



16th Asean University Games

We are ASEAN Family



16th ASEAN UNIVERSITY GAMES
Vientiane Laos 2012

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Spectacular games opening symbolises friendship forever



Lao PM Thongsing Thammavong declares the 16th Asean University Games open at the National Stadium Sports Complex in Vientiane on Wednesday.

Lao hearts beat as one as the sounds of music and applause rang out around the National Stadium in Vientiane during the opening ceremony of the 16th Asean University Games yesterday evening.

The stadium was packed with many thousands of spectators who were curious to see how special the opening

ceremony of games would prove to be, with many still remembering the wonderful SEA Games ceremony back in 2009.

The opening ceremony began with a parade of all the competitors taking part, with athletes from 11 nations entering the stadium to march around the track, proudly

representing their countries and taking in the scenes around them.

Friends, relatives and fans from different nations waved their respective flags, to acknowledge, cheer on and inspire their athletes to strive for their best.

By far the loudest cheers, however, were reserved for

the host nation Laos, whose contingent of athletes were the last to enter the stadium, led by their flag bearer Mr Sonexay Mangkhuela, a gold medalist in the Taekwondo event at the 26th SEA Games in Indonesia last year.

Lao Minister of Education and Sports Dr Phankham
Continued page 2

Laos going for gold at Asean Games

With Laos hosting the 16th Asean University Games in Vientiane for the first time, the country's hopes are pinned on securing at least 10 gold medals at the games, putting up a strong showing on home soil and doing local fans proud.

Laos has assembled a

contingent of more than 500 athletes to compete in a total of 17 different sports, aiming to maximise its medal chances wherever it can. About 1,600 athletes in total have arrived to compete, hailing from the 10 countries of Asean as well as newcomers Timor Leste.

The young athletes from the countries of Asean will be competing for a total of 877 medals in all, including 245 golds, 245 silvers and 387 bronze over the course of the 10 day event, which is sure to be a highlight in the lives of the young athletes taking part.

According to sporting officials overseeing the Lao athletics teams, the country is aiming to win at least 10 gold medals, with most of them expected to come from the various martial arts disciplines in which Laos is particularly
Continued page 2



Editor's Note

On behalf of the Media Centre of the 16th Asean University Games, I would like to inform all readers that from December 12-21, Lao and English versions of the 16th Asean University Games newsletter will be published.

Copies will be available at the Media Centre and the sports village.

The newsletter will contain informative items on the history of the Asean University Games, daily event results and schedules, and reports on the activities of attendant leaders of sport delegations from member countries throughout the tournament.

The main objective of the 16th Asean University Games newsletter is to, on the one hand, be a vehicle for delivering information about the games and on the other hand, help people's in the region, especially university students to strengthen their friendship, solidarity and mutual understanding for the promotion of peace and prosperity.

The newsletter is also intended to encourage sports development and promote skilled athletes in the region. I believe that sport is one of the channels that help people to meet one another to strengthen cooperation and share values and experiences among people from different cultures and religions. Moreover, the games will help to promote the building of the Asean community.

On this auspicious occasion, I would like to extend my congratulations and best wishes for the continuing prosperity and future happiness of the Asean people's, and I do strongly hope that the 16th Asean University Games will be crowned with success in all aspects and bring pride to our nation.

Mr Sounthone Khanthavong
Head of the Media Centre of the 16th
Asean University Games

English edition production team

01. Sounthone Khanthavong
02. Thonglor Duangsavanh
03. Vorasack Pravongviengkham
04. Phonesavanh Thikeyo
05. Somsak Pongkhao
06. Ekaphone Phouthonesy
08. Khamla Phanouvong
09. Sengthong Phasavath
10. Vinnaly Namkhalak
11. Soukthavy Thephavong
12. Khamphan Lasamouth
13. Viphaphone Phoummabouth
14. Samly Singhanath
15. Bounthong Kongmany
16. Dan Reilly

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Spectacular games...

FROM PAGE 1

Viphavanh then delivered his opening ceremony speech by highlighting the history of the AUG and how it has become a celebrated sporting festival amongst the students of Asean.

