422590604585371/posts/pfbid02FYrqV8VrHwSa9ghEy4Sa uWPr8q9MjLq2cmPWMhUrRAzfMj3fsNhQHnu2v9BHHq8Gl/?d=n
121	5 Aug 2022 - Abd Halim Mohammad won GOLD	https://www.facebook.com/422590604585371/posts/pfbid0TVMMyKUAvWynzifCYKHM1Qeu5qfW3ey93eHKNZK9uy2YPkWGyJDYccZs1TWfWeRacl/?d=n
122	5 Aug 2022 - Abu Samah Bin Borhan & Mohammad Yusshazwan won GOLD	https://www.facebook.com/422590604585371/posts/pfbid0eGNX7LX7aDwcpRWtokp mZXXcUzuXqmaKLaqC2RpkHQyoqPFCsXdMsWcxT5uLbtll/?d=n
123	5 Aug 2022 - Cheah Liek Hou won GOLD	https://www.facebook.com/422590604585371/posts/pfbid0MnTQrcxuPuu4dnPw7ziq oIM7ZUCVVNeujJ86ag9WMLpV7addwMJM6gHALnglsZedl/?d=n
124	5 Aug 2022 - Muhammad Ikhwan Ramli won GOLD	https://www.facebook.com/422590604585371/posts/pfbid0jkifz7a9mjo11gQs2P98xk RbDhkhHNSH7HQdEo9PS7DjR7Nft7ftHetZSfKpU1l/?d=n
125	6 Aug 2022 - Muhammad Ikhwan Ramli & Noor Azwan Noorlan won GOLD	https://www.facebook.com/422590604585371/posts/pfbid0B2krDx2ue1siWSWLTR7D Dda7vjHqzbHBJ4UNbnJCC85FkdUPX637KVN6nHxM8ELal/?d=n
126	6 Aug 2022 - Mohamad Faris Ahmad Azri won SILVER	https://www.facebook.com/422590604585371/posts/pfbid02LQ5NCzwWqtQMpnJc9 Xh4EuYA4tDSdgBLf2ExUM69MuDknoMPaRdRW5f74uVLYq5cl/?d=n
127	6 Aug 2022 - Daneshen Govinda Rajan & Nur Jannaton Abd Jalil won GOLD	https://www.facebook.com/422590604585371/posts/pfbid0TNvFjWeDizHizuxh2g6S6 uzM3YWKKEzq1ATwn9rpsxq8sWxwQhEtqERqXgtMwscTDl/?d=n
128	6 Aug 2022 - Jennatul Fahmi Ahmad Jennah won GOLD	https://www.facebook.com/422590604585371/posts/pfbid08HXdxHGb34VD7Ass7Gc aYz1LYBYmGNAPnpPw4TPiUqUpt33YNVK23BC5qBuqAKMI/?d=n
129	6 Aug 2022 - Mohd Hazlin Abdullah won SILVER	https://www.facebook.com/422590604585371/posts/pfbid02a8evPFveNckB51gvP7Ci sp5scLpjieCLBrQV5VuTZLT3Z31rEpmtCtaqzJBrp1swl/?d=n
130	6 Aug 2022 - Bryan Junency won 1 GOLD & 1 SILVER	https://www.facebook.com/422590604585371/posts/pfbid02TqtjpMAPcmnETL12sRT ztdsFENtHVVD4hmnPQNiXkXRTZMQmM5aKsYp8rz5hLVDiil/?d=n
131	6 Aug 2022 - Nicodemus Manggoi won 2 GOLDS	https://www.facebook.com/422590604585371/posts/pfbid02F5dnfaUhnjmoEqB1873 eVhNXL6p9nu9sFjvw2J2oxdL7984Dd9fyXT1rGuTvTnjl/?d=n
132	6 Aug 2022 - 5 August 2022 TOTAL MEDAL TALLY	https://www.facebook.com/422590604585371/posts/pfbid02vMa799UEuHjqzjZuoGa Wmj1GZXf8dkuZ6emVzm3r8mU1RmvZmGyMwMZHhnyTryhCl/?d=n
133	6 Aug 2022 - Wan Nur Azri won 1 SILVER and 1 BRONZE	https://www.facebook.com/422590604585371/posts/pfbid022ndiqSuRoafgnGhi3SxsR 3ma75gVVMxB5sXTDvU3KV1nYATsdfZT97HowuJBKzy6l/?d=n
134	6 Aug 2022 - Goalball won BRONZE	https://www.facebook.com/422590604585371/posts/pfbid03aW95nnw9e22iMsr1Ac GsraKLzWSTxRP6UfXoNAFCnXnVtyPjAvpfhriFnh871MYI/?d=n
135	6 Aug 2022 - Mohamad Faris Ahmad Azri bagai tidak percaya setelah berjaya memasuki peringkat final.	https://fb.watch/eO5tsGPSSL/
136	6 Aug 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid02L8ZwHTQcbr5AYxixXxaU mqM5zDmAiNki94TMWEz9Xeg7hNy3kdC8UqULkNqd7uCbl/?d=n
