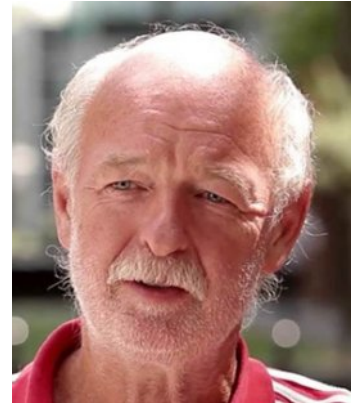




ISSN

MEET OUR SPEAKERS BIOGRAPHY

PROF DR RONALD MAUGHAN
HONORARY PROFESSOR FOR SCHOOL OF MEDICINE,
ST ANDREWS UNIVERSITY, SCOTLAND



- Professor Ronald Maughan is an Honorary Professor at the School of Medicine at St Andrews University in Scotland.
- He holds a BSc in Physiology and a PhD from the University of Aberdeen, where he worked at the Medical School for nearly 25 years.
- A highly respected figure in his field, Professor Maughan has published extensively in scientific literature and has authored or edited several books on the subjects of sports nutrition and exercise biochemistry. He has also applied his expertise in practical settings, working with a number of international and national associations and sports teams.





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MR YU LIANG CHINA NATIONAL SWIM TEAM DIETITIAN



- Mr Yu Liang is a highly accomplished dietitian for the China National Swim Team. He holds a Master's degree from the University of Murcia, Spain, and a Bachelor's degree in Pharmacy from China Pharmaceutical University.
- He is a certified professional in his field, having earned the IOC Sport Nutrition Diploma, the Chinese National Team Sports Nutritionist Certification in 2019, and the Registered Dietitian (RD) Certification in 2016.
- Mr Yu's extensive experience includes working with elite athletes at major international competitions. His competition experience includes:
- Olympics: Paris 2024, Tokyo 2020, and Beijing 2022 Winter Olympic Games (with the Chinese Bobsleigh Team)
- World Aquatics Championships: Fukuoka, Doha, Budapest, and Singapore
- Asian Games: Hangzhou 2022
- He has also provided his expertise to other national teams, including the Chinese Bobsleigh Team and the Chinese Women's Field Hockey Team.



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MS NOOR AMIRA MOHAMAD NAFIAH ISN SPORTS NUTRITIONIST



- Ms Noor Amira Mohamad Nafiah is an expert sports nutritionist specializing in combat sports, with over eight years of experience. She focuses on weight management, rapid weight loss strategies, and performance optimization, using evidence-based nutrition planning to help athletes reach their peak.
- She has served as the official nutritionist at major international competitions, including the SEA Games (2017 & 2019), Asian Games (2018), Silat World Championships, and Asian Karate Championships. These experiences have given her the skills to create effective, adaptable strategies for a wide range of athletes and competitive settings.
- Currently, she is the Group Leader for Combat Sports. In this role, she works to integrate a wide range of sports science services, coordinating with physical, physiological, and psychological experts to provide holistic support and advance athlete performance on both the national and international stage.





LSN

MEET OUR SPEAKERS BIOGRAPHY



FORUM PANEL 1 MR WELSON SIM WEE SHENG SWIMMING, OLYMPIAN

- Welson Sim is a prominent national swimmer from Malaysia. He began his swimming journey at the age of 10 to help overcome childhood asthma. His talent quickly became apparent, and by the age of 12, he was part of the Sarawak state swimming team.
- Welson Sim made history as the first Malaysian male swimmer to qualify for the men's 400-meter freestyle event at the 2016 Summer Olympics in Rio de Janeiro, where he also competed in the 200m and 1500m freestyle events. He has also represented Malaysia at the Tokyo 2020 Olympics and has won numerous medals at the Southeast Asian Games. He is also a national record holder for the 100m, and 200m freestyle events.





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FORUM PANEL 2

MR SOH WAI CHING

TOWERRUNNING, WORLD CHAMPION

- Mr Soh Wai Ching is a world-renowned towerrunner from Malaysia, widely regarded as one of the best in the sport. He is currently ranked World No. 2, and in 2024, he was crowned World Champion.
- Among his most notable achievements is his dominant performance at the Empire State Building Run-Up, which he has won three times, making him the only Asian to ever win the prestigious race. In addition to his victories in iconic buildings around the globe, he also holds multiple Guinness World Records related to stair climbing.
- Wai Ching's success is a testament to his dedication and relentless pursuit of excellence, often training and competing with limited funding and traveling on a shoestring budget to represent Malaysia on the international stage.



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**FORUM PANEL 3
MS FOO KAI LI
ISN SPORTS NUTRITIONIST
AQUATIC SPORTS**



**FORUM PANEL 4
MR ADI FARIZZUL BIN MOHAD KAMIL
ISN SPORTS DIETITIAN
ENDURANCE SPORTS**



**FORUM MODERATOR
MS CHAI WEN JIN
ISN SPORTS NUTRITIONIST**



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MEET OUR SPEAKERS BIOGRAPHY

FORUM PANEL 3
MS FOO KAI LI
ISN SPORTS NUTRITIONIST
AQUATIC SPORTS



- Ms Foo Kai Li is an experienced and dedicated nutritionist at the National Sports Institute (ISN) with eight years of experience. Specializing in sports nutrition, she works directly with athletes to help them achieve peak performance through personalized dietary strategies.
- Her expertise spans multiple disciplines, including skill sports (Rhythmic Gymnastics, Artistic Gymnastics, Shooting, Archery, and others), team sports (Netball), and aquatic sports (Swimming, Diving, and Sailing).
- As the current Team Leader for the National Diving Sport Science Team, she oversees nutrition services and coordinates overall sports science support to optimize diver performance. Her work focuses on guiding athletes with food selection, diet planning, body composition, hydration, and supplement use to support training and recovery.



**ISN**

MEET OUR SPEAKERS BIOGRAPHY



FORUM PANEL 4

MR ADI FARIZZUL BIN MOHAD KAMIL

ISN SPORTS DIETITIAN

ENDURANCE SPORTS

- Mr Adi Farizzul is a dedicated Sports Dietitian at the Institut Sukan Negara (ISN) since 2022. He holds a Bachelor's degree in Dietetics from Universiti Putra Malaysia and has a special interest in endurance sports.
- He plays a crucial role in optimizing the performance of elite athletes across various sports, including Squash, Badminton, Athletics, and Sepak Takraw. He previously served as the Team Leader for Shooting, coordinating the sports science team.
- In addition to his work with athletes, Adi is a valued instructor for sports science programs organized by the National Coaching Academy (AKK) and the Football Association of Malaysia (FAM).
- A passionate advocate for an active lifestyle, Adi is also an avid recreational runner, with his personal commitment to health aligning perfectly with his professional mission.

