



**PRIDE
PERFORMANCE
PERSEVERANCE**



25th
SEA GAMES
Vientiane, Laos
9-18 December 2009

ABOUT TEAM SINGAPORE

Originally mooted by the then-Ministry of Community Development and Sports, Team Singapore was launched on 20 April 2001 by then-Deputy Prime Minister Dr Tony Tan. Team Singapore is the united identity of elite athletes, coaches and officials from Singapore that represents the country in major multi-sport Games and identified international competitions.

The three core attributes of Pride, Performance and Perseverance anchor that which is the collective Team Singapore. Underscoring the traits of a winning team, these attributes are the important elements of sportsmanship and excellence that propel the nation forward to succeed on the world's sporting stage.

Team Singapore inspires our nation's athletic talents to continually evolve the level of elite sports in Singapore, while galvanising and connecting the community in support of their sporting endeavours.

For further information, please visit www.teamsingapore.com.sg

25th SEA GAMES

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All information are correct at time of print. 16 November 2009.

Chef de Mission



The first Singaporean and woman elected to head an International Federation, Mrs Jessie Phua has been President of the Fédération Internationale des Quilleurs since 2007. She is also President of the Singapore Bowling Federation (SBF) and a Director of the Royal China at Raffles.

Mrs Phua has been a member of the Singapore National Olympic Council (SNOC) since 2004. She was also a member of the Singapore Sports Council's (SSC) Women and Sports Group Committee, and Chairman of the SSC's Leadership in Sports Sub-committee. Adding to her accolades, Mrs Phua was a member of the Supervisory Panel of the Feedback Unit in the Ministry of Community Development, Youth and Sports (MCYS) from 2005 to 2006. Mrs Phua currently serves on the National Olympic Committee (NOC) Services Advisory Committee and the Sports Advisory Committee of the SINGAPORE 2010 Youth Olympic Games Organising Committee (SYOGOC), and the Olympic Pathway Programme (OPP) Identification Sub-committee.

Mrs Phua's involvement with bowling dates back to 1994, when she was Chairman of the SBF's Youth Development Programme, and was elected Vice President of the SBF in 1995. In 2005, she was awarded the Japanese Chamber of Commerce and Industry (JCCI) Sports Award for her contributions to bowling. This award is conferred in recognition of significant contributions to Singapore in the fields of arts, culture and sports.

Mrs Phua had served in the Singapore Parliament, and was a Nominated Member of Parliament (NMP) from 2007 to mid-2009.

With her vast experience in leading Singapore's bowling fraternity towards sporting achievements and her contributions to the local sporting fraternity, Mrs Phua will spearhead the Singapore contingent to give their very best in meeting the challenges ahead.

"To be the BEST - that has been and will continue to be the spirit that guides our Singapore athletes to sporting success. I'm confident that every member of Team Singapore will carry this spirit to Vientiane for the 25th SEA Games and do Singapore proud."

Jessie Phua

潘黄惠珍

Chef de Mission

25th South-east Asian Games

Assistant Chef de Mission



Antony Lee is currently working at the Singapore National Olympic Council (SNOC) where his responsibilities cover Major Games. He has been involved in the Singapore Secretariat for more than 10 Major Games since the 1997 SEA Games in Jakarta, culminating in his appointment as the General Team Manager, the equivalent of an Assistant Chef de Mission, for the 2006 Commonwealth Games in Melbourne.

His most memorable experience was being the Team Manager of the Table Tennis team, managing the women's team to a silver medal in the team event at the 2008 Beijing Olympic Games. It was the nation's second Olympic medal in 48 years, and the first since Singapore's independence. Under Mr Lee's charge at the 2007 SEA Games in Korat, the men's and women's teams won an unprecedented seven gold medals out of the seven events competed.

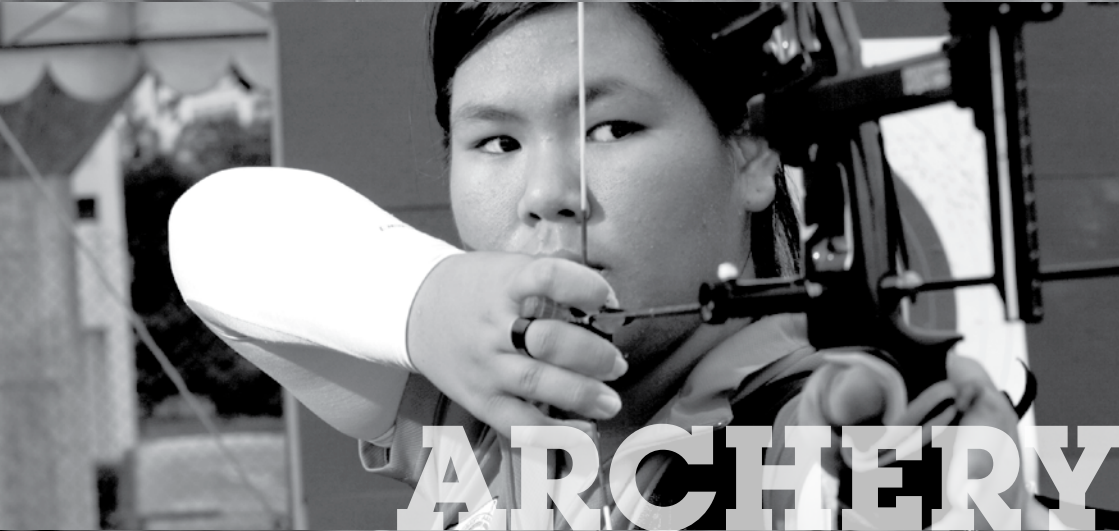
In Mr Lee's role as Assistant Chef de Mission, he will assist the Chef de Mission in managing the Team Singapore Contingent and Secretariat at the Games Village in Laos. With his experience in Major Games Management, Mr Lee, together with the Games Secretariat, will strive to ensure the needs of the Contingent are well taken care of so that the athletes and officials can go into competition in the best conditions possible.

"The biggest challenge is not your competitors, but yourselves. BELIEVE in yourselves and do your best for the Nation."

Antony Lee

李斌汉

Assistant Chef de Mission
25th South-east Asian Games



ARCHERY

Abdud Dayyan Bin Mohamed Jaffar



D.O.B: 13-09-1993

Height: 175 cm

Weight: 76 kg



"My first taste of archery was at nine, when I accompanied my father to his archery practice at the Hong Kah Community Centre. I competed in many inter-school competitions and pesta sukans, and managed to bring back medals most of the time. My enthusiasm for the sport grew with time and I am constantly motivated to both excel at archery and yet enjoy the sport.

I cycle, draw and play video games to relax myself."

Abdud Dayyan Bin Mohamed Jaffar

Current School / Employer:

Madrasah Al Irsyad Al Islamiah

Personal Best/s Recorded:

2009 Men's Full FITA - 1198

My SEA Games 2009 Event/s:

Recurve Individual (M) & Team (M)

Latest Sporting Achievement/s:

2009 4th Asian Grand Prix (India): Recurve Men, Double 70m - 33rd position (596)

2009 World Youth Archery Championships (USA): Recurve Cadet Men, Full FITA - 51st position (1215)

2009 Asian Grand Prix (Bangkok): Recurve Men, Double 70m - 30th position (583)

Total Number of SEA Games Participated in:

This is my first SEA Games.

Cheek Khang Leng Elizabeth



石康宁

D.O.B: 23-09-1993

Height: 163 cm

Weight: 79 kg

"It all started on a family outing to the HomeTeam NS country club. We saw the archery range and I became very interested in the sport. I then asked my parents if I could sign up for an archery course. My parents, infected by my enthusiasm, signed the whole family up. I have been shooting since I was 10 years old.

I am a student at the CHIJ Katong Convent and am taking my GCE 'N' levels this year. Besides my interest in archery, I would also bowl recreationally."

Cheek Khang Leng Elizabeth

Current School / Employer:

CHIJ Katong Convent

Personal Best/s Recorded:

2009 World Archery Youth Championships (USA) - 8th position (1268), IKO - 144

My SEA Games 2009 Event/s:

Recurve Team (W)

Latest Sporting Achievement/s:

2009 World Archery Youth Championships (USA) - 8th position (1268), IKO - 144

Total Number of SEA Games Participated in:

This is my first SEA Games.

蔡文荣

D.O.B: 17-05-1986

Height: 169 cm

Weight: 80 kg



"I picked up archery in junior college in 2004, initially as a recreational sport. I started serious training when I got my first archery set a few months later and saw improvement in my scores. I left off archery to concentrate on my 'A' levels and resumed only after completing my National Service. It was tough-going at first but I did not give up and went on to represent Singapore at various overseas competitions.

I try to catch F1 on TV whenever there is a live race. Apart from that, I would try to catch up with the work I have missed while I was away for overseas competitions, and band together with friends to see how they are doing."

Chua Boon Rong Adriel

Current School / Employer:

Nanyang Technological University

Personal Best/s Recorded:

2009 World Archery Championships (Korea):
Full FITA - 71st position (1349)

My SEA Games 2009 Event/s:

Compound Individual (M) & Team (M)

Latest Sporting Achievement/s:

2009 World Archery Championships (Korea):
Full FITA - 71st position (1349)
2009 3rd Asian Grand Prix (Kuala Lumpur):
Double 70m - 1st position (345), IKO - 5th
position (113,115), FITA - 7th position (1347)

**Total Number of SEA Games
Participated in:**

This is my first SEA Games.

Heng Fook Hup Vinson



邢福合

D.O.B: 08-04-1967

Height: 169 cm

Weight: 56 kg

"It all started when my army friend, Matthew, showed me an archery catalogue. He then brought me a bow and some arrows to try out, a friendly gesture that got me interested. My first competition was in 1999 in Malaysia. I did not win anything, which spurred me to train harder and win my first medal at the National Archery Championships 2000. I also made the national team and the rest, as they say, is history.

Motor-biking is another passion of mine and I would ride to Malaysia because there is so much to see and so many nice things to eat. Besides motor-biking, I also enjoy fishing."

Heng Fook Hup Vinson

Current School / Employer:

NIL

Personal Best/s Recorded:

2007 24th SEA Games: Olympic Round
- 116/120

My SEA Games 2009 Event/s:

Compound Individual (M) & Team (M)

Latest Sporting Achievement/s:

2007 24th SEA Games: Olympic Round
- 116/120

2005 3rd Asian Grand Prix (Jakarta):
Individual - 1st position, Team - Gold

Total Number of SEA Games Participated in:

This is my third SEA Games.

廖庭躍

D.O.B: 16-12-1984

Height: 172 cm

Weight: 73 kg



"My journey into archery was inspired by the movie "Robin Hood", which drove me to rig a crude bamboo bow with raw materials from my parents' workplace. Determined to master the basics, I studied pictures of Jay Barrs, the 1988 Olympic champion, to try to get some tips. After making the national training team, I went on to compete in various international competitions. I am honoured to represent Singapore at the 25th SEA Games this year, and my biggest dream is to represent Singapore at the Olympic Games.

On non-training days, I spend time washing and maintaining my car. I also sometimes drop by my archery club and community centre to help out new archers and volunteer my time at community events. I enjoy fishing but, so far, I have yet to catch any fish. Most importantly, I find time to be with my girlfriend, who is in the life-saving national team."

Leow Ting Yue

Current School / Employer:

NIL

Personal Best/s Recorded:

2009 National Trials: Full FITA - 1261

My SEA Games 2009 Event/s:

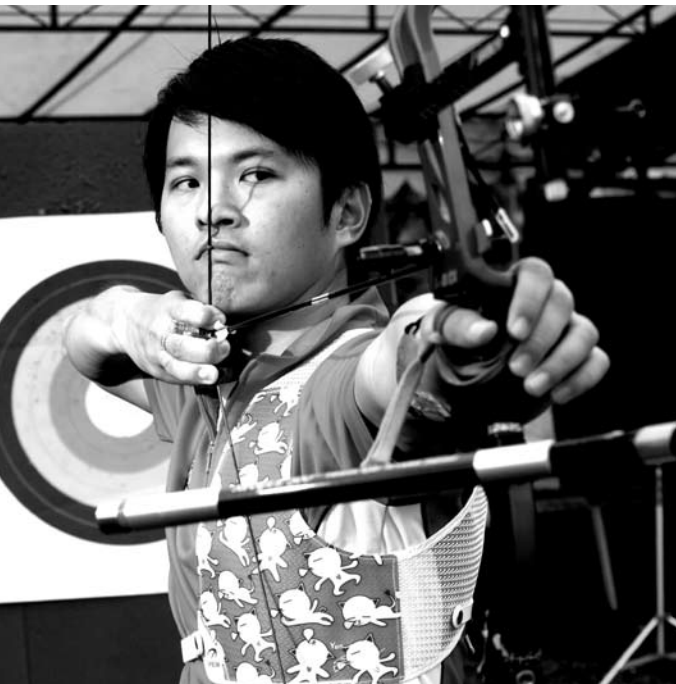
Recurve Individual (M) & Team (M)

Latest Sporting Achievement/s:

2003 Asian Grand Prix (Singapore):
Team - Gold

Total Number of SEA Games Participated in:

This is my first SEA Games.



王致侯

D.O.B: 11-04-1980

Height: 180 cm

Weight: 71 kg

"I was introduced to archery at the National University of Singapore. What was intended to be a Co-curricular Activity became a relentless road to excel at one of the most competitive sports around. With the guidance of seniors, my interest in the sport grew with the amount of training I put in. I made my national team debut in 2004 at the Asia Grand Prix in Thailand and competed at the 23rd SEA Games in 2005. I earned my first international medal at the Malaysia Open 2005, which pressed me to keep on challenging my limits.

Off the range, I indulge in movies and explore different food joints with friends. For 'mental nutrition', I read inspirational books such as the *Last Lecture* and *Tuesdays with Morrie*. I also surf the Internet to stay connected with my fellow archers overseas, learning from their competition experiences."

Ong Chee Bin Benson

Current School / Employer:

Citibank

Personal Best/s Recorded:

2006 Asian Grand Prix (Malaysia): FITA Round - 1234

My SEA Games 2009 Event/s:

Recurve Individual (M) & Team (M)

Latest Sporting Achievement/s:

2009 National Archery Open: Individual Knock-out - 1st position, Individual Ranking - 2nd position

Total Number of SEA Games Participated in:

This is my third SEA Games.

Ong Chong Soon Michael



王忠顺

D.O.B: 20-03-1965

Height: 172 cm

Weight: 79 kg



"I began learning archery relatively late at 33. It happened when I saw a promotional banner for the Kebun Baru Archery Course and signed up with my friend, Ms Tan Bee Wah, who is now also my personal coach. What draws me to the sport is the shooting and focusing, which appeal to my competitive spirit.

Other than archery, I would usually swim. I also try to spend time with my family and friends enjoying a good meal or shopping together."

Ong Chong Soon Michael

Current School / Employer:

Proway Engineering Plastic Pte Ltd

Personal Best/s Recorded:

2003 1st Asian Grand Prix (Thailand):
Double 70m Individual & Team - Gold

My SEA Games 2009 Event/s:

Compound Individual (M) & Team (M)

Latest Sporting Achievement/s:

2008 South-east Asian Archery Federation
Championship: Double 70m Score - 7th
position (670), IKO - 6th position
2007 24th SEA Games: Full FITA Score - 5th
position (1340), IKO - 6th position, Team Event
- 4th position

Total Number of SEA Games Participated in:

This is my third SEA Games.



贺懿凌

D.O.B: 16-11-1990

Height: 155 cm

Weight: 45.2 kg

"After watching my brother's involvement in archery, I became fascinated with the sport and picked it up in 2006. After my second competition, I made the national team.

When not training or studying, I spend time with my grandmother or go shopping. The truth be told, I love eating lots of nice food or simply enjoying a cat-nap."

Vanessa Ho Yiling

Current School / Employer:

Temasek Polytechnic

Personal Best/s Recorded:

2009 3rd Asian Grand Prix (Kuala Lumpur):
Full FITA - 1352, Individual Knock-out - 114
National Trials: Double 70m - 650

My SEA Games 2009 Event/s:

Compound Individual (W)

Latest Sporting Achievement/s:

2009 World Archery Championships (Korea):
Compound Women Open - 45th position
2009 3rd Asian Grand Prix (Kuala Lumpur):
Compound Women Open - 2nd position
2008 World Archery Youth Championships
(Turkey): Compound Junior Women - 6th
position

Total Number of SEA Games Participated in:

This is my first SEA Games.

Vanessa Loh Tze Rong



罗梓榕

D.O.B: 26-12-1993

Height: 161 cm

Weight: 53 kg



"It was actually my father who got me started in archery. He became a coach in the sport and archery became a common language for us both. I did not like archery at first but after winning my first trophy, my interest in it grew such that I now want to excel at the sport.

Archery is not all I think about. I also have a love for languages and would sign up for language courses to learn as much as possible. Whenever I have the chance, I would spend time with my Korean language teacher to improve my mastery of the language. I also see my interest in languages as another career opportunity."

Vanessa Loh Tze Rong

Current School / Employer:

CHIJ St. Theresa's Convent

Personal Best/s Recorded:

2008 3rd Asian Grand Prix (Philippines):

Double 70m - 607

2008 World Junior Championships: Full FITA
- 1258

My SEA Games 2009 Event/s:

Recurve Individual (W) & Team (W)

Latest Sporting Achievement/s:

2009 4th Asian Grand Prix (India): IKO - 109

2008 Asian Grand Prix South-east Asian

Archery Federation: Individual - Silver, IKO -
Bronze

Total Number of SEA Games Participated in:

This is my first SEA Games.



陈柳洁

D.O.B: 11-07-1989

Height: 155 cm

Weight: 48 kg

"I picked up archery in 2007, while I was studying at the ITE College West (Clementi). Curiosity and interest drove me to take up this sport. With the help of my coaches, my skills were further honed. I am a very results-oriented athlete, and what keeps me going and motivated are my achievements and the challenge of reaching new heights in my skills.

When free, I hang out with friends to have meals together and talk about everything under the sun. Honestly, archery has become a huge part of my life since the day I first grasped a bow, so much so that the places I visit or people that I meet would always have some relation to archery. I watch videos of professional archers to see how I can improve my technique."

Wendy Tan Liu Jie

Current School / Employer:

Republic Polytechnic

Personal Best/s Recorded:

2009 World Archery Championships (Korea):
Full FITA - 1255

My SEA Games 2009 Event/s:

Recurve Individual (W) & Team (W)

Latest Sporting Achievement/s:

2009 World Archery Championships (Korea):
Full FITA - 1255
2009 3rd Asian Grand Prix (Kuala Lumpur):
FITA - 11th position (1197)

Total Number of SEA Games Participated in:

This is my first SEA Games.

Wong Sook Wai Samantha



黄淑慧

D.O.B: 10-10-1992

Height: 152 cm

Weight: 49 kg



"My flair for archery was discovered when I tried it out at a club with my family. Interested in the sport, I decided to continue in my efforts. I improved rather quickly and, within a year, I secured a spot in the national team in 2007.

When I am not sighting the bulls-eye, I am just like any other girl, and enjoy going out with friends or reading books."

Wong Sook Wai Samantha

Current School / Employer:

Hwa Chong Institution

Personal Best/s Recorded:

2009 World Archery Youth Championships (USA): Full FITA - 1225

My SEA Games 2009 Event/s:

Recurve Individual (W) & Team (W)

Latest Sporting Achievement/s:

2009 World Archery Championships (Korea): Full FITA - 1209

2009 World Archery Youth Championships (USA): Full FITA - 1225

Total Number of SEA Games Participated in:

This is my first SEA Games.



Ang Cee Wei

洪诗伟

Team Manager



Park Young-Sook

朴英淑

Head Coach

25th

SEA GAMES



Izwan Firdaus Bin Hanif



D.O.B: 11-08-1986

Height: 170 cm

Weight: 63 kg

"When I was seven, I watched my uncle, Hamkah Afik, run at the 18th SEA Games in 1993 in Singapore and attain a silver medal. Since then, I have been dreaming of winning a medal at the SEA Games. So, I worked and trained really hard, overcame every obstacle in front of me, busted my knee a couple of times and still I kept going. This will be my first SEA Games and I am really excited about it.

My grandmother runs a food stall selling western food and I am currently helping her in the business. I am very blessed to have a very supportive family, friends and a wonderful girlfriend. I love to joke around, sing and dance. Most of all, I like to laugh."

Izwan Firdaus Bin Hanif

Current School / Employer:

NIL

Personal Best/s Recorded:

2009 Ipoh Open (Malaysia):

100m Sprint - 10.80s

My SEA Games 2009 Event/s:

4x100m Relay (M)

Latest Sporting Achievement/s:

2009 Ipoh Open (Malaysia):

100m Sprint - 10.80s

2009 1st Permit Meet Singapore:

100m - 10.94s

2009 Vietnam Open: 100m - 10.96s

2009 Taipei Open: 100m - 10.96s

2009 Institute-Varsity-Polytechnic Games:

100m - 10.93s

Total Number of SEA Games Participated in:

This is my first SEA Games.

James Wong Tuck Yim



黄德炎

D.O.B: 10-01-1969

Height: 190 cm

Weight: 127 kg



"Since young, I have been very active and possess a love for many outdoor sports. Competition drives me to do my best and to learn from others. I picked up discus throwing when I represented my house at a school competition and came in second. I was dissatisfied with being second and hungered for ways to improve. From then on, I have always strived to be the best I can be.

I like to mingle with people and share my experiences. I also like to eat and sometimes window-shop to keep updated on the latest trends in fashion and society. Most of all, I love playing interactive games with my kids to share with them life values."

James Wong Tuck Yim

Current School / Employer:

Nanyang Polytechnic (Lecturer)

Personal Best/s Recorded:

1999 Wisebaden Germany: Discus Throw - 59.87m

My SEA Games 2009 Event/s:

Discus (M)

Latest Sporting Achievement/s:

2005 Asian Track & Field (Korea)
- 9th position

Total Number of SEA Games Participated in:

This is my eighth SEA Games.



李成伟

D.O.B: 26-01-1987

Height: 174 cm

Weight: 68 kg

"I used to play soccer when I was in primary school. That was when the track and field teacher spotted me and persuaded me to join the school's athletic team. I began specialised training when I was at the Chinese High Secondary School, where track and field was held in high regard. I did quite well in the national 'C' and 'B' divisions. Following that, I secured a place at the Victoria Junior College and played soccer for the college, while also training in track and field. I earned myself a spot on the national track and field team shortly after junior college.

I am now training to become a teacher. Life for me has been busy and hectic but fulfilling. I like to connect with my friends once in a while to watch movies or just chill out."

Lee Cheng Wei

Current School / Employer:

Nanyang Technological University

Personal Best/s Recorded:

2009 Philippines Open: 100m - 10.82s

2009 Taiwan Open: 200m - 21.68s

My SEA Games 2009 Event/s:

4x100m Relay (M)

Latest Sporting Achievement/s:

2009 Philippines Open: 100m - 10.82s

2009 Taiwan Open: 200m - 21.68s

2006 International Association of Athletics Federations World Juniors Track & Field Championships (Beijing): 4x100m - Heats
2006 Asian Juniors Track & Field Championships (Macau): 4x100m - 5th position

Total Number of SEA Games Participated in:

This is my first SEA Games.

林子清

D.O.B: 05-07-1993

Height: 171 cm

Weight: 59 kg



"When I was in Secondary One, trials were held for us to choose the sport we wanted to participate in. The pole vault was something new and interesting to me then and I thought to give it a shot. As life would have it, I was chosen for the track and field team. That marked the beginning of my passion for the sport.

I take it easy and surf the Internet when I have spare time."

Lim Zi Qing Sean

Current School / Employer:

Hwa Chong Institution

Personal Best/s Recorded:

2009 National Junior Championships:
Pole Vault - 4.61m (1st position)

My SEA Games 2009 Event/s:

Pole Vault (M)

Latest Sporting Achievement/s:

2009 1st Asian Youth Games - Bronze
2009 National Schools - 1st position
2009 National Junior Championships:
Pole Vault - 1st position (4.61m)

Total Number of SEA Games Participated in:

This is my first SEA Games.



吴宇杰

D.O.B: 17-07-1991

Height: 180 cm

Weight: 72 kg

"My career in long jump took off when the teacher in charge of the athletics club spotted my talent. When I was 12, Dr Valeri Obidko, my current coach, helped me attain all of my major sporting achievements and national records. Before dedicating myself to track and field, I was an avid basketball player. I was also fond of the performing arts, choir and violin ensemble. I leapt wholeheartedly into track and field in secondary school, sacrificing my other interests in the pursuit of sporting glory.