He said indeed every host country has worked hard in promoting solidarity, contributing to ongoing goodwill, understanding and camaraderie among the people of the respective nations in the true Asean spirit, and worked to develop the sporting talents of their students. "By having these contributions, cooperation, support and trust placed in us by the party and government leaders, we (the games organisers) are confident that the games will be smoothly handled, and indeed, we highly value the close and family-type cooperation we have received. We will do everything necessary and possible to ensure that our 16th Asean University Games 2012 run smoothly, are well organised and successful," Dr Phankham said.

"To promote

and strengthen the development of the Asean Community, the 16th AUG will become a historical event for the National University of Laos. With this connection, the conception theme of the games is 'We are Asean Family.'"

Following Dr Phankham's speech, his Excellency Mr Thongsing Thammovong came forward to officiate over the opening of the games. The representatives of the athletes and referees then swore an oath on behalf of their counterparts that competition would be conducted fairly in the spirit of friendship and cooperation.

At this point, the torch relay entered the stadium, with some of Laos' finest martial artists and other successful athletes selected as the final four pairs of torch bearers.

They commenced a lap of the grounds displaying the flame, which symbolises the spirit of the Asean University Games, which shall burn and shine forever, before the final torch bearers

brought it to the base of the cauldron to light the flame and officially open the games.

The stadium then burst to life with a spectacular fireworks display, before the stadium filled with colour as more than 1600 primary school students recruited to take part came onto the ground to commence the first of many singing and dancing performances.

Alongside the traditional Lao songs and dances, many performances focused on the strength and promise of the youth, and centred on the bees Mittiphab and Santiphab as the official mascots of the games, symbolising friendship and peace respectively.

The AUG were first organised in 1981 by the members states of the Asean University Sports Council as a biennial sports event designed to foster friendship, solidarity, unity and harmony between the people and students of Asean. Laos sent its first contingent of athletes to compete at the 9th AUG in Philippines in 1998.

Laos going for gold...

FROM PAGE 1

strong.

Laos has many talented young fighters, and there are numerous medal hopefuls in the kickboxing, Judo, Taekwondo, Karate-do and Wushu events, while the other sport which offers medal potential is the national pastime of petanque.

Laos first sent athletes to compete at the 9th Asean University Games, hosted by the Philippines back in 1998 and continued to participate in all of the games except the 12th.

Over the past years, Lao athletes were able to secure a number of

medals as follows.

Laos won a solitary bronze at the 10th Asean University Games in Thailand in 2001, notching its first at the regional level.

It was a steady building process over the coming years until the 13th Asean University Games in Vietnam in 2006, when Laos emerged from the background to secure 21 medals in total, including 6 silver medals, and 15 bronze.

At the 14th games in Malaysia in 2008, Laos won its first gold medal, along with 2 silver's and 3 bronze.

Meanwhile in 2010 the country really stepped up in terms of its competitiveness, securing a total medal tally of 41 in Thailand, including 2 golds, 9 silver's and 30 bronze.

Over the past five games, Laos has won a total of 69 medals, including 3 golds, 17 silvers and 49 bronze.

The country has ambitious plans to more than triple its total gold medal tally to 10 this year, and secure a large number of minor medals as well, signifying Laos' coming of age on the regional sporting stage.

Voices of the Lao athletics coaches

With the competition proper at the 16th Asean University Games set to get underway this morning, a few of the Lao national coaches offered their opinions on the preparations of their athletes and their relative medal prospects in the events to come.



Laos Petanque Coach, Mr Khanti Keosavanh: “All the Lao competitors are completely prepared for the petanque competition and we have a total of 16 athletes competing. We hope that our team will be able to win more than three gold medals in both the individual and doubles categories, as Laos is currently ranked in 2nd place on Asean’s list of the strongest petanque sides. On a side note, I would like

to say that I think the 16th AUG as a whole will promote and enhance the cooperation and friendship between all the Asean member countries.”

Lao Taekwondo team coach, Chanthavong Panyasiri: “Currently all the Lao taekwondo athletes have



been fully prepared for this tournament, where we hope to win two gold medals including one in the dancing

category and another one from the fighting divisions. We have trained and prepared 20 fighters for this competition and they have been mentored by both Lao and Korean coaches. In the previous games in Chiang Mai, Thailand, the Lao taekwondo team performed very strongly, winning eight medals in total, including two gold, two silver and four bronze.”

