

DEFY EVERY LIMIT

# DEFY

CELEBRATING EXTRAORDINARY PEOPLE

# EVERY LIMIT



## CELEBRATING EXTRAORDINARY PEOPLE

There comes a time  
when individuals, communities and  
nations come together  
to celebrate the triumph  
of the human spirit.

To challenge the status quo.  
To beat the odds,  
To rise to the occasion,  
And to defy limit after limit after limit.

Different abilities. Same heart.  
This is the ASEAN Para Games  
Singapore 2015.

**Celebrate the Extraordinary.**





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# INSPIRING

## ALL WITH THE STRENGTH OF THE HUMAN SPIRIT

As first-time host of the Games, Singapore set out to create an inspiring experience for para athletes, officials and spectators. Ms Grace Fu, Minister for Culture, Community and Youth, and Chairperson of the Singapore ASEAN Para Games Organising Committee, shares what she found extraordinary about the Games.

2015 was an exceptional year for sport in Singapore, and the 8<sup>th</sup> ASEAN Para Games (APG) capped off a memorable year where we celebrated Singapore's golden jubilee.

As the host nation, we fielded our largest-ever Team Singapore contingent with over 150 athletes, almost triple our previous contingent size. The Games brought out the Singapore spirit, with many Singaporeans and corporate sponsors stepping forward to give resounding support for Team Singapore.

The athletes wowed us with their sporting abilities, and moved us with their courage and determination. Individuals like Singapore's Yip Pin Xiu defied all odds and broke a world record even though she was swimming against competitors in a higher classification event. And who can forget

the stunning goals from Team Singapore at the Cerebral Palsy (CP) Football matches, led by Khairul Anwar.

Enthusiastic fans from around the region created an electrifying atmosphere at every competition. The athletes responded by pushing their limits to do well for their countries, but they never forgot their sense of sportsmanship. For example, I saw the Thai wheelchair basketball athletes helping Team Singapore players regain balance after they had fallen over. Malaysian swimmer Yeo Yi Lin collapsed moments before her 400-metre freestyle event, but gathered her strength and finished the race. Medal or not, the athletes inspired us all with the strength of their fighting spirit.



The Games proved to be a truly uplifting experience for Minister Grace Fu and Team Nila volunteers.



Singaporeans of all ages turned up in full force to support Team Singapore athletes at the Games.



Gathered as one inclusive community to support para sports.



Team Singapore Cerebral Palsy Football Team feeling proud to compete in front of the home crowd at the National Stadium.



Helping a fellow athlete – Beyond the fierce competition, there were many instances of sportsmanship and camaraderie.



Rain or shine, our 4,300 volunteers came together to lend a hand.



“Together, we can look forward to a more inclusive society where persons of all abilities can realise their aspirations.”

Part of what made the 8<sup>th</sup> APG extraordinary was the warmth and exceptional service shown by our volunteers and staff. Our APG volunteers, also known as Team Nila, made a big difference to the experience of the Games. I met many athletes, officials and spectators who were full of praise for our tireless volunteers who went beyond the call of duty.

The APG is also about building friendships, across borders and cultures. I remember athletes and volunteers bursting into song and laughter during impromptu singing sessions at the Nila Suite. I hope the friendships forged during the Games will last for many years to come.

Through the APG, we witnessed what it means to “Celebrate the Extraordinary”. These shared memories and experiences will last well beyond the Games.

It has been Singapore’s privilege and honour to host the 8<sup>th</sup> APG. I am confident that the Games will catalyse the growth of para sport in Singapore and around the region. Together, we can look forward to a more inclusive society where persons of all abilities can realise their aspirations.

On behalf of the Singapore ASEAN Para Games Organising Committee, thank you all for making the 8<sup>th</sup> APG a success. Till we meet again at the next Games!

**Grace Fu**

Minister for Culture, Community and Youth, and Chairperson of the Singapore ASEAN Para Games Organising Committee

# AN EXTRAORDINARY TEAM EFFORT

Chairman of the Singapore ASEAN Para Games Organising Committee (SAPGOC) Mr Lim Teck Yin and his team delivered more than a spectacular sporting event. They went beyond to transform perceptions.

It was all written on the faces of the spectators: awe, admiration, and joy. As they walked away from each competition, the chatter would be about how amazed they were at the abilities of the para athletes, and how thrilling the sports action was. For the para athletes, it was an unforgettable feeling of affirmation to see the crowds coming together to support them.

This was the exact response the team behind the 8<sup>th</sup> ASEAN Para Games (APG) had been working towards for over two and half years. From the executive committee to the workforce on the ground, Mr Lim Teck Yin and his team had operated on the belief that in every doing, there had to be a greater purpose.

"It has been our privilege to organise the 8<sup>th</sup> APG. The APG is about more than

just sporting excellence. It teaches everyone the enduring human spirit and the heart to overcome challenges in sport and in life. It serves to signal strongly our aspirations for a more inclusive society, and that beyond the Games, anyone with a disability has access and the opportunity to live better through sport," said Mr Lim.

This mission was reflected in the theme "Celebrate the Extraordinary". In the 28<sup>th</sup> SEA Games, the theme was focused on inspiring individuals to achieve their dreams. The 8<sup>th</sup> APG, on the other hand, celebrated the extraordinary spirit of the athletes, community, volunteers, and workforce, who came together in solidarity for sport. And, from the Games' logo design to community events surrounding the Games, the Organising Committee was tireless in ensuring that



The APG team made every effort to bridge the gap between the able bodied and differently abled through a series of community events.



Events like the One Team Singapore Rally gave ample opportunities for people of different abilities to come together.



Building a community of para sport advocates.



“We have seen how the human spirit triumphs over all adversity, and it has left an indelible mark in Singapore’s jubilee year.”

this theme was embraced by all across the region.

Undoubtedly, this was in itself an extraordinary task. But from Ceremonies & Functions to Logistics Management, the executive committee was driven by a shared mission.

