



THE FACES THAT MAKE US PROUD

COME EXPERIENCE THE LONDON 2012 JOURNEY WITH TEAM SINGAPORE

CHEFS DE MISSION

The first Singaporean and woman elected to head an International Federation, Mrs Jessie Phua was the President of the Fédération Internationale des Quilleurs from 2007 to 2011. She is also President of the Singapore Bowling Federation (SBF).

With her vast experience in guiding Singapore's bowling fraternity towards sporting achievements and her contributions to the local sporting fraternity, she will now lead the Singapore contingent to take on new challenges at the world's most prestigious sporting arena – the Olympic Games.

"The biggest medal we can take home from the 2012 London Olympic is belief: believing in our Team Singapore athletes, believing in ourselves and believing that Singapore can do it!"

MRS. JESSIE PHUA

Chef de Mission
London 2012 Olympic Games



Singapore's first international medallist in disability sports, Mr Frankie Thanapal Sinniah is the Secretary General of the Singapore National Paralympic Council and a member of the International Association for Disabled Sailing. He served as the President of the Singapore Disability Sports Council from 2008 to May 2012.

This year, as Chef de Mission to the London 2012 Paralympic Games, Mr Sinniah will lead the Singapore contingent as they pit themselves against the world's best athletes.

"Disability sports in Singapore has grown by leaps and bounds throughout the years, and I am very proud that we delivered our country's first ever Paralympic medals at the last Games. Our athletes have trained hard to believe no mountain is too high. They have worked to overcome obstacles and strive for sporting glory for Singapore. Knowing that all of Singapore is behind us, cheering on Team Singapore, is what makes the difference."

MR. FRANKIE THANAPAL SINNIAH

Chef de Mission
London 2012 Paralympic Games



MESSAGE FROM CEO

Singapore Sports Council

Every one of our Team Singapore athletes has inspired us with their commitment and discipline at the highest level of sporting competition. Their tireless fighting spirit and journey to the London Olympic and Paralympic Games embodies our aspirations for Vision 2030 – to ignite a love for country and to inspire a nation to live better through sports.

MR. LIM TECK YIN

IN THE SILENCE, THE REAL GAME BEGINS.

It starts with emptying my mind when every possible play is running through my head. Staying loose, when every muscle in my body is primed for the fight. 16 years of training have come down to this – trusting my mind and body to do what it's been trained to do. Now I'm ready for the biggest game of my life.

THE NEXT MOMENT IS MINE.

DEREK WONG ZI LIANG 黄梓良
TEAM SINGAPORE SHUTTLE
13 JAN 1989 | 172CM | 66KG
Men's Singles

MAJOR SPORTING ACHIEVEMENTS

- 2011 26th SEA Games Indonesia:
Men's Singles – Bronze, Men's Team – Bronze



MAKING HISTORY IN 90 SECONDS.

As the first gymnast from Singapore to ever qualify for the Olympics, I'm expected to perform. I know I'll be tested like never before. So I visualise my routine, but don't overthink it. Let the adrenaline flow, but keep the breathing even. Now, it's time to step up and put my country on the world map.

THE NEXT MOMENT IS MINE.

LIM HEEM WEI 林欣玮
TEAM SINGAPORE GYMNAST
12 APR 1989 | 151CM | 49KG
Individual All-Around

MAJOR SPORTING ACHIEVEMENT

- 2010 19th Commonwealth Games Delhi: Balance Beam – Silver

YOU ARE WHAT YOU DO. AGAIN AND AGAIN.

Repetition – it calms me. In shooting, one little movement, one little lapse in concentration and I could be off target by a mile. That's why my routine never changes – from suiting up, to assembling my gun, to the number of breaths I take. Now I'm in the zone and focussed completely on making my mark.

THE NEXT MOMENT IS MINE.