137	6 Aug 2022 - Highlight: Jalur Gemilang berkibar megah di Kota Lapangan Barat	https://fb.watch/eO5vWY7nbB/
138	6 Aug 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid025CkWQhsNjxySqEvobD mHdJkEdNGC2iZCHZuqhPomg1wvxtBs2vMgYGYsBcmGDSgl/?d=n
139	6 Aug 2022 - Sorotan: Perjuangan dapatkan pingat emas dan perak tidak mudah	https://fb.watch/eO5xZoFhDp/

9. Links (cont'd)

No	Dates/Subjects	Links
Facebook (cont'd)		
140	6 Aug 2022 – Closing Ceremony	https://www.facebook.com/422590604585371/posts/pfbid06TNoShffYFRkwVY4E8iK46uvzB3SsHWJASmkqPDRJ7JL2dUh1EmfvNp8WXMNozWYI/?d=n
141	7 Aug 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid03V9nm6T5VvtSFpMHEgT87dfEA16RGgsLFK73GudCAZHD6xTJe8BnVgFsc9DWYhwRI/?d=n
142	7 Aug 2022 - Terima Kasih Solo, Hello Kemboja	https://fb.watch/eO5CwyPuRf/
145	7 Aug 2022 - Wira Para Negara	https://fb.watch/eO5DWLCQth/
146	7 Aug 2022 - Malaysian Para Contingent At Adi Sumarmo International Airport For Departure	https://www.facebook.com/422590604585371/posts/pfbid0k3sAXAhsN7Mb1Ei6yf7UgXx6brSZT6GRd2acN5zNe9MuSqSYHWTyoZZuTqia9wpYI/?d=n
147	7 Aug 2022 - Malaysian Para Contingent Arrived At KLIA Airport	https://www.facebook.com/422590604585371/posts/pfbid0Lb7BLh4v3GUukS9rmZxU9lwLpDMAW8DsXaTsKXTpyttWj16sAdm76FkdDDdeeXmVI/?d=n
148	7 Aug 2022 – Bernama News	https://www.facebook.com/422590604585371/posts/pfbid0ayahMGzqiShp9Xe68dCjuyQWQgHaJVicVo7rXKjDz8opzToBCGXmuZh5YEJr86z8l/?d=n
149	6 Aug 2022 - 5 August 2022, Final Medal Tally	https://www.facebook.com/422590604585371/posts/pfbid05zcuDp7nFSFbyhyLRpAaRYnQDpzLnjPJFJFHi1VJ4PxhimwTSFMovjrx7mCL3AVkl/?d=n
150	8 Aug 2022 – Medal Standing	https://www.facebook.com/422590604585371/posts/pfbid0A9yTDi5hwoPPJvu2y3uKUnSqzwA7iQvJFv41JRctLz2xL4btgsFbaM2QFw352xmTI/?d=n

9. Links (cont'd)

No	Dates/Subjects	Links
Instagram		
1	29 June 2022 – 30 Days To Go	https://www.instagram.com/p/CfXc1ZKvNoM/?utm_source=ig_web_copy_link
2	1 July 2022 - CdM Seminar	https://www.instagram.com/p/Cfdi4eDJJ6N/?utm_source=ig_web_copy_link
3	7 July 2022 - Team Managers' Meeting	https://www.instagram.com/p/CftE0NHJEmb/?utm_source=ig_web_copy_link
4	10 July 2022 – 20 Days To Go	https://www.instagram.com/p/Cfz4TCxPRCS/?utm_source=ig_web_copy_link
5	18 July 2022 – CdM Walkabout	https://www.instagram.com/p/CgJ2xVkp5ss/?utm_source=ig_web_copy_link
6	18 July 2022 – CdM Walkabout	https://www.instagram.com/p/CgJ3OsVJCAk/?utm_source=ig_web_copy_link
7	22 July 2022 - Majlis Penyerahan Jalur Gemilang	https://www.instagram.com/p/CgUH6KUJAcT/?utm_source=ig_web_copy_link
8	25 July 2022 – 5 Days To Go	https://www.instagram.com/p/CgazPKCJUil/?utm_source=ig_web_copy_link
9	25 July 2022 - Packing & Loading	https://www.instagram.com/p/CgbjrhRp-1/?utm_source=ig_web_copy_link
10	26 July 2022 – Departure to KLIA	https://www.instagram.com/p/CgdFTW7vZVO/?utm_source=ig_web_copy_link