Deputy Chairman of the Organising Committee Mr Kerk Kim Por explained, “From the beginning, the core team was motivated by a larger vision for the Games – that the Games will be a catalyst for the movement to engage our people about the value of sport; inspire them through the spirit and abilities of para athletes; and to uplift the participation in para sport.”

Mr Kerk continued, “To do all that, the team would first need to understand the perceptions and feelings of the people with regards to para sport and persons with disabilities. Our studies showed that para sport was perceived to be ‘less exciting’, and that there was

some level of discomfort concerning interactions with persons with disabilities.”

Understanding led to action. The team drew up a plan to bridge the gap between the able bodied and differently abled by getting people to celebrate the spirit of overcoming the odds. The result was a slew of community events such as sport invitationals, Team Singapore para athlete meet-and-greet sessions, and Gift-a-Nila programmes where the public sewed and decorated hearts onto Nila plush toys as a welcome gift for all para athletes at the Games.

Apart from these, the team also sought to engage the larger audience beyond those at the competition venues. This they did by strengthening their social media and digital presence on platforms such as the web portal, apps, and Facebook.

Mr Kerk shared what drove the team, “When the going got tough, the team relied on the original vision for the

Games as a source of strength. We knew that doing it well would go beyond just executing a good Games, but imparting an enduring legacy for para sport.”

The response was positively heartwarming. Many in the community came forward in a show of resounding support, either online or in person at the competition venues and community events. For Mr Lim, this was proof that Singapore and the region had indeed come closer to the goal of an inclusive society that supports para sport and persons with disabilities.

“We have seen how the human spirit triumphs over all adversity, and it has left an indelible mark in Singapore’s jubilee year. Building a society that includes people of all abilities will make us a people truly enriched,” said Mr Lim.

This is the true spirit of celebrating the extraordinary.



Deputy Chairman Kerk Kim Por taking on the task of engaging the public.



Intense focus for a higher purpose – The APG workforce put their heart and soul into creating a Games to remember.

# READY, SET, GOAL!

Singapore embarked on a three-pronged approach to achieve her goals of creating a sense of ownership among Singaporeans, building inclusiveness in society, promoting para sport, and evoking national pride.

- Evoking the human spirit in a world-class city**  
 Singapore sought to create a first-class Games experience not just in terms of organisational efficiency, but by creating human encounters that would touch hearts. This was done through the Games Village experience, the activities at the Singapore Sports Hub, and by offering excellent Games services.
- Developing Team Singapore and para sport**  
 Singapore tripled the number of Team Singapore athletes to 152 by developing sport programmes for persons with disabilities, and by creating public awareness for para sport.
- Creating strong partnerships**  
 Early engagement with partners such as the ASEAN Para Sports Federation, the various National Paralympic Committees, schools, voluntary welfare organisations, and social enterprises was crucial for success.

# CELEBRATING AS ONE

As first-time host of the ASEAN Para Games, the people of Singapore came together as one to celebrate the extraordinary. In the year leading up to the Games, they poured their hearts into supporting the para athletes – inspiring them to truly believe that there was no limit they could not overcome.



# A ROARING GREAT START

The run-up to the 8<sup>th</sup> ASEAN Para Games saw a plethora of community activities and events. Taking the Games out to the city, the heartlands, the schools, and to corporations, we shared the message of inspiration and fortitude embodied by our para athletes in their pursuit of sporting excellence.

15 February 2014

## The Start of an Extraordinary Journey

The 28<sup>th</sup> SEA Games and 8<sup>th</sup> ASEAN Para Games (APG) logos, the tagline "Celebrate the Extraordinary", Songs of the Games, and the Games mascot, Nila, were unveiled at an extravaganza at Singapore's Gardens by the Bay.

4 & 5 July 2015

## Asia's Para Paddlers a Smash Hit

Asia's top paralympic paddlers battled it out in a friendly tournament with over 22,000 spectators in attendance. Members of the public were also invited to spar with the paddlers. More on the action, served on page 14.

7–10 August 2015

## Weekend of National Jubilation

Singaporeans headed down to ActiveSG Sports Centres and tried their hand at para sports as part of the ActiveSG Jubilee Weekend in celebration of Singapore's 50<sup>th</sup> anniversary.

13 October 2015

## 50 Days to the Games

The grand countdown began with a slew of concurrent events:

- The community prepared Nila plush toys for visiting para athletes and officials
- The "Unbreakable" music video featuring the unbreakable spirit of para athletes premiered on YouTube
- 'Get RED-y' cheer kits were distributed to 100 schools to encourage young Singaporeans to support the para athletes leading up to the Games

14 November 2015

## Flag off to the Games

Over 8,000 members of the public joined athletes and officials to witness the ceremonial lighting of the 8<sup>th</sup> APG flame at the One Team Singapore Rally. More about the event on page 16.

3 December 2015

## Let the Games Begin

The Games opened with a bang. Over 1,440 performers took to the stage in a night which enthralled audiences at the Singapore Indoor Stadium.

30 November 2014

## 'Tis the Season to Usher in the Games

Our para athletes and the various para sports were introduced to the public at the "TREErific Christmas – Celebrate Abilities Sports Carnival", which also marked the one-year countdown to the Games.

25 & 26 July 2015

## Para Sport Buzz Goes to the Heartlands

The "Sport Without Boundaries" roadshow series kicked off in the west of Singapore before making its rounds across the island. In all, over 350,000 people were engaged through these roadshows as well as through sports invitationals and the One Team Singapore Rally.

26 & 27 September 2015

## Football Fever

More than 10,000 spectators cheered on cerebral palsy footballers, Singapore football legends, and more in a one-of-its-kind unified football tournament. More on the thrills and spills on page 15.

24 & 25 October 2015

## Uplifting Experiences

It was a test of strength in the Unified Powerlifting Challenge. Spurred on by over 22,000 spectators, the exhilarating event saw more than 100 participants lift a total combined weight of 123,920kg over two days.

28 November – 9 December 2015

## Champions of Extraordinary Fun

Visitors to the Games were treated to more than a week of extraordinary experiences at the 8<sup>th</sup> APG Carnival. Read more about it on page 18.