JASMINE SER XIANG WEI 徐湘玮
TEAM SINGAPORE SHOOTER
24 SEP 1990 | 155CM | 50KG
Women's 10m Air Rifle and
Women's 50m Rifle 3 Positions

MAJOR SPORTING ACHIEVEMENTS

- 2011 Singapore Sports Awards – Sportswoman of the Year
- 2010 19th Commonwealth Games Delhi: Women's 10m Air Rifle – Gold, Women's 50m Rifle 3 Positions – Silver



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SingTel

IT'S SEEING MY FINISH AT THE START

There are so many distractions before a race - coach's instructions, the swimmers next to you and the cheering in the stands. It energises, but it also makes me nervous. So I drown out the crowd with my favourite music, replaying in my mind that winning swim that led me here. Now, I'm going to hit the water and play it all over again.

THE NEXT MOMENT IS MINE.

JOSEPH ISAAC SCHOOLING
TEAM SINGAPORE SWIMMER
16 JUN 1995 | 182CM | 69KG
Men's 100m and 200m Butterfly

MAJOR SPORTING ACHIEVEMENTS

- 2012 Singapore Sports Awards – Sportsman of the Year
- 2011 26th SEA Games Indonesia: Men's 50m Butterfly & 200m Butterfly – Gold, Men's 200m Individual Medley – Silver, Men's 100m Butterfly – Bronze

YOU CAN'T MEASURE HEART.

I've watched hours of film of my opponents play. They too would have analyzed mine. But what they can't see is my inner strength, my ability to stay positive even when the chips are down. Now, with my trusted paddle in hand, and lucky jade pendant on my neck, I'm all set to serve up a storm.

THE NEXT MOMENT IS MINE.

FENG TIANWEI 冯天薇
TEAM SINGAPORE PADDLER
31 AUG 1986 | 163CM | 54KG
Women's Singles and Women's Team

MAJOR SPORTING ACHIEVEMENTS

- 2010 Singapore Sports Awards – Sportswoman of the Year
- 2010 Liebherr World Team Table Tennis Championships: Women's Team – Gold
- 2008 Beijing Olympic Games: Women's Team – Silver

IN RHYTHM WE TRUST.

It feels as if I've been rehearsing for this my whole life. Finally, it's time to deliver my masterpiece. I stick to my pre-show ritual – my private conversation with my horse Avalon. We talk about the judges, the plants, the little things. This always helps us to relax. And then, it's showtime.

THE NEXT MOMENT IS MINE.

MAXIMILLIAN TAN CHERN 陈正
TEAM SINGAPORE PARA-EQUESTRIAN

6 AUG 1987

Team Test, Individual Test (Grade 1B) and
Freestyle To Music (Grade 1B)

MAJOR SPORTING ACHIEVEMENT

- 2011 International Para-Equestrian Dressage Championships Cervia Italy:
Individual Test (Grade 1B) – 3rd

WHEN ADVERSITY STARES AT ME, I STARE BACK.

Because of my disability, I'll have to swim the freestyle event using my backstroke. But this won't drag me down. For me, the key to winning is never losing to myself. So I'll be chopping the water down to size with every stroke, and willing my way to victory.

THE NEXT MOMENT IS MINE.

YIP PIN XIU 叶品秀
TEAM SINGAPORE PARA-SWIMMER

10 JAN 1992

Women's 50m Freestyle (S3) and

Women's 100m Freestyle (S3)

MAJOR SPORTING ACHIEVEMENTS

- The Meritorious Service Medal 2008 & Singapore Youth Award 2010
- 2008 Beijing Paralympic Games: Women's 50m Backstroke (S3) – Gold
(World Record)

ATHLETICS

“ I first participated in running in 2000 and won the overall C Division Title for Boys the same year. I have been running since then as I feel very passionate about the sport. ”

GARY YEO FOO EE 杨富益
TEAM SINGAPORE SPRINTER
30 AUG 1986 | 171CM | 64KG
Men's 100m



MAJOR SPORTING ACHIEVEMENTS

- 2011 26th SEA Games Indonesia: Men's 4x100m & Men's 100m – Silver

“ When I was in primary school, both my brothers were bringing home medals in sports. Naturally, I wanted to be just like them. Now I'm most proud to be able to represent my country at an international level. ”