The weekends find me involved in church work. I enjoy leading by example, and believe sports has taught me much about the importance of values and character-building. I play the guitar and sing along in my free time. I enjoy watching tennis on TV; my favourite player is Roger Federer. Through him, I am constantly inspired to scale new heights."

Matthew Goh Yu-Jie

Current School / Employer:

Auckland University of Technology

Personal Best/s Recorded:

2009 SEA Junior Athletics Championships:
Long Jump - 7.53m

My SEA Games 2009 Event/s:

Long Jump (M)

Latest Sporting Achievement/s:

2009 SEA Junior Athletics Championships:
Long Jump - Gold (National Record, SEA Junior Record)
2009 Arafura Games: Long Jump - Gold
2009 Pacific School Games: Triple Jump - Gold, Long Jump - Silver

Total Number of SEA Games Participated in:

This is my first SEA Games.

Muhammad Amirudin Bin Jamal



D.O.B: 03-03-1987

Height: 168 cm

Weight: 63 kg



"I remember when I was in Primary Five, there was an inter-class track and field competition coming up and my teacher made us run the trials to see who would best represent the class. One thing led to another and I ended up representing the school at the National Inter-primary Schools Track and Field Competition. I got addicted to running then and have not looked back since.

I take pleasure in other sports in my free time. I play hockey for the Barkerites once in a while and played for D'Masters in Division 2 this year. I also play floorball for the NUS Eusoff Hall, as well as the occasional badminton with my family. Bowling is one of my favourites, too."

Muhammad Amirudin Bin Jamal

Current School / Employer:

National University of Singapore

Personal Best/s Recorded:

2008 Asean University Games: 100m - 10.52s

My SEA Games 2009 Event/s:

100m (M) & 4x100m Relay (M)

Latest Sporting Achievement/s:

2008 Asean University Games: 100m - 10.52s

2006 World Junior Championships:
4x100m - Heats

2006 Asian Junior Championships:
4x100m - Heats

Total Number of SEA Games Participated in:

This is my first SEA Games.

Muhammad Elfi Bin Mustapa



D.O.B: 04-11-1987

Height: 176 cm

Weight: 69 kg

"I have loved sports since I was young. My involvement with track and field deepened when I competed at the Track and Field Inter-Varsity Games. Despite having trained for just two months, I came in third in the 200m, and first in the 4x100m. I was struck by this and asked myself, "Can I be any better at this?" With the help of my current training partner, Amirudin, I started training as an athlete with my current coach, Mr Melvin Tan. I am grateful to Mr Tan for bringing me this far. This will be my first SEA Games and this excites me immensely. But what excites me even further is what is to come in the near future.

I enjoy playing social soccer with my friends during weekends, and also tend to indulge in the virtual world of PS3 and X360 games. I give tuition as a source of income to cover my daily expenses. Occasionally, I go food-hunting with my friends."

Muhammad Elfi Bin Mustapa

Current School / Employer:

National University of Singapore

Personal Best/s Recorded:

2009 Chinese Taipei International Athletic Meet: 100m - 10.59s (4th position)

My SEA Games 2009 Event/s:

4x100m Relay (M)

Latest Sporting Achievement/s:

2009 Chinese Taipei International Athletic Meet: 100m - 4th position (10.59s), 4x100m - 5th position (40.54s)
2009 TriAnnual InterVarsity Games: 100m - 1st position (10.69s)
2009 Philippines Open: 100m - 1st position (10.71s)

Total Number of SEA Games Participated in:

This is my first SEA Games.

傅圣松

D.O.B: 30-01-1983

Height: 172 cm

Weight: 68 kg



"As far as I can recall, I have always liked running. My very first memory of running was of my kindergarten days, where we would play police and thief; no one could catch me but I could catch them all. When I was nine, I was asked by a teacher to join the track and field team. Being only nine and scared of teachers, I said I would consider it. It was a delaying tactic, as I thought running was boring. A few weeks later, she caught and scolded me and then said something that sort of 'tricked' me into joining track and field and the rest is history. That teacher is Mrs Lai Lin Wei, and I am quite saddened that till now, I have not managed to find out her whereabouts to thank her for what I have achieved.

Off the field, I enjoy playing a whole variety of other sports. I would like to trek to places of great serenity and beauty, preferably with waterfalls and untainted by civilisation."

Poh Seng Song

Current School / Employer:

Institute of Technical Education (Lecturer)

Personal Best/s Recorded:

2009 Asean University Games: 100m - 10.49s

2007 24th SEA Games: 4x100m - 40.10s
(National Record)

My SEA Games 2009 Event/s:

100m (M) & 4x100m Relay (M)

Latest Sporting Achievement/s:

2009 Asean University Games: 100m - 10.49s

2008 World Indoor Track and Field
Championships: 60m - 33rd position

2007 24th SEA Games: 4x100m - 40.10s
(National Record)

2004 Athens Olympics Games: 60m - 60th
position

Total Number of SEA Games Participated in:

This is my fourth SEA Games.

Rachel Isabel Yang Bingjie



杨冰洁

D.O.B: 28-02-1982

Height: 157 cm

Weight: 45 kg

"I was a javelin thrower and a 4x100m relay runner in my secondary school and junior college days. However, injuries forced my retirement. A year later, I met my husband, who is a national coach, and he encouraged me to take up pole vaulting. Unfortunately, I injured my left knee at my very first training. Nine months later, after undergoing surgery, I resumed training only to tear my meniscus four months later. I then decided to take a break to allow my knee to recover fully. In 2006, I took a year off from my university studies to start learning to pole vault all over again. In May 2007, I set my first national record. Two months later, I won a silver medal and set a new national record at the Asian Athletics Championships.

I had previously stayed for four years in Australia and in that time, I picked up cooking and baking, which I now enjoy."

Rachel Isabel Yang Bingjie

Current School / Employer:

Flinders University of South Australia

Personal Best/s Recorded:

2009 4th Allcomers Meet: Pole Vault - 3.80m (1st position)

My SEA Games 2009 Event/s:

Pole Vault (W)

Latest Sporting Achievement/s:

2009 Negeri Sembilan Open - 2nd position (3.75m) (National Record)

2009 4th Allcomers Meet: Pole Vault - 1st position (3.80m)

2009 3rd Allcomers Meet - 1st position (3.65m)

2008 Chinese Taipei International Athletic Meet - 3rd position (3.60m) (National Record)

Total Number of SEA Games Participated in:

This is my first SEA Games.

翁伟根

D.O.B: 09-09-1990

Height: 180 cm

Weight: 103 kg



"I started training in the discus in Secondary One when my then-coach, Joseph Tan, first placed a shiny discus in my hand. The intense training, combined with the strong sporting culture at the Hwa Chong Institution, propelled me to break records at the South-east Asian junior and youth levels. The high point of my discus training was when my current coach, Mr Guo Huai Yun, brought me under his wing, when I was in Secondary Three. Having previously competed at the international level, he imbued professionalism into his coaching style, spurring me to make the cut for the 25th SEA Games. As a Singaporean athlete donning the Singapore colours, I hope to give my best at the Games and deliver a performance of a life-time.

When not training or studying, I read and watch anime. Often, the world of Japanese fantasy brings respite to me, after a hectic day of work and training."

Scott Wong Wei Gen

Current School / Employer:

Singapore Armed Forces

Personal Best/s Recorded:

2009 5th Allcomers Meet: Discus - 43.91m

My SEA Games 2009 Event/s:

Discus (M)

Latest Sporting Achievement/s:

2009 5th Allcomers Meet: Discus - 43.91m

2008 SEA Junior Athletics Championships:

Discus - 1st position (SEA Junior Record),

Shot Put - 3rd position

2008 ASEAN Schools Track and Field:

Discus - 1st position (Games Record),

Shot Put - 1st position

Total Number of SEA Games Participated in:

This is my first SEA Games.



曾克成

D.O.B: 02-04-1990

Height: 179 cm

Weight: 75 kg

"My passion for sports began with basketball and soccer when I was a kid. I was also the fastest runner during one Sports Day in my primary school days, which prompted my previous coach, Serjit Singh, to encourage me to join the school athletics team. I did the 100m at the primary school nationals but only made the semi-finals. However, I managed to get the bronze in the long jump. The following year, my coach got me to do the long jump and triple jump, which I did and managed to break an 18-year record for the triple jump. Since then, I have been zealously training for the triple jump.

I spend time with my friends watching movies or just hanging around. I also window-shop and play video games. I hope to be able to become a coach and pass on all the knowledge that I have received from my coaches."

Stefan Tseng Ke Chen

Current School / Employer:

Auckland University of Technology

Personal Best/s Recorded:

2009 43rd Pahang Open: Triple Jump - 16.04m (National Record holder)

My SEA Games 2009 Event/s:

Triple Jump (M)

Latest Sporting Achievement/s:

2009 43rd Pahang Open: Triple Jump - 16.04m (National Record holder)
2008 13th Asian Junior Athletics Championships (Jakarta) - 4th position
2007 World Youth Championships (Ostrava) - 4th position (Ranked 3rd in the World)

Total Number of SEA Games Participated in:

This is my second SEA Games.

张慧娟

D.O.B: 14-01-1989

Height: 167 cm

Weight: 67 kg



"I picked up javelin throwing when I joined the school track and field team in Secondary One. I was attracted by the grace and beauty of the javelin as it slices through the air. Since then, the javelin throw has been my main event.

In my free time, I enjoy watching television programmes."

Teo Hui Juen

Current School / Employer:

National University of Singapore

Personal Best/s Recorded:

2009/2010 Institute-Varsity-Polytechnic Track and Field: Javalin - 40.23m

My SEA Games 2009 Event/s:

Javelin (W)

Latest Sporting Achievement/s:

2009/2010 Institute-Varsity-Polytechnic Track and Field: Javalin - 40.23m

Total Number of SEA Games Participated in:

This is my first SEA Games.



阮丽智

D.O.B: 12-09-1988

Height: 166 cm

Weight: 75 kg

"My journey with the discus started in a badminton game when I was in secondary school. My PE teacher noticed that I had good wrist power and a never-give-up attitude when I was furiously trying to squeeze points from my badminton opponent. I got frustrated and scolded him and as punishment, my PE teacher made me throw a medicine ball against the wall 100 times everyday for a week before I went home. After that he got me to compete in a national competition, where I won the second position at the javelin event. Following that, I was introduced to discus throwing.

Away from the field and classroom, I often drive around Singapore searching for delectable food to try, especially desserts."

Wan Lay Chi

Current School / Employer:

Nanyang Polytechnic

Personal Best/s Recorded:

2009 5th Allcomers Meet: Discus - 48.47m

My SEA Games 2009 Event/s:

Discus (W)

Latest Sporting Achievement/s:

2009 5th Allcomers Meet: Discus - 48.47m
2007 24th SEA Games: Discus - 4th position,
Shot Put - 4th position
2007 SEA Junior Athletics Championships:
Shot Put - 1st position (National Junior Record
& SEA Junior Record)

Total Number of SEA Games Participated in:

This is my second SEA Games.

杨富益

D.O.B: 30-08-1986

Height: 171 cm

Weight: 63 kg



“Incited by the strong sporting culture of Victoria School, many of my classmates and I decided to join track and field. To this day, I have never looked back on my decision to represent my school and now, my country.

I am about to complete my National Service, following which, I will be studying Business at the Singapore Management University. I am a sporty person by nature and like to play other sports such as soccer and cycling. I see myself as a happy-go-lucky guy whom anyone can readily approach.”

Yeo Foo Ee Gary

Current School / Employer:

Singapore Armed Forces

Personal Best/s Recorded:

2007 24th SEA Games: 4x100m - 40.10s
(4th position)

2007 Sri Lanka Open: 100m - 10.70s
(2nd position)

My SEA Games 2009 Event/s:

4x100m Relay (M)

Latest Sporting Achievement/s:

2007 24th SEA Games: 4x100m -
4th position (40.10s)
2007 Sri Lanka Open: 100m -
2nd position (10.70s)

**Total Number of SEA Games
Participated in:**

This is my first SEA Games.



张桂荣

D.O.B: 05-02-1978

Height: 182 cm

Weight: 90 kg

"I have been training in athletics for 18 years. My talent was discovered by a sports school teacher when I was young. I started off with javelin and after four years of training, achieved a personal best of 55m. Although it was quite a good record, an accident forced me to give up javelin. I then switched my focus to shot put. In 2005, I trained under China's leading shot put coach, Li Hong Qi, and now am honoured to represent Singapore at the upcoming 25th SEA Games.

Besides training, I spend time reading books and hanging out with my friends."

Zhang Guirong

Current School / Employer:

NIL

Personal Best/s Recorded:

2005 Asian Championships (Seoul):
Shot Put - 18.57m

My SEA Games 2009 Event/s:

Shot Put (W)

Latest Sporting Achievement/s:

2008 Asian Grand Prix - Silver
2007 24th SEA Games: Shot Put - 1st position

Total Number of SEA Games Participated in:

This is my fourth SEA Games.

Officials - Athletics



Hamkah Mohd Afik

Coach (Relays)



Valeri Obidko

Coach (Jumps)



Yeo Chee Ping

Coach (Pole Vault)

G Balakrishnan*

Team Manager

Steiner Philippe Roger *

Physiotherapist

25th SEA GAMES

** Picture not available at time of print.*



BADMINTON



Ashton Chen Yongzhao



陈勇肇

D.O.B: 09-09-1989

Height: 174 cm

Weight: 61 kg



"When I was five, I followed my brother to his training at the Singapore Badminton Association (SBA). It was then that I discovered my love for the sport. Thank you, brother, for introducing me to the game. I can only hope you are proud of my earning a place in Team Singapore at the 25th SEA Games.

Spending time with friends is another enjoyment of mine."

Ashton Chen Yongzhao

Current School / Employer:

National Service

Personal Best/s Recorded:

2007 Waikato International: Men's Singles - Champion

My SEA Games 2009 Event/s:

Men's Team & Singles

Latest Sporting Achievement/s:

2007 Waikato International: Men's Singles - Champion
2007 Cheers Asian Satellite - Semi-finalist
2007 Cheers Youth International - Runner-up
2006 Cheers Youth International - Semi-finalist

Total Number of SEA Games Participated in:

This is my second SEA Games.



陈嘉园

D.O.B: 16-02-1991

Height: 175 cm

Weight: 66 kg

"I started playing badminton in 1988. Since then, my zeal for badminton has been growing day on day. It is a fantastic sport to challenge oneself, mentally and physically. And for that, I am now a Team Singapore athlete representing my country at the 25th SEA Games. That is just invaluable.

Music is my off-court love."

Chen Jiayuan

Current School / Employer:

Singapore Badminton Association

Personal Best/s Recorded:

2009 Thailand Open: Women's Singles - Quarter-finalist

My SEA Games 2009 Event/s:

Women's Team

Latest Sporting Achievement/s:

2009 Thailand Open: Women's Singles - Quarter-finalist

2007 Ballarat International - Semi-finalist

2006 Dutch Junior - Semi-finalist

2005 Cheers Singapore Youth International - Champion

Total Number of SEA Games Participated in:

This is my third SEA Games.

伏明天

D.O.B: 27-06-1990

Height: 164 cm

Weight: 56 kg



"It was out of interest and also to keep fit and healthy that I took up the sport of badminton in 1997.

In seeking relaxation, I would surf the Internet, watch movies and unwind with friends."

Fu Mingtian

Current School / Employer:

Singapore Badminton Association

Personal Best/s Recorded:

2008 Badminton World Federation World Junior Championships: Girls' Doubles - Gold

My SEA Games 2009 Event/s:

Women's Team

Latest Sporting Achievement/s:

2009 Malaysia Open - Quarter-finalist
2008 Badminton World Federation World Junior Championships: Girls' Doubles - Gold
2008 Vietnam Open - Semi-finalist
2007 Ballarat International - Champion
2007 Asian Junior - Semi-finalist
2006 Dutch Junior - Champion
2005 Cheers Singapore Youth International - Champion

Total Number of SEA Games Participated in:

This is my second SEA Games.



D.O.B: 27-12-1985

Height: 168 cm

Weight: 59 kg

"My entire family was very much into badminton and often played. Through their interest, I was motivated to take up the sport when I was seven. My family's contagious attraction to badminton has led me to my pursuit of excellence in this challenging sport, and I thank them for it.

I like watching TV and playing games."

Hendra Wijaya

Current School / Employer:

Singapore Badminton Association

Personal Best/s Recorded:

2007 24th SEA Games: Men's Doubles - Silver

My SEA Games 2009 Event/s:

Men's Team, Doubles & Mixed Doubles

Latest Sporting Achievement/s:

2009 India Open - Runner-up

2008 Vietnam Open - Semi-finalist

2007 24th SEA Games: Men's Doubles - Silver

2007 Dutch Open - Semi-finalist

2006 New Zealand Open - Runner-up

2005 Croatian International - Champion

Total Number of SEA Games Participated in:

This is my second SEA Games.

Hendri Kurniawan Saputra



D.O.B: 12-05-1981

Height: 173 cm

Weight: 68 kg



"It was through my family's passion for badminton that I was keen to indulge in the sport when I was seven. I am a happier and healthier person for it.

Watching movies and reading books are my hobbies."

Hendri Kurniawan Saputra

Current School / Employer:

Singapore Badminton Association

Personal Best/s Recorded:

2006 18th Commonwealth Games:
Mixed Doubles - Bronze

My SEA Games 2009 Event/s:

Men's Team, Doubles & Mixed Doubles

Latest Sporting Achievement/s:

2009 India Open - Runner-up
2008 Vietnam Open - Semi-finalist
2007 Dutch Open - Runner-up
2006 18th Commonwealth Games:
Mixed Doubles - Bronze
2006 New Zealand Open - Champion
2005 Ballarat International - Champion

Total Number of SEA Games Participated in:

This is my third SEA Games.

Kelvin Ho Ying Chong



何殷聰

D.O.B: 24-04-1990

Height: 168 cm

Weight: 66 kg

"I owe it to my sister who introduced badminton to me. I joined the school team when I was in secondary school and grew to love the sport. Since then, I have been training hard to up the performance in my game.

To relax, I would simply walk around to relax my mind."

Kelvin Ho Ying Chong

Current School / Employer:

National Service

Personal Best/s Recorded:

2009 Home United Sports Recreational Association Badminton Championship: Men's Singles - Champion

My SEA Games 2009 Event/s:

Men's Team

Latest Sporting Achievement/s:

2009 Home United Sports Recreational Association Badminton Championship: Men's Singles - Champion

Total Number of SEA Games Participated in:

This is my first SEA Games.

Lee Yen Hui Kendrick



李彦辉

D.O.B: 08-10-1984

Height: 177 cm

Weight: 70 kg



"I was eight when I was introduced to badminton. Now, I am able to represent my country! Hooray!

Love movies and books."

Lee Yen Hui Kendrick

Current School / Employer:

Singapore Badminton Association

Personal Best/s Recorded:

2007 24th SEA Games: Men's Singles - Silver

My SEA Games 2009 Event/s:

Men's Team

Latest Sporting Achievement/s:

2007 24th SEA Games: Men's Singles - Silver

2007 Dutch Open - Champion

2006 Bitburger Open - Runner-up

2004 Thailand Satellite - Champion

2003 Polish International - Semi-finalist

2002 World Junior Championships - Runner-up

Total Number of SEA Games Participated in:

This is my fourth SEA Games.



李理

D.O.B: 07-07-1983

Height: 160 cm

Weight: 51 kg

"I picked up badminton at the age of seven. My interest in the sport grows with each opportunity I am given to learn more about this challenging game. Representing Singapore at the impending 25th SEA Games is a dream come true."

Li Li

Current School / Employer:

Fuzhou University

Personal Best/s Recorded:

2002 17th Commonwealth Games: Women's Singles - Gold

My SEA Games 2009 Event/s:

Women's Team

Latest Sporting Achievement/s:

2007 Dutch Open - Semi-finalist
2006 New Zealand Open - Semi-finalist
2005 Cheers Satellite - Champion
2004 Croatian International - Champion
2003 Singapore Satellite - Champion

Total Number of SEA Games Participated in:

This is my fourth SEA Games.

李羽佳

D.O.B: 18-01-1983

Height: 175 cm

Weight: 65 kg



"I set off playing badminton when I was eight and was identified then as a promising badminton talent. I am appreciative of the fact that someone saw the potential in me.

That which occupies my leisure time are travelling, movies and shopping."

Li Yujia

Current School / Employer:

Singapore Badminton Association

Personal Best/s Recorded:

2008 Beijing Olympic Games: Women's Doubles - Quarter-finalist

My SEA Games 2009 Event/s:

Women's Team

Latest Sporting Achievement/s:

2008 Beijing Olympic Games: Women's Doubles - Quarter-finalist
2008 Thailand Open - Semi-finalist
2007 Dutch Open - Runner-up
2006 18th Commonwealth Games: Women's Doubles - Silver, Mixed Doubles - Bronze
2005 China Masters - Runner-up

Total Number of SEA Games Participated in:

This is my third SEA Games.



刘帆

D.O.B: 01-04-1984

Height: 171 cm

Weight: 62 kg

"My mother is a badminton coach. Naturally, when I was young, I picked up the sport from my mentor and parent.

In my free time, I would read, listen to music and hang out with friends."

Liu Fan Frances

Current School / Employer:

Singapore Badminton Association

Personal Best/s Recorded:

2003 22nd SEA Games: Team Event -
Champion

My SEA Games 2009 Event/s:

Women's Team, Doubles & Mixed Doubles

Latest Sporting Achievement/s:

2009 India Open - Quarter-finalist
2008 Vietnam Open - Runner-up
2007 Waikato International - Champion
2006 Asian Games Team - Bronze
2006 New Zealand Open - Runner-up
2005 Croatian International - Champion
2004 Mauritius International - Runner-up

Total Number of SEA Games Participated in:

This is my fourth SEA Games.

Neo Yu Yan Vanessa



梁语嫣

D.O.B: 19-06-1987

Height: 163 cm

Weight: 63 kg



"Out of interest and because I found it fun, I took up badminton when I was 10.

In my spare time, I am just like most other girls; I love to shop and watch TV."

Neo Yu Yan Vanessa

Current School / Employer:

Singapore Badminton Association

Personal Best/s Recorded:

2009 Malaysia Open Grand Prix: Women's Doubles - Semi-finalist

My SEA Games 2009 Event/s:

Women's Team, Doubles & Mixed Doubles

Latest Sporting Achievement/s:

2009 Malaysia Open Grand Prix: Women's Doubles - Semi-finalist
2009 India Open - Quarter-finalist
2008 Vietnam Open - Runner-up
2007 Ballarat International - Champion
2006 Dutch Junior - Runner-up
2005 Croatian International - Semi-finalist

Total Number of SEA Games Participated in:

This is my third SEA Games.



D.O.B: 06-06-1979

Height: 177 cm

Weight: 70 kg

"I started playing badminton with my sister when I was seven. From playing badminton as a leisure sport, I began to train professionally in 1987, when I joined a badminton club in Indonesia. That move marked the start of my unwavering fervour for the sport.

Off the court, I am partial to snooker and pool. Sometimes, I would even endeavour a song or two at a KTV room."

Ronald Susilo

Current School / Employer:

Singapore Badminton Association

Personal Best/s Recorded:

2004 Athens Olympic Games: Men's Singles - Quarter-finalist

My SEA Games 2009 Event/s:

Men's Team

Latest Sporting Achievement/s:

2007 Singapore Open - Semi-finalist
 2006 Bitburger Open - Champion
 2004 Athens Olympic Games: Men's Singles - Quarter-finalist
 2004 Japan Open - Champion
 2003 Thailand Open - Champion
 2002 Singapore Open - Runner-up

Total Number of SEA Games Participated in:

This is my third SEA Games.

D.O.B: 14-06-1988

Height: 166 cm

Weight: 57 kg



"My whole family is into badminton and it was through their encouragement that I took up badminton when I was nine. I appreciate the sport and where it has taken me, with the opportunity to represent Singapore, my country.

When I am not training, books and surfing the Internet for general knowledge are my life-enhancing pursuits."

Shinta Mulia Sari

Current School / Employer:

Singapore Badminton Association

Personal Best/s Recorded:

2008 Chinese Taipei Open: Women's Doubles
- Semi-finalist

My SEA Games 2009 Event/s:

Women's Team & Doubles

Latest Sporting Achievement/s:

2008 Chinese Taipei Open: Women's Doubles
- Semi-finalist
2009 India Open - Quarter-finalist
2008 Vietnam Open - Runner-up
2007 Ballarat International - Champion
2006 Singapore Satellite - Semi-finalist
2005 Ballarat International - Champion

**Total Number of SEA Games
Participated in:**

This is my third SEA Games.