3–9 December 2015

## From Spectators to Participants

Visitors got an insight into what it takes to be an APG para athlete as they took part in tours, adventure races, and more at the Singapore Sports Hub. Over 71,000 people from the community took part in the tours alone.



# A SMASHING GOOD TIME

Some 20 of Asia's top paralympic paddlers met in a friendly para table tennis tournament which saw a crowd of over 22,000 spectators. Held at Marina Square, the tournament featured Egyptian YouTube sensation, Ibrahim Hamato (pictured above), who plays with the bat in his mouth after the loss of both arms at the age of 10. The event also gave spectators the opportunity to spar with the para athletes, and even have their photos taken with these athletes. By bringing the sport into the public arena, the event aimed to educate members of the public that there is nothing stopping persons with disabilities from excelling in sport.



Team Singapore para paddler Jason Chee sparring with a spectator.

# GETTING A KICK BEYOND ABILITIES

This was a football tournament like no other. About 5,000 spectators cheered for Team Singapore cerebral palsy footballers, Singapore footballing greats such as Fandi Ahmad and Lim Tong Hai, students from various schools, as well as Special Olympics Singapore and SportCares participants, as they competed in a one-of-its-kind tournament. Held over the weekend of 26 and 27 September 2015 at the HDB Hub in Toa Payoh, the tournament aimed to showcase para football and

heighten awareness of the 8<sup>th</sup> ASEAN Para Games.

Post match, former Singapore national football team defender and 1994 Malaysia Cup winner Lim Tong Hai, said, "This is sport at its best. Bringing everyone together, regardless of abilities to play, and enjoy football... What really surprised me was the mindset and athleticism involved throughout the whole tournament. Everyone was chasing the first place position like any true competitor would."



The community was treated to high octane action regardless of abilities.



Singapore's football legends showed up in full support.

**"This is sport at its best. Bringing everyone together, regardless of abilities to play, and enjoy football..."**

**Lim Tong Hai, 46**  
Former Singapore national footballer

# 8,000 HEARTS RALLY<sub>AS</sub> ONE



Participants from all walks of life gathered as one to show their support for our para athletes at the One Team Singapore Rally.



Jointly lighting the ceremonial flame for the 8<sup>th</sup> APG.



Over 1,800 gathered to form a giant red heart as a show of support for para sport.



Selfie time for para swimmer, Theresa Goh, who went on to become Team Singapore's most bemedalled athlete at the Games.

The rallying call was made. With this, 8,000 supporters turned up in full force and came together as one to celebrate the extraordinary spirit of our para athletes at the final countdown event before the opening of the 8<sup>th</sup> ASEAN Para Games (APG). As the crowd gathered at The Promontory @ Marina Bay, supporters bore witness to a 1,823-person formation of a red heart, a symbol of inclusiveness and support for para sport.

The day also saw participants taking part in the annual two-kilometre Reindeer Walk-a-Wheelathon around the Marina Bay Promenade, and culminated in the ceremonial lighting of the APG flame as well the official flag presentation.

Said para athlete Yip Pin Xiu and official flag bearer for Team Singapore, who was there to jointly light the ceremonial flame, "It is a great honour to be the flag bearer for Singapore at the 8<sup>th</sup> APG as this is the first time that we are competing at this level on home ground."

# GETTING INTO THE GAMES

Kick the football into the goal – blindfolded. Manoeuvre a wheelchair – through obstacles. Fire off an arrow at the target – while seated in a wheelchair. Young and old from all walks of life took on such extraordinary challenges at the 8<sup>th</sup> ASEAN Para Games Carnival, experiencing first hand what it was like to be a para athlete.

The Carnival was designed to be a learning journey for everyone. There, participants also gained an insight into living with disabilities by attempting everyday tasks such as tying shoelaces with their eyes closed and engaging in conversation using sign language. In the activity 'Living in the Dark', for instance, participants were blindfolded and taken through a sequence of activities such as dining, moving from one point to another, and walking down a flight of stairs with the aid of a guide.

Mother of two, Edlyn Giam, 39, was all praise for 'Living in the Dark'. "It was a really meaningful game. The facilitators guided the kids who were blindfolded,

and asked them questions about how it was like to be visually impaired...Activities like these are wonderful, as they help us move towards being a more inclusive society."

Cheyenne Wong, 11, a student of Zhangde Primary School added, "I've gained a better understanding about how persons with disabilities go through their day-to-day lives."

The Carnival, which ran daily from 28 November to 9 December 2015, was also filled with fun activities such as go-kart racing, bouncy castles, face-painting, and balloon sculpting for the little ones, and a host of other action-packed activities for the young-at-heart. At the same time, members of the public were invited to sign up for tours that offered a holistic experience of watching the Games, meeting para athletes and taking part in the Carnival, all with a dedicated guide each.

For the 634,000 participants who turned up at the Carnival, this was indeed a celebration of the extraordinary.



There were many picture perfect moments of future generations learning about social inclusion and para sport.



Bullseye! Participants got a first-hand experience of what it takes to be a para athlete.



Scoring a goal was not as easy with blindfolds on.



Singapore's Deputy Prime Minister Teo Chee Hean (in goal) joined members of the public to give goalball a try.



Young and old got a first-hand experience of what it was like to live with disabilities.

# CELEBRATING GREATNESS

The 8<sup>th</sup> ASEAN Para Games brought us many stories of extraordinary people. Para athletes who overcame every challenge to compete. People who supported their quest for para sport greatness at every step of the way. And others who sacrificed their time to make the Games a success. Whether it was on the playing field or from behind the limelight, these people truly defied their own limits.

# INSPIRING HEROES

Over 1,180 para athletes competed in the 8<sup>th</sup> ASEAN Para Games, each one of them a testament to the strength of the human spirit in overcoming disabilities and defying limits. Over seven days of competition, these extraordinary individuals displayed strength, courage, and character through their events. More than that, they inspired us all to look past our own limits. Here are some of their stories.



# FULL OF STRENGTH

Despite her shy demeanour, visually impaired Dyg Nor Hensan Binti Awg Haji Mataha, 31, is a picture of strength when she talks about her future.