11	26 July 2022 – Departure Hall at KLIA	https://www.instagram.com/p/CgdiqkbJXAM/?utm_source=ig_web_copy_link
12	26 July 2022 - Solo!!! We Are Ready	https://www.instagram.com/p/CgeFk6PJF1z/?utm_source=ig_web_copy_link
13	27 July 2022 – 3 Days To Go	https://www.instagram.com/p/CgfdUzcPOaa/?utm_source=ig_web_copy_link
14	27 July 2022 – Departure to KLIA	https://www.instagram.com/reel/Cgf0UbKpcZm/?utm_source=ig_web_copy_link
15	27 July 2022 - Team Welcome Ceremony	https://www.instagram.com/p/CghLGi6pF6C/?utm_source=ig_web_copy_link
16	28 July 2022 – 2 Days To Go	https://www.instagram.com/p/CgiS7KsvSOB/?utm_source=ig_web_copy_link
17	28 July 2022 - - Team Welcome Ceremony	https://www.instagram.com/p/CgiXzpqvjuY/?utm_source=ig_web_copy_link
18	28 July 2022 - Team Welcome Ceremony	https://www.instagram.com/reel/CgibTQqprj1/?utm_source=ig_web_copy_link
19	29 July 2022 – 1 Day To Go	https://www.instagram.com/p/Cgkvt_hPhul/?utm_source=ig_web_copy_link
20	29 July 2022 - Welcome Dinner	https://www.instagram.com/p/Cgk8l2cvSJZ/?utm_source=ig_web_copy_link
21	29 July 2022 - President NPC Malaysia, Dato' Sri Megat D. Shahrman Bin Dato' Zaharudin giving motivational & inspirational talks	https://www.instagram.com/reel/CgmIJOTJKVC/?utm_source=ig_web_copy_link
22	29 July 2022 - Thank You APSF & INAPSOC	https://www.instagram.com/reel/CgmPsAWJhC3/?utm_source=ig_web_copy_link
23	30 July 2022 – Opening Ceremony	https://www.instagram.com/p/CgpBkcYJMBj/?utm_source=ig_web_copy_link
24	31 July 2022 – Opening Ceremony	https://www.instagram.com/p/CgpBxnXJ9uu/?utm_source=ig_web_copy_link
25	31 July 2022 – Opening Ceremony Highlights	https://www.instagram.com/reel/CgqD4gtFOW0/?utm_source=ig_web_copy_link
26	31 July 2022 - Day 1 - Competition Schedule	https://www.instagram.com/p/CgqNivZlrHO/?utm_source=ig_web_copy_link
27	31 July 2022 – Para Archery In Action	https://www.instagram.com/p/CgqgoRpr6nH/?utm_source=ig_web_copy_link
28	31 July 2022 - Malaysia Goalball team beat Cambodia with 10 goals.	https://www.instagram.com/p/CgqlqzvrOgg/?utm_source=ig_web_copy_link
29	31 July 2022 - A Valiant Effort By Sitting Volleyball Team	https://www.instagram.com/p/CgrL2l3JPD4/?utm_source=ig_web_copy_link

9. Links (cont'd)

No	Dates/Subjects	Links
Instagram (cont'd)		
30	31 July 2022 - Wrap Up Day 1	https://www.instagram.com/reel/CgrXlAzJE7x/?utm_source=ig_web_copy_link
31	1 Aug 2022 - Day 2 - Competition Schedule	https://www.instagram.com/p/CgsX9QSVJFU/?utm_source=ig_web_copy_link
32	1 Aug 2022 - Day 2 - Competition Schedule	https://www.instagram.com/p/CgsYCH3vycy/?utm_source=ig_web_copy_link
33	1 Aug 2022 - MALAYSIA'S FIRST GOLD	https://www.instagram.com/p/Cgsy6ZKpuR_/?utm_source=ig_web_copy_link
34	1 Aug 2022 - MALAYSIA'S FIRST SILVER	https://www.instagram.com/p/Cgs3lWxp3Vm/?utm_source=ig_web_copy_link