DIPNA LIM PRASAD 宁娜
TEAM SINGAPORE HURDLER
7 JUN 1991 | 174CM | 55KG
Women's 100m Hurdles



MAJOR SPORTING ACHIEVEMENT

- 2011 26th SEA Games Indonesia: Women's 100m Hurdles – Qualifying Round

BADMINTON

“ I took up badminton when I was young to help improve my health and keep fit. My true inspiration is myself. I believe in pushing my limits constantly to improve my skills. ”

GU JUAN 顾娟
TEAM SINGAPORE SHUTTLE
26 MAY 1990 | 160CM | 56KG
Women's Singles



MAJOR SPORTING ACHIEVEMENT

- 2011 All England Open Superseries Premier: Women's Singles – Quarter-Finalist

“ Badminton runs in my family, who are either players or coaches and I am inspired to do them proud. ”

SHINTA MULIA SARI
TEAM SINGAPORE SHUTTLE
14 JUN 1998 | 164CM | 58KG
Women's Doubles



MAJOR SPORTING ACHIEVEMENT

- 2010 Singapore Super Series: Women's Doubles – Gold

“ Both my parents are ex-national/provincial players and it is through them that I picked up badminton. To me, being a Team Singapore athlete is all about unity and team spirit as we represent Singapore at the games. ”

YAO LEI 姚蕾
TEAM SINGAPORE SHUTTLE
24 FEB 1990 | 168CM | 65KG
Women's Doubles



MAJOR SPORTING ACHIEVEMENT

- 2010 Singapore Super Series: Women's Doubles – Gold

CANOEING

“ I enjoy being in Team Singapore as it allows me to strive for excellence along with athletes from other sports. ”

GERALDINE LEE WEI LING 李伟玲
TEAM SINGAPORE CANOEIST
19 JUN 1987 | 154CM | 61KG
K1 Women's 200m and 500m



MAJOR SPORTING ACHIEVEMENT

- 2011 26th SEA Games Indonesia: Women's Kayak Single (K1) 500m – Gold, Women's Kayak Single 200m, Women's Kayak Four (K4) 500m, Women's Kayak Four 200m – Silver

SAILING

“ I was brought out on the J24 ‘Juno’, cruising around the waters off Changi Sailing Club as a little kid. Swimming was my sport then but my interest was not in it. I quit swimming when I was eight and starting sailing in the Optimist under Coach Michael Tan.

COLIN CHENG XINRU 郑忻如
TEAM SINGAPORE SAILOR
10 SEP 1989 |
175CM | 80KG
Men's Laser Standard 55KG
Women's 100m Freestyle



MAJOR SPORTING ACHIEVEMENTS

- 2007 Singapore Sports Awards – Sportsboy of the Year
- 2010 16th Asian Games Guangzhou: Men's Laser Standard – Silver

“

I took up sailing (Optimist) as a CCA at St Hilda's Primary School as it looked like an interesting sport. I have never looked back since.

”

ELIZABETH YIN YUE LING 殷悦灵
TEAM SINGAPORE SAILOR
8 AUG 1991 | 169CM | 70KG
Women's Laser Radial



MAJOR SPORTING ACHIEVEMENTS

- 2010 Singapore Sports Awards – Sportsgirl of the Year
- 2009 ISAF Youth World Championship: Laser Radial – Gold

SWIMMING

“

When I was younger, my parents always brought me along to my older sister's swim trainings. It always looked like she was having lots of fun in the water so I took up swimming lessons. As a swimmer, I look up to my idol, Missy Franklin.