In school, Nor Hensan had no desire to play any kind of competitive sport. Instead, she was an active scout. In fact, she received the Sultan Scout Award in 2006, the highest scouting honour in Brunei Darussalam at the time.

It was after she finished school that things took a bleak turn – she began to lose her sight. While it came as a shock in the beginning, Nor Hensan did not waste too much time wallowing. She sought out other interests despite her disability, and soon found that she had what it takes to excel in field athletics.

So when the call for participants for the 4<sup>th</sup> ASEAN Para Games in 2008 came, she took up the challenge and went for the selection. Today, Nor Hensan represents her country in three throw disciplines: shot put, discus, and javelin.

“Winning my first medal changed my life. Taking part in sports has given me more confidence. Now when I compete and meet other para athletes, I know that there are others like me and that I am not alone,” she shared.



Nor Hensan may come across as soft-spoken. Yet, her performance in the field of athletics speaks volumes. More than that, her ability to influence and inspire others to overcome their own limits has proven to be a force to be reckoned with.

She introduced her visually impaired brother, Raduan, 40, and physically impaired brother-in-law, Shari, 49, to sports. The two of them are now with the Bruneian para athletics team, with Raduan competing in shot put and Shari making his mark in javelin.

Her tight-knit family is her pillar of strength, constantly encouraging her along the way. And the generous encouragement that this silver medallist has received is something that she would like to pay forward.

“I look forward to inspiring young children to join sports, and to motivate them to pursue their dreams. I have been invited to give various motivational talks in schools, and that’s what my future holds,” she said.

**“Winning my first medal changed my life. Taking part in sports has given me more confidence. Now when I compete and meet other para athletes, I know that there are others like me and that I am not alone.”**



# ON A ROLL FOR SPORT

**Phat Yuy, 52, is a figure of passion for sport and dedication to country, as he made history by becoming Cambodia's first and only representative for tenpin bowling at the 8<sup>th</sup> ASEAN Para Games.**

Some might find it hard to believe, but Phat Yuy picked up tenpin bowling only in July 2015 – less than half a year before the Games. Phat Yuy was a para volleyball player for Cambodia's national team prior to that. That all changed when Mr Yi Veasna, Chef de Mission for Cambodia, encouraged him to try out tenpin bowling so that the nation could have a representative for the sport at the 8<sup>th</sup> ASEAN Para Games.

Keen to contribute to his country in whatever way possible, he took up the challenge. Phat Yuy headed to

the bowling alley and was hooked. He trained fervently to learn the skills and improve his techniques.

However, picking up the game was not easy for Phat Yuy, who lost his left leg in a landmine accident in 1986.

"My leg was a limiting factor initially," he shared. "Because of my prosthesis, I found certain bowling postures difficult. But it's something I had to overcome."

And overcome he did. Training for four hours daily with a coach, Phat Yuy put his heart and soul into perfecting

his technique so that he could do his country proud as the first-ever Cambodian representative for the tenpin bowling event.

Like many para athletes, Phat Yuy has found numerous benefits in sport. Besides improving his fitness levels, his living standards have become better. While life was tough for Phat Yuy and his family previously, becoming a sportsman has enabled him to provide comfortably for his wife and four children, aged seven to 15.

"My children are very supportive of my sporting endeavours. Before every competition, they'll help me prepare my clothes and equipment and wish me the best," he said with pride in his eyes.

For Phat Yuy, doing his best in sport has never just been a personal undertaking.

"I want to represent my country and build the reputation of Cambodia," he explained. "I am very honoured to be my country's first para athlete in tenpin bowling. This is an opportunity I will treasure."

Indeed, Phat Yuy's never-say-never attitude has paved the way for more para athletes to step forward for their country in the future.

**"I am very honoured to be my country's first para athlete in tenpin bowling. This is an opportunity I will treasure."**



# LEAPING BEYOND LIMITS

**For 29-year-old long jumper and sprinter Setiyo Budihartanto, para sport has been a true life-changer: it has made it possible for him to have a great career, income stability, and even set the stage for Setiyo to meet his future spouse.**

Born with a congenital amputation below the left elbow, Setiyo only discovered his talent for jumping at the age of 18 after graduating from secondary school in 2004.

"I saw some of my seniors playing football and some others practising the long jump at the rehabilitation centre for the physically impaired. The coach there asked me what I was keen on. Instinctively, I blurted out 'long jump', and that was when my training as an athlete began," he said.

Upbeat with a radiant smile, the winner of four gold medals at the 8<sup>th</sup> ASEAN Para Games shared that life was not all a bed of roses while growing up.



"I used to get dejected when other children teased me," he admitted. "But while my parents were sad to see me upset, they never failed to assure me that I was just as capable as anyone else."

Becoming an athlete has certainly changed Setiyo's perspective of life. In the past, he would never have imagined that a person with disabilities could get a job or even secure a place in university.

Beaming with pride, he shared, "I've gained a lot of confidence. I am proud to be able to represent my country like our President does. I have a fulfilling career in the Ministry of Youth and Sports that allows me to support my parents, and more importantly, my workplace was also where I met my wife!"

Setiyo and his wife, Sophia, are both civil servants at the Ministry. The couple have a three-year-old son, Ayubi, who accompanies Setiyo at his weekend training sessions.

"I am grateful for what God has given me and I seek to be useful in any situation. Our limitations should not prevent us from breaking through barriers. Beyond my competitive career, I want to devote myself to the world of sports by becoming a coach and imparting the knowledge I've gained to other para athletes."

**"Our limitations should not prevent us from breaking through barriers."**



# STAYING FOCUSED ON HER GOALS

**Goalballer Soukdavy Xaysomphou, 33, may be visually impaired. But that has not deterred her from looking towards a brighter future in both work and sport.**

Before losing her sight at the age of 19, Soukdavy loved playing competitive sports and often took part in football and volleyball matches, as well as swimming and running meets.

The loss derailed her dreams of becoming a nurse, but that did not deter her from seeking another source of employment. With her three siblings also visually impaired, her family ventured into the traditional massage business – a move that has provided the family income for the past 12 years.