Lao table tennis coach, Korrakit Sermkitseri: “We have been in continuous training for this event since the beginning of this year, participating in several events at the Asian and even international levels, and some regional events in Thailand as well. We can now say we are fully prepared for this event. However, since Laos ranks at around fifth or sixth in Asean, it is relatively unlikely that



our team should expect to win any gold. We expect to win only bronze medals but you never know. At the 15th Asean University Games held in Chiang Mai, Thailand, Lao table tennis players won three bronze medals from the women’s team event and men’s and women’s singles categories, and maybe we can improve on that.”

Sports and competition venues

1	Athletic	Main Stadium, National Sports Complex KM 16
2	Aquatics	Aquetic Centre, National Sports Complex KM 16
3	Archery	Archery Field, National Sports Complex Km 16
4	Badminton	Gymnasium I, National Sports Complex
5	Basketball	Gymnasium, Lao -Thai Beung Kha Nhong,
6	Football (Men & Women)	National University Stadium; Chao Anouvong Stadium ; Main Stadium, National Sports Complex
7	Judo	Chao Anou Vong, Gymnasium (Budo Centre)
8	Karate-do	Chao Anou Vong, Gymnasium (Budo Centre)
9	Sepak Takraw (Men/ Women)	Olympasia Gymnasium , National University
10	Table Tennis	Convention Hall, National University
11	Taekwondo	Booyong Gymnasium , National University
12	Tennis	Tennis Court, National Sports Complex
13	Volleyball	Gymnasium II, National Sports Complex, National Sports Complex
	Beach Volleyball	Beach Volleyball Stadium, National Sports Complex
14	Wushu	Phonsawan School
15	Pancak Silat	Booyong Gymnasium , National University
16	Petanque	Petanque Court, National University
17	Muay	Main Stadium, National Sports Complex

Vietnamese football team makes shock exit from Asean Uni Games

In a surprise decision, Vietnamese University football team has announced that it will not compete in the ongoing 16th Asean University Games in Vientiane.

The shock announcement came just one week before the start of the men's football tournament. In the absence of Vietnam, the men's football event now comprises only five teams. The Secretary General of the Lao Football Federation, Dr Xaybandith Rasphone, said yesterday "The organising committee learnt about the withdrawal of the Vietnamese men's team a week before the games were set to begin, but we can't change the schedule because it is already fixed."

Dr Xaybandith, who is a member of the Games' football committee, said "We don't fully understand the reasons for their decision. They just told us they weren't prepared to take part – that's all we know."

The games organising committee pointed out that a representative of the Vietnamese team had attended the group draw ceremony and a technical meeting in Vientiane two months ago, and had expressed their intention to take part.

In good news, Vietnam's women's football team is present here in Vientiane and put



Vietnam's women's football team in action against the Lao squad on Tuesday.

in a strong showing by defeating Laos 4-2 in their opening game on Tuesday. Meanwhile, Thailand's women's team beat Singapore 12-0.

In men's football, the preliminary round in Group A now consists only of Thailand and Myanmar, meaning that both teams are already into the semi-finals and will play only to determine their position in the group. In Group B, Laos, Malaysia and Singapore will fight for a berth in the semis.

Laos's opener against

Malaysia on Tuesday saw them chalk up a straight forward 3-0 win. The preliminary Group B match this afternoon will see Malaysia take on Singapore at 2:30pm at the National Stadium. The scheduled match between Vietnam and Myanmar has been cancelled due to the late withdrawal of Vietnam.

The last match in the preliminary round of the men's event will be played on Saturday, starting with the match between Myanmar and Thailand at 2:30pm, followed

by the Laos-Singapore match at 4:30pm. Both games will take place at the Chao Anouvong Stadium. The semi-finals will be played on December 17, and the gold medal match on December 19. There are only four teams competing in the women's football competition - Laos, Vietnam, Singapore and Thailand. This afternoon, Vietnam will take on Thailand at 2:30pm and Singapore will face Laos at 4:30pm. Both games will be played at the National University of Laos Stadium.

Games organisation satisfies Asean press



Mr Sithong Chityothin said media practitioners from the Asean member states are satisfied with the organisation and efforts which has gone into coordinating the 16th Asean University Games by the Lao PDR.

"They said we have everything highly organised and are confident that Laos

will prove to be an extremely successful host of this event," said Mr Sithong, who is Director General of Press Department, Ministry of Foreign Affairs and Head of the university games Foreign Press Centre.

"We have observed nothing wrong so far. Everything we have established works in an organised manner. Nothing is beyond our capacity now," Mr Sithong said.