35	1 Aug 2022 - Day 2 - Competition Schedule	https://www.instagram.com/p/CgtHxRDJzA7/?utm_source=ig_web_copy_link
36	1 Aug 2022 - Eddy Bernard grabs Malaysia's 3RD GOLD	https://www.instagram.com/p/CgtNZghrqQn/?utm_source=ig_web_copy_link
37	1 Aug 2022 - Ridzuan Puzi won Malaysia's 2ND GOLD	https://www.instagram.com/p/CgtOw70rZRC/?utm_source=ig_web_copy_link
38	1 Aug 2022 - 1 August 2022 TOTAL MEDAL TALLY	https://www.instagram.com/p/Cgt8LvdJiZC/?utm_source=ig_web_copy_link
39	2 Aug 2022 - Day 2 - Competition Schedule	https://www.instagram.com/p/Cgu8lInhBwh/?utm_source=ig_web_copy_link
40	2 Aug 2022 - Day 2 - Competition Schedule	https://www.instagram.com/p/Cgu8rpYBcWl/?utm_source=ig_web_copy_link
41	2 Aug 2022 - Our FIRST VICTORY CEREMONY	https://www.instagram.com/p/CgvnEFppQEy/?utm_source=ig_web_copy_link
41	2 Aug 2022 - Congratulations to Ziyad Zolkefli	https://www.instagram.com/p/CgwNfcsJSG_/?utm_source=ig_web_copy_link
42	2 Aug 2022 - Congratulations to Mohamad Aliff Mohamad Awi	https://www.instagram.com/p/CgwNm54p6E4/?utm_source=ig_web_copy_link
43	2 Aug 2022 - Ziyad sumbang pingat emas pertama Malaysia	https://www.instagram.com/reel/CgwOG74pMnd/?utm_source=ig_web_copy_link
44	2 Aug 2022 - Ridzuan Puzi won Malaysia's 2ND GOLD	https://www.instagram.com/p/CgwPam9p1Np/?utm_source=ig_web_copy_link
45	2 Aug 2022 - Eddy Bernard grabs Malaysia's 3RD GOLD	https://www.instagram.com/p/CgwQ7okpU8W/?utm_source=ig_web_copy_link
46	2 Aug 2022 - Mohamad Saifuddin won GOLD	https://www.instagram.com/p/CgwRp8WJuE4/?utm_source=ig_web_copy_link
47	2 Aug 2022 - CONGRATULATIONS, DATO' LATIF ROMLY!!!	https://www.instagram.com/p/CgwUcQLp_cq/?utm_source=ig_web_copy_link
48	2 Aug 2022 - SYABAS, ZULKIFLY ABDULLAH!!!	https://www.instagram.com/p/CgwVq_lptSF/?utm_source=ig_web_copy_link
49	2 Aug 2022 - CONGRATULATIONS, DATO' ABDUL LATIF ROMLY!!!	https://www.instagram.com/p/CgwXeRnpCqE/?utm_source=ig_web_copy_link
50	2 Aug 2022 - CONGRATULATION, ZULKIFLY ABDULLAH!!!	https://www.instagram.com/p/CgwYDCHp9Cc/?utm_source=ig_web_copy_link
51	2 Aug 2022 - Mohammad Nur Syaiful won SILVER	https://www.instagram.com/p/CgwZXP2JTjM/?utm_source=ig_web_copy_link
52	2 Aug 2022 - Eddy tak sangka catat rekod baru	https://www.instagram.com/reel/CgwZFkwpgw5/?utm_source=ig_web_copy_link

9. Links (cont'd)

No	Dates/Subjects	Links
Instagram (cont'd)		
53	2 Aug 2022 - "Terima Kasih semua yang mendoakan saya," - Dekwan	https://www.instagram.com/reel/Cgwa57tpM09/?utm_source=ig_web_copy_link
54	2 Aug 2022 - Prospek emas yang tak dijangka	https://www.instagram.com/reel/CgwdrFWpeju/?utm_source=ig_web_copy_link
55	3 Aug 2022 - Day 4 - Competition Schedule	https://www.instagram.com/p/CgxilyShZxf/?utm_source=ig_web_copy_link
56	3 Aug 2022 - Muhamad Ashraf Muhammad Haisham won GOLD	https://www.instagram.com/p/Cgy8kDnpPWM/?utm_source=ig_web_copy_link