Losing her sight did not halt Soukdavy's interest in sport either. The opportunity to play goalball came when the national Laotian goalball team was formed. The school for the visually impaired that she was in called for players, and she jumped at the chance to be part of the new team.



She said, "I was so happy when I found out about goalball. I did not know anything about it before. I enjoy team sports, and I love meeting people whenever I play at home and overseas."

Soukdavy's first competition was at the 4<sup>th</sup> ASEAN Para Games (APG) in Korat, Thailand, in 2008. Two years later, she was joined by her two sisters – Chanphone, 29, and Sonemaly, 26. The sister trio have been playing for their national team since the 2010 Asian Para Games in Guangzhou. And their time together as teammates has further strengthened the bond between the sisters.

The two-time silver medallist in the 7<sup>th</sup> and 8<sup>th</sup> APG added, "When I first started, goalball was a big challenge. Because we cannot see, we can only depend on our hearing to determine where the ball is, which is difficult. But what's even harder is learning how to cooperate with teammates and communicating about who takes the shot. The concentration is intense."

Indeed, Soukdavy is focused on what she wants for her future: to contribute to her community, continue excelling in traditional massage methods, stay healthy through sport, and to look forward to the next Games.

**"Because we cannot see, we can only depend on our hearing to determine where the ball is, which is difficult. But what's even harder is learning how to cooperate with teammates and communicating about who takes the shot. The concentration is intense."**



# WILLPOWER MEETS WHEELPOWER

Malaysia's wheelchair basketball player Ahmad Nazri, 25, is proof that being a cancer survivor and amputee is no roadblock to being successful in sport and in life.

Life threw Nazri a curveball at the tender age of 14 when he was diagnosed with bone cancer in 2004. He took a break from school to focus on his treatment, and had his first amputation in 2006.

When he returned to his school two years later, his then physical education teacher and Chef de Mission for Malaysia, Dr Ang Kean Kou, introduced him to wheelchair basketball. However, the game was challenging in the beginning.

"I took three months to learn the basics of the game. But in all, it took me one full year to finally acquire the skills proficiently," he said.

Quitting was never an option for Nazri. And that conviction was only made stronger as he continued to train and get to know his team.

"I never thought about giving up. My teammates are my friends and they're like my second family. We encourage each other to persevere. I love the game and it's helped me forget the sadness and pain in my legs. I now appreciate everything in life."

His optimism shines through despite a lingering battle with cancer over the years. After the 2014 Asian Para Games in Incheon, South Korea, Nazri had a relapse and had to go through another amputation.

He has endured four amputations and 15 operations throughout his life. Since the last operation, his entire right leg up to the hip has been removed.



Yet, between all these episodes that have seen him bouncing to and from hospital, he has shown pure courage and determination. In fact, Nazri actively gives back despite his condition.

As an ambassador of Majlis Kanser Nasional (MAKNA), Malaysia's National Cancer Council, he has participated in fundraising efforts by scaling Mount Kinabalu, the tallest mountain in Southeast Asia. Not once, but twice, in 2013 and 2014.

He shared, "Mount Kinabalu was an adventure. It was hard climbing with one leg initially, but the journey became enjoyable with the support of the people around me."

So what made him do it in the first place? Nazri explained, "I want to tell my fellow friends with disabilities that their disability is not a limitation, and they should not lose hope. And, to show society that persons with disabilities, too, can achieve the incredible."

**"I never thought about giving up. My teammates are my friends and they're like my second family. We encourage each other to persevere."**



# MORE THAN AN AMAZING RACE

**Amputee sprinter Kyaw Kyaw Win, 26, may be a man of few words. But his confidence shines through when he reflects on how para sport and the support he has received has changed his life.**

Like a bolt from the blue, a landmine incident cost Kyaw Kyaw, a soldier with the Myanmar Armed Forces, his right leg in 2008.

Since his rehabilitation, he has put his heart and mind into athletics. It was a passion that he picked up five years ago when he took part in an annual meet organised by the Myanmar Disabled Sports Federation for military personnel with disabilities.

Kyaw Kyaw, who is still in the army, said, "My employers are very supportive of my passion for

running, and my bosses have only words of encouragement."

Training four hours daily, his hard work paid off. His first meet at the 7<sup>th</sup> ASEAN Para Games (APG) in 2014 on home ground saw favourable results when he won two medals – one silver and one bronze. This was despite using an old prosthesis that was uncomfortable and not as conducive for sprinting. At the 2<sup>nd</sup> Asian Para Games in Incheon, South Korea, that same year, he gunned for gold in the 400-metre T44 race and succeeded.



His winning streak continued in the 8<sup>th</sup> APG as he won medals in all three of his events: two golds in running and a bronze in the long jump. Breaking the Games record for the 400-metre T44 Finals was the icing on the cake.

His talents have certainly not gone unnoticed. "Running changed my life. At work, I was promoted from the rank of Sergeant to Warrant Officer Class Two. On top of that, running has helped me to become healthier," he said.

Aside from the amazing support at work, he also received a new Ottobock sports prosthesis that offers more comfort while running.

Indeed, it is Kyaw Kyaw's competitive streak that keeps him motivated. "When I see my fellow soldiers do well, I am motivated to do well too. I don't see myself as a person with disabilities. That's how I surpass myself and win."

When asked who inspires him, Kyaw Kyaw beamed, "Usain Bolt. He's crazy fast."

**"When I see my fellow soldiers do well, I am motivated to do well too. I don't see myself as a person with disabilities. That's how I surpass myself and win."**



# POWERING CHANGE

**Powerlifting paralympian Adeline Ancheta, 42, is no stranger to the media spotlight. But rather than basking in her glory, she has been using the opportunity to bring about change for persons with disabilities.**

Born in the mountain province of Ifugao, the Philippines, Adeline lost the use of her legs after contracting polio when she was three. At the age of six, a Belgian missionary saw Adeline crawling around the house and suggested that she be sent to a school for the disabled in Manila. Though reluctant, her parents agreed.