"The facilities here are good, really good. The internet is much better than my country, and as a result the transfer of news to our country is relatively fast," said Neti Meeosot, Thailand's Daily News journalist.

Mr Neti, a member of a 13-strong media pool from Thailand, said the most popular

sporting events of the games are part of his coverage brief, and he will focus on football, basketball, athletics, and swimming. Sixty-seven reporters from Asean nations and countries further afield are covering the 16th Asean University Games in Vientiane, Laos, with most of them coming from Malaysia, Thailand, Indonesia and Vietnam. The 16th Asean university games, which will run from December 12-20, will see competitions in 17 different sports, with over 1,600 athletes from the 10 Asean member states and East Timor taking part. The games are held with the aim of creating good will, spiritual solidarity, amity and peace among the student athletes from the respective countries.



The Asean University Games have previously been held in Thailand in 1981, 1988, 2001, and 2010; Indonesia in 1982, 1990, and 2004; Malaysia in 1984, 1992, and 2008; Singapore in 1986 and 1994; Brunei in 1996; the Philippines in 1998 and 2002; and in Vietnam 2006.

The crossbow: an accurate reflection of the origins of sport

Whether it is the fastest time, the longest leap, the winning shot or the scoring punch all the athletes competing at this year's Asean University Games will be looking to find their mark, however one sport where accuracy is all that counts is archery, which is one of the featured events.

It is worth looking at the origins of the sport, which has deep roots in history. The quintessential bow and arrow is thought to have replaced the spear as the predominant form of hunting for game as long as 12,000 years ago, and served as a hunting weapon ever since.

Archery is one of the 17 sports to feature at the 16th Asean Games, and while technology has come a long way since ancient times and advanced composite materials are used to make the modern bows and arrows, their basic design has remained essentially the same.

However, to find bows and arrows that have remained pretty much unchanged for hundreds and hundreds of years, one only has to travel a couple of hundred kilometres to the north of Laos. The crossbow remains a weapon of choice for rural people to this very day, and out in the countryside can be found a great many marksmen of considerable skill.

Since long ago, hunting for game has been a valuable source of protein and income for many rural communities, and as such it has been refined as an art and passed down from generation to generation. The crossbow is definitely considered as the weapon of choice for the skilled hunters and marksmen in Laos, for its stealth, accuracy and effectiveness at bringing down game.

It is superior to the traditional bow and arrow for a number of reasons, the foremost being that unlike a normal bow, once drawn taught the bow string can be locked in place and released with a lever action trigger at the time of the shooter's choosing.

This means that hunters can lay stealthily for long periods of time waiting for game or prey to pass, hidden

away without compromising themselves as they bide their time, or straining their arms as they take time to fix their aim.

A crossbow fashioned in northern Laos consists of the flexible bow itself, fashioned from bamboo and known in Lao as Kha-na (the leg of crossbow), to which the sturdy stock or Mae-na (mother) is fixed at perpendicular. The bow string can be drawn taught and held fast with the Kai-na (trigger), with the Hua-na (arrow head) ready to be released at any time.

Crucial to the power and range of the crossbow is the strength of the bowstring, which is fashioned from Tonpan or Tonpor (jute), a small sapling that's fibres are especially strong. They are stripped from the sapling, beaten and softened before being twisted and bound into a durable twine, a process which can take three to four months.

Meanwhile the Mae-na and Hua-na are fashioned from specially selected softwoods such as *Pterocarpus macrocarpus* and *Hopea ordorata*, which are light but also strong and flexible, allowing the stock to be raised easily and the arrow to fly straight through the air.

Aside from preparing the bow strings, it can take about two to three months to fashion a well-crafted crossbow, through a time consuming process of carving and hewing and curing and drying.

A properly fashioned crossbow can cost anywhere between 400,000 and one million kip to purchase from the craftsmen, which is a lot of money in rural Laos. However the truly skilled crossbow maker will never be short of customers, as their well-honed bows shoot straight and true, guaranteeing accurate results for the marksmen.

In the past, the people used crossbows both to hunt food and fight their enemies. Their arrow heads were often dipped in *kheua-nong* (a kind of jungle poison) *antiaris toxicaria* *lesch*, to make them even more deadly and effective. But after



Crossbow shooters take aim at their targets.

the national liberation, the government began diverting crossbow shooting practices, promoting it as a recreational activity instead.