Tang Yew Loong Johnathan



郑耀龙

D.O.B: 14-09-1988

Height: 174 cm

Weight: 66 kg

"Through a school Co-curricular Activity, I started playing the game of badminton with a group of friends when I was 12. And I am glad where that has gotten me to date. A simply get-together with friends led to taking the sport earnestly and, now, landing me a place in Team Singapore at the 25th SEA Games. How cool is that?!"

Singing and watching movies with my friends are great ways to relax myself."

Tang Yew Loong Johnathan

Current School / Employer:

Singapore Badminton Association

Personal Best/s Recorded:

2006 Badminton World Federation World Junior Championships: Men's Doubles
- Quarter-finalist, Mixed Doubles - Quarter-finalist

My SEA Games 2009 Event/s:

Men's Team & Doubles

Latest Sporting Achievement/s:

2009 Singapore International Series - Quarter-finalist
2006 Badminton World Federation World Junior Championships: Men's Doubles
- Quarter-finalist, Mixed Doubles - Quarter-finalist
2006 Asian Junior - Quarter-finalist

Total Number of SEA Games Participated in:

This is my first SEA Games.

Wong Hao Cong Jeffrey



王豪聰

D.O.B: 08-01-1991

Height: 174 cm

Weight: 69.5 kg



"When I was 10, I picked up badminton as it was very popular then. I continued to train and grew to adore the sport, owing to my strong interest and the sport's challenging nature.

Besides badminton, I love to partake of other sports and also enjoy watching sports programmes on TV."

Wong Hao Cong Jeffrey

Current School / Employer:

Auckland University of Technology

Personal Best/s Recorded:

2008 Asian Junior: Boys Doubles -
Quarter-finalist

My SEA Games 2009 Event/s:

Men's Team

Latest Sporting Achievement/s:

2008 Asian Junior: Boys Doubles -
Quarter-finalist
2007 Cheers Age Group: Singles U-17 -
Semi-finalist

**Total Number of SEA Games
Participated in:**

This is my first SEA Games.

Wong Zi Liang Derek



黄梓良

D.O.B: 13-01-1989

Height: 176 cm

Weight: 70 kg

"I started playing badminton when I was just seven. I am very proud to be able to represent Singapore in the 25th SEA Games this year.

In my spare time, I would go shopping to take a break."

Wong Zi Liang Derek

Current School / Employer:

Singapore Badminton Association

Personal Best/s Recorded:

2009 Singapore International Series -
Semi-finalist

My SEA Games 2009 Event/s:

Men's Team & Singles

Latest Sporting Achievement/s:

2009 Singapore International Series -
Semi-finalist
2007 24th SEA Games: Men's Team - Silver
2007 Australian Youth Olympics -
Semi-finalist
2006 Asian Junior - Quarter-finalist
2005 Cheers Youth International - Runner-up

Total Number of SEA Games Participated in:

This is my second SEA Games.

邢爱英

D.O.B: 02-08-1989

Height: 168 cm

Weight: 63 kg



"I started playing badminton at a tender age of seven. You may not believe it now but I was actually quite plump as a kid. My parents encouraged me to pick up badminton as a sport to lose weight. What started off as an attempt to lose weight has become my burning desire to excel at badminton. For that, I sincerely have my parents to thank.

No prizes for guessing, books, movies and computer games make for a fun past time."

Xing Aiying

Current School / Employer:

Singapore Badminton Association

Personal Best/s Recorded:

2006 Asian Games: Women's Team - Bronze,
Women's Singles - Quarter-finalist

My SEA Games 2009 Event/s:

Women's Team & Singles

Latest Sporting Achievement/s:

2008 Vietnam Open - Runner-up
2007 Thailand Open - Semi-finalist
2006 Asian Games: Women's Team - Bronze,
Women's Singles - Quarter-finalist
2006 New Zealand Open - Runner-up
2005 Bitburger Open - Runner-up
2004 US Open - Champion

**Total Number of SEA Games
Participated in:**

This is my third SEA Games.



姚蕾

D.O.B: 24-02-1990

Height: 167 cm

Weight: 65 kg

"I come from a family of badminton players. Both my parents are former national and provincial players. It was this legacy that triggered off my penchant for the sport.

Off the court, just one word - shopping."

Yao Lei

Current School / Employer:

Singapore Badminton Association

Personal Best/s Recorded:

2008 Badminton World Federation World Junior Championships: Girls' Doubles - Gold

My SEA Games 2009 Event/s:

Women's Doubles

Latest Sporting Achievement/s:

2009 Macau Open - Quarter-finalist
2008 Badminton World Federation World Junior Championships: Girls' Doubles - Gold
2008 Vietnam Open - Runner-up
2008 Chinese Taipei Open - Semi-finalist
2007 Waikato International - Champion
2007 Asian Junior - Semi-finalist
2006 Dutch Junior - Champion
2005 Cheers Singapore Youth International - Champion

Total Number of SEA Games Participated in:

This is my second SEA Games.

Yeo Zhao Jiang Terry



杨潮江

D.O.B: 09-01-1989

Height: 180 cm

Weight: 73 kg



"I started playing badminton when I was in Primary Four and made the national youth team when I was in Secondary Three. Moved by my uncle, who had played for Singapore in his younger days, I took up the sport seriously.

I spend most of my time training during the weekdays. After training, I would try to make as much time as possible for my family. During the weekends, I take the time to enjoy my friends' company, usually for movies or dinner."

Yeo Zhao Jiang Terry

Current School / Employer:

Singapore Badminton Association

Personal Best/s Recorded:

2008 PBSI Bandar Baruh Cup II - Finalist

My SEA Games 2009 Event/s:

Men's Team

Latest Sporting Achievement/s:

2008 PBSI Bandar Baruh Cup II - Finalist

2007 Badminton World Federation World

Junior Championships: Team Event - Bronze

Total Number of SEA Games

Participated in:

This is my first SEA Games.



张蓓雯

D.O.B: 12-07-1990

Height: 169 cm

Weight: 60 kg

"I was a frail child and so I decided to take up badminton. Since then, I have been training hard in the hope of bringing honour to the country. I am extremely proud to be representing my country in the upcoming 25th SEA Games.

And, yes, like with most girls, I relish shopping and surfing the Net."

Zhang Beiwen

Current School / Employer:

Singapore Badminton Association

Personal Best/s Recorded:

2008 Vietnam Grand Prix Open - Champion

My SEA Games 2009 Event/s:

Women's Team

Latest Sporting Achievement/s:

2008 Vietnam Grand Prix Open - Champion

2007 Croatian International - Runner-up

2006 German Junior - Champion

2005 Surabaya Age Group - Champion

2004 Cheers Youth International - Champion

Total Number of SEA Games Participated in:

This is my first SEA Games.

Officials - Badminton



Chew Keet Hou

赵杰豪

Team Manager



Asep Suharno

Chief Coach (Singles)



Eng Hian

Chief Coach (Doubles)



Zheng Qingjin

郑青金

Technical Director



Chua Yong Joo

蔡永裕

Technical Manager



BOXING



D.O.B: 16-07-1983

Height: 169 cm

Weight: 60 kg



"My ardour for boxing started by accident: I had just completed National Service and was running twice a day to keep fit. My friend convinced me to join a boxing gym, which I did at Kadir's Boxing School four days after my 23rd birthday. To cut a long story short, my friend stopped boxing after a few months but I could not, having fallen completely in love with the sport.

My life revolves around my family and friends because I seldom get to see them, especially when I am training for a tournament. Because of this, I cherish every single moment I have with them. I enjoy the simple pleasures in life such as a cook-out, a picnic or a movie. I am also in love with photography. Have you ever felt like you almost had to 'plead with the fleeting moment to remain still' when you are having fun? I feel that all the time when I am with my family and friends."

Khairul Anuar Bin Hamid

Current School / Employer:

NIL

Personal Best/s Recorded:

2009 Arafura Games (Australia) - Bronze

My SEA Games 2009 Event/s:

Lightweight (60 kg)

Latest Sporting Achievement/s:

2009 Singapore National Championship (Open) - 1st position
2009 Arafura Games (Australia) - Bronze
2008 Mayor's Cup (KL) - Quarter-finalist
2007 Sijori (Batam) - 3rd position
2007 Mayor's Cup (KL) - 2nd position
2007 King's Cup (Thailand) - Qualifying
2006 Penang Open - 3rd position

Total Number of SEA Games Participated in:

This is my first SEA Games.



D.O.B: 14-12-1987

Height: 167.2 cm

Weight: 57 kg

"At 16, I discovered boxing and trained under the guidance of Syed Abdul Kadir. My interest was born from watching old school boxing fights on TV and at work. After much research, I learnt of Kadir's Boxing School. Although I was confident, I lost my first local competition. My corner had thrown in the towel in the first round. Then I learnt that there was much more to boxing than just training. Later, coach found me, put his hands on my shoulders and said, "Don't ever blame yourself. It was my decision to throw in the towel. I treat you like my son and so it's my job to protect you." Since then, I have been training harder than ever because I love the sport, my coach and am honoured to fight under the gym I started at – Kadir's Boxing School.

Relationships are important to me. When I am free, I try to spend as much time as possible with my family and close friends."

Muhamad Ridhwan Bin Ahmad

Current School / Employer:

NIL

Personal Best/s Recorded:

NIL

My SEA Games 2009 Event/s:

Featherweight (57 kg)

Latest Sporting Achievement/s:

2007 Johore Amateur Boxing Championships
- Gold
2007 Sijori Amateur Boxing Championships
- Silver & Most Favourite Boxer Award
2006 GOA Amateur Junior Boxing Championships - Bronze

Total Number of SEA Games Participated in:

This is my first SEA Games.

Officials - Boxing



**Syed Abdul Kadir Bin
Syed Abu Bakar**

Team Manager/Coach

25th SEA GAMES



CUESPORTS

洪文進

D.O.B: 17-06-1981

Height: 160 cm

Weight: 59 kg



"I got going on snooker when I was 15 and started competing in local competitions two years later. After a few tournaments, I made the national team. Securing a place in the national team is what every athlete hopes and strives for. And when that happens, it is a very special top-of-the-world feeling, one that is stirred with great pride. Since then, I have been both a strong proponent and fan of snooker. It has been a great journey and I hope it would be a great 25th SEA Games for Team Singapore.

I run my own business. During my free time, I travel around or catch up on some reading."

Ang Boon Chin

Current School / Employer:

Tommy's Group Holding Pte Ltd

Personal Best/s Recorded:

1997 World Under 21 (Egypt): Snooker
- Last 32

My SEA Games 2009 Event/s:

Snooker Doubles (M) & Singles (M)

Latest Sporting Achievement/s:

NIL

Total Number of SEA Games Participated in:

This is my second SEA Games.

Chai Zeet Huey Charlene



蔡志蔚

D.O.B: 30-05-1980

Height: 162 cm

Weight: 50 kg

"Snooker was a social past time for me when I first picked it up in 2001. It was through snooker that I met my current coach, Ricky Chew. He advised me to pick up pool as pool tournaments would offer me more categories to compete in. In my first Nine Ball tournament, the 2002 National 9 Ball tournament, I came in as the runner-up. With that achievement, I started committing more time to the sport. My efforts paid off in the 2005 National 8 Ball title, where I clinched a gold medal. Together with my coaches, I strive to achieve excellence in the international pool scene.

I have a pet corgi named 'Kiki'. My mother and I would bring her along for our weekly Sunday walks at the East Coast Park. Whenever I am not training I would be glued to my laptop to keep myself updated with the rest of the world through the Internet."

Chai Zeet Huey Charlene

Current School / Employer:

Singapore Institute of Management

Personal Best/s Recorded:

2008/09 National 9 Ball Open - Champion

My SEA Games 2009 Event/s:

9 Ball Singles (W)

Latest Sporting Achievement/s:

2008/09 National 9 Ball Ladies - Champion

2007 National 8 Ball Ladies - Champion

2007 Macau Asian Indoor Games Ladies 9 Ball - Bronze

2006 National 9 Ball Ladies - Champion

2005 23rd SEA Games 8 Ball Ladies - Bronze

2005 ASEAN Ladies 9 Ball - Champion

Total Number of SEA Games Participated in:

This is my third SEA Games.

曾庆光

D.O.B: 04-07-1980

Height: 173 cm

Weight: 60 kg



"I joined the National Snooker Squad in 2001. I played full-time for two years and switched to pool in 2004, as there were more competitions for pool then. That was when I began to achieve some great results, which gave rise to my decision to go professional full-time.

I work as a bartender at a pub owned by a good friend of mine."

Chan Keng Kwang

Current School / Employer:

NIL

Personal Best/s Recorded:

2005 23rd SEA Games: 9 Ball Singles - Gold

My SEA Games 2009 Event/s:

9 Ball Doubles (M) & Singles (M)

Latest Sporting Achievement/s:

2007 24th SEA Games: 9 Ball Doubles - Silver
2005 23rd SEA Games: 9 Ball Singles - Gold,
8 Ball Doubles - Bronze, 9 Ball Doubles - Bronze

Total Number of SEA Games Participated in:

This is my third SEA Games.



林俊杰

D.O.B: 26-12-1975

Height: 180 cm

Weight: 68 kg

"My first love was actually Chinese chess. Shortly after our Secondary Two mid-year exams, my friends brought me to a snooker centre. With that one outing, snooker became my new fascination. I was so crazy about it that I played almost every day of the school holiday. After five years of playing snooker, I clinched the U-21 Snooker National Championships in 1994 with a century-break. I have been defending my title to this very day. I am honoured to represent Singapore at the SEA Games around the corner.

I run to keep fit. Love singing, jewellery accessories, movies and Korean and Japanese dramas."

Lim Chun Kiat

Current School / Employer:

NIL

Personal Best/s Recorded:

2008 International Billiards & Snooker Federation World Snooker Championship (Austria) - Listed as one of the century breakers.

My SEA Games 2009 Event/s:

Snooker Doubles (M) & Singles (M)

Latest Sporting Achievement/s:

2009 Asian Snooker Championship - Last 16
2009 National Snooker Championship - Champion
2009 National Snooker Ranking - 1st position

Total Number of SEA Games Participated in:

This is my second SEA Games.

Peter Edward Gilchrist



D.O.B: 11-02-1968

Height: 195 cm

Weight: 92 kg



"In school, Saturday mornings meant football training. However, it snowed on one fateful Saturday, which left us unable to train. The mates and I then went to the local club, where we were introduced to billiards. I fell in love with the game at first break.

My leisure activities include playing golf, watching football, swimming and a good workout at the gym. I also party occasionally."

Peter Edward Gilchrist

Current School / Employer:

Cuesports Singapore

Personal Best/s Recorded:

2008 New Zealand Billiards Open Championship - Champion

My SEA Games 2009 Event/s:

Billiards Singles (M)

Latest Sporting Achievement/s:

2008 New Zealand Billiards Open Championship - Champion
2008 British Open - Champion
2008 Asian Billiards - Champion
2003 World Matchplay - Champion
2001 World Championship - Champion

Total Number of SEA Games Participated in:

This is my second SEA Games.



郑俊杰

D.O.B: 10-08-1968

Height: 177 cm

Weight: 62 kg

"I picked up snooker in 1983 but started playing pool only in 2001. I play mostly pool now, but still occasionally have a go at snooker. My adoration for pool, which I hold dear, grows every day, literally. I hope to make our country and Team Singapore proud at the SEA Games.

I enjoy outdoor sports like swimming and jogging."

Tey Choon Kiat

Current School / Employer:

NIL

Personal Best/s Recorded:

1995 18th SEA Games: 9 Ball Team - Gold

My SEA Games 2009 Event/s:

8 Ball Singles (M)

Latest Sporting Achievement/s:

2008 National 8 Ball - Champion

2007 All Japan Open - Top 8

2007 National 9 Ball - Champion

Total Number of SEA Games Participated in:

This is my fifth SEA Games.

卓连汉

D.O.B: 03-01-1972

Height: 180 cm

Weight: 79 kg



"I started playing snooker way back in my school days but stopped after National Service. That was when I picked up pool in 2005. I brought home a silver medal from the 24th SEA Games in 2007 in Korat, and hope to make Singapore proud again at the forthcoming 25th SEA Games.

When I am not playing pool, I spend time with my wife and child. Family is important to me."

Toh Lian Han

Current School / Employer:

We-U-We Pte Ltd

Personal Best/s Recorded:

2007 24th SEA Games: 9 Ball Doubles - Silver

My SEA Games 2009 Event/s:

9 Ball Doubles (M) & Singles (M)

Latest Sporting Achievement/s:

2007 24th SEA Games: 9 Ball Doubles - Silver
2007 Party Poker World: 9 Ball Doubles - Top 8

Total Number of SEA Games Participated in:

This is my third SEA Games.

Officials - Cuesports



Sum Kak Seng

岑国成

Team Manager



Chua Poh Teck

蔡宝德

Asst. Team Manager



Chan Wei Chih

陈为志

Coach (Women's & Men's
Pool Teams)

25th

SEA GAMES





曾秀卿

D.O.B: 24-05-1986

Height: 171 cm

Weight: 60 kg

"I learnt how to cycle a long time ago when I was young, but it was only in December 2007 that I got a road bicycle to train for triathlons. After a year of competing in triathlons, I decided to concentrate on cycling, so as to compete in that sport at the SEA Games. It was a difficult decision for me to drop both swimming and running. But, with encouragement from my friends in the cycling fraternity, I trained hard and secured a place on Team Singapore.

Besides cycling, I also enjoy swimming and running. I love being outdoors and engaging in all kinds of sports. In the future, when I am less competitive and have more free time, I would like to learn diving, wakeboarding, jet skiing and other water sports, as well as try my hand at adventure sports such as bungee jumping and sky diving."

Chan Siew Kheng Dinah

Current School / Employer:

National Institute of Education

Personal Best/s Recorded:

NIL

My SEA Games 2009 Event/s:

Individual Time Trial & Road Race

Latest Sporting Achievement/s:

2009 Asian Cycling Championships:

Individual Time Trial - 9th position

2009 Tour of Friendship (Thailand)

- 1st position

Total Number of SEA Games Participated in:

This is my first SEA Games.

Calvin Sim Teck Kwang



沈德光

D.O.B: 14-10-1989

Height: 163 cm

Weight: 60 kg



"I started cycling when I was seven and got into competitive cycling when I was 15. I like the sport as it gives me that sense of mobility and freedom.

When not training or studying, I love to cook and learn from my mum every opportunity I get. I also spend time catching up with family and friends, go for a movie or just have a simple dinner with my loved ones."

Calvin Sim Teck Kwang

Current School / Employer:

Nanyang Polytechnic

Personal Best/s Recorded:

NIL

My SEA Games 2009 Event/s:

Time Trial & Road Race

Latest Sporting Achievement/s:

NIL

Total Number of SEA Games Participated in:

This is my first SEA Games.



D.O.B: 03-08-1982

Height: 176 cm

Weight: 62 kg

"I started riding mountain bikes when I was 10. After joining local races and getting good results, I started to focus more on this sport.

I am on the trail every chance I get. Even when there is no cycling race or competition, I would try to compete in a motorcycle race."

Junaidi Bin Hashim

Current School / Employer:

T3 Bicycle Gears Pte Ltd

Personal Best/s Recorded:

NIL

My SEA Games 2009 Event/s:

Time Trial & Road Race

Latest Sporting Achievement/s:

2009 Tour of Friendship - Champion

2006 National Road - Champion

Total Number of SEA Games Participated in:

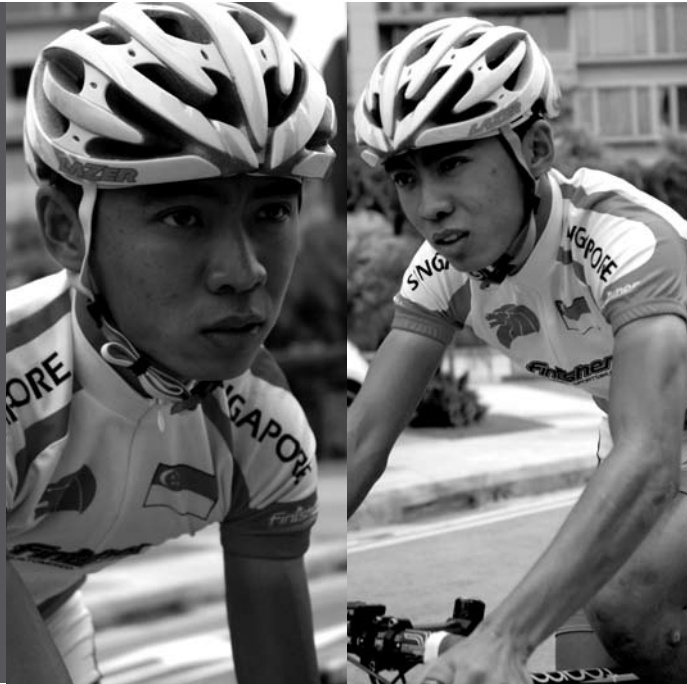
This is my fourth SEA Games.

刘继文

D.O.B: 27-10-1989

Height: 170 cm

Weight: 52 kg



"I had always wanted to ride a road bike. It began during a school excursion, when a group of cyclists raced by us at full speed. I spoke to my parents about getting a bike but I was so short that none of the bikes we viewed could fit me. That was when I was 10 and I soon forgot about it. When I turned 14 and stumbled across a cycling magazine, my interest in road cycling was rekindled in full force. I somehow persuaded my parents to get me a road bike, which I could still barely fit on then, and have been pounding the circuit since.

My leisure pursuits include playing the drums and cooking. I hope to open a restaurant when I retire from cycling as a competitive sport. Some of my other interests are playing the piano and sewing bags."

Low Ji Wen

Current School / Employer:

National Service

Personal Best/s Recorded:

NIL

My SEA Games 2009 Event/s:

Time Trial & Road Race

Latest Sporting Achievement/s:

2009 Tour De Korea - Top ASEAN Cyclist
 2009 Melaka Chief Ministers Cup: 54 km Criterium - 2nd position (2nd ASEAN Cyclist)
 2009 Asian Cycling Championships (Indonesia): 154 km Road Race - 6th ASEAN Cyclist
 2009 Singapore National Cycling Championships - Men's National Champion

Total Number of SEA Games Participated in:

This is my second SEA Games.



李温俊

D.O.B: 12-12-1983

Height: 169 cm

Weight: 64 kg

"I picked up road cycling in 2001 while studying in Australia. The racing scene in Australia is extremely progressive and has opportunities for every level of cyclist. It was easy to ease into the different grades of the sport and within a few years, I was competing at the higher race levels in Australia. I returned to Singapore to do my National Service and in so doing, was invited to join the national road cycling team on their training rides in 2005.

I love good company, good food and a glass of red wine when the time permits. I spend as much time as possible with my loved ones, enjoy reading a wide variety of books and love a good cook-out at home in front of the TV."

Loy Wen Jun Daniel

Current School / Employer:

Bikedom Pte Ltd

Personal Best/s Recorded:

NIL

My SEA Games 2009 Event/s:

Time Trial & Road Race

Latest Sporting Achievement/s:

2007 Tour of Siam UCI 2.2 Race

Total Number of SEA Games Participated in:

This is my first SEA Games.

陈泓骏

D.O.B: 19-10-1979

Height: 173 cm

Weight: 68 kg



"I first picked up cycling in 2005. That was while I was still serving my National Service and my unit wanted to send a team to compete in the Ironman Triathlon. Training was mainly on the road bike and soon I realised that I was enjoying the adrenaline of going downhill. In late 2006 I picked up a downhill bike and competed at an Indonesian race. There was no turning back then. My craze for the sport grew and I raced as much as I could around the region. My greatest achievement came in November 2008, when I was placed fourth in Asia and first in South-east Asia at the Asian MTB Championships held in Nepal.

I am very much an outdoor person and live for that adrenaline rush. When off my bicycle, I motor-cross and sky-dive when I have the chance. I also travel a lot around the region for races, as there are no 'real mountains' for down-hilling in Singapore."

Tan Hong Chun

Current School / Employer:

Aguspension Service Center

Personal Best/s Recorded:

2008 Asian Mountain Bike Championships (Nepal) - 4th position (1st SEA Rider)

My SEA Games 2009 Event/s:

Mountain Bike Downhill

Latest Sporting Achievement/s:

2009 Singapore Super-Downhill Series Standings - Current Leader
2008 Asian Mountain Bike Championships (Nepal) - 4th position (1st SEA Rider)
2008 Malaysia Downhill Race Series - Overall Champion

Total Number of SEA Games Participated in:

This is my first SEA Games.