57	3 Aug 2022 - Suresh Selvatamby & Nurfaizal Hamzah won BRONZE MEDAL	https://www.instagram.com/p/Cgy9AtSJL1B/?utm_source=ig_web_copy_link
58	3 Aug 2022 - 2 August 2022 TOTAL MEDAL TALLY	https://www.instagram.com/p/CgzJwuEJ9BR/?utm_source=ig_web_copy_link
59	3 Aug 2022 - 3 August 2022 TOTAL MEDAL TALLY	https://www.instagram.com/p/CgzKPC2pXBx/?utm_source=ig_web_copy_link
60	3 Aug 2022 - Exceeded Our Target Of Gold Medals	https://www.instagram.com/p/CgzKr9qpmL0/?utm_source=ig_web_copy_link
61	4 Aug 2022 - Atlet negara akan berikan persembahan terbaik di Final	https://www.instagram.com/reel/Cgzll16JQx /?utm_source=ig_web_copy_link
62	4 Aug 2022 - Beregu Lelaki Tennis Kerusi Roda capai sasaran	https://www.instagram.com/reel/CgznnN9pgE-/?utm_source=ig_web_copy_link
63	4 Aug 2022 - Jurulatih Para Badminton negara, Coach Woon Sze Mei mahu mereka lebih agresif dalam gelanggang..	https://www.instagram.com/reel/CgzobNgBMrh/?utm_source=ig_web_copy_link
64	4 Aug 2022 - Day 5 - Competition Schedule	https://www.instagram.com/p/Cg0JzSxBmil/?utm_source=ig_web_copy_link
65	4 Aug 2022 - Beregu Lelaki Tennis Kerusi Roda capai sasaran	https://www.instagram.com/p/Cg0xljipiXw/?utm_source=ig_web_copy_link
66	4 Aug 2022 - Jurulatih Para Badminton negara, Coach Woon Sze Mei mahu mereka lebih agresif dalam gelanggang...	https://www.instagram.com/p/Cg0sgd0Ju3l/?utm_source=ig_web_copy_link
67	4 Aug 2022 - Ethan tuai emas di Semarang	https://www.instagram.com/p/Cg1TUVipt76/?utm_source=ig_web_copy_link
68	4 Aug 2022 - Brenda juara acara Kuak Dada Wanita 100m	https://www.instagram.com/p/Cg1UCyPp62q/?utm_source=ig_web_copy_link
69	4 Aug 2022 - Zy Lee Kher bangkit di saat akhir	https://www.instagram.com/p/Cg1UlqRp-kC/?utm_source=ig_web_copy_link
70	4 Aug 2022 - Ethan Yin Jun Khoo won GOLD	https://www.instagram.com/p/Cg1rvW9p57C/?utm_source=ig_web_copy_link
71	4 Aug 2022 - Brenda Anellia Larry won GOLD	https://www.instagram.com/p/Cg1r9p8phU0/?utm_source=ig_web_copy_link
72	4 Aug 2022 - Zy Lee Kher won GOLD	https://www.instagram.com/p/Cg1sGiuJNJA/?utm_source=ig_web_copy_link
73	4 Aug 2022 - Lawatan Presiden MPM dan CDM ke Kolam Jatidiri	https://www.instagram.com/p/Cg1sS7Tpki/?utm_source=ig_web_copy_link
74	4 Aug 2022 - Fraidden Dawan won GOLD	https://www.instagram.com/p/Cg1sWOdpnQK/?utm_source=ig_web_copy_link
75	4 Aug 2022 - Showers Of Gold At The Pool Raises Gold Medal Tally	https://www.instagram.com/p/Cg12I29JW3a/?utm_source=ig_web_copy_link

9. Links (cont'd)

No	Dates/Subjects	Links
Instagram (cont'd)		
76	5 Aug 2022 - Day 6 - Competition Schedule	https://www.instagram.com/p/Cg2mS-QhNv-/?utm_source=ig_web_copy_link
77	5 Aug 2022 - Pasukan Renang Para Malaysia selesa pancing emas	https://www.instagram.com/reel/Cg2_UDQjp8/?utm_source=ig_web_copy_link