"It was difficult to be away from my family at such a young age. But that's when I learned to be independent and gained many opportunities. I got to meet friends. I developed my passion for sport and music. I was into swimming, wheelchair basketball, wheelchair racing... I guess because I was away from my family, these became my escape where I could channel my energy," she shared.



Work came after university, and sports took a back seat. But the energetic Adeline soon found herself missing sports, so her friend suggested that she try powerlifting.

In 1997, she signed up and won a local competition where she was the only female competitor. One thing led to another and she found herself in the 2000 Paralympic Games in Sydney. Adeline won a bronze medal, the first-ever para sport medal for the Philippines.

Today, Adeline is a strong advocate for the rights and the betterment of lives of Filipinos with disabilities, especially in the provision of wheelchair services.

She added, "I made it to the papers and TV shows, and was invited to speak. It opened many doors not just for me, but more importantly, for the para sport group as well. The awareness enabled the National Paralympic Committee to push for more initiatives for persons with disabilities."

Indeed, by sharing her life experiences as a person with disabilities, Adeline has successfully campaigned for better wheelchair access in public spaces such as schools and malls. Her efforts have gone a long way.

**"I made it to the papers and TV shows, and was invited to speak. It opened many doors not just for me, but more importantly, for the para sport group as well."**



# HAPPINESS ALL ROUND

**Notwithstanding his physical impairment, Cerebral Palsy (CP) football player, Suhaimi bin Sudar, 26, is an all-rounder who pursues his passions with gusto.**

Suhaimi is a ray of sunshine when he talks about his life and interests. The economics graduate suffers from mild cerebral palsy, and his condition affects his motor ability and physical movement. This means that his four limbs and entire

body are generally weaker than a regular person's. Yet, despite these physical challenges, Suhaimi constantly maintains a positive attitude towards life. And he credits sport for helping him stay optimistic.

"Playing sport is a form of therapy. It's benefited me physically. I work my muscles, and football basically works my whole body. It's a bonus that football is my favourite sport!" he said with a grin.

Suhaimi read about the Singapore CP football team in the papers and was elated to have found

a sport that he had a knack for. The team welcomed him with open arms, and they quickly became his second family after he joined in June 2013.

"We support and encourage one another. I love the game and my team, and it's come to a point that if I miss a session, I'd feel like something is missing," he said.

Suhaimi works in a global shipping company, having been conferred a scholarship by the Singapore Maritime Foundation. His employers are behind him in his sporting pursuits, and he is grateful for their support. Said the Singapore Management University graduate, "My company has been very supportive and understanding. During the Games, they gave my colleagues time off so that they could come support us!"

That was not all. Suhaimi's company also offered him special leave to take part in the Games. For Suhaimi, this was proof that his employers had truly embraced him as an athlete – a fact that motivates him to work even harder for his company.

So what motivates him to play? He declared, "I compete for my country. That's my drive. We forget all about cerebral palsy once we step onto the pitch. And we play our hearts out, knowing that we're playing for Singapore."

**"I compete for my country. That's my drive. We forget all about cerebral palsy once we step onto the pitch. And we play our hearts out, knowing that we're playing for Singapore."**



# MEET THE BOCCIA SUPERSTAR

As one of the top-ranked boccia players in the world, Pattaya Tadtong, 36, is well-liked by his peers, enjoys celebrity status in his home country of Thailand, and has even been dubbed an “idol for para athletes”.

Pattaya, who suffers from mixed cerebral palsy, has been on the boccia court for 19 years, having competed in numerous high-profile competitions such as the 2004 Paralympic Games in Athens, Greece, where he won a bronze medal. In the 2012 London Paralympic Games, he took home two gold medals, much to the jubilation of his fellow Thais.

He was 18 when a teacher in his hometown introduced him to boccia. Pattaya took

an instant liking to the sport, but mastering the game took some time.

“It was very tough for me in my first year as a beginner. My muscle control was not well developed. So it took me five years of training to overcome this and finally qualify for competition,” he said candidly.

Born premature at seven months, alarm bells started ringing when Pattaya’s parents noticed that he had not cried for one month.



A check-up at the doctor’s turned into a six-month hospital stay, and his parents were told that their son would never lead a normal life.

Growing up, his speech was hampered by his ability to control his neck muscles. Communicating with others was challenging, but it was his involvement in boccia that became a game changer.

“The exercise from playing boccia was very good for me. It strengthened my muscles, giving me better neck control. My speech improved by leaps and bounds,” Pattaya shared.

Since the London Paralympic Games, Pattaya has been inundated with requests for media interviews and television appearances.

Animated and cheerful, Pattaya has also endeared himself to the Thai public.

“Boccia allows me to travel – to venture and see new things. It’s boring just staying at home,” he joked.

Deputy Chef de Mission for Thailand, Mr Surasit Thongchan, added, “Pattaya is very popular in Thailand. He is very independent and he’s considered an idol for para athletes. Pattaya gives hope to both persons with disabilities and able-bodied people.”

Truly, in spite of all the attention he has received, Pattaya only has his fellow para athletes in mind. He emphasised, “What persons with disabilities need are opportunities. Open your hearts and listen to them.”

**“What persons with disabilities need are opportunities. Open your hearts and listen to them.”**



# SPLASHING INTO SUCCESS

Just over five years ago, Trinh Thi Bich Nhu was a seamstress in Ho Chih Minh City. Today, the 30-year-old is a rising para swimming star at the pool.

The second of three children born to farmers in the Kien Giang province of southern Vietnam, Bich Nhu was diagnosed with polio at the age of three – a condition that has left her a wheelchair user ever since.

Life seemed bleak, until she made a radical decision to turn things around at age 23 when she left the comforts of her home for Ho Chi Minh City to seek new opportunities.

Her decision was met with fierce opposition from relatives who were worried for her wellbeing. Bich Nhu went ahead with her plans anyway, and soon found a job in the city as a seamstress with a daily wage of USD2.20. It was also in the city that she gained an interest in swimming.

"I was introduced to my first coach in 2010 after I expressed my desire to learn swimming. I had seen other para athletes in the pool and I wanted to be just like them," she said.