Officials - Cycling



Maximilian Irwan Mager
Team Manager



Ramlan Bin Abdul Latif
Asst. Team Manager/Coach

Peh Aik Kiat*
Mechanic

25th SEA GAMES

** Picture not available at time of print.*



GOLF



林智群

D.O.B: 20-02-1989

Height: 180 cm

Weight: 78 kg

“When I was 12, my dad introduced golfing to my elder brother and me. It was then that my love for the sport grew to what it is today. I am very glad to be a part of Team Singapore at the impending SEA Games.

When not training, I would chill out with my friends at home or catch a movie or two.”

Lam Zhiqun

Current School / Employer:

National Service

Personal Best/s Recorded:

2009 25th SEA Games Trials (August) - 1st position (75 71 69 70 73 67 74)

My SEA Games 2009 Event/s:

Men's Team & Individual

Latest Sporting Achievement/s:

2009 25th SEA Games Trials (August) - 1st position (75 71 69 70 73 67 74)

2009 Philippines Amateur Open - 11th position (76 74 73 73)

2009 FSA Singapore Championship - Winner (71 69)

Total Number of SEA Games Participated in:

This is my second SEA Games.

Leong Kit Wai Jonathan



梁杰伟

D.O.B: 13-12-1985

Height: 175 cm

Weight: 72 kg



"I have been playing golf for as long as I can remember. At two, I started playing with plastic golf clubs. In secondary school, I was selected to be on the junior squad. It was then that I fell in love with the competitive side of the game. In junior college, I earned myself a spot on the national team. In my life, there were many who lent me encouragement, but the strongest were from my parents, who gave me their unrelenting support, and, our national coach, Kim Baldwin, who not only helped me mature as an athlete but as a person as well.

I love keeping fit and staying in shape, hitting the gym four to five times a week. I spend much of my spare time with my girlfriend, Jing, who is also studying at the Singapore Management University. Both of us love to shop; in our free time we would head to town for retail therapy to shake off the stress. We also enjoy movies."

Leong Kit Wai Jonathan

Current School / Employer:

Singapore Management University

Personal Best/s Recorded:

2005 Hong Kong Amateur Championship - 65

My SEA Games 2009 Event/s:

Men's Team & Individual

Latest Sporting Achievement/s:

2009 Singapore National Amateur Championship - 1st position

2009 Pahang Amateur Championship - 1st position

2008 Putra Cup Team - 1st position

Total Number of SEA Games Participated in:

This is my second SEA Games.



傅瑞杰

D.O.B: 27-10-1991

Height: 181 cm

Weight: 68 kg

"I launched into golf at the age of 11. My father, Poh Ah Hai, is a professional golf coach. He was my first golf coach and a great inspiration to me and my golfing career. Many people have commented that I have a good swing, just like my father. Under the guidance of my father, I became the youngest player to compete at the Barclays Singapore Open 2007, where I shot 71 on the first day of the tournament.

When not in training or studying, I often cycle at the park near where I live. I would also go to the gym to build my physique. My favourite past time is looking out for the latest music albums. I like artistes from Taiwan such as Fahrenheit, Genie Zhou, Angela Zhang, and Snow Luo."

Poh Swee Kiat Johnson

Current School / Employer:

Auckland University of Technology (Sports Management & Exercise Science)

Personal Best/s Recorded:

2009 Amateur Open (Perak): Round 2 - 67

My SEA Games 2009 Event/s:

Men's Team & Individual

Latest Sporting Achievement/s:

2009 Singapore Junior Golf Championship:
Tied - 2nd position (79 69 73)

2009 Amateur Open (Perak): Tied - 2nd position (75 67 75)

2009 100Plus Malaysian Junior Open - 6th position (75 73 80)

2009 Lion City Cup: Team - 2nd position,
Individual - 6th position (79 74 74 73)

Total Number of SEA Games Participated in:

This is my first SEA Games.

Woo Ke-jun Jonathan



胡可君

D.O.B: 10-10-1990

Height: 172 cm

Weight: 65 kg



"I started playing golf under the influence of my father. When I was young, I used to spend countless hours perched by the side of our garden watching my father chip balls. It is natural for any child to mimic his father. So, I, too, started to practise on this intriguing white ball. After a couple of wayward shots and a few broken windows, my father started bringing me to a driving range and a golf course to better hone my skills. In my youth, I would use my free time to practise at the range. My love and passion for golf grow with each passing day."

Woo Ke-jun Jonathan

Current School / Employer:

National Service

Personal Best/s Recorded:

2007 Wal-mart First Tee Open (Monterey, USA) - 7 under 65

My SEA Games 2009 Event/s:

Men's Team & Individual

Latest Sporting Achievement/s:

2009 Inaugural Asian Amateur Championship (Shenzhen) - (70 74 70 71)
2009 62nd Singapore Amateur Open Championship - (70 77 69 68)
2009 NOMURA Cup: Team - 6th position, Individual Tied - 32nd position (79 77 75 75)
2009 SEA Games Trials (August) - 4th position (69 76 73 73 75 74 71)

Total Number of SEA Games Participated in:

This is my second SEA Games.



Roko Kho Kim Tat

许竞达

Team Manager



**Baldwin, Kim Walter
Raymond**

Team Coach



Andrea Jean Furst

Team Psychologist

25th

SEA GAMES





洪萱颐

D.O.B: 17-03-1989

Height: 163 cm

Weight: 57 kg

"Intrigued by a judo demonstration during the Co-curricular Activity drive, I signed up. Challenging my opponent on the tatami mat gives a rush of adrenaline that I cannot get anywhere else. When I was 16, I was selected to join the youth team. Since then, I have been competing both locally and internationally. I am proud to represent Singapore at the up-coming 25th SEA Games.

I enjoy travelling and do so during the holiday period and when not training for competitions. However, I cannot travel very often as it is a rather expensive indulgence, thus, instead, I would usually go hunting for delicious food with my friends."

Ang Xuan Yi

Current School / Employer:

Temasek Polytechnic

Personal Best/s Recorded:

2009 South-east Asian Judo Championship
- Bronze

My SEA Games 2009 Event/s:

-57 kg (W)

Latest Sporting Achievement/s:

2009 South-east Asian Judo Championship
- Bronze
2008 Commonwealth Judo Championship -
5th position
2007 Taipei International Judo Championship
- 3rd position
2007 South-east Asian Games - 5th position

Total Number of SEA Games Participated in:

This is my second SEA Games.

蔡仁君

D.O.B: 04-03-1986

Height: 165 cm

Weight: 53 kg



"Fascinated by martial arts, judo seemed like the most logical choice when I had to pick a Co-curricular Activity in secondary school. Although training was tough, I thoroughly enjoyed myself. The seniors were very caring, making every effort to painstakingly correct my technique. Under their guidance and the tutelage of my coach, Ms Tay Hui Hui, I gained great confidence in my abilities, and in myself as a person.

My favourite past time is reading. I enjoy reading novels and comics. My favourite novel of all time is *The Banquet Bug* by Geling Yan."

Cai Renjun

Current School / Employer:

National University of Singapore

Personal Best/s Recorded:

2007 24th SEA Games: Ju-No-Kata - Silver

My SEA Games 2009 Event/s:

Ju-No-Kata (W)

Latest Sporting Achievement/s:

2007 24th SEA Games: Ju-No-Kata - Silver

Total Number of SEA Games Participated in:

This is my second SEA Games.

Ling Yung Ming



凌永明

D.O.B: 23-01-1976

Height: 173 cm

Weight: 80 kg

"I started judo training in secondary school. I have stayed with the sport ever since. Though my schedule is quite hectic, I always set aside time for judo training. My personal goal is to win a medal at the up-coming 25th SEA Games.

I am a tax manager working in the San Francisco Bay area. I also teach international taxation part time at the California State University. Despite my tight schedule, I am glad to be able to find the time to train for the 25th SEA Games."

Ling Yung Ming

Current School / Employer:

Rooney Ida Nolt Ahern Accountancy Corporation

Personal Best/s Recorded:

2009 South-east Asian Judo Championship
- Bronze

My SEA Games 2009 Event/s:

-81 kg (M)

Latest Sporting Achievement/s:

2009 South-east Asian Judo Championship
- Bronze

Total Number of SEA Games Participated in:

This is my second SEA Games.

吴依霖

D.O.B: 12-06-1985

Height: 156 cm

Weight: 57 kg



"I started judo when I was in Secondary Three under Sensei Stephen Chee. It was when I got my first medal that I started to really enjoy the sport. When I competed at Pesta Sukan 2004, I met Mr Koh Eng Kian, the team manager then and Mr Tan Yi, the national coach then. With their help, I trained hard in my first year of polytechnic. After graduation, I tried to make the 2005 Judo National Squad but failed. I continued to train hard for the next SEA Games. On the advice of Mr Tan, I dropped my weight category to improve my chances of winning. My resulting victories earned me a spot on the 24th SEA Games squad in 2007.

I window-shop or read to keep up with the world outside judo. I like reading novels and magazines to relax. I also love to bake."

Ngo Yee Ling

Current School / Employer:

Primesafe Security & Investigation Pte Ltd

Personal Best/s Recorded:

2007 24th SEA Games: Ju-No-Kata - Silver

My SEA Games 2009 Event/s:

Ju-No-Kata (W)

Latest Sporting Achievement/s:

2007 24th SEA Games: Ju-No-Kata - Silver
2005 5th World Kurash Senior Championship
- 3rd position

Total Number of SEA Games Participated in:

This is my second SEA Games.



黄培成

D.O.B: 27-01-1986

Height: 181 cm

Weight: 95 kg

"Ironically, judo was my least favourite sport when I started it at 13. Standing at 1.8 metres and weighing 85 kilograms at Secondary One, I was seen to be an asset to the school's judo team and was drafted into their ranks. However, I was gradually intrigued by the dynamism of the sport and grew to like it. What inspired me to go this far today was an old photograph that still hangs at the Hwa Chong dojo. It was a picture of my coach then, Mr Tang Soon Onn, and taken at his victory podium at the 1989 SEA Games. That spurred me to emulate him, and, one day, be privileged enough to stand on the podium as well.

While I enjoy travelling to places abroad, some of them quite exotic that judo has brought me to, I also like to travel without the obligations of competitions or training. Whenever I can, I take short trips around the region to visit friends or for a brief respite."

Wee Pui Seng

Current School / Employer:

Singapore Management University

Personal Best/s Recorded:

2008 12th Commonwealth Judo Championship (Mauritius) - Bronze

My SEA Games 2009 Event/s:

-100 kg (M)

Latest Sporting Achievement/s:

2009 South-east Asian Judo Championship - Silver

2009 Thailand International Judo Championship - Silver

2009 Vietnam International Judo Championship - Bronze

2009 Hong Kong International Judo Championship - Bronze

Total Number of SEA Games Participated in:

This is my third SEA Games.

Officials - Judo



Chng Kiong Choon

莊强春

Team Manager



Zhou Yong

周勇

Coach

25th

SEA GAMES



黄佩茹

D.O.B: 27-02-1987

Height: 170 cm

Weight: 58 kg



"Karate has been an integral part of my life since I was four. My father is a former national athlete and currently a karate coach; it was natural that my sister and I both picked up the sport. As our coach and father, he has been the main guiding force in our pursuit of the sport. Karate has taught me many things, including how I define myself and how to make choices in life. It has instilled in me values such as discipline, determination and calmness in adversity. These have stood me well when I had to deal with difficult situations in life. Also, if you have not already guessed by now, Ng Pei Yi is my sister.

My sister and I have been involved in plays at the Substation for the past two years and we spend the bulk of our spare time at rehearsals. I watch plays and musicals with every given chance. Being quite a foodie, I enjoy food-hunting around Singapore. I also enjoy quiet time spent alone at night, where I would curl up and escape into the world of thriller novels."

Current School / Employer:

Nanyang Technological University (Wee Kim Wee School of Communication & Information)

Personal Best/s Recorded:

2009 18th Kobe Osaka International World Cup (Kuching Sarawak) - Bronze

My SEA Games 2009 Event/s:

Individual Kumite (W)

Latest Sporting Achievement/s:

2009 18th Kobe Osaka International World Cup (Kuching Sarawak) - Bronze
2009 2nd Hong Kong Invitational Open: Individual Kumite (-60kg) - Bronze

Total Number of SEA Games Participated in:

This is my first SEA Games.



黄佩漪

D.O.B: 08-11-1988

Height: 169 cm

Weight: 54 kg

"I picked up karate at four, with my father as my coach and my two elder sisters also training in karate. To me, karate is a family tradition and custom. Through it, I have learnt important values such as discipline and perseverance. Balancing school work, growing up, and training was not easy but doing so allowed me to develop time-management and goal-setting skills. In 2005, I embarked on my maiden SEA Games challenge and brought home a bronze medal for Singapore.

I am involved in Mooting Competitions and this takes up a huge chunk of my time. I have a penchant for the performing arts and have been involved in the production of a play at the Substation for the past two years with my sister. Where possible, I hang out with close friends listening to music or talking about everything and anything. I also appreciate fiction novels and books on philosophy."

Ng Pei Yi

Current School / Employer:

National University of Singapore
(Faculty of Law)

Personal Best/s Recorded:

2009 18th Kobe Osaka International World Cup (Kuching Sarawak) - Silver

My SEA Games 2009 Event/s:

Individual Kata (W)

Latest Sporting Achievement/s:

2009 18th Kobe Osaka International World Cup (Kuching Sarawak) - Silver

2009 2nd Hong Kong Invitational Open:
Individual Kata - Silver

2009 1st Philippines Open: Individual Kata - Gold

Total Number of SEA Games Participated in:

This is my third SEA Games.

郑钦源

D.O.B: 01-09-1985

Height: 163 cm

Weight: 63 kg



"My friend influenced me to take up karate when I was in Secondary Five for self defence, given my small frame. The more I trained, the more I realised that the sport was not all about the physical, as it involved so much more: the art of respect - for yourself and your opponent; mental strength; and discipline. The strange thing about karate is that, the more you learn, the more questions you have about the art. I am thankful to have a sensei who knows how to communicate his knowledge and skills effectively. He is able to make the tough training fun and enjoyable, and help me realise my full potential in the sport.

On a personal note, I love animals and am a proud owner of a pet dog. Most weekends, I bring my dog to the beach, garden or park for a walk. I also spend time meeting my friends for meals and coffee."

Tay Qinyuan

Current School / Employer:

Singapore Polytechnic

Personal Best/s Recorded:

2008 World Karate Federation - Participation

My SEA Games 2009 Event/s:

Individual Kumite (M)

Latest Sporting Achievement/s:

2009 Kobe Osaka International
2009 Asian Karate Federation

Total Number of SEA Games Participated in:

This is my first SEA Games.

Officials - Karate



Ong Wei Yang

王威扬

Team Manager



David Thong Soo Yean

汤寿延

Coach

25th

SEA GAMES



PETANQUE





郑志明

D.O.B: 07-08-1994

Height: 169 cm

Weight: 67 kg

"My brother initiated my taking up petanque when I was seven, with me playing only for leisure then. With time, I developed a keen interest in this sport and started to engage it competitively.

When time permits, I would listen to music and play the guitar. I enjoy jamming as a band with my friends, who are also music enthusiasts."

Cheng Zhi Ming

Current School / Employer:

Swiss Cottage Secondary School

Personal Best/s Recorded:

2007 Junior World Championship (Japan):
Triples - 9th position

My SEA Games 2009 Event/s:

Triples (M) & Singles (M)

Latest Sporting Achievement/s:

2008 Ho-Chih Minh International: Singles -
Bronze, Triples - Bronze
2007 Junior World Championship (Japan):
Triples - 9th position
2007 Nation's Cup (Japan) - 2nd position

**Total Number of SEA Games
Participated in:**

This is my first SEA Games.

郑志勤

D.O.B: 15-07-1989

Height: 172 cm

Weight: 65 kg



"I began petanque when I was in primary school through the track and field teacher. She had then brought along a few track and field athletes to where one of our school teachers was training. I took a liking to the sport and have been playing it since 2001. I really treasure the friendships I have made through petanque.

I play soccer and badminton during my free time. I am a Liverpool fan and never fail to watch any of their matches. I also like travelling and am looking forward to visiting several countries after I complete my National Service. I love to listen to music, especially English and Japanese songs."

Cheng Zhi Qin

Current School / Employer:

National Service

Personal Best/s Recorded:

2007 Singapore-Vietnam Petanque Championship - 45 Points

My SEA Games 2009 Event/s:

Triples (M)

Latest Sporting Achievement/s:

2009 Singapore-Cambodia Petanque Championship: Triples - Bronze
2007 Singapore-Vietnam Petanque Championship - 45 Points
2006 Singapore International Petanque Championship, Nations Cup: Triples - Bronze

Total Number of SEA Games Participated in:

This is my first SEA Games.



吴慧敏

D.O.B: 15-10-1976

Height: 160 cm

Weight: 74 kg

"My involvement with petanque started when I was at Ngee Ann Polytechnic. I was learning basic French then when my French teacher, Ms Angela Koh, introduced petanque to the class as a feature of French culture. I was not interested in petanque then. I developed an interest in the sport only when I watched my classmates compete in a petanque competition at the Alliance Francaise, and started training in the sport after that.

In my spare time, I would play with my nieces and nephew, watch movies and cable TV, and play sudoku and online games."

Goh Heoi Bin

Current School / Employer:

NUS Technology Holdings Pte Ltd

Personal Best/s Recorded:

2005 23rd SEA Games: Doubles - Bronze

My SEA Games 2009 Event/s:

Triples (W)

Latest Sporting Achievement/s:

2007 24th SEA Games: Triples - Bronze

Total Number of SEA Games Participated in:

This is my third SEA Games.

吴伟德

D.O.B: 05-03-1990

Height: 170 cm

Weight: 90 kg



"Intrigued by the game of petanque my friends would play, I picked up the sport after my PSLE, as I had some free time before commencing secondary school. What started out as leisure soon became a way of life. Better yet, I am now a proud athlete of Team Singapore en route to the 25th SEA Games.

Besides playing petanque, I would play soccer with friends and spend quality time with my family."

Goh Wee Teck

Current School / Employer:

Singapore Polytechnic

Personal Best/s Recorded:

2007 Junior World Championship (Japan):
Triples - 9th position

My SEA Games 2009 Event/s:

Triples (M)

Latest Sporting Achievement/s:

2008 Ho-Chih Minh International: Triples - Bronze
2007 Junior World Championship (Japan):
Triples - 9th position
2007 Nation's Cup (Japan) - 2nd position

Total Number of SEA Games Participated in:

This is my first SEA Games.



姚文花

D.O.B: 09-02-1965

Height: 156 cm

Weight: 56 kg

"I first chanced upon petanque when I was learning French at the Alliance Francaise some years back. The Alliance Francaise held annual petanque competitions for students as part of their cultural immersion programme. I was playing petanque socially at the onset, and progressed to play it competitively when I joined Sports Boules Singapore, the national sports association of petanque in Singapore.

In wanting to keep fit, I often swim, trek up the Bukit Timah Hill and work out at the gym. I also enjoy travelling and try to visit my overseas friends whenever I can."

Heo Boon Huay

Current School / Employer:

Ministry of Education

Personal Best/s Recorded:

2005 23rd SEA Games: Singles - Bronze,
Doubles - Bronze

My SEA Games 2009 Event/s:

Triples (W)

Latest Sporting Achievement/s:

2007 24th SEA Games: Triples - Bronze

Total Number of SEA Games Participated in:

This is my third SEA Games.

Nur Izzati Binte Ismail



D.O.B: 13-06-1995

Height: 154 cm

Weight: 55 kg



"When I was in Primary Two, I was encouraged to take up petanque as a Co-curricular Activity by my form teacher, Ms Heo Boon Huay. Ms Heo is also currently my coach and team-mate. Mr Eddie Lim, who was also my coach when I was in primary school, encouraged me to train with the national team. A big thank you to both my coaches. I am grateful for all that you have done and said to help me soar in my chosen sport.

I fancy challenges as I am a competitive person. When I have time, I play beach volleyball or have a game of frisbee with my friends. I am also into music."

Nur Izzati Binte Ismail

Current School / Employer:

Dunearn Secondary School

Personal Best/s Recorded:

2007 24th SEA Games: Triples - Bronze

My SEA Games 2009 Event/s:

Triples (W)

Latest Sporting Achievement/s:

2007 24th SEA Games: Triples - Bronze

Total Number of SEA Games Participated in:

This is my second SEA Games.



王若宁

D.O.B: 15-12-1991

Height: 172 cm

Weight: 60 kg

"It was through my secondary school teacher that I was encouraged to take up petanque. I went for a try-out and have been training hard in the sport ever since.

I love water sports and have also picked up canoeing as my Co-curricular Activity."

Ong Ruo Ning

Current School / Employer:

National Junior College

Personal Best/s Recorded:

2007 24th SEA Games: Triples - Bronze

My SEA Games 2009 Event/s:

Triples (W)

Latest Sporting Achievement/s:

2007 24th SEA Games: Triples - Bronze

Total Number of SEA Games Participated in:

This is my second SEA Games.

Tan Gong Neng Gary



陈功能

D.O.B: 14-05-1990

Height: 172 cm

Weight: 60 kg



"Through the introduction of our primary school teacher, my brother picked up petanque before I did. It was in Primary Five that we first started participating in this exciting sport, and we have not stopped since, loving every moment.

I am a very active person, and like to take on various sports such as soccer and running."

Tan Gong Neng Gary

Current School / Employer:

Republic Polytechnic

Personal Best/s Recorded:

2007 Junior World Championship (Japan):
Triples - 9th position

My SEA Games 2009 Event/s:

Triples (M)

Latest Sporting Achievement/s:

2008 Ho-Chih Minh International - Bronze
2007 Junior World Championship (Japan):
Triples - 9th position
2007 Nation's Cup (Japan) - 2nd position

**Total Number of SEA Games
Participated in:**

This is my first SEA Games.

Officials - Petanque



Ho Anthony Peter

Team Manager/Coach (Men's Team)



Eddie Lim Suan

林川
Coach (Women's Team)

25th SEA GAMES





D.O.B: 19-07-1991

Height: 164 cm

Weight: 65 kg

"I picked up shooting in 2005, when I was in Secondary Two. I made the national team in 2006 and was the youngest member then. Older team-mates encouraged me to give 110%. Now that I am older, I feel it is my duty to also look out for the younger shooters. The pinnacle of my shooting career was in the 2008 Commonwealth Youth Games, where I won my first gold medal. That was significant as it was also my first major Games.

I have nine brothers and sisters, which makes my family rather unique, given this era. As the eldest daughter, I have to balance between training, studies and my family. It has always been my dream to compete at the Olympics and I am glad to have my family's firm support. My favourite moments comprise taking the kids out on a bus ride to the mall or enjoying something simple such as ice cream or roti prata. I live for those moments."

Aqilah Binte Sudhir

Current School / Employer:

Auckland University of Technology

Personal Best/s Recorded:

2008 3rd Commonwealth Youth Games: 10m Air Rifle Women - 595

My SEA Games 2009 Event/s:

10m Air Rifle (W), 50m Rifle Prone (W) & 50m Rifle 3-Positions (W)

Latest Sporting Achievement/s:

2009 Singapore Open Shooting Championships: 10m Air Rifle Women - 1st position, 50m Rifle 3-Positions Women & Women's Team - 2nd position, 50m Rifle Prone Women - 1st position, 50m Rifle Prone Women's Team - 2nd position

Total Number of SEA Games Participated in:

This is my first SEA Games.

范小平

D.O.B: 16-12-1971

Height: 170 cm

Weight: 56 kg



"Since young, I have always enjoyed sports. But at 18, I developed a love for shooting. Although I was born in China, my passion for shooting knew no boundaries and I joined the Singapore Shooting Association in 2007.

When not honing my skills at the shooting range, I listen to music to relax myself. I have a six-year-old son and gingerly encourage him to take up sports in some way, shape or form. Without a doubt, I enjoy accompanying him to sporting activities such as cycling and jogging."