78	5 Aug 2022 - Terima kasih Liek Hou dan Fareez Anuar	https://www.instagram.com/p/Cg3J38ZpztN/?utm_source=ig_web_copy_link
79	5 Aug 2022 - Highlight aksi pemain badminton negara	https://www.instagram.com/reel/Cg3giH_pwLu/?utm_source=ig_web_copy_link
80	5 Aug 2022 - Pingat Emas WH1 milik Ikhwan	https://www.instagram.com/p/Cg3ka_3pr8S/?utm_source=ig_web_copy_link
81	5 Aug 2022 - Cheah Liek Hou Juara!!!	https://www.instagram.com/p/Cg3oi9dJin7/?utm_source=ig_web_copy_link
82	5 Aug 2022 - Lawatan Presiden MPM ke Lapangan Kota Barat	https://www.instagram.com/p/Cg3qa8qJdBN/?utm_source=ig_web_copy_link
83	5 Aug 2022 - Foto Tambahan: Sekitar perlawanan akhir Terbuka Berpasukan Campuran Compound dan Terbuka Lelaki Berpasukan Compound	https://www.instagram.com/p/Cg30qdcpsgV/?utm_source=ig_web_copy_link
84	5 Aug 2022 - 4 August 2022 TOTAL MEDAL TALLY	https://www.instagram.com/p/Cg321heJhu3/?utm_source=ig_web_copy_link
85	5 Aug 2022 - Muhamad Ashraf Muhammad Haisham won GOLD	https://www.instagram.com/p/Cg4YQWhJ5yy/?utm_source=ig_web_copy_link
86	5 Aug 2022 - Muhamad Nurdin Bin Ibrahim won BRONZE	https://www.instagram.com/p/Cg4YZkZJ5jx/?utm_source=ig_web_copy_link
87	5 Aug 2022 - Mohamad Yussaszwan Bin Yusoff won SILVER	https://www.instagram.com/p/Cg4Yhl_JAbi/?utm_source=ig_web_copy_link
88	5 Aug 2022 - Mohamad Faris Ahmad Azri & Mohd Amin Burhanuddin won BRONZE	https://www.instagram.com/p/Cg4fkZMpkO2/?utm_source=ig_web_copy_link
89	5 Aug 2022 - Cheah Liek Hou & Muhammad Fareez Bin Anuar won BRONZE	https://www.instagram.com/p/Cg4hGhSJ-Ey/?utm_source=ig_web_copy_link
90	5 Aug 2022 - Muhammad Nur Syaiful Zulkafli won GOLD	https://www.instagram.com/p/Cg4hNPwpT-E/?utm_source=ig_web_copy_link
91	5 Aug 2022 - Lim Carmen won SILVER	https://www.instagram.com/p/Cg4hhBHQiu/?utm_source=ig_web_copy_link
92	5 Aug 2022 - Abd Halim Mohammad won GOLD	https://www.instagram.com/p/Cg4h_QZJnEV/?utm_source=ig_web_copy_link
93	5 Aug 2022 - Abu Samah Bin Borhan & Mohammad Yussaszwan won GOLD	https://www.instagram.com/p/Cg4ifMpJ_uo/?utm_source=ig_web_copy_link
94	5 Aug 2022 - Cheah Liek Hou won GOLD	https://www.instagram.com/p/Cg4i_iqpbDk/?utm_source=ig_web_copy_link
95	5 Aug 2022 - Muhammad Ikhwan Ramli won GOLD	https://www.instagram.com/p/Cg4jR24JX_X/?utm_source=ig_web_copy_link
96	6 Aug 2022 - Muhammad Ikhwan Ramli & Noor Azwan Noorlan won GOLD	https://www.instagram.com/p/Cg4krH6JWUy/?utm_source=ig_web_copy_link
97	6 Aug 2022 - Mohamad Faris Ahmad Azri won SILVER	https://www.instagram.com/p/Cg4letdJiLB/?utm_source=ig_web_copy_link

9. Links (cont'd)

No	Dates/Subjects	Links
Instagram (cont'd)		
98	6 Aug 2022 - Daneshen Govinda Rajan & Nur Jannaton Abd Jalil	https://www.instagram.com/p/Cg4mBU5IIM/?utm_source=ig_web_copy_link
99	6 Aug 2022 - Jennatul Fahmi Ahmad Jennah won GOLD	https://www.instagram.com/p/Cg4s61cpcUN/?utm_source=ig_web_copy_link