”

MYLENE ONG CHUI BIN 王翠彬
TEAM SINGAPORE SWIMMER
23 JUL 1991 | 169CM | 55KG
Women's 100m Freestyle



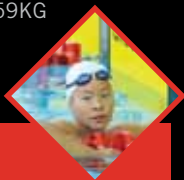
MAJOR SPORTING ACHIEVEMENTS

- 2011 26th SEA Games Indonesia: Women's 4x100m and 4x200m Freestyle – Gold, Women's 50m & 100m Freestyle – Silver, Women's 50m Butterfly – Bronze

go world

“ I took up swimming when I was six years old to alleviate my boredom of waiting for my elder sister to finish her swim trainings. I discovered my strength in distance swimming when I did well at the swim meets while I was based in Southern California. ”

LYNETTE LIM SHU-EN 林淑恩
TEAM SINGAPORE SWIMMER
25 APR 1992 | 166CM | 59KG
Women's 400m
and 800m Freestyle

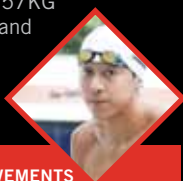


MAJOR SPORTING ACHIEVEMENTS

- 2010 16th Asian Games Guangzhou: Women's 400m Freestyle – 8th, Women's 4x200m Freestyle – 5th

“ I have always loved water play and beach outings ever since I was little and took up swimming to be water safe. As I developed as a swimmer, I realised that I enjoyed the thrill of racing and embarked on competitive swimming. My greatest inspiration is my elder sister, Ting Wen. ”

QUAH ZHENG WEN 柯正文
TEAM SINGAPORE SWIMMER
29 SEP 1996 | 175CM | 57KG
Men's 200m Backstroke and 400m Individual Medley



MAJOR SPORTING ACHIEVEMENTS

- 2012 Singapore Sports Awards – Sportsboy of the Year
- 2011 26th SEA Games Indonesia: Men's 400m Individual Medley – Gold, Men's 200m Butterfly – Silver, Men's 50m Backstroke – Bronze

“ I come from a sporting family and eventually followed in my parents' footsteps to become an athlete. I remember starting to learn how to swim when I was five. My family inspires me daily in my journey as a swimmer. I want to make my parents proud. ”

TAO LI 陶李
TEAM SINGAPORE SWIMMER
10 JAN 1990 | 161CM | 57KG
Women's 100m Backstroke and Women's 100m Butterfly

MAJOR SPORTING ACHIEVEMENTS

- 2007 & 2008 Singapore Sports Awards – Sportswoman of the Year
- 2011 26th SEA Games Indonesia: Women's 50m & 100m Backstroke, 100m & 200m Butterfly, 4x100m & 200m Freestyle, 4x100m Medley – Gold, Women's 200m Backstroke – Silver
- 2008 Beijing Olympic Games: Women's 100m Butterfly – 5th



“ My father encouraged me to play table tennis. It was also his wish that I would become a world-class paddler. As fate would have it, I grew up to fulfil his secret dream. ”

GAO NING 高宁
TEAM SINGAPORE PADDLER
11 OCT 1982 | 175CM | 70KG
Men's Singles and Men's Team

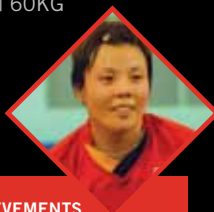


MAJOR SPORTING ACHIEVEMENTS

- 2008 Singapore Sports Awards – Sportsman of the Year
- 2012 Asian Table Tennis Championships: Men's Doubles – Gold
- 2008 Beijing Olympic Games: Men's Singles – Round of 32

“ It was my father who introduced me to table tennis when I was six. It is the thrill of sizing up my opponents and figuring out ways to overcome them that keeps me hooked on this sport. ”

WANG YUEGU 王越古
TEAM SINGAPORE PADDLER
10 JUN 1980 | 160CM | 60KG
Women's Singles and Women's Team



MAJOR SPORTING ACHIEVEMENTS

- 2010 Liebherr World Team Table Tennis Championships: Women's Team – Gold
- 2008 Beijing Olympic Games: Women's Team – Silver

“ I love the game of table tennis as it is a fast-paced game that requires skill, concentration and good hand-eye coordination. ”

ZHAN JIAN 詹健
TEAM SINGAPORE PADDLER
30 JAN 1982 | 170CM | 65KG
Men's Team



MAJOR SPORTING ACHIEVEMENT

- 2012 Chile Open: Men's Doubles – Gold

“ Table tennis has been my hobby ever since I was a young girl. Along the way, table tennis became a passion for me. ”