Fan Xiao Ping

Current School / Employer:

Singapore Shooting Association

Personal Best/s Recorded:

2008 Monthly Trials (July): 10m Air Pistol Women - 388

My SEA Games 2009 Event/s:

10m Air Pistol (W) & 25m Sports Pistol (W)

Latest Sporting Achievement/s:

2009 Singapore Open Shooting Championships: 10m Air Pistol Women - 3rd position, 25m Sports Pistol Women - 2nd position
2008 Singapore Open Shooting Championships: 10m Air Pistol Women - 1st position, 25m Sport Pistol Women - 2nd position

Total Number of SEA Games Participated in:

This is my second SEA Games.



盖斌

D.O.B: 02-06-1968

Height: 172 cm

Weight: 70 kg

"I took up shooting when I was 14. I wanted to further explore my ardour for the sport and joined the Singapore Shooting Association in 2007. My devotion to shooting was so intense that I developed a desire to nurture other shooters in honing their skills. To achieve that, I became a national shooting coach.

When not training or coaching other shooters, I indulge in music and movies."

Gai Bin

Current School / Employer:

Singapore Shooting Association

Personal Best/s Recorded:

2009 Monthly Trials (May): 10m Air Pistol Men - 581

My SEA Games 2009 Event/s:

10m Air Pistol (M), 25m Standard Pistol (M), 25m Centre Fire Pistol (M) & 50m Free Pistol (M)

Latest Sporting Achievement/s:

2009 Singapore Open Shooting Championships: 10m Air Pistol Men - 2nd position, 25m Centre Fire Pistol Men - 2nd position, 50m Free Pistol Men - 2nd position

Total Number of SEA Games Participated in:

This is my second SEA Games.

吴珈仪

D.O.B: 22-12-1994

Height: 165 cm

Weight: 59 kg



"My interest in shooting began when I chose it as a Co-curricular Activity at the Raffles Girls' School. I made the national team after clinching first place at the National Inter-schools Shooting Championship 2008 and for competing at the 1st Asian Youth Games Singapore 2009. Shooting demands a high level of skill and technique and so I am constantly challenged to improve. My decision to pick up the sport is re-affirmed whenever new opportunities open themselves to me through shooting.

Reading suspense, thriller and fantasy novels, and surfing the Internet occupy my spare time. Another activity I am fond of is cycling, as it gives me a feeling of freedom. I love the way the wind brushes against my face and hair, and lifts my spirit when I am feeling down."

Goh Jia Yi

Current School / Employer:

Raffles Girls' School (Secondary)

Personal Best/s Recorded:

2009 1st Asian Youth Games Trials (March):
10m Air Rifle Women - 397

My SEA Games 2009 Event/s:

10m Air Rifle (W)

Latest Sporting Achievement/s:

2009 International Junior Competitions: 10m Air Rifle Women Junior - 15th position
2009 1st Asian Youth Games: 10m Air Rifle Women Junior - 9th position
2009 Singapore Open Shooting Championships: 10m Air Rifle Women - 2nd position, 10m Air Rifle Women's Team - 1st position

Total Number of SEA Games Participated in:

This is my first SEA Games.



何修蘋

D.O.B: 22-01-1980

Height: 155 cm

Weight: 54 kg

“One of my school teachers in Secondary Three was a national shooter. Fortunately for me, one day, he brought a group of us to try out shooting. I developed a liking for the sport and decided to improve my skill. I made the national team when I was 17 and have been shooting for the past 15 years.

Hanging out with my friends to watch a movie or two is my panacea for relaxation.”

Haw Siew Peng

Current School / Employer:

Top Notch Sports

Personal Best/s Recorded:

2009 Monthly Trials (February): 10m Air Rifle Women - 395

My SEA Games 2009 Event/s:

10m Air Rifle (W)

Latest Sporting Achievement/s:

2009 Singapore Open Shooting Championships: 10m Air Rifle Women - 3rd position

2009 NUS Invitational Shoot: 10m Air Rifle Women - 3rd position, 10m Air Rifle Women's Team - 2nd position

2009 NTU Invitational Shoot: 10m Air Rifle Women's Team - 3rd position

Total Number of SEA Games Participated in:

This is my first SEA Games.

D.O.B: 22-05-1962

Height: 171 cm

Weight: 62 kg



"The Army Shooting Team was my home team. We trained in the same calibre of weapons for the ASEAN Army Competition as the SEA Games. I competed actively in all competitions to hone my skill.

I am very fond of motor-, street- and track-racing so much so that I even competed at the Malaysia Grand Prix in the 1990s."

Kasmijan Bin Kimin

Current School / Employer:

Singapore Armed Forces (SAF)

Personal Best/s Recorded:

2008 Monthly Trials (July): 50m Rifle Prone Men - 596

My SEA Games 2009 Event/s:

50m Rifle Prone (M)

Latest Sporting Achievement/s:

2009 Singapore Open Shooting Championships: 50m Rifle Prone Men & Men's Team - 1st position
2008 Singapore Open Shooting Championships: 50m Rifle Prone Men & Men's Team - 1st position
2008 South East Asia Shooting Championships: 50m Rifle Prone Men's Team - 2nd position

Total Number of SEA Games Participated in:

This is my second SEA Games.



许添威

D.O.B: 26-05-1990

Height: 166 cm

Weight: 61 kg

"I opted for shooting as a Co-curricular Activity in Secondary One while at the Raffles Institution. I was simply attracted to its novelty. My father also told me that picking up shooting then would help me in my National Service, as it was a vital military skill. My passion for shooting started to grow and I trained hard to win a gold medal at the 2006 South-east Asian Shooting Championships in Vietnam. That got me into the national team, which was followed by my debut at the 24th SEA Games in 2007, where I won a gold medal. In 2008, I was named Sportsboy of the Year. Shooting has become part of my life and is a sport I truly enjoy.

I really love accuracy sports, and would bring my family and friends for bowling and billiards. At home, I am just like any other guy, enjoying computer games."

Koh Tien Wei Jonathan

Current School / Employer:

National Service

Personal Best/s Recorded:

2006 Monthly Trials (August): 10m Air Rifle Men - 595

My SEA Games 2009 Event/s:

10m Air Rifle (M) & 50m Rifle 3-Positions (M)

Latest Sporting Achievement/s:

2009 Singapore Open Shooting Championships:
10m Air Rifle Men - 3rd position, 10m Air Rifle Men's Team - 1st position
2008 Singapore Open Shooting Championships: 10m Air Rifle Men - 3rd position, 10m Air Rifle Men's Team - 2nd position

Total Number of SEA Games Participated in:

This is my second SEA Games.

林捷蓉

D.O.B: 22-04-1980

Height: 160 cm

Weight: 70 kg



"My interest in shooting started in my secondary school days. The teacher overseeing the sport, Mr Gan Eng Lee, provided a very fun and interesting training environment. In 2001, under the tutelage of Coach Song Haiping, I won my first international gold medal at the Stockholm Educational Air Shower Array 2002. I am thankful to my friends and teammates, and especially to my current coach, for their unwavering support.

At home, I love to play with my little dog, Snowie. No matter how late it is, he would still be game for a trip outside. While with friends, we tend to catch movies or do a KTV session. Dinners with my cousins are not unusual, nor are joy-rides around town with my family."

Lim Chea Rong

Current School / Employer:

Top Notch Sports

Personal Best/s Recorded:

2007 Monthly Trials (June): 50m Rifle Prone Women - 593

My SEA Games 2009 Event/s:

50m Rifle Prone (W) & 50m Rifle 3-Positions (W)

Latest Sporting Achievement/s:

2007 24th SEA Games: 50m Rifle Prone Women - 11th position

Total Number of SEA Games Participated in:

This is my second SEA Games.



林秀云

D.O.B: 14-11-1969

Height: 162 cm

Weight: 91 kg

"I was introduced to the 25m Sports Pistol in June 2006. During my service at the Singapore Prison Service, I had achieved a Marksmanship grade in shooting training and competed in various service gun competitions. I have a great passion for shooting and strive to excel at this sport.

I have been at the Singapore Prison Service for 20 years. I also play various sports like table tennis, badminton, volleyball and archery. Where possible, I contribute my time to volunteer work."

Lim Siew Hoon Helen

Current School / Employer:

Singapore Prison Service

Personal Best/s Recorded:

2009 Monthly Trials (September): 25m Sports Pistol Women - 574

My SEA Games 2009 Event/s:

25m Sports Pistol (W)

Latest Sporting Achievement/s:

2008 Singapore Open Shooting Championships: 25m Sports Pistol Women - 1st position
2008 South East Asia Shooting Championships: 25m Sports Pistol Women's Team (Senior) - 1st position

Total Number of SEA Games Participated in:

This is my first SEA Games.

林瑞鸿

D.O.B: 04-03-1979

Height: 173 cm

Weight: 71 kg



"Throughout my schooling days, I was exposed to shooting and its different weapons; from a revolver in my NPCC days, the .22 rifle in junior college, to the various pistols in my university days. Hooked on the sport even after graduation, I joined the HomeTeamNS Gun Club through the introduction of an old friend, Ho Tsu Cher, who happened to be involved in the local shooting scene. I got to know many other national shooters and Coach Song Haiping, who all helped me get to where I am today.

I watch movies and TV to relax myself. That also allows me to explore the world and increase my knowledge without leaving my home, especially given my hectic training and work schedule. I recently took up tennis, which gives me that same rush as when I first started shooting. Engaging in new sports allows me to explore different perspectives in shooting."

Lim Swee Hon Nigel

Current School / Employer:

HomeTeamNS

Personal Best/s Recorded:

2009 ISSF World Cup (Korea): 10m Air Pistol Men - 570

My SEA Games 2009 Event/s:

10m Air Pistol (M) & 50m Free Pistol (M)

Latest Sporting Achievement/s:

2009 ISSF World Cup (Korea): 10m Air Pistol Men - 570

2009 Singapore Open Shooting Championships: 10m Air Pistol Men & Men's Team - 3rd position, 50m Free Pistol Men - 3rd position

2008 Singapore Open Shooting Championships: 10m Air Pistol Men's Team - 2nd position

Total Number of SEA Games Participated in:

This is my first SEA Games.



翁绍铭

D.O.B: 07-05-1977

Height: 178 cm

Weight: 69 kg

"It was fellow Armed Forces shooter Master Sergeant Poh Lip Meng who introduced me to the International Shooting Sport Federation.

Off the range, I am both an introvert and extrovert. My interests vary from meeting new people, socialising with friends over coffee, and enjoying a quiet read in my room."

On Shaw Ming

Current School / Employer:

Singapore Institute of Management

Personal Best/s Recorded:

2009 Monthly Trials (March): 25m Centre Fire Pistol Men - 581

My SEA Games 2009 Event/s:

25m Standard Pistol (M) & 25m Centre Fire Pistol (Men's Team)

Latest Sporting Achievement/s:

2009 Singapore Open Shooting Championships: 25m Centre Fire Pistol Men - 3rd position, 25m Centre Fire Pistol Men's Team - 1st position, 25m Standard Pistol Men - 2nd position, 25m Standard Pistol Men's Team - 3rd position

Total Number of SEA Games Participated in:

This is my second SEA Games.

王竣鸿

D.O.B: 03-04-1988

Height: 170 cm

Weight: 63 kg



"I started shooting in 2001, when I had to select a Co-curricular Activity. At that time, I never thought that I could make it to the national team and treated it purely as a leisure sport. However, with my competitive nature, passion and determination, I managed to earn a place on the national team. My parents and secondary school, Chinese High School, were supportive of my pursuit of the sport; my teachers offered personal tuition so that I could catch up with lessons. From then on, I have been training faithfully and am very glad to be competing at the 25th SEA Games.

Other sports I am partial to include pool and basketball. I watch sports programmes covering a wide range of sports, from basketball to soccer, to even darts and tennis, and often have my eyes glued to ESPN. I also enjoy going online to chat with my friends."

Ong Jun Hong

Current School / Employer:

National University of Singapore

Personal Best/s Recorded:

2009 Monthly Trials (August): 50m Rifle

3-Positions Men - 1144

2008 ISSF World Cup (Beijing): 10m Air Rifle

Men - 595

My SEA Games 2009 Event/s:

10m Air Rifle (M), 50m Rifle Prone (M) &

50m Rifle 3-Positions (M)

Latest Sporting Achievement/s:

2009 Singapore Open Shooting

Championships: 10m Air Rifle Men & Men's

Team - 1st position, 50m Rifle 3-Positions

Men & Men's Team - 1st position, 50m Rifle

Prone Men - 2nd position, 50m Rifle Prone

Men's Team - 1st position

Total Number of SEA Games Participated in:

This is my second SEA Games.



房秀霞

D.O.B: 09-12-1972

Height: 160 cm

Weight: 49 kg

"To my surprise, I was named Top Gun at a week-long shooting clinic hosted by renowned World Champion pistol shooter Mr John Pride. My determination and desire to hit the bulls-eye was also spotted by the army talent scouts. I represented the Singapore Armed Forces as a Shooting contingent shooter at the SAF Inter-Formation Small Arms Meet 2004. After sweeping seven trophies in the Ladies Pistol Events, Master Sergeant Poh Lip Meng, National Elite Shooter, introduced me to the national training team in August 2006.

Because I often train on Sundays, I would usually miss my favourite TV show, CSI Sunday Supreme. I have recently picked up prawning as a hobby. It may sound simple but it is actually quite challenging, especially when trying to catch salt water prawns. I also volunteer at the Red Cross Home for the Disabled."

Pheong Siew Shya

Current School / Employer:

Ministry of Defence (MINDEF)

Personal Best/s Recorded:

2009 Monthly Trials (May): 25m Sports Pistol Women - 573

My SEA Games 2009 Event/s:

10m Air Pistol (W) & 25m Sports Pistol (W)

Latest Sporting Achievement/s:

2009 Singapore Open Shooting Championships: 25m Sports Pistol Women's Team - 2nd position, 10m Air Pistol Women's Team - 1st position
2008 Singapore Open Shooting Championships: 10m Air Pistol Women - 3rd position, 10m Air Pistol Women's Team - 2nd position

Total Number of SEA Games Participated in:

This is my second SEA Games.

傅立民

D.O.B: 10-02-1969

Height: 164 cm

Weight: 72 kg



"My dedication to shooting started in 2002. I had spent years searching for a sport that was mentally challenging and highly demanding in skill and technique. Learning to shoot was like learning to walk and run all over again. At the 23rd SEA Games in 2005, I brought home a bronze medal and in 2007, accompanying me back to Singapore were the two silver medals I won."

I make it a point to spend as much time as possible with my family, especially my two kids, to make up for lost time due to training. I believe that my shooting experience will help me develop my kids psychologically and physiologically at the different stages of their lives."

Poh Lip Meng

Current School / Employer:

Coleman Academy

Personal Best/s Recorded:

2009 Monthly Trials (August): 10m Air Pistol Men - 584

My SEA Games 2009 Event/s:

10m Air Pistol (M), 25m Standard Pistol (M), 25m Centre Fire Pistol (M) & 50m Free Pistol (M)

Latest Sporting Achievement/s:

2009 Singapore Open Shooting Championships: 10m Air Pistol Men & Men's Team - 1st position, 25m Centre Fire Pistol Men & Men's Team - 1st position, 50m Free Pistol Men & Men's Team - 1st position

Total Number of SEA Games Participated in:

This is my fourth SEA Games.



徐湘玮

D.O.B: 24-09-1990

Height: 155 cm

Weight: 49 kg

"My journey in shooting started as a Co-curricular Activity when I was 13. I was inspired by my sister, who was also a shooter then. Over time, my interest and zeal for the sport flourished, and I made the national team two years later. My goal is to challenge my limits and to achieve better results.

For fun and relaxation, I hang out with my friends for dinner, shopping and KTV. I also play badminton as a leisure sport, as it helps to relieve stress. If I really need to cool off, I would go ice-skating. Not what you would expect from a shooter, perhaps?"

Ser Xiang Wei Jasmine

Current School / Employer:

National University of Singapore

Personal Best/s Recorded:

2009 Monthly Trials (September): 50m Rifle Prone Women - 593

2009 Monthly Trials (May): 50m Rifle 3-Positions Women - 577

2008 Monthly Trials (July): 10m Air Rifle Women - 399

My SEA Games 2009 Event/s:

50m Rifle Prone (W) & 50m Rifle 3-Positions (W)

Latest Sporting Achievement/s:

2009 Singapore Open Shooting Championships: 50m Rifle 3-Positions Women's Team - 2nd position, 50m Rifle Prone Women - 3rd position, 50m Rifle Prone Women's Team - 2nd position

Total Number of SEA Games Participated in:

This is my second SEA Games.

张顺惜

D.O.B: 30-09-1988

Height: 168 cm

Weight: 64 kg



"I took up shooting as my Co-curricular Activity in junior college. I found the sport interesting and challenging as one needs to execute the same action many times, to achieve consistency in the shots. I got hooked on this sport as it tests your discipline, concentration and focus. At the same time, shooting can also surface how well you truly know yourself, how well you are able to control your emotions, especially during competitions.

When I am not training or studying, I spend most of my time either with my two pet lovebirds, Pipi and Poo Poot, or surf the Net. During the holidays, I will stay at home to play Wii or go out with my friends. Occasionally, I would also go bowling and play tennis with my family."

Teo Shun Xie

Current School / Employer:

Nanyang Technological University

Personal Best/s Recorded:

NiL

My SEA Games 2009 Event/s:

10m Air Pistol (W)

Latest Sporting Achievement/s:

NiL

Total Number of SEA Games Participated in:

This is my first SEA Games.



张劲

D.O.B: 12-09-1988

Height: 174 cm

Weight: 57 kg

"I was fascinated by the air weapons range during my secondary school years. One day, out of interest, I decided to try out for the shooting team. I felt shooting was a sport Singapore could excel at at the Olympics, and this prodded me to train hard and challenge only the best. I am glad that the strong friendships of the shooting community contribute to the sport's continued growth and also motivate its athletes to scale greater heights.

I spend as much time as possible with my family and friends. They are most important to me, always there sharing my joys and woes. With them, I would celebrate my achievements, share interesting experiences, savour exotic food, or simply spend quality time."

Zhang Jin

Current School / Employer:

National University of Singapore

Personal Best/s Recorded:

2006 18th Commonwealth Games: 10m Air Rifle Men - 595

My SEA Games 2009 Event/s:

10m Air Rifle (M), 50m Rifle Prone (M) & 50m Rifle 3-Positions (M)

Latest Sporting Achievement/s:

2009 Singapore Open Shooting Championships: 10m Air Rifle Men's Team - 1st position, 50m Rifle 3-Positions Men - 2nd position, 50m Rifle 3-Positions Men's Team - 1st position
2008 Singapore Open Shooting Championships: 10m Air Rifle Men - 2nd position, 10m Air Rifle Men's Team - 1st position

Total Number of SEA Games Participated in:

This is my second SEA Games.

赵慧菁

D.O.B: 03-02-1986

Height: 166 cm

Weight: 57 kg



"My first exposure to shooting was at the Shooting Club selection trials at the Hwa Chong Junior College. I participated in the sport just for fun but it turned out to be one of the turning points in my life, as I then discovered my talent for the sport through the many opportunities that followed. It is with the support and recognition of the Singapore Shooting Association and the people who encouraged me along the way that I am privileged to represent Singapore as a national athlete.

One driving force in my life is the desire to prove that it is possible to simultaneously excel at both sports and studies. Although extremely challenging, it is definitely worth the sweat and I have derived much fulfilment from it. I also enjoy nature, sports games, chilling out and catching up with friends. And, yes, I do take the time to appreciate the little things in life."

Zhao Huijing

Current School / Employer:

National University of Singapore

Personal Best/s Recorded:

2009 Monthly Trials (January): 10m Air Pistol Women - 385

My SEA Games 2009 Event/s:

10m Air Pistol (W)

Latest Sporting Achievement/s:

2009 Singapore Open Shooting Championships:
10m Air Pistol Women - 2nd position
2009 NUS Invitational Shoot: 10m Air Pistol Women & Women's Team - 1st position
2009 NTU Invitational Shoot: 10m Air Pistol Women - 3rd position, 10m Air Pistol Women's Team - 1st position

Total Number of SEA Games Participated in:

This is my second SEA Games.

Officials - Shooting



Lim Meng Kiaw

林明郊

Team Manager



Low Choon Huat

刘春發

Team Manager



Deng Pei Ming

邓佩明

Head Coach



Gu Yong Qin

谷永勤

Coach (Rifle)



Zhang Man Zhen

张满珍

Coach (Rifle)



Zhao Jin Hong

赵金鸿

Sports Psychologist



Khairul Arifin Bin Sulong



D.O.B: 14-12-1989

Height: 170 cm

Weight: 64 kg

"I picked up this sport back in 2004, after I saw a silat performance in my neighbourhood. Shortly after that, I took up silat with a friend, who was also keen on the sport. Over time, I became more interested in the artistic side of the sport because I found that it somehow calms my mind.

I prefer outdoor and nature activities that really challenge my limits. I love to go outdoor and overseas trekking because it allows me the chance to take a break from the bustling city life and bask in the tranquillity afforded by untainted natural environment."

Khairul Arifin Bin Sulong

Current School / Employer:

NIL

Personal Best/s Recorded:

NIL

My SEA Games 2009 Event/s:

Men's Artistic 'Double'

Latest Sporting Achievement/s:

2009 6th Sijori Pencak Silat Championship

- Gold

2009 Pre-3rd Asian Indoor Games - Silver

2008 1st South East Asia Silat Championship

- Gold

2008 Teluk Danga International Games

- Bronze

Total Number of SEA Games Participated in:

This is my first SEA Games.

Mohamad Elyasak Bin Said



D.O.B: 05-12-1991

Height: 172 cm

Weight: 74 kg



"Silat has always been a family tradition for me, which is why I picked up the sport. I was also inspired by my uncle, Hidayat Hosni, and my sister, Saiedah Said, as they were both World Silat Champions. Besides that, I have always been fascinated by the martial arts.

I spend my free time at family gatherings and watching soccer on television. I would also go on fishing trips with my family and friends, whenever possible. Besides silat, I love to play soccer, too."

Mohamad Elyasak Bin Said

Current School / Employer:

Institute of Technical Education College East

Personal Best/s Recorded:

2007 2nd World Junior Pencak Silat Championship: Match Category - Gold (World Champion Best Athlete)

My SEA Games 2009 Event/s:

Men's Match Class 'F' (<70 to 75kg)

Latest Sporting Achievement/s:

2009 1st ASEAN Silat Invitation Championship - Silver
2009 1st Asian Martial Arts Games - Silver
2009 Pre-3rd Asian Indoor Games - Silver
2008 1st South East Asia Silat Championship - Bronze

Total Number of SEA Games Participated in:

This is my first SEA Games.

Mohamed Saifuddin Bin Mohamed Julaimi



D.O.B: 05-10-1987

Height: 169 cm

Weight: 69 kg

"Silat is deeply-rooted in my family. Some of my family members are athletes in the sport and my uncle is the grand master of a silat club. It was only natural that I joined the sport. I started training when I was five. And, yes, Mohamed Saifullah is my twin brother.

I am actually a quiet person who does not talk very much. However, I am a friendly guy and enjoy making new friends. I am currently serving my National Service and enjoy every moment of it. Hanging out with friends, watching movies and shopping are my other preferred activities."

Mohamed Saifuddin Bin Mohamed Julaimi

Current School / Employer:

Singapore Police Force (National Service)

Personal Best/s Recorded:

2004 12th World Pencak Silat Championship
- Silver

My SEA Games 2009 Event/s:

Men's Match Class 'E' (<65 to 70kg)

Latest Sporting Achievement/s:

2009 Asian Indoor Games - Silver
2009 Pre-3rd Asian Indoor Games - Bronze
2007 2nd Singapore International Open Silat
Championship - Gold
2007 Selangor International Silat
Championship - Silver

Total Number of SEA Games Participated in:

This is my third SEA Games.

Mohamed Saifullah Bin Mohamed Julaimi



D.O.B: 05-10-1987

Height: 168 cm

Weight: 64 kg



"I started this sport when I was a mere five-year-old kid. It was a natural move, as the fervour for this sport runs deep in the family; my uncle is the grand master of a silat club.

I am a friendly guy who loves to mix around and make new friends. Spending time with friends means catching a movie, chilling out or shopping."

Mohamed Saifullah Bin Mohamed Julaimi

Current School / Employer:

National Service

Personal Best/s Recorded:

2007 13th World Pencak Silat Championship
- Bronze
2005 23rd SEA Games - Bronze
2004 12th World Pencak Silat Championship
- Bronze

My SEA Games 2009 Event/s:

Men's Match Class 'D' (<60 to 65kg)

Latest Sporting Achievement/s:

2009 Asian Indoor Games - Bronze
2007 13th World Pencak Silat Championship
- Bronze
2007 2nd Singapore International Open Silat
Championship - Gold

Total Number of SEA Games Participated in:

This is my third SEA Games.