100	6 Aug 2022 - Mohd Hazlin Abdullah won SILVER	https://www.instagram.com/p/Cg4tLo1pVz1/?utm_source=ig_web_copy_link
101	6 Aug 2022 - Bryan Junency won 1 GOLD & 1 SILVER	https://www.instagram.com/p/Cg4tkmkplDn/?utm_source=ig_web_copy_link
102	6 Aug 2022 - Nicodemus Manggoi won 2 GOLDS	https://www.instagram.com/p/Cg4t6SRJYt/?utm_source=ig_web_copy_link
103	6 Aug 2022 - Cheah Liek Hou Juara!!!	https://www.instagram.com/reel/Cg4wgSEJdy1/?utm_source=ig_web_copy_link
104	6 Aug 2022 – Final Medal Tally	https://www.instagram.com/p/Cg4zfWUBCK1/?utm_source=ig_web_copy_link
104	6 Aug 2022 - Minta Semi, dapat Final	https://www.instagram.com/reel/Cg4zrPVhD1N/?utm_source=ig_web_copy_link
105	6 Aug 2022 - Wan Nur Azri won 1 SILVER and 1 BRONZE	https://www.instagram.com/p/Cg42oEzhf-u/?utm_source=ig_web_copy_link
106	6 Aug 2022 - Goalball won BRONZE	https://www.instagram.com/p/Cg42vfDhC2l/?utm_source=ig_web_copy_link
107	6 Aug 2022 - Pingat Emas Perseorangan Lelaki Kelas 11 jadi milik Malaysia	https://www.instagram.com/p/Cg49d3shDaH/?utm_source=ig_web_copy_link
108	6 Aug 2022 - 5 August 2022 TOTAL MEDAL TALLY	https://www.instagram.com/p/Cg5qCIsJ3T/?utm_source=ig_web_copy_link
109	6 Aug 2022 - Highlight: Jalur Gemilang berkibar megah...	https://www.instagram.com/reel/Cg6bfjipj0K/?utm_source=ig_web_copy_link
110	6 Aug 2022 - Jannatul Fahmi Ahmad Jennah dan Mohd Hazlin Abdullah berkongsi...	https://www.instagram.com/reel/Cg7VcWrps5/?utm_source=ig_web_copy_link
111	6 Aug 2022 - Sorotan: Aksi angkatan emas atlet Powerlifting Malaysia	https://www.instagram.com/reel/Cg7XNd2pZEW/?utm_source=ig_web_copy_link
112	7 Aug 2022 - Terima Kasih Solo, Hello Kemboja	https://www.instagram.com/p/Cg7eozuBTc/?utm_source=ig_web_copy_link
113	7 Aug 2022 - Terima Kasih Solo, Hello Kemboja	https://www.instagram.com/p/Cg7e61WhvYI/?utm_source=ig_web_copy_link
114	7 Aug 2022 - Terima Kasih Solo, Hello Kemboja	https://www.instagram.com/reel/Cg79uOTBHIc/?utm_source=ig_web_copy_link
115	7 Aug 2022 - Malaysian Para Contingent at Adi Sumarmo International Airport for departure	https://www.instagram.com/p/Cg9heyOJ9FT/?utm_source=ig_web_copy_link
116	7 Aug 2022 - Malaysian Para Contingent at Adi Sumarmo International Airport for departure	https://www.instagram.com/p/Cg9hv7LpfDL/?utm_source=ig_web_copy_link
116	7 Aug 2022 - Malaysian Para Contingent arrived at KLIA Airport	https://www.instagram.com/p/Cg9j4aTpWUG/?utm_source=ig_web_copy_link
117	7 Aug 2022 - Malaysian Para Contingent arrived at KLIA Airport	https://www.instagram.com/p/Cg9kFpwpjtA/?utm_source=ig_web_copy_link
118	8 Aug 2022 - Well Done, Malaysian Para Contingent!!	https://www.instagram.com/p/Cg_GfgaL5d5/?utm_source=ig_web_copy_link
119	8 Aug 2022 - Wira Para Negara	https://www.instagram.com/reel/Cg8_UAFJzSU/?utm_source=ig_web_copy_link