She has not looked back since. In July 2015, Bich Nhu won a silver medal in the 2015 International Paralympic Committee Swimming World Championships in Glasgow, Scotland. She was Vietnam's first-ever para athlete to win a medal on the international stage.

"I was so happy with the silver medal. It's not my glory but the entire Vietnamese team's labour," she shared humbly.

The win earned her a bonus of USD4,500 – a far cry from her monthly salary of USD67 as a seamstress. Beyond the monetary gain, competitive swimming has given her a new lease of life.

Flashing a radiant smile, she explained, "I have made so many more

friends since joining sport. My fitness levels have improved tremendously and so has my general health."

Bagging two golds and one silver at the 8<sup>th</sup> ASEAN Para Games, Bich Nhu also set two new Games records. She has also won her father over, and he is now convinced and assured that she is capable of taking care of herself.

**"I was introduced to my first coach in 2010 after I expressed my desire to learn swimming. I had seen other para athletes in the pool and I wanted to be just like them."**





# ENABLING THE EXTRAORDINARY

Behind every para athlete are people who have gone beyond themselves to help these persons with disabilities, enabling them to overcome their physical and mental limits and step up to compete. From family members to coaches, they are the ones who have made the extraordinary displays of courage and resilience at the Games a reality.



# EMPOWERING INDEPENDENCE

Veteran coach Dong Quoc Cuong, 71, is not only Vietnam's pioneering coach in para swimming – he is also a man who is driven to empower persons with disabilities.



8th ASEAN  
PARA GAMES  
3-9 DECEMBER 2015

## A legacy of para swimmers

Vietnam's para swimmers performed well in the pool at the Games, and part of the credit must go to Coach Cuong's decision and resolve 16 years ago to train these persons with disabilities to swim competitively.

Coach Cuong had an illustrious 32-year career coaching able-bodied swimmers in his country, Vietnam. That all changed in 2000 when he decided to turn his attention to persons with disabilities. Today, he is known as the pioneer coach for para swimmers in the country.

## Making a difference

"I had seen many children with disabilities in the southern part of my country. These were kids who were born into poor families. This inspired me to create a safe haven for children like them to learn swimming, practise and play together," said Coach Cuong.

Coach Cuong soon realised that coaching para swimmers was a completely different ballgame from coaching able-bodied swimmers – one that he had to adapt to quickly.

"When I coach able-bodied swimmers, all I need to do is shout out instructions from the poolside. But coaching para swimmers becomes more

personal. I need to get into the water to teach, support, and guide their movement and styles," he shared.

Coach Cuong still believes in the value of being hands on. At the International Paralympic Committee Swimming World Championships that took place in July 2015 in Glasgow, he single-handedly took care of his four para swimmers.

## The drive to deliver

When Coach Cuong sees that a para swimmer has the potential to go further in the pool, he makes sure he pushes them to swim at a competitive level. The work may be tiring, but he gets a boost of energy when his swimmers do well.

Coach Cuong does this not just for personal satisfaction; he has a practical reason to push them.

"When they do well in competition, they get opportunities to earn an income. It enables them to become independent as they support themselves and their families. This is my motivation as a coach."

# SERVING WITH ALL HIS HEART

Malaysia's former national badminton chief coach Moe Chin Kiat, 78, has mentored his country's top badminton players and taken thousands of others under his wing. But 25 years ago, he left the top flight to devote his life to training para badminton players.



Coach Moe's foray into coaching persons with disabilities to play badminton came in 1997 when a manager for the newly-formed Malaysian para badminton team approached him. The team then comprised former military servicemen who had been injured. Coach Moe took on the challenge even though they had no money to pay him.

## Trial and error

He revealed, "At first, I didn't know how to coach them. There were no manuals for training para athletes!"

With no precedents and a lack of past references to turn to, Coach Moe and his peers had to design their own methods to best coach the para athletes. Results came quickly and they netted silver and bronze medals at several competitions. Four years later, the team secured its first gold medal.

## Turning lives around

Known affectionately by his students as 'cikgu' (teacher), Coach Moe believes youths should not waste their lives away.

In 2014, he was in a vocational school for the disabled when he spotted a group of youngsters idling along the corridors. He rounded them up and got them involved in para badminton. And in just 18 months, they became Malaysia's representatives at the 8<sup>th</sup> ASEAN Para Games.

Coach Moe now has his eyes set on these youths as well as new talents to represent Malaysia at the 2020 Paralympic Games in Tokyo, Japan.

His dedication is fuelled by his players' enthusiasm for the sport. Coach Moe, who spends four days a week coaching, said, "The players have full-time jobs and they come and train even after a hard day at work. I know it is very tiring for them, but I can see how committed they are."

The well-loved coach believes in gaining by giving happiness to others – a personal belief that has enabled countless para badminton players to look beyond their disabilities to play at a competitive level.



## Training hard to win big

Coach Moe and his team do not go easy on their para badminton players, treating them like any able-bodied player by drilling them hard at training and instilling in them a desire to win.

# IMMERSED IN A SHARED DREAM

For Singaporean para swimmer Benson Tan, 24, family backing has played a crucial role in his development as a competitive swimmer. His mother, Mimi Tan, 65, shares what it takes to be a selfless source of support.



After being diagnosed with attention deficit hyperactive disorder (ADHD) and an intellectual disability, Benson's parents were convinced that sport would help him channel his energy. They were right. Benson took to swimming like a duck takes to water.

His talent in the pool soon emerged. A silver medal at the 2009 Asian Youth Para Games in Tokyo, Japan, propelled his pursuit of competitive swimming and Benson dived into training 10 times a week.

## A family's dedication

The family's support for Benson's swimming endeavours is crystal clear.

Said Mimi, "Benson trains twice a day. His morning training session begins at 5.30am, so my husband has to leave home every day at 4.45am to ferry him to training. And when my husband is busy, my elder son, who is in his 20s, helps out."

Besides family members, Mimi also counts on her trusted helper, Lorna, to take care of Benson when she is at work.