Muhammad Nur Shafiq Bin Mohamad Saiful



D.O.B: 24-12-1991

Height: 172 cm

Weight: 83 kg

"I first took up silat in Kindergarten One. Since then, I have competed at various local competitions and made the national team in 2004. My passion for the sport motivates me to constantly challenge myself and raise my performance."

I like music and am a happy-go-lucky person. I love spending time with my friends, watching movies and going shopping."

Muhammad Nur Shafiq Bin Mohamad Saiful

Current School / Employer:

Institute of Technical Education College East

Personal Best/s Recorded:

2007 2nd World Junior Pencak Silat Championship - Bronze

My SEA Games 2009 Event/s:

Men's Match Class 'H' (<80 to 85kg)

Latest Sporting Achievement/s:

2009 Asian Indoor Games - Silver

2009 6th Sijori Pencak Silat Championship - Gold

2009 1st Asian Martial Arts Games - Silver

2009 3rd International Paris Open Silat Championship - Bronze

2008 France International Open Junior Silat Championship - Gold

Total Number of SEA Games Participated in:

This is my first SEA Games.

Muhammad Shakir Bin Juanda



D.O.B: 15-09-1988

Height: 173 cm

Weight: 77 kg



"I singled out silat as a sport when I was 13. At that time, I was fat and was always bullied by my friends. I decided that that had to change. Through silat training, I realised that I had an interest in the sport and managed to make the national team. I was talent-scouted by Mr Sheik Alau'ddin himself. Being a part of Team Singapore means a lot to me, as it re-affirms how training diligently can help one's pursuit of sports excellence.

I am really a simple person who likes to make new friends. Besides silat, my other interest is fishing. On some Sunday mornings, my friends and I would go to the East Coast Beach to just take it easy."

Muhammad Shakir Bin Juanda

Current School / Employer:

NIL

Personal Best/s Recorded:

NIL

My SEA Games 2009 Event/s:

Men's Match Class 'G' (<75 to 80kg)

Latest Sporting Achievement/s:

2009 Asian Indoor Games - Silver

2009 6th Sijori Pencak Silat Championship
- Gold

2009 3rd International Paris Open Silat
Championship - Bronze

2009 Pre-3rd Asian Indoor Games - Bronze

2008 Teluk Danga International Games - Gold

Total Number of SEA Games Participated in:

This is my second SEA Games.

Nur Dinniyati Bte Mohamed Julaimi



D.O.B: 18-01-1986

Height: 157 cm

Weight: 54 kg

"I got into silat when I was six. Inspired by my brothers, who were all silat exponents, I was motivated to excel at the sport. The special sport is deeply-rooted in my family life, as my uncle owns a silat club. Silat enables me to keep a healthy lifestyle and defend myself.

The graceful forms of silat have also cultivated in me a love for architecture and design. I like to engage in outdoor activities, and manage events and outings for my family and friends."

Nur Dinniyati Bte Mohamed Julaimi

Current School / Employer:

NIL

Personal Best/s Recorded:

2004 1st United Kingdom International Silat Championship - Gold (Best Sportswoman Award)

My SEA Games 2009 Event/s:

Women's Match Class 'B' (<50 to 55kg)

Latest Sporting Achievement/s:

2009 Asian Indoor Games - Bronze

2009 6th Sijori Pencak Silat Championship - Silver

2009 3rd International Paris Open Silat Championship - Bronze

2007 2nd Singapore International Open Silat Championship - Bronze

Total Number of SEA Games Participated in:

This is my third SEA Games.

D.O.B: 02-04-1992

Height: 159 cm

Weight: 64 kg



"I have been training in silat since I was 14. At that time, the National Silat Championships were round the corner and that ignited my interest in the sport. At that juncture, I was actually training in taekwondo, but I was also attracted by the graceful but no-less-potent moves of silat, which prompted me to take up silat. Shortly after, my seniors encouraged me to go for further training at the Jalan Besar Community Centre. It was there that Mr Sheik Alau'ddin encouraged me to try out for the national team.

People think of me as a shy girl but it is only when they get to know me better that they see my funny and understanding side. Every moment when I am not training, I would try to spend time with my parents and friends. I also like sight-seeing, fishing and eating great food."

Nur Zulaikha Bte Zakaria

Current School / Employer:

Jamiyah Business School

Personal Best/s Recorded:

2007 2nd World Junior Pencak Silat Championship: Match Category - Gold

My SEA Games 2009 Event/s:

Women's Match Class 'D' (<60 to 65kg)

Latest Sporting Achievement/s:

2009 1st Asian Martial Arts Games - Bronze
2009 Pre-3rd Asian Indoor Games - Silver
2008 1st All Women International Open Silat Championship - Gold
2008 Belgian International Open Silat Championship - Gold
2008 1st South East Asia Silat Championship - Bronze

Total Number of SEA Games Participated in:

This is my first SEA Games.

Nurindah Bte Mursani



D.O.B: 18-08-1992

Height: 158 cm

Weight: 49 kg

"I have always admired martial artists. When I was in Primary Five, I often imitated moves and shadow-boxed. My uncle, a silat instructor, saw my potential and encouraged me to take up silat. Since then, I have been training hard to become someone significant in the silat scene.

Besides silat, I would hang around with my friends and family. I usually spend my time watching movies, shopping and eating yummy food. I sometimes go to the beach to relax my mind and body."

Nurindah Bte Mursani

Current School / Employer:

Singapore Sports School

Personal Best/s Recorded:

2007 2nd World Junior Pencak Silat Championship - Gold

My SEA Games 2009 Event/s:

Women's Match Class 'A' (<45 to 50kg)

Latest Sporting Achievement/s:

2009 Asian Indoor Games - Silver
 2008 1st All Women International Open Silat Championship - Gold
 2008 France International Open Junior Silat Championship - Gold
 2007 2nd World Junior Pencak Silat Championship - Gold

Total Number of SEA Games Participated in:

This is my first SEA Games.

Rabiatul Adawiyah Bte Yusak



D.O.B: 25-03-1989

Height: 159 cm

Weight: 55.5 kg



"Initially, I was not keen on silat. But my interest was stirred one day when I was 16, having chanced upon a banner promoting silat. That banner alone got me enthused enough to give the sport a go. My parents supported me in my sporting endeavour and I went on to compete at inter-club tournaments such as Grasio, as well as at national-level competitions.

I am a freelance make-up artist who loves the outdoors but not the sun."

Rabiatul Adawiyah Bte Yusak

Current School / Employer:

NIL

Personal Best/s Recorded:

NIL

My SEA Games 2009 Event/s:

Women's Artistic 'Single'

Latest Sporting Achievement/s:

2009 Asian Indoor Games - Gold
2009 Pre-3rd Asian Indoor Games - Gold
2009 6th Sijori Pencak Silat Championship - Gold
2009 1st Pencak Silat Asean Championship - Bronze
2008 1st All Women International Open Silat Championship - Gold

Total Number of SEA Games Participated in:

This is my first SEA Games.



D.O.B: 09-04-1985

Height: 157 cm

Weight: 59 kg

"It was my late-grandfather who introduced and taught me silat when I was a kid. As I grew, so did my love for the sport. My uncles and aunts were my role models; I wanted to win medals like they did. With their support and words of wisdom, I trained hard to be where I am today. I love silat because it challenges my limits and instills discipline in me.

I love playing other sports like soccer and badminton. However, if given a choice, I would rather spend time with my family and friends, eating, shopping or just hanging around, taking it easy."

Saiedah Bte Said

Current School / Employer:

Asia Pacific School of Sports and Business

Personal Best/s Recorded:

2004 12th World Pencak Silat Championship - Gold (Best Female Athlete)

My SEA Games 2009 Event/s:

Women's Match Class 'C' (<55 to 60kg)

Latest Sporting Achievement/s:

2009 Asian Indoor Games - Bronze

2009 3rd International Paris Open Silat Championship - Gold

2009 1st Asian Martial Arts Games - Bronze

2008 1st All Women International Open Silat Championship - Gold

2008 1st South East Asia Pencak Silat Championship - Silver

Total Number of SEA Games Participated in:

This is my fourth SEA Games.

Syarif Hidayatullah Bin Abdul Raziz



D.O.B: 31-01-1989

Height: 171 cm

Weight: 59 kg



"My first encounter with silat was when I was four. During a family outing at the World Trade Centre, I was drawn to the music being played by the Gamelan groups (traditional percussion) there. I was enchanted by the silat practitioners who effortlessly delivered their moves in sync with the music. Sensing my interest, my family was then approached by a lady, who eventually became my first silat instructor.

I have loved the outdoors since young. I love running, jumping, climbing and even falling. If it involves the sun and sweat, I will love it. In my free time, I engage in the art of parkour, a physical discipline of French origin in which participants run along a route and negotiate obstacles in the most efficient ways. I also love other extreme sports, such as skateboarding, rock climbing, and wakeboarding. One day, I would love to try my hand at bungee jumping and free falling."

Syarif Hidayatullah Bin Abdul Raziz

Current School / Employer:

Temasek Polytechnic

Personal Best/s Recorded:

2007 13th World Pencak Silat Championship
- Gold

My SEA Games 2009 Event/s:

Men's Artistic 'Double'

Latest Sporting Achievement/s:

2009 6th Sijori Pencak Silat Championship
- Gold
2009 Pre-3rd Asian Indoor Games - Silver
2008 1st South East Asia Silat Championship
- Gold
2008 Teluk Danga International Games
- Bronze

Total Number of SEA Games Participated in:

This is my first SEA Games.

Zulkhairil Bin Zulhanif



D.O.B: 14-03-1992

Height: 169 cm

Weight: 59 kg

"I chanced upon silat at the age of 10. It started out just as an activity outside of my school curriculum. However, over the years, it morphed into something more meaningful. I began to compete at various competitions, and, by 2007, I had gotten more serious about the sport, serious enough to earn a place on the national team. I even went on to compete at international competitions.

I see myself as a cheerful and self-motivated guy, able to socialise well. Apart from silat, I really enjoy music. Joining a band has always been one of my goals. In my free time, I sometimes play a musical instrument to relax myself."

Zulkhairil Bin Zulhanif

Current School / Employer:

Swiss Cottage Secondary School

Personal Best/s Recorded:

NIL

My SEA Games 2009 Event/s:

Men's Match Class 'C' (<55 to 60kg)

Latest Sporting Achievement/s:

2009 3rd International Paris Open Silat Championship - Silver

2009 6th Sijori Pencak Silat Championship - Gold

2008 Belgian International Open Silat Championship - Gold

2008 1st South East Asia Silat Championship - Bronze

Total Number of SEA Games Participated in:

This is my first SEA Games.

Officials - Silat



**Sheik Alau'ddin Bin
Yacoob Marican**

Head of Contingent/ Chief
Executive Director



Isiah Bte Majid
Team Manager



Dzulfadly Bin Md Jaffar
Asst. Team Manager



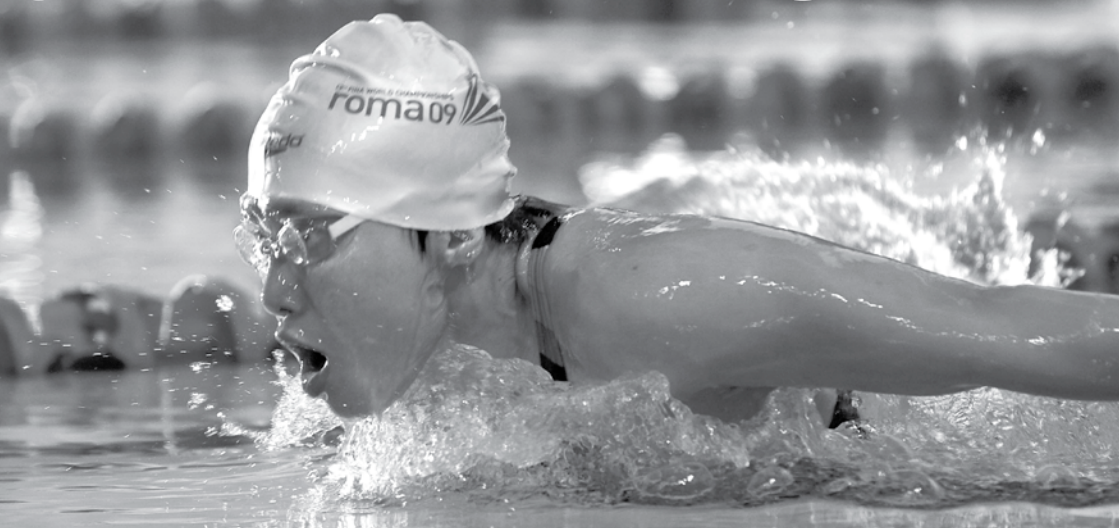
**Mohamad Hidayat Bin
Hosni**

Head Coach



**Sheikh Harun Bin Md
Rafik**

Artistic Coach



Bryan Tay Zhi Rong



郑智荣

D.O.B: 13-04-1988

Height: 186 cm

Weight: 78 kg



"My parents signed me up for water safety lessons so that I could pick up the survival skills. I have loved swimming since then."

Bryan Tay Zhi Rong

Current School / Employer:

Princeton University

Personal Best/s Recorded:

2009 6th Asian Age Group Swimming Championship (Japan): 100m Butterfly - 0:54.46 (National Record)
2008 Beijing Olympics Games: 200m Freestyle - 1:50.41 (National Record)
2007 24th SEA Games: 100m Freestyle - 0:51.00

My SEA Games 2009 Event/s:

100m Butterfly & 4x100m Medley Relay

Latest Sporting Achievement/s:

2009 6th Asian Age Group Swimming Championship (Japan): 100m Butterfly - 0:54.46 (National Record)

Total Number of SEA Games Participated in:

This is my third SEA Games.



林欣静

D.O.B: 16-07-1994

Height: 161 cm

Weight: 48 kg

"At five years of age, I remember watching my brother train in swimming almost every day. My mom then got me to try out swimming lessons as well. I was horrible at it. I dreaded going for training because I was always the slowest. I started competitive swimming when I was six or seven. After I qualified for my first international meet, I stopped asking for things and started training really hard so that I could compete in more international meets. I have always loved to compete, so I jump at every opportunity I get to do so.

I relish reading literature like *Pride and Prejudice*, young adult fiction like the *Twilight Saga*, *The Hunger Games* series or books by Jodi Picoult and Anthony Horowitz. I most enjoy adventure stories. I am quite a homebody, enjoying my time at home eating and napping."

Cheryl Lim Xin Jing

Current School / Employer:

Raffles Girls' Secondary School

Personal Best/s Recorded:

2009 Hong Kong Open: 200m Breaststroke
- 2:37.76

My SEA Games 2009 Event/s:

100m/200m Breaststroke

Latest Sporting Achievement/s:

2009 Hong Kong Open: 50m Breaststroke
- Bronze, 100m Breaststroke - Silver, 200m Breaststroke - Gold (Meet Record)
2009 National Inter-School Swimming Championships: 100m Breaststroke - Gold, 200m Breaststroke - Gold (Meet Record)
2009 Asean Cup: 50m Breaststroke - Silver, 100m Breaststroke - Silver

Total Number of SEA Games Participated in:

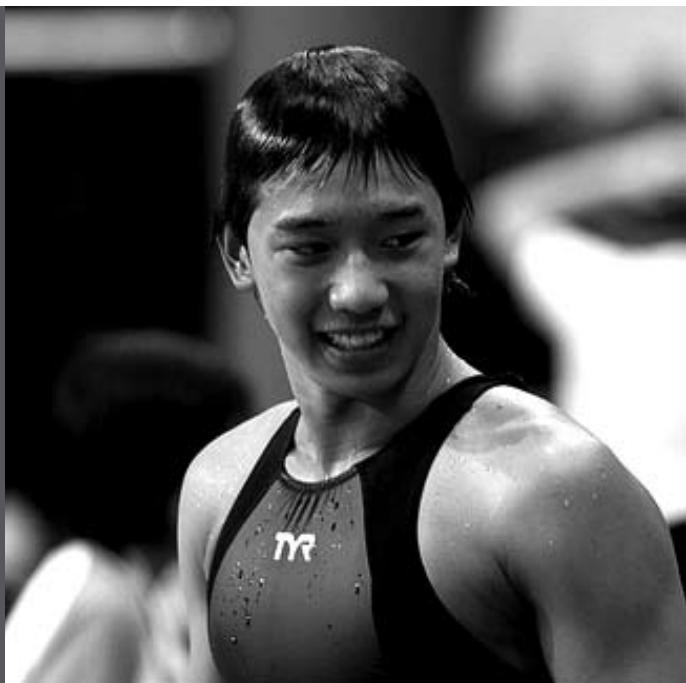
This is my first SEA Games.

林雍恩

D.O.B: 05-04-1993

Height: 177 cm

Weight: 71 kg



"My interest in swimming started when I was three. My brother was then already training in the sport; hence, my dad signed me up for lessons as well. It turned out that I enjoyed swimming, too, and I am proud to represent my country in the up-coming 25th SEA Games.

It may surprise you to know that although I am an athlete, and a very competitive one, at that, I do not really enjoy challenges. I prefer to let things take their natural course."

Clement Lim Yong'en

Current School / Employer:

Singapore Sports School

Personal Best/s Recorded:

2009 13th FINA World Championships (Rome): 100m Freestyle - 0:52.11 (U-17 National Record)

My SEA Games 2009 Event/s:

4x100m/4x200m Freestyle Relay

Latest Sporting Achievement/s:

2009 13th FINA World Championships (Rome): 100m Freestyle - 0:52.11 (U-17 National Record), 4x100m Medley Relay - 3:48.74 (National Open Record)
2009 1st Asian Youth Games: 4x100m Medley Relay - Bronze

Total Number of SEA Games Participated in:

This is my first SEA Games.



杨凯全

D.O.B: 01-06-1990

Height: 181 cm

Weight: 62 kg

“The main reason why I picked up swimming as a kid was to stay fit. Over the years, my interest and love for the sport have deepened, and now I am proud to represent my country at the 25th SEA Games.

I live a sporty, active lifestyle outside of the pool and love to compete in other sports other than swimming.”

Danny Yeo Kai Quan

Current School / Employer:

Nanyang Polytechnic

Personal Best/s Recorded:

2009 Singapore Open: 200m Freestyle - 1:54.00, 400m Freestyle - 4:05.00

My SEA Games 2009 Event/s:

400m Freestyle, 4x200m Freestyle Relay

Latest Sporting Achievement/s:

2009 Hong Kong Open: 400m Freestyle - Gold

Total Number of SEA Games Participated in:

This is my first SEA Games.

何如恩

D.O.B: 27-10-1992

Height: 178 cm

Weight: 67 kg



"My swimming days began when I was about three years old. My dad wanted my brother, sister and I to learn swimming as a survival skill. I ended up liking the sport immensely and started competitive training when I was nine.

Apart from training, I do pilates once a week and go for spin classes at the gym as well. I like reading and playing reversi and online games."

Ho Ru'En Roanne

Current School / Employer:

St. Peters Lutheran College

Personal Best/s Recorded:

2009 1st Asian Youth Games: 50m

Breaststroke - 0:32.44

2009 World Championships: 100m

Breaststroke - 1:12.11

My SEA Games 2009 Event/s:

100m Breaststroke & 4x100m Medley Relay

Latest Sporting Achievement/s:

2009 1st Asian Youth Games: 50m

Breaststroke - Bronze

2008 3rd Commonwealth Youth Games

(India): 50m Breaststroke - Silver

2005 Asian Indoor Games (Bangkok):

50m Breaststroke - Silver

Total Number of SEA Games Participated in:

This is my first SEA Games.

Ho Wei Ming Nicholas



何伟铭

D.O.B: 17-02-1994

Height: 173 cm

Weight: 63 kg

"I started swimming at the age of eight, as my parents wanted me to adopt an active, healthy lifestyle.

Whenever I have time to spare, I hang out and chill with my cousins."

Ho Wei Ming Nicholas

Current School / Employer:

Anglo-Chinese School (Independent)

Personal Best/s Recorded:

400m Individual Medley - 4:40.04

My SEA Games 2009 Event/s:

200m Butterfly & 400m Individual Medley

Latest Sporting Achievement/s:

2008 Singapore Swimming Association Award
- Best Male Athlete (Junior)

**Total Number of SEA Games
Participated in:**

This is my first SEA Games.

林文豪

D.O.B: 19-06-1988

Height: 186 cm

Weight: 73 kg



"My parents were concerned about my upper respiratory track problems. The doctors said that swimming would help. So, when I was in kindergarten, I picked up swimming. I began with basic swimming lessons and progressed to swim competitively when I was in Primary Four, where I won my primary school a national medal. Since then, swimming has been an integral part of my life.

I am currently serving my National Service. Like just about everybody else, I like to play computer games and hang out with my friends. Right now, I am trying to learn to play the acoustic guitar."

Joshua Lim Wen Hao

Current School / Employer:

National Service

Personal Best/s Recorded:

2009 Hong Kong Open: 100m Freestyle - 0:51.69

2009 13th FINA World Championships (Rome): 200m Freestyle - 1:52.99

My SEA Games 2009 Event/s:

200m Freestyle, 4x100m/4x200m Freestyle Relay, 200m Individual Medley

Latest Sporting Achievement/s:

2007 24th SEA Games: 4x200m Freestyle Relay - Gold

2005 Asian Indoor Games (Bangkok): 4x25m Freestyle Relay - Bronze

Total Number of SEA Games Participated in:

This is my second SEA Games.



许惠瑜

D.O.B: 14-03-1995

Height: 172 cm

Weight: 57 kg

"At five, I picked up swimming as a leisure sport. Every Sunday, my parents would walk my sister and me to the pool for our swimming lessons. My sister took up competitive swimming first, at the Swimfast Aquatic Club. My cousins had joined the Chinese Swimming Club and soon after, my family followed suit. I was about seven when I started to train with the other swimmers at the club and before I knew it, swimming was my chosen sport.

I go out with my friends as often as I can to catch a movie. We also help out Primary One and Two students with their work at a childcare centre as part of our school activity."

Koh Hui Yu

Current School / Employer:

Raffles Girls' School (Secondary)

Personal Best/s Recorded:

2009 13th FINA World Championships

(Rome): 400m Individual Medley - 5:02.13,

800m Freestyle - 9:10.25

2009 1st Asian Youth Games: 200m Individual Medley - 2:24.00

My SEA Games 2009 Event/s:

800m Freestyle, 4x100m Freestyle Relay,

200m/400m Individual Medley

Latest Sporting Achievement/s:

2009 1st Asian Youth Games: 4x100m

Freestyle Relay - Gold

Total Number of SEA Games Participated in:

This is my first SEA Games.

许婷婷

D.O.B: 29-12-1991

Height: 159 cm

Weight: 53 kg



"On the side of caution, my father enrolled me in a swimming class to ensure that I had the necessary survival skills. From then on, I loved being in the water. To be free like a fish, and not having the rules of gravity weighing heavily down on me - it was a dream. Most of all, I love competition in the swimming arena.

Besides swimming, I love to bake and cook, and would even take up baking classes in my spare time."

Koh Ting Ting

Current School / Employer:

Auckland University of Technology

Personal Best/s Recorded:

2009 5th Singapore National Swimming Championships: 200m Butterfly - 2:19.23

My SEA Games 2009 Event/s:

100m/200m Butterfly, 200m Individual Medley

Latest Sporting Achievement/s:

2009 Asean Inter-Club Age Group Swimming Championship: 100m Breaststroke - Gold, 50m Breaststroke - Gold, 50m Butterfly - Silver, 100m Butterfly - Gold, 200m Butterfly - Gold, 400m Individual Medley - Gold

Total Number of SEA Games Participated in:

This is my first SEA Games.



林佳育

D.O.B: 11-05-1993

Height: 161 cm

Weight: 55 kg

"I started swimming when I was five and progressed to competitive swimming at eight. I went on to represent Singapore at nine and competed in my first SEA Games at 14, where I brought home several medals.

During my free time, I would read, listen to music and watch videos on my computer. I am a home-body at heart, preferring to spend my precious spare time relaxing and doing the things that I enjoy."