LI JIAWEI 李佳薇
TEAM SINGAPORE PADDLER
9 AUG 1981 | 172CM | 64KG
Women's Team

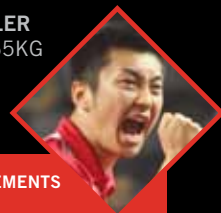


MAJOR SPORTING ACHIEVEMENTS

- 2002, 2003, 2004, 2005 & 2006 Singapore Sports Award – Sportswoman of the Year
- 2010 Liebherr World Team Table Tennis Championships: Women's Team – Gold
- 2008 Beijing Olympic Games: Women's Team – Silver

“ I was 10 when I picked up my first paddle. I'm inspired by my mother, both in life and in this sport. She was my coach when I started playing table tennis. ”

YANG ZI 杨子
TEAM SINGAPORE PADDLER
19 JUN 1984 | 178CM | 65KG
Men's Singles and Men's Team



MAJOR SPORTING ACHIEVEMENTS

- 2012 Asian Table Tennis Championships: Men's Doubles – Gold
- 2008 Beijing Olympic Games: Men's Singles – Round of 16

“ I picked up weightlifting about two years ago when I was studying abroad. I touched my very first bar and lifted 15 kg on my first attempt. And well, as they often say, the rest is history. I was selected to represent Singapore in the 2010 Commonwealth Games within a year of picking up the sport. ”

HELENA WONG KAR MUN 黄嘉汶
TEAM SINGAPORE WEIGHTLIFTER
11 APRIL 1988 | 158CM | 53KG
Women's 53kg



MAJOR SPORTING ACHIEVEMENT

- 2011 26th SEA Games Indonesia: Women 53kg – 6th

WEIGHTLIFTING

TEAM SINGAPORE, WE'RE BEHIND YOU ALL THE WAY



We wish all Team Singapore athletes
the best at the London 2012 Olympic
and Paralympic Games.

Thank you for doing us proud.



PARA-SAILING

“

I got into sailing as a chance to meet new people and make new friends. Despite my phobia of water, I soon got hooked on the sport. The thrill of racing motivates me and pushes me to train harder.

”

TAN WEI QIANG JOVIN 陈威强
TEAM SINGAPORE PARA-SAILOR
21 AUG 1986
SKUD 18



MAJOR SPORTING ACHIEVEMENTS

- Singapore Youth Award 2012
- 2008 International Association for Disabled Sailing Two-Person Keelboat World Championship: SKUD 18 – Gold

“

I was never athletic. However, I decided to explore Disabled Sailing in the year 2000. When I see other para-athletes and the hard work they put in, they too inspire me to give my 100% during my training and competitions.

”

DESIREE LIM KOK LIANG 林国良
TEAM SINGAPORE PARA-SAILOR
14 JAN 1957
SKUD 18



MAJOR SPORTING ACHIEVEMENT

- 2008 International Association for Disabled Sailing Two-Person Keelboat World Championship: SKUD 18 – Gold

BOCCIA

“

My passion for boccia began when I had to do an impromptu public demonstration for an event organised as a youth volunteer. I liked the sport so much that I started going for training sessions under the Singapore Disability Sports Council in April 2004.

”

NURULASYIAH MD. TAHA
TEAM SINGAPORE
BOCCIA PLAYER
28 DEC 1984
Individual (BC3)



MAJOR SPORTING ACHIEVEMENT

- 2011 National Disability League: Individual (BC3) – Gold

PARA-SWIMMING

“

I was only swimming leisurely every Sunday as part of a weekly family activity when I was spotted by a volunteer from the Singapore Disability Sports Council (SDSC). Soon, they got me started on their swimming programmes and the rest is history!