Crossbow shooting was popularised as a sport and it remains the recreation of choice for many rural people, especially in northern Laos. The weapons themselves remain exactly the same as they always have, except instead of hunting for game, people now take aim at stationary targets at set distances away.

Crossbow now features as an event at the National Traditional Games, where there

are both sitting and standing events at distances of 10, 15 and 20 metres from the targets. Competitors get five arrows each from both the sitting and standing positions, the winner being the one with the most arrows closest to the bullseye, of course.

Lao Crossbow Federation's Vice President Mr Phinith Fongsamouth is enthusiastic about the future of the sport. "At some point in the future we would like to hold a friendly crossbow event at the Asean level," he said, aiming to preserve and promote a sport which is so closely entwined with the history of the region.

To visit, drink and eat

Tourism sites

- That Luang
- Hor Phrakeo
- Vat Sisaket
- Multi-Cultural Park
- Chao Anouvong Park
- Chao Fa Ngum Park
- Souphanouvong Memorial
- Kaysone Phomvihane Museum
- Patouxay Monument

Restaurants

- Khop Chai Deu restaurant
- Nam Phou restaurants
- Italian Restaurants
- Scandinavian restaurant
- Indian Restaurants
- Korean Restaurants
- Japanese Restaurants
- French Restaurants
- Pizza and Ice Cream
- Khua Lao Restaurant

Temples

- Inpaeng Temple
- Haisork Temple
- Mixay Temple
- Ong Teu Temple
- Simeuang Temple
- Vat Chanh Temple
- Vientiane City Pillar
- Xieng Yeun Temple

Markets & Shops

- Morning Market
- Khuadin Market
- Thongkhankham Market
- Vangthong Market
- San Chiang Market
- Asean Mall

Golf Courses

- Km 14 Golf Club
- Dong Daeng Golf Club
- ITECC Golf Club
- Km 18 Golf Club



Visitors will recognise some of these Lao banknotes during the Asean University Games in Vientiane



Exchange rates as of December 12, 2012
Banque pour le Commerce Exterieur Lao

Foreign Currencies	Buying	Selling
USD	7,985	8,025
THB	260.88	262.19
EUR	10,377	10,429
AUD	8,281	8,447
CAD	7,970	8,130
JPY	95.24	97.13

COMPETITION PROGRAMME

No	Sports	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Days	Medals	
		4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20			
	Opening Ceremony									◆											
1	Athletics											⚙	8	12	10	8			4	38	
2	Aquatics																				
	– Swimming												⚙	12	8	10	12		4	42	
	– Diving									⚙	2	2	2						3	6	
3	Archery									⚙			0	0	4	4	2		5	10	
4	Badminton									⚙	0	0	2	0	0	0	5		7	7	
5	Basketball									⚙	0	0	0	0	0		2		6	2	
	Football																				
6	Football Women							⚙	0		0		0			1			4	1	
	Football Men							⚙	0		0		0		0		1		5	1	
7	Judo												▲	4	7	5	□		3	16	
8	Karate-do									▲	8	7	2	□					3	17	
9	Sepak Takraw									⚙	0	2	0	2	0	2			6	6	
10	Table Tennis									▲	0	0	2		0	2	3		6	7	
11	Taekwondo									▲	5	6	6	4	□				4	21	
12	Tennis									▲	0	0	2		0	0	5		6	7	
13	Volleyball									⚙	0	0	0	0	0	0	2		7	2	
	Beach Volleyball									⚙	0	0	0	0		0	2		6	2	
14	Wushu											▲	0	0	0	0	19		5	19	
15	Pencak Silat												▲	0	6	13	□		3	19	
16	Petanque									▲	0	2	0	3	2	0	2	2	8	11	
17	Muay										▲	0	0	0	□	13			4	13	
	Closing Ceremony																	◆			
	Total Medal											15	19	24	33	28	53	73	2		247

Remarks: Drawing for some sports (Basketball, Football, Sepak takraw, Volleyball) should be held during the First HOD Meeting in September. The schedule is subject to change upon the number of the participants of each sport

- ⚙ Team Manager Meeting
- ▲ Draw
- Weigh-In
- Before Opening Ceremony
- ◆ Opening Ceremony
- ◆ Closing Ceremony
- ⊙ Medical Check-up and Weigh -In
- During Games