Lim Jia Yi Shana

Current School / Employer:

Hwa Chong International School

Personal Best/s Recorded:

2009 13th FINA World Swimming Championships (Rome): 100m Backstroke - 1:03.25

My SEA Games 2009 Event/s:

100m/200m Backstroke & 4x100m Medley Relay

Latest Sporting Achievement/s:

2008 3rd Commonwealth Youth Games (India): 50m Backstroke - Bronze
2007 FINA/ARENA Swimming World Cup: 50m Backstroke - Bronze
2007 SEA Age Group Swimming Championships: 100m Backstroke - Silver, 50m Backstroke - Gold, 50m Butterfly - Gold

Total Number of SEA Games Participated in:

This is my second SEA Games.

林淑恩

D.O.B: 25-04-1992

Height: 165 cm

Weight: 56 kg



"Tired of waiting for my older sister, Elaine, to finish her swimming training, I decided to take up competitive swimming when I was six. I discovered at 11 that distance swimming was my strength when I was placed fourth in the 500-yard freestyle for 11/12 year olds at the Southern California Junior Olympics. The following year, I broke three 12 and Under distance freestyle records in Southern California. I first represented Singapore in 2007 at the FINA World Championships at 15. I love being on the Singapore Team and hanging out with my team-mates.

It seems that all I do is train and study. Whenever I have any free time, I would read books, play online games and watch TV."

Lim Shu-En Lynette

Current School / Employer:

Palm Springs High School

Personal Best/s Recorded:

2009 13th FINA World Championships (Rome): 800m Freestyle - 8:42.16

My SEA Games 2009 Event/s:

400m/800m Freestyle & 4x200m Freestyle Relay

Latest Sporting Achievement/s:

2009 13th FINA World Championships (Rome): 200m Freestyle - Heats, 400m Freestyle - Heats, 800m Freestyle - Heats, 1500m Freestyle - Heats, 200m Butterfly - Heats
2009 1st Asian Youth Games: 400m Freestyle - Gold

Total Number of SEA Games Participated in:

This is my second SEA Games.

Lim Xiang Qi Amanda



林香杞

D.O.B: 08-01-1993

Height: 170 cm

Weight: 56 kg

"I started swimming for health reasons. I was diagnosed with asthma when I was very young and the doctor suggested I pick up swimming. Following his suggestion, my parents enrolled me in swimming lessons at the Serangoon Gardens Country Club when I was five. I realised then that I have a passion for swimming and went on to swim competitively from Primary Three onwards.

I stay at a boarding school and do not get to see my family very much. Because of that, I would spend as much quality time as possible with them, whenever I have the chance. I also like to watch TV and go out with friends."

Lim Xiang Qi Amanda

Current School / Employer:

Singapore Sports School

Personal Best/s Recorded:

2009 1st Asian Youth Games: 50m Freestyle
- 0:25.38

2009 Singapore Open: 100m Freestyle
- 0:56.16, 200m Freestyle - 2:02.81

My SEA Games 2009 Event/s:

50m/100m/200m Freestyle,
4x100m/4x200m Freestyle Relay

Latest Sporting Achievement/s:

2009 1st Asian Youth Games: 4x100m Freestyle Relay - Gold, 50m Freestyle - Silver, 100m Freestyle - Silver, 4x100m Medley Relay - Bronze (3 National Records)

Total Number of SEA Games Participated in:

This is my second SEA Games.

Marcus Cheah Mingzhe



谢明哲

D.O.B: 04-03-1988

Height: 180 cm

Weight: 73 kg



"I loved to swim as a child and was always very comfortable in the water. My parents decided to send me for swimming classes and I started to train competitively after a few years. After I won my first gold medal at the school nationals, my interest in swimming was further fuelled and this filled me with the drive and determination to excel at this sport."

Marcus Cheah Mingzhe

Current School / Employer:

NIL

Personal Best/s Recorded:

2007 24th SEA Games: 4x200m Freestyle Relay - Gold (National Record), 400m Freestyle - Silver (National Record), 200m Backstroke - Bronze, 1500m Freestyle - Bronze

My SEA Games 2009 Event/s:

200m/400m Freestyle & 4x200m Freestyle Relay

Latest Sporting Achievement/s:

2009 13th FINA World Championships (Rome): 200m Freestyle - 1:57.01

Total Number of SEA Games Participated in:

This is my third SEA Games.

Mylene Ong Chui Bin



王翠彬

D.O.B: 23-07-1991

Height: 168 cm

Weight: 53 kg

"I commenced swimming when I was seven years old. I joined swimming mainly because when I was younger, I was often brought along to watch my siblings' swimming sessions. It got me excited about the sport and eagerness to learn set in.

When I am not swimming, I go shopping and watch movies."

Mylene Ong Chui Bin

Current School / Employer:

Auckland University of Technology

Personal Best/s Recorded:

2009 5th Singapore National Swimming Championships: 100m Freestyle - 0:56.99

My SEA Games 2009 Event/s:

4x100m/4x200m Freestyle Relay

Latest Sporting Achievement/s:

2007 24th SEA Games: 4x200m Freestyle Relay - Silver

2005 23rd SEA Games: 4x200m Freestyle Relay - Silver

Total Number of SEA Games Participated in:

This is my third SEA Games.

黄嘉豪

D.O.B: 13-01-1991

Height: 180 cm

Weight: 70 kg



"As I was often sick as a child, my parents got me into the sport so that I could keep fit. I started swimming when I was five.

I like playing computer games and can spend hours with my eyes glued to the computer screen. I also like fishing, playing puzzle games or do scale modelling when I have some free time."

Ng Jia Hao

Current School / Employer:

Raffles Institution (Junior College)

Personal Best/s Recorded:

2009 5th Singapore National Swimming Championships: 100m Breaststroke - 1:04.46

My SEA Games 2009 Event/s:

100m/200m Breaststroke & 4x100m Medley Relay

Latest Sporting Achievement/s:

2008 3rd Commonwealth Youth Games (India): 50m Breaststroke - Silver

Total Number of SEA Games Participated in:

This is my first SEA Games.



冯盛均

D.O.B: 09-09-1992

Height: 173 cm

Weight: 69 kg

"I used to have asthma and took up my doctor's suggestion to learn swimming to improve my health, which has improved tremendously over the years. I became interested in this sport as it develops within me a strong fighting spirit. I am grateful for my parents' support of my decision to continue swimming, which has now become a vital part of my life.

I am a very straightforward person, and do not mind criticism, as long as it is constructive. I usually go out for movies with friends over the weekend or communicate with them online."

Pang Sheng Jun

Current School / Employer:

Singapore Sports School (Auckland University of Technology)

Personal Best/s Recorded:

2009 5th Singapore National Swimming Championships: 400m Individual Medley - 4:34.68 (U-17 National Record)

My SEA Games 2009 Event/s:

200m/400m Individual Medley

Latest Sporting Achievement/s:

2009 1st Asian Youth Games: 4x100m Freestyle Relay (U-17 National Record)
2009 5th Singapore National Swimming Championships: 200m Individual Medley (U-17 National Record), 400m Individual Medley (U-17 National Record)

Total Number of SEA Games Participated in:

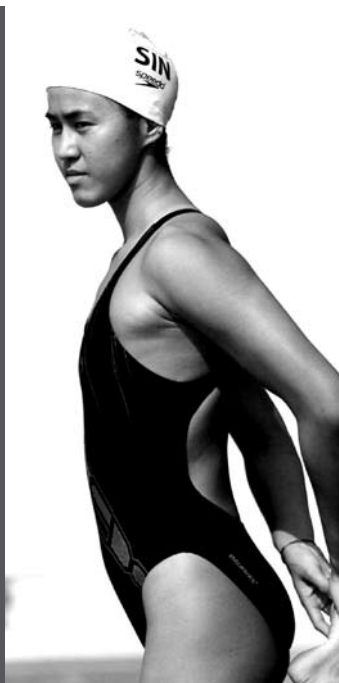
This is my first SEA Games.

柯婷文

D.O.B: 18-08-1992

Height: 174 cm

Weight: 60 kg



"I picked up swimming when I was six, starting off with water survival courses just for the fun of it. I started competitive training when I was eight and began competing when I was 10. I only became really serious about it when I realised that I really liked the sport and that it was something I could excel at.

Outside of sports, I focus pretty much on my studies."

Quah Ting Wen

Current School / Employer:

Raffles Institution (Junior College)

Personal Best/s Recorded:

2009 1st Asian Youth Games: 200m Freestyle - 1:59.51

My SEA Games 2009 Event/s:

50m/100m/200m/400m Freestyle, 400m Individual Medley, 4x100m/4x200m Freestyle Relay & 4x100m Medley Relay

Latest Sporting Achievement/s:

2008 Beijing Olympics Games: 100m Freestyle - Heats, 400m Individual Medley - Heats
2007 24th SEA Games: 4x100m Medley Relay - Gold, 4x200m Freestyle Relay - Silver, 100m Freestyle - Silver

Total Number of SEA Games Participated in:

This is my third SEA Games.



黄凯伟

D.O.B: 04-06-1992

Height: 170 cm

Weight: 61 kg

"It all originated because of asthma. When I was five, I picked up swimming to fight it. My coach saw potential in me and recommended that I join competitive training and that was how it all started.

I actually enjoy studying and playing other sports."

Rainer Ng Kai Wee

Current School / Employer:

Raffles Institution (Junior College)

Personal Best/s Recorded:

2009 13th FINA World Championships (Rome): 100m Backstroke - 0:57.33 (National Open Record), 200m Butterfly - 2:03.83
2009 Hong Kong Open: 200m Backstroke - 2:08.27

My SEA Games 2009 Event/s:

100m/200m Backstroke, 200m Butterfly & 4x100m Medley Relay

Latest Sporting Achievement/s:

2009 1st Asian Youth Games: 100m Backstroke - Bronze, 4x100m Medley Relay - Bronze
2008 3rd Commonwealth Youth Games (India): 50m Backstroke - Bronze

Total Number of SEA Games Participated in:

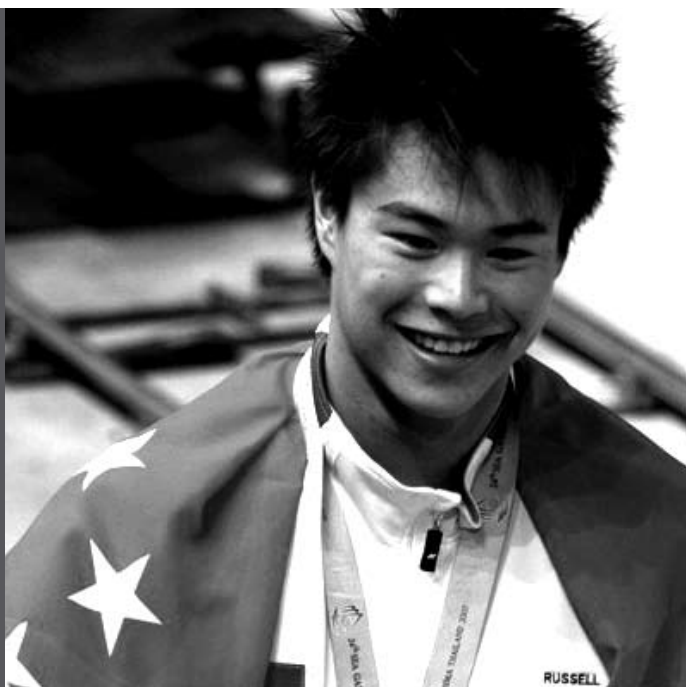
This is my first SEA Games.

王凯羿

D.O.B: 14-04-1989

Height: 178 cm

Weight: 72 kg



"I took up swimming when I was five to learn more about water safety. One thing led to another and I began to swim competitively when I was 12.

I like to take full advantage of my mornings off by sleeping in as late as possible."

Russell Ong Kai Yi

Current School / Employer:

Melbourne University

Personal Best/s Recorded:

2009 Hong Kong Open: 50m Freestyle
- 0:22.97, 100m Freestyle - 0:51.72

My SEA Games 2009 Event/s:

500m/100m Freestyle & 4x100m Freestyle
Relay

Latest Sporting Achievement/s:

2009 Hong Kong Open: 50m Freestyle
- 0:22.97, 100m Freestyle - 0:51.72
2007 24th SEA Games: 4x100m Freestyle
Relay - Gold, 50m Freestyle - Bronze

**Total Number of SEA Games
Participated in:**

This is my second SEA Games.

Samantha Louisa Yeo Ginn



杨琪

D.O.B: 24-01-1997

Height: 159 cm

Weight: 47 kg

"I began learning swimming when I was about five to be water-safe and to strengthen my lungs against a constant bout of coughs and flu. I started the sport like any other novice, learning from scratch, adapting to the tough trainings and gradually developing my skill from there, step by step.

I like ballet and have been learning it since I was four. I still have my weekly lessons and am currently at Grade Seven. My studies and training leave me with little spare time, hence, I cherish every bit of free time I have, catching up on TV programmes, listening to music, playing the Nintendo DS and reading. I enjoy thrillers and mysteries such as the *Harry Potter* series."

Samantha Louisa Yeo Ginn

Current School / Employer:

CHIJ St. Nicholas Girls' School (Primary)

Personal Best/s Recorded:

2009 50th MILO Inter-Primary School Swimming Championships: 100m Breaststroke - 1:14.05 (U-14 National Record)

My SEA Games 2009 Event/s:

200m Breaststroke

Latest Sporting Achievement/s:

2009 Hong Kong Open: 200m Breaststroke - Silver, 100m Breaststroke - 4th position
2009 6th Asian Age Group Swimming Championship (Japan): 100m Backstroke - Bronze, 50m Breaststroke - 4th position, 100m Breaststroke - Bronze, 200m Breaststroke - Bronze

Total Number of SEA Games Participated in:

This is my first SEA Games.

苏士荣

D.O.B: 03-05-1987

Height: 179 cm

Weight: 70 kg



"Having watched on TV the likes of David Lim and Ng Yue Meng competing at several SEA Games, they became my inspiration for picking up swimming. I even went to the same university as them. That was why I knew that I had to follow in their footsteps and secure a place on the national team as well."

Su Shirong Jeffrey

Current School / Employer:

Singapore Armed Forces

Personal Best/s Recorded:

2009 5th Singapore National Swimming Championships: 50m Freestyle - 0:23.72
2009 Hong Kong Open: 100m Freestyle - 0:52.26

My SEA Games 2009 Event/s:

50m Freestyle, 4x100m Freestyle Relay

Latest Sporting Achievement/s:

2007 24th SEA Games: 4x100m Freestyle Relay - Gold
2005 23rd SEA Games: 4x100m Freestyle Relay - Gold

Total Number of SEA Games Participated in:

This is my third SEA Games.



陈锦文

D.O.B: 26-05-1986

Height: 174 cm

Weight: 73 kg

"On the recommendation of the doctor, I started swimming at the age of five. Since then, I have not looked back on my decision, as it has granted me many opportunities, with the most recent being a chance to don the national colours and compete at the impending 25th SEA Games.

Besides swimming, I like to play the piano."

Tan Jinwen Mark

Current School / Employer:

Singapore Management University

Personal Best/s Recorded:

2009 13th FINA World Championships (Rome): 100m Breaststroke - 1:05.02
2009 40th National Age Group Swimming Championship: 200m Breaststroke - 2:20.71 (National Record)

My SEA Games 2009 Event/s:

100m/200m Breaststroke & 4x100m Medley Relay

Latest Sporting Achievement/s:

2009 40th National Age Group Swimming Championship: 200m Breaststroke - 2:20.71 (National Record)
2009 13th FINA World Championships (Rome): 4x100m Medley Relay - 3:48.74 (National Record)

Total Number of SEA Games Participated in:

This is my third SEA Games.

Tan Xue Wei Nicholas



陈雪伟

D.O.B: 28-04-1989

Height: 181 cm

Weight: 75 kg



"There is a great joy to dashing about in the water! It was with glee that my fascination for the sport began. My parents fanned my obsession by taking me to the pool often!"

Tan Xue Wei Nicholas

Current School / Employer:

Harvard University

Personal Best/s Recorded:

2008 4th Singapore National Swimming Championships: 100m Butterfly - 0:54.79

My SEA Games 2009 Event/s:

100m Butterfly, 100m Freestyle, 4x100m Freestyle Relay & 4x100m Medley Relay

Latest Sporting Achievement/s:

2008 Singapore Open Championship: 50m Butterfly - 0:24.99, 100m Butterfly - 0:54.79
2007 24th SEA Games: 4x100m Freestyle Relay - Gold (SEA Games Record), 4x100m Medley Relay - Bronze, 100m Butterfly - 0:55.78 (National Record)

Total Number of SEA Games Participated in:

This is my second SEA Games.



陶李

D.O.B: 10-01-1990

Height: 160 cm

Weight: 57 kg

"I came from a sporting family and eventually followed my parents' footsteps in becoming an athlete. I remember starting to learn how to swim when I was five.

I like to hang out with friends and go to the movies."

Tao Li

Current School / Employer:

Singapore Sports School

Personal Best/s Recorded:

100m Butterfly - 0:57.54, 200m Butterfly - 2:12, 200m Backstroke - 2:17, 100m Backstroke - 1:02

My SEA Games 2009 Event/s:

100m/200m Butterfly, 100m/200 Backstroke, 4x100m Freestyle Relay & 4x100m Medley Relay

Latest Sporting Achievement/s:

2008 Beijing Olympic Games: 100m Butterfly - 5th position
2007 24th SEA Games: 100m Butterfly - Gold, 200m Butterfly - Gold, 100m Backstroke - Gold, 4x100m Medley Relay - Gold, 200m Individual Medley - Silver

Total Number of SEA Games Participated in:

This is my third SEA Games.

Zach Ong Wei Shien



王维贤

D.O.B: 28-11-1990

Height: 182 cm

Weight: 67 kg



"I used to swim by the side of the big pool while my brother was having his swimming lessons. One day, Auntie Wendy (Uncle Ang Peng Siong's wife) picked me out of the big pool and brought me to the small pool to have lessons. My interest in the sport has been growing ever since."

Zach Ong Wei Shien

Current School / Employer:

National Service

Personal Best/s Recorded:

2007 24th SEA Games: 100m Backstroke
- 0:59.65 (Gold)

My SEA Games 2009 Event/s:

100m/200m Backstroke

Latest Sporting Achievement/s:

2007 24th SEA Games: 200m Backstroke
- Silver, 4x100m Medley Relay - Bronze

Total Number of SEA Games Participated in:

This is my second SEA Games.

Officials - Swimming



Yeo Ho Sin Aloysius

杨浩欣

Team Manager



See Puay Kheng

施培庆

Asst. Team Manager/Coach



Ang Peng Siong

洪秉祥

Head Coach



Carol Capitani

Asst. Head Coach



David Lim Fong Jock

林方育

Coach



Jin Xiao Li

金小莉

Coach

Officials - Swimming



Peter Churchill

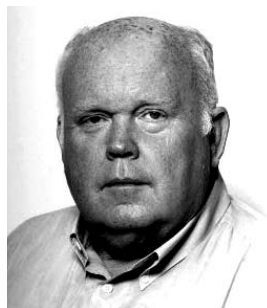
Coach



Tan Yu Lee Gary

陈利裕

Coach



Bill Sweetenham

William Francis

Consultant



Kinugasa Taisuke

Physiologist



蔡晓黎

D.O.B: 21-11-1979

Height: 175 cm

Weight: 72 kg



"I began playing table tennis at the young age of six with the support and words of encouragement from my father, who was a coach with the Beijing Table Tennis National Team.

My hobbies are surfing the Internet, watching movies and playing video games."

Cai XiaoLi

Current School / Employer:

Singapore Table Tennis Association

Personal Best/s Recorded:

2009 Commonwealth Championships: Men's Team - 1st position

My SEA Games 2009 Event/s:

Men's Team & Men's Doubles

Latest Sporting Achievement/s:

2009 Indian Open: Men's Singles - 2nd position

Total Number of SEA Games Participated in:

This is my sixth SEA Games.



冯天薇

D.O.B: 31-08-1986

Height: 163 cm

Weight: 54 kg

"I started playing table tennis when I was five. I loved the sport so much so that I would play it after school and even on weekends.

I listen to music and watch movies in my free time. I also enjoy a good read."

Feng Tianwei

Current School / Employer:

Singapore Table Tennis Association

Personal Best/s Recorded:

2008 Beijing Olympic Games: Women's Team
- Silver

My SEA Games 2009 Event/s:

Women's Team, Singles, Doubles & Mixed
Doubles

Latest Sporting Achievement/s:

2009 ITTF Pro Tour Korea Open: Women's
Singles - Champion
2008 ITTF Pro Tour Polish Open: Women's
Singles - Champion

**Total Number of SEA Games
Participated in:**

This is my first SEA Games.

高宁

D.O.B: 11-10-1982

Height: 175 cm

Weight: 70 kg



"I engaged in table tennis when I was seven, on the encouragement of my father; he had aspirations for me to become a world-class athlete. I also feel table tennis is a fantastic form of exercise.

I surf the Internet, listen to music and watch movies during my spare time. I also enjoy meeting up with a few close friends for a chat over a cup of coffee or a meal."

Gao Ning

Current School / Employer:

Singapore Table Tennis Association

Personal Best/s Recorded:

2009 Commonwealth Championships: Men's Team & Men's Singles - 1st position

My SEA Games 2009 Event/s:

Men's Team, Singles, Doubles & Mixed Doubles

Latest Sporting Achievement/s:

2009 ITTF India Open: Men's Doubles - 1st position
2009 Commonwealth Championships: Men's Team & Men's Singles - 1st position, Men's Doubles - 2nd position

Total Number of SEA Games Participated in:

This is my second SEA Games.



林杰衍

D.O.B: 20-04-1992

Height: 169 cm

Weight: 54.5 kg

"I ventured into table tennis when I was nine, when the table tennis coach in my primary school persuaded me to do so. My natural devotion to the sport increased thereafter and I have enjoyed playing the sport ever since.

Relaxation for me means playing computer games, learning new things from the Internet and going out with my friends."

Lim Jie Yan

Current School / Employer:

Hwa Chong Institution

Personal Best/s Recorded:

2009 Asian Junior: Men's Doubles - 3rd position

My SEA Games 2009 Event/s:

Men's Team

Latest Sporting Achievement/s:

2009 Asian Junior: Men's Doubles - 3rd position

2007 24th SEA Junior Table Tennis Championships: Boys Singles & Doubles - 1st position

Total Number of SEA Games Participated in:

This is my first SEA Games.

庞学杰

D.O.B: 11-03-1993

Height: 170 cm

Weight: 68 kg



"Influenced by my brothers and parents who were also table tennis players, I started participating in the sport at five years of age. My first experience with table tennis was when my father took two tissue paper boxes, placed them on the table, and encouraged me to play on that little table. That was how this love of mine first started, with my interest in the sport budding year on year.

I find pleasure in computer games, going out with my friends and spend time catching up with my homework."

Pang Xue Jie

Current School / Employer:

Singapore Sports School

Personal Best/s Recorded:

2007 24th SEA Games: Men's Team - 1st position

My SEA Games 2009 Event/s:

Men's Team & Men's Doubles

Latest Sporting Achievement/s:

2009 Commonwealth Championships: Men's Team - 1st position

2007 24th SEA Games: Men's Team - 1st position

Total Number of SEA Games Participated in:

This is my second SEA Games.



沈凯欣

D.O.B: 06-11-1990

Height: 164 cm

Weight: 58 kg

"When I was eight, my sister introduced me to table tennis. When I turned 10, I realised I was more interested in table tennis than the School Band. Given that, I left the Band and joined the school table tennis team instead. I am most happy with that decision, as I cannot imagine not playing table tennis.

I like to surf the Net to discover new things, and to occasionally catch up with my friends. Other than that, I spend my time revising my school work."

Sim Kai Xin Zena

Current School / Employer:

Auckland University of Technology

Personal Best/s Recorded:

2005 Asian Junior Championships Cadet
Girls: Singles - 1st position

My SEA Games 2009 Event/s:

Women's Team

Latest Sporting Achievement/s:

2009 ITTF India Open: Women's Doubles
- 3rd position
2009 Commonwealth Championships:
Women's Team - 1st position
2008 3rd Commonwealth Youth Games:
Women's Singles - 2nd position

**Total Number of SEA Games
Participated in:**

This is my first SEA Games.

孙蓓蓓

D.O.B: 28-01-1984

Height: 158 cm

Weight: 57 kg



"I began playing table tennis when I was seven. It was then a way for me to keep fit and healthy.

In my free time, I would go to watch the movies or go shopping."