”

THERESA GOH RUI SI 吴蕊思
TEAM SINGAPORE PARA-SWIMMER
16 FEB 1987
Women's 50m and 200m Freestyle (S5)



MAJOR SPORTING ACHIEVEMENTS

- 2008 The Public Service Medal
- 2011 Pan Pacific Para-Swimming Championships Canada: Women's 200m Individual Medley (S5) – Gold
- 2008 Beijing Paralympic Games: Women's 100m Breaststroke (SB4) – 4th

PARA-EQUESTRIAN

“

I picked up this sport by accident as I started horse riding as a form of therapy before being given the privilege to represent Singapore competitively.

”

GEMMA ROSE FOO JEN 符珍
TEAM SINGAPORE
PARA-EQUESTRIAN
8 MAR 1996
Team Test, Individual Test (Grade 1A) and Freestyle to Music (Grade 1A)



MAJOR SPORTING ACHIEVEMENT

- 2011 International Para-Equestrian Dressage Championships Cervia Italy: Individual Test (Grade 1A) – Silver

“

I took up horse riding at the age of five as part of my physiotherapy. Thereafter, I took part in my first international competition – the World Para Dressage Championships in 2007 and made my mark at the 2008 Beijing Paralympic Games.

”

LAURENTIA TAN YEN-YI 陈雁仪
TEAM SINGAPORE PARA-EQUESTRIAN
24 APR 1979
Team Test, Individual Test (Grade 1A) and Freestyle to Music (Grade 1A)



MAJOR SPORTING ACHIEVEMENTS

- 2008 The Public Service Medal
- 2012 International Para-Equestrian Dressage Championships Moorsele Belgium: Team Test & Freestyle to Music (Grade 1A) – Gold
- 2008 Beijing Paralympic Games: Individual Test (Grade 1A) & Freestyle to Music (Grade 1A) – Bronze

CATCH TEAM SINGAPORE ATHLETES IN ACTION FROM 28 JULY TO 13 AUGUST ON THE FOLLOWING CHANNELS:

Free To Air	Channel 5, Channel U, OKTO
Cable	ESPN Channel 114, Star Sports 115, ESPNNews 116, ESPN Olympic Channels mio TV CH 130 – Ch 144
Online	YouTube (www.youtube.com/user/london2012)

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Please visit TeamSingapore.sg or Facebook.com/TeamSG for a listing of
the venues and the latest updates of our athletes at the Games.

WELL-WISHES

DO YOUR BEST
FOR SINGAPORE!

MR. TEO CHEE HEAN
DEPUTY PRIME MINISTER, COORDINATING
MINISTER FOR NATIONAL SECURITY
AND MINISTER FOR HOME AFFAIRS;
AND PRESIDENT, SINGAPORE NATIONAL
OLYMPIC COUNCIL.

TEAM SINGAPORE
-ALL THE WAY, WE
ARE ALL WITH YOU!

MR. CHAN CHUN SING
ACTING MINISTER FOR COMMUNITY
DEVELOPMENT, YOUTH AND SPORTS
AND MINISTER OF STATE FOR MINISTRY
OF INFORMATION, COMMUNICATIONS
AND THE ARTS

Go Team Singapore
& do us proud!

MDM. HALIMAH YACOB
MINISTER OF STATE FOR COMMUNITY
DEVELOPMENT, YOUTH AND SPORTS

I wish you all the
best @the olympics!
May you do
Singapore proud!

*Pack a book with you

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COLLEGE CENTRAL

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TEAM SINGAPORE!
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FORTIUS!

MR. RICHARD SEOW
CHAIRMAN,
SINGAPORE SPORTS COUNCIL

I LOVE YOU,
TEAM SINGAPORE!
WIN OR LOSE, YOU'LL
STILL BE MY IDOL!

MS. NUR AFIAH BTE AZHARI
TEAM SINGAPORE SUPPORTER

Rock the world
with your stunning
performance. The
nation is ready
to cheer!

MS. MICHELLE LIEW
TEAM SINGAPORE SUPPORTER

Do the best you can!
Go have gone this far
is an amazing feat!
Good Luck!

MS. KRISTEL HEATHER
TEAM SINGAPORE SUPPORTER

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