Sun BeiBei

Current School / Employer:

Singapore Table Tennis Association

Personal Best/s Recorded:

2009 Commonwealth Championships:
Women's Team & Women's Doubles - 1st
position

My SEA Games 2009 Event/s:

Women's Team & Women's Doubles

Latest Sporting Achievement/s:

2009 Commonwealth Championships:
Women's Team & Women's Doubles - 1st
position, Women's Singles - 3rd position
2008 TMS Singapore Open: Women's
Doubles - 1st position
2008 ITTF Pro Tour Grand Finals (Macau):
Women's Doubles - 1st position

Total Number of SEA Games Participated in:

This is my second SEA Games.



王越古

D.O.B: 10-06-1980

Height: 160 cm

Weight: 60 kg

"My father initiated my taking up table tennis when I was six. I have not looked back on my choice since, as my passion for the sport swells with each day.

I like to surf the Internet to expand my knowledge and chat with friends. I also occasionally visit the spa for relaxation."

Wang YueGu

Current School / Employer:

Singapore Table Tennis Association

Personal Best/s Recorded:

2008 Beijing Olympic Games: Women's Team
- Silver

My SEA Games 2009 Event/s:

Women's Team, Singles, Doubles & Mixed
Doubles

Latest Sporting Achievement/s:

2009 Commonwealth Championships:
Women's Team, Singles & Mixed Doubles
- 1st position
2008 ITTF Brazilian Open: Women's Singles
- 1st position
2008 ITTF German Open: Women's Team -
1st position

Total Number of SEA Games Participated in:

This is my second SEA Games.

杨子

D.O.B: 19-06-1984

Height: 178 cm

Weight: 65 kg



"My table tennis days began when I was 10, as I felt it was a good way to keep fit and active. Little did I know I would fall in love with the sport.

I like to read books and surf the Net. I also seize the opportunity to brush up on my languages in my free time."

Yang Zi

Current School / Employer:

Singapore Table Tennis Association

Personal Best/s Recorded:

2009 Commonwealth Championships: Men's Team & Mixed Doubles - 1st position

My SEA Games 2009 Event/s:

Men's Team, Singles, Doubles & Mixed Doubles

Latest Sporting Achievement/s:

2009 ITTF India Open: Men's Doubles - 1st position, Men's Singles - 3rd position
2009 Commonwealth Championships: Men's Team & Mixed Doubles - 1st position, Men's Doubles - 2nd position

Total Number of SEA Games Participated in:

This is my second SEA Games.



于梦雨

D.O.B: 18-08-1989

Height: 167 cm

Weight: 51 kg

"I was frail as a child. So my mother advised me to pick up a sport to keep fit. The sport I chose was table tennis, which has now become my love and profession.

I have plenty of hobbies, and these include listening to songs, surfing the Net and reading books."

Yu MengYu

Current School / Employer:

Singapore Table Tennis Association

Personal Best/s Recorded:

2009 Commonwealth Championships:
Women's Team & Women's Doubles - 1st
position

My SEA Games 2009 Event/s:

Women's Team & Women's Doubles

Latest Sporting Achievement/s:

2009 ITTF India Open: Women's Singles U-21
- 1st position
2009 Commonwealth Championships:
Women's Team & Women's Doubles - 1st
position, Women's Singles - 2nd position
2009 ITTF Japan Open: Women's Singles
U-21 - 1st position

Total Number of SEA Games Participated in:

This is my second SEA Games.

Officials - Table Tennis



Loy Soo Han

黎仕汉

Team Manager



Eddy Tay Han Chong

郑汉聪

Asst. Team Manager



Zhou Shu Sen

周树森

Head Coach (Women's Team)



Jing Jun Hong

井浚泓

Deputy Head Coach
(Women's Team)



Chen Alain

陈平西

Head Coach (Men's Team)



Chen Yong

陈勇

Asst. Coach (Men's Team)



郭洁琳

D.O.B: 22-05-1992

Height: 172 cm

Weight: 72 kg



"I picked up taekwondo when I was seven when my parents, concerned with my weight and fitness, enrolled me in a taekwondo class. Initially, I disliked it because I did not like exercise. Over time, the sport gave me fitness and a mantra for life. It inculcates discipline, prescribes ideals of respect, the value of perseverance and much more.

At my first international event, I won a bronze medal. Motivated by this, I trained harder and saw every training session as an opportunity for growth. In 2009, I brought home a gold medal from the ASEAN Championships, and a silver medal from the Asian Cities Gold Cup. I also won a bronze medal at the 1st Asian Martial Arts Games in Bangkok in 2009. At that moment when I stepped onto the podium to receive my medal and watched the Singapore flag being raised, I promised myself and Singapore that I will do my best to win a medal at the 25th SEA Games."

Current School / Employer:

Naval Base Secondary

Personal Best/s Recorded:

2009 1st Asian Martial Arts Games - Bronze

My SEA Games 2009 Event/s:

Female Middle weight

Latest Sporting Achievement/s:

2009 5th Korea Open International - Bronze

2009 1st Asian Martial Arts Games - Bronze

2009 9th Asean Taekwondo Championships - Gold

2009 13th Asian Cities Gold Cup - Silver

Total Number of SEA Games Participated in:

This is my first SEA Games.



郭玉

D.O.B: 04-07-1988

Height: 156 cm

Weight: 49 kg

"At the end of my Secondary One final year examinations, I asked my mother to enrol me in a taekwondo class at a nearby community centre. There, my instructor spotted my talent and streamed me after my first grading to his "special" class that was meant to groom fighters. I achieved the gold medal for my weight class when I competed at the National Championships for red belts and above. Two years later, in 2003, I was invited to train with the National Taekwondo Squad. My first overseas competition was in 2004. My coach, Wong Liang Ming, was crucial in my success in taekwondo. Her guidance, motivation, and her massive sacrifices allowed me to balance my academic and training commitments. Through her, I earned the privilege to represent Singapore at this up-coming SEA Games.

My close friends occupy my free time. Sometimes, we also go for leisurely jogs."

Quek Yu Lanetar

Current School / Employer:

Singapore Institute of Management

Personal Best/s Recorded:

2008 Asian Cities Gold Cup Championships
- Gold

My SEA Games 2009 Event/s:

Female Fly weight

Latest Sporting Achievement/s:

2009 9th Asean Taekwondo Championships
- Quarter-finalist
2009 1st Asian Martial Arts Games
- Quarter-finalist
2009 5th Korea Open International
- Quarter-finalist
2009 National Taekwondo Championships -
Gold

Total Number of SEA Games Participated in:

This is my second SEA Games.

陈俊玮

D.O.B: 07-12-1991

Height: 168 cm

Weight: 54 kg



"I picked up taekwondo in 1997 when I was six. Whenever my parents and I passed by the RC centre near our home, we would stop to watch the kids practising taekwondo. Seeing those kids shouting and fighting with each other aroused my interest in the sport. My parents then enrolled me in a taekwondo class so that I could become fitter and stronger. I was a fast learner, and achieved my first gold medal at the 26th National Championships in 1999. That was also my first sparring tournament. At the age of eight, I represented Singapore at the 8th Korea Taekwondo Hanmadang in 1999. I made the national team in 2006 and was excited about the honour of representing Singapore in overseas tournaments.

I enjoy swimming, bowling and playing badminton with my family and friends. I like to surf the Internet, listen to songs and chat with my friends in my spare time."

Tan Junwei Jason

Current School / Employer:

Temasek Polytechnic

Personal Best/s Recorded:

2009 13th Asian Cities Gold Cup - Gold

My SEA Games 2009 Event/s:

Male Fin weight

Latest Sporting Achievement/s:

2009 1st Asian Martial Arts Games

- Quarter-finalist

2009 36th National Taekwondo Championships - Gold and Best Male Player Award

2009 3rd National Poomsae Championships - 3 Golds (Individual, Pair and Team)

2009 Singapore National Olympic Council Meritorious Award (Individual)

Total Number of SEA Games Participated in:

This is my first SEA Games.



Wong Liang Ming

黄良敏

Coach

25th SEA GAMES



Chua Jun-Xian Aloysius



蔡俊贤

D.O.B: 26-11-1992

Height: 170 cm

Weight: 67 kg

"I was introduced to wrestling through my judo coach, Mr Gerard Lim, in 2005. My switch from judo was mainly for gaining experience, but since then, it has become my passion. I constantly seek new martial arts to broaden my horizon.

My drive to excel at wrestling has helped me greatly in almost everything that I do. What I have learnt is that nothing comes easy; we all have to work hard and persevere if we want to succeed at what we do. Outside the ring, I am an adventurous person who is always willing to try new things. The centre of my life is not wrestling or any sport but my family. Without their support, I am nothing."

Chua Jun-Xian Aloysius

Current School / Employer:

Nanyang Junior College

Personal Best/s Recorded:

NIL

My SEA Games 2009 Event/s:

66 kg Male (Freestyle)

Latest Sporting Achievement/s:

2009 Asian Junior Wrestling Championships

Total Number of SEA Games Participated in:

This is my first SEA Games.

D.O.B: 02-12-1981

Height: 158 cm

Weight: 50 kg



"I started judo training in secondary school as an Extra Curricular Activity. What started as a leisure activity to lose weight grew into a fulfilling slew of competitions. Having faith in my ability, I went on to compete in other grappling arts – Brazilian Jujitsu, Sambo and Submission Grappling. In a bid to be an all-rounded grappler, I trained in freestyle wrestling, which was introduced to me by Jimmy Taenaka. The experience has greatly exceeded my expectations and I am very grateful for it.

When I'm not training or working, I spend time with my family and friends or go to the movies. I also enjoy the company of my sister's kids. On some weekends, I would go to an open mat session and spar with my friends in Brazilian jujitsu and submission grappling. I also love watching the Ultimate Fighting Championship of the Mixed Martial Arts. Hopefully, one day, I can get into the Mixed Martial Arts. Like many other girls, I love candy and chocolate."

Current School / Employer:

Jagsport

Personal Best/s Recorded:

AGIP Most Technical Fighter Award
(Submission Grappling)

My SEA Games 2009 Event/s:

51 kg Female (Freestyle)

Latest Sporting Achievement/s:

2009 World Championships - Senior Ranked 23rd
2009 Asian Senior Wrestling Championships
- 5th position

Total Number of SEA Games Participated in:

This is my first SEA Games.

Mohamad Sulaiman Bin Mohamad Yusof



D.O.B: 14-07-1982

Height: 180 cm

Weight: 73 kg

"I have a strong interest in Combat Sports - Competitive Martial Arts. Grounded in judo and silat, I ventured into the grappling arts - Jujutsu, Brazilian Jujitsu, Sambo and Combat Sambo. It was Jimmy Taenaka, Vice President of the Wrestling Federation of Singapore, who introduced me to the sport of wrestling. Hooked on it, I have been training tirelessly in the hope of bringing home a gold medal from the up-coming 25th SEA Games.

I love to relax and chill. I try not to do other sports when I relax because I tend to become competitive then and end up not relaxing."

Mohamad Sulaiman Bin Mohamad Yusof

Current School / Employer:

NIL

Personal Best/s Recorded:

NIL

My SEA Games 2009 Event/s:

74 kg Male (Freestyle)

Latest Sporting Achievement/s:

2009 Asian Sambo Championships: Combat

Sambo - 2nd position

2009 Asian Sambo Championships: Sport

Sambo - 3rd position

2009 Asian Senior Wrestling Championships

**Total Number of SEA Games
Participated in:**

This is my first SEA Games.

杨毅

D.O.B: 22-05-1987

Height: 175 cm

Weight: 95 kg



"Heeding my judo coach's advice, I made a switch to freestyle wrestling from judo in February 2009, even though my initial plan was to resume judo training after my National Service. Though just months into wrestling, I am determined to be a champion in the sport.

When not training or studying, I spend my time playing other recreational sports such as rugby and soccer. Other past times include helping out in church, reading books, scouting for good food places and catching movies."

Yang Yi Gabriel

Current School / Employer:

National Institute of Education (NTU)

Personal Best/s Recorded:

NIL

My SEA Games 2009 Event/s:

96 kg Male (Freestyle)

Latest Sporting Achievement/s:

2009 IFUGAO Wrestling Invitation: Male Senior U-96kg (Freestyle) - 1st position

Total Number of SEA Games Participated in:

This is my first SEA Games.

Officials - Wrestling



Jimmy Taenaka
Team Manager



Sergey Beloglazov
Team Coach

25th SEA GAMES



Brendan Goh Han Xiang



吴汉祥

D.O.B: 29-08-1987

Height: 179 cm

Weight: 72 kg

"As a kid I was always fascinated by kung fu movies. It was in secondary school that I made the school's wushu team and got the chance to really immerse myself into the sport. Since then, I have been training hard to excel.

Adventure makes my blood move and I like to explore new things, especially those that I think would help me in my work and personal life. When I am free, I spend time with my loved ones and friends as they matter a lot to me."

Brendan Goh Han Xiang

Current School / Employer:

Singapore Police Force

Personal Best/s Recorded:

2007 Beijing Wushu Invitational:
Nandao - Silver (8.63), Nangun - Silver (8.80)

My SEA Games 2009 Event/s:

Nanquan/Southern Cudgel (M)

Latest Sporting Achievement/s:

2007 Beijing Wushu Invitational: Nanquan
- 4th position (8.30), Nandao - Silver (8.63),
Nangun - Silver (8.80)

Total Number of SEA Games Participated in:

This is my first SEA Games.

范钧杰

D.O.B: 31-01-1993

Height: 173 cm

Weight: 65 kg



"The Tampines East Community Centre was where I first started to learn wushu when I was six. I initially disliked the sport and would even feign illness to skip training. However, I developed a genuine interest in the sport and made the youth team at the Singapore National Wushu Federation when I was 11. I encouraged my youngest sister to take up wushu and am very glad that she has also made the national youth team.

When I am training, I sleep to keep myself well-rested. However, when I am not training, I need to keep active and sometimes play a game of basketball or soccer to keep my senses and body alert."

Fung Jin Jie

Current School / Employer:

Victoria School

Personal Best/s Recorded:

2008 2nd World Junior Wushu Championship:
Cudgel - Bronze (9.15)

My SEA Games 2009 Event/s:

Men's Team Duilian - Barehand

Latest Sporting Achievement/s:

2008 2nd World Junior Wushu Championship:
Broadsword - 6th position (9.10)
2005 Asian Junior Wushu Championship:
Cudgel - 8th position (9.18),
Changquan - 8th position (9.18)

Total Number of SEA Games Participated in:

This is my first SEA Games.



许宝真

D.O.B: 20-01-1986

Height: 158 cm

Weight: 47 kg

"I have been enthralled by action movies since young, and used to watch Jet Li and Jackie Chan movies with my whole family. I started practising wushu when I was 12 and the journey has been nothing short of fantastic.

Besides wushu, I love singing and fashion."

Khor Poh Chin

Current School / Employer:

GLOW (Singapore Wushu Dragon & Lion Dance Federation)

Personal Best/s Recorded:

2007 24th SEA Games: Changquan - Silver (28.19)

My SEA Games 2009 Event/s:

Changquan, Sword and Spear Combined (W) & Women's Team Duilian - Weapon

Latest Sporting Achievement/s:

2008 Beijing Wushu Tournament: Changquan - 4th position (9.37)

2006 15th Asian Games Doha: Changquan, Sword and Spear Combined - 4th position

Total Number of SEA Games Participated in:

This is my fourth SEA Games.

佘迦业

D.O.B: 26-09-1987

Height: 169 cm

Weight: 65 kg



"Wushu had always been a sport that I wanted to pick up since young. However, I didn't have a chance to do so till I was 17 and studying at Anderson Junior College. Since then, wushu has become a central part of my life.

Besides wushu, I also play other kinds of sports such as soccer and handball."

Seah Kah Yeap Samuel

Current School / Employer:

National University of Singapore

Personal Best/s Recorded:

2007 National Wushu Championships:
Nanquan - Bronze, Nandao - Bronze, Nangun - Gold

My SEA Games 2009 Event/s:

Men's Team Duilian - Barehand

Latest Sporting Achievement/s:

2008 National Wushu Championships:
Nanquan - Bronze

Total Number of SEA Games Participated in:

This is my first SEA Games.



薛伟奇

D.O.B: 17-10-1980

Height: 172 cm

Weight: 65 kg

"Obsessed by pugilist in drama serials, I started wushu training when I was 14. Though a late bloomer, I enrolled in a wushu class with my sister. Coincidentally, my coach, Mr Xiao Chang Gen, was also the coach for the national youth team. He saw my talent and had me compete on the national wushu stage. In 2002, my potential was recognised, as I joined the national team as a proud athlete.

Wushu has changed my entire life. My wushu journey has come full circle as I am now also a wushu coach at the Telok Blangah Community Centre, where I first started learning wushu. It is a challenge for me to balance training with coaching and teaching, which is why I savour every free moment to pursue my other hobbies such as driving, cycling, swimming and lately, learning to in-line skate with my girlfriend."

Seet Wee Key

Current School / Employer:

Ministry of Education

Personal Best/s Recorded:

2007 Huangshan Wushu Invitational:
Taijiquan - Silver

My SEA Games 2009 Event/s:

Taijiquan/Taijijian (M)

Latest Sporting Achievement/s:

2007 Beijing Wushu Invitational: Taijiquan -
Gold

Total Number of SEA Games Participated in:

This is my third SEA Games.

陶奕君

D.O.B: 03-04-1985

Height: 155 cm

Weight: 44 kg



"As a child, I was obsessed with action, from Jet Li's martial arts films to Dragon Ball manga. So, in 1999, I seized the chance to learn wushu from a family friend. Since then, I have been addicted to the sport. I joined the national team in 2000 and have competed internationally since 2004. The opportunity to grow and foster friendships through competing in wushu fuels my passion for the sport.

I am currently teaching secondary school-level Physics and Mathematics. Although my area of study or work does not seem to be related to wushu, the discipline and positive attitude accumulated from my years of wushu training enable me to enjoy learning and put in my best effort in everything I do."

Tao Yijun

Current School / Employer:

Ministry of Education

Personal Best/s Recorded:

2008 Asian Wushu Championships: Taijijian - 4th position (9.59)

My SEA Games 2009 Event/s:

Taijiquan/Taijijian (W) &
Women's Team Duilian - Weapon

Latest Sporting Achievement/s:

2008 Busan TAFISA World Sport for All Games: Taijiquan - 6th position (9.32)

Total Number of SEA Games Participated in:

This is my second SEA Games.

Tay Wei Sheng Jaryl



郑威盛

D.O.B: 03-08-1992

Height: 168 cm

Weight: 56 kg

"My interest in wushu started when I was eight and joined my cousin in his weekly wushu class. I had no idea what I was doing but enjoyed myself so much so that I continued to train with him. I gradually developed enthusiasm for the sport and started training in earnest. I made the national team in 2006, which has motivated me to train even harder since then.

I am 17 and will be sitting for my 'O' levels this year. When I am not training, I usually spend my time catching up with my pals and studying. I enjoy playing soccer, beach volleyball and swimming. I am an avid reader of philosophy; after all, wushu is also reflective of one's state of mind."

Tay Wei Sheng Jaryl

Current School / Employer:

Jurongville Secondary School

Personal Best/s Recorded:

2008 2nd World Junior Wushu Championship:
Sword - Silver (9.19), Changquan - Bronze (9.10)

My SEA Games 2009 Event/s:

Men's Team Duilian - Barehand

Latest Sporting Achievement/s:

2008 2nd World Junior Wushu Championship:
Sword - Silver (9.19), Changquan - Bronze (9.10)

Total Number of SEA Games Participated in:

This is my first SEA Games.

戴好娟

D.O.B: 31-07-1990

Height: 158 cm

Weight: 53 kg



"I picked up wushu when I was around 12 years old. Interestingly, it was not out of my own passion, but my mother's, who is a big fan of kung fu and wushu movie stars. When I was in Secondary One, under the guidance of good coaches who nurtured my interest in wushu, I had many opportunities to excel at the sport and compete in wushu competitions. Wushu is a sport of great innate beauty and I feel this is what makes it unique.

Balancing studies and training keeps me really busy. However, when I am free, I like to surf the Internet, shop, listen to music and spend quality time with my friends and family. Did you know that I can also play instruments like the piano and guzheng?"

Tay Yu Juan

Current School / Employer:

Nanyang Technological University

Personal Best/s Recorded:

2008 2nd World Junior Wushu Championship:
Nangun - 8th position

My SEA Games 2009 Event/s:

Women's Team Duilian - Weapon

Latest Sporting Achievement/s:

2008 2nd World Junior Wushu Championship:
Nandao - 9th position, Nanquan - 9th position

Total Number of SEA Games Participated in:

This is my first SEA Games.

Officials - Wushu



Ang Mong Seng BBM

洪茂诚
President



Ng Kim Foo

黄金富
Secretary General



Ng Kee

黄骥
Team Manager



Sheng Shijie

盛世界
Coach





Courtesy of Football Association of Singapore

Front Row (from left)

1. Muhammad Irwan Shah Bin Arismail
2. Muhammad Fazli Bin Ayob
3. Quak Jun Yi Gabriel (郭俊谊)
4. Muhammad Raihan Abdul Rahman
5. Zhenlun Eugene Luo (罗振伦)
6. Mohammad Firdaus Kasman

2nd Row (from left)

1. Muhd Khairul Nizam Bin Mohd Kamal
2. Muhammad Safuwan Bin Baharudin
3. Muhammad Izwan Bin Mahbud
4. Hariss S/O Harun
5. Eddie Affendy Chang

Not In Picture:

1. Madhu M Mohana
2. Chan Yuhui Jasper (曾羽辉)
3. Mohamad Shaiful Bin Esah Nain
4. Mohamed Hyrulnizam Bin Juma'at
5. Mohammad Afiq Bin Yunos
6. Mohammad Isa Bin Abdul Halim (Captain)
7. Mohammed Faritz Bin Abdul Hameed
8. Muhammad Fadhil Bin Noh
9. Muhammad Izzdin Shafiq Bin Yacob
10. Muhammad Shahfiq Bin Ghani
11. Muhammad Yasir Bin Hanapi
12. Shahdan Bin Sulaiman

"We have always given 100% in all our matches and the upcoming SEA Games tournament will be no different! We have a young squad this year, so the experience gained will be immensely beneficial to the team."

Isa Halim - Football Team Captain

Officials - Football



Eugene Loo Kai York

卢启旭

Team Manager



Radojko Avramovic

National Coach



Terry Pathmanathan

Coach



V Sundram Moorthy

Coach



Lee Bee Seng

李美成

Goal-keeper Coach



Aleksandar Bozenko

Fitness Coach



Yeo Hwee Koon

杨慧群

Physiotherapist



Omar Bin Mohamed

Kit Administrator

Pavkovic Slobodan*

Technical Director

Mohamad Fawzi Bin Abdul Kader*

Sports Trainer

Sharon Tan Boon Ying*

Administrator

25th

SEA GAMES

** Picture not available at time of print.*





Left Column (front to back):

1. Yip Ren Kai (Vice Captain) (叶任凯)
2. Ong Wei Sheng Kelvin (王伟圣)
3. Lin Diyang (林迪洋)
4. Teo Zhen Wei Eugene (张真玮)
5. Lim Yao Xiang (林耀翔)
6. Terence Tan Wei Keong (Vice Captain) (陈伟强)
7. Foo Chuan Yu (符传煜)*

Middle Column (front to back):

1. Tay Sin Chao Nigel (郑新钊)
2. Poh Hock Yen Alvin (傅福缘)*
3. Chin Yong Jie Andy (陈永杰)

Right Column (front to back):

1. Luo Nan (Captain) (罗楠)
2. Tan Shu Wei Benjamin (陈竖沕)*
3. Zhou Jun Jie*
4. Lin Diyan (林迪洋)
5. Eugene Ng Wai Chin*
6. Ho Khai Weng*

Not In Picture:

1. Alvin Lee (李国旺)
2. Samuel Loh (罗来和)
3. Kenneth Wee

"We will pull no stops to defend our title as the waterpolo champions, and aim to deliver an even-better performance than at our previous SEA Games."

Luo Nan - Waterpolo Team Captain

**Players not competing at the 25th SEA Games.*

Officials - Waterpolo



Wong Kok Piew

黄国彪

Team Manager



Lee Sai Meng

李适名

Head Coach



Tony Koh Wee Peng

高伟平

Asst. Coach



Tan Hong Boon

陈鸿文

Competition Director



Tan Hong Teck

陈鸿德

Amateur Asian Swimming
Federation/Technical Water
Polo Committee Delegate



Wang Jian Guan

王建光

Technical Official

Nicholas Tan Chin Tong*

Referee

** Picture not available at time of print.*

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Sim Shu Hua Pauline

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Mohamed Faizul Bin Abdul Wahid

Daniel Plews

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