## Winning with the power of family support

Benson swept five medals at the Games – an achievement that would not have been possible without the support of his mother, Mimi Tan, and the rest of his family.

## A big splash at the Games

Their unyielding support has been crucial to his success in the pool. At the 8<sup>th</sup> ASEAN Para Games (APG), Benson swam his way to four golds and one silver.

This was exceptional, considering that Benson's condition causes him to lose focus easily – a tendency that had caused him to be disqualified from past races. However, Benson displayed an independent streak at the 8<sup>th</sup> APG, and even during the Opening Ceremony where he took on the role of torchbearer.

Mimi said, "I was really worried that he would be afraid as he usually does with crowds... Instead, I was pleasantly surprised. When he ran, he started waving to the crowds and smiling at them. It was unexpected, but he did it all by himself."

"I could see that he was filled with pride. Being part of the Games has really helped him tremendously."

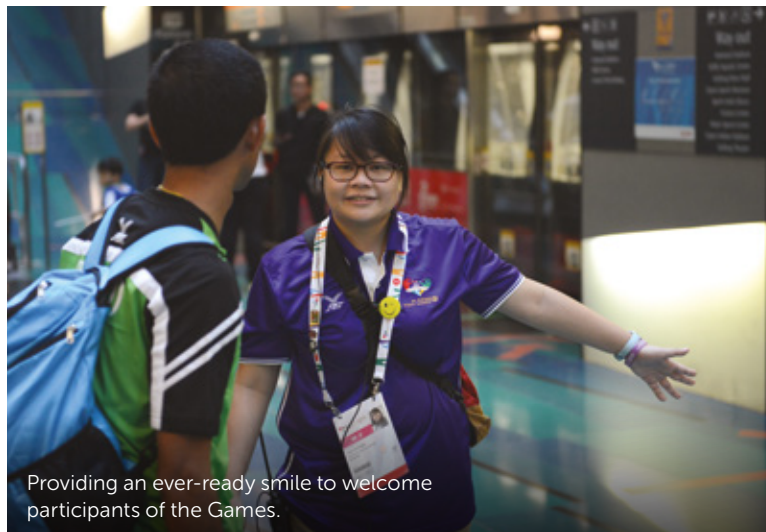
Indeed, Benson's achievements are an inspiration, and his family has been instrumental in making that happen.

# THE BACKBONE OF THE GAMES

Thousands witnessed the generosity of the volunteers, officials, coaches, and workforce who gave their personal time and effort to the 8<sup>th</sup> ASEAN Para Games. For all of them, the Games offered experiences to cherish for a lifetime.



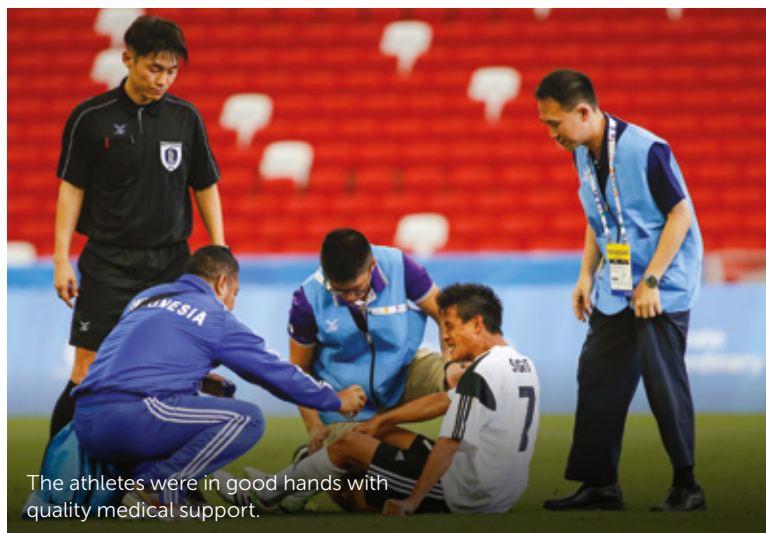
Ensuring that the victory ceremonies went on smoothly.



Providing an ever-ready smile to welcome participants of the Games.



Going to great heights to capture the Games.



The athletes were in good hands with quality medical support.



Sharing moments of jubilation with hugs and smiles.

"I'm so happy to see the volunteers giving their full hearted support to the Games. At the same time, the para athletes are heroes for me not just in the field of sport, but through the whole meaning of life. They are all living examples of how we should live life to the fullest."

Ramil Leonardo Oliveros, 37  
Merchandising Manager  
(Community Engagement)

"As a person with physical impairments, I know how it is like to go through difficult times. But the para athletes have inspired me to stay resilient and be courageous. As I watch them compete, I feel motivated to push my own boundaries."

Foo Xu Hui, 19  
Accreditation Officer



Race starters played a crucial role in ensuring that all para athletes had a fair start.



Upholding the rules of the game were the referees of cerebral palsy football.



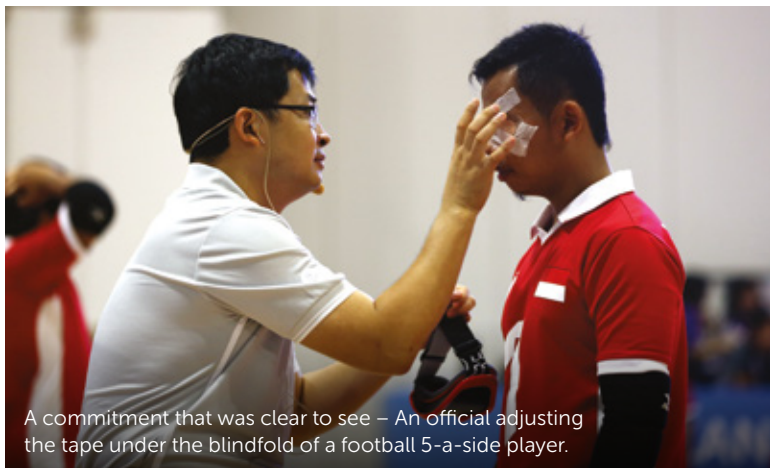
An eagle-eyed official focusing on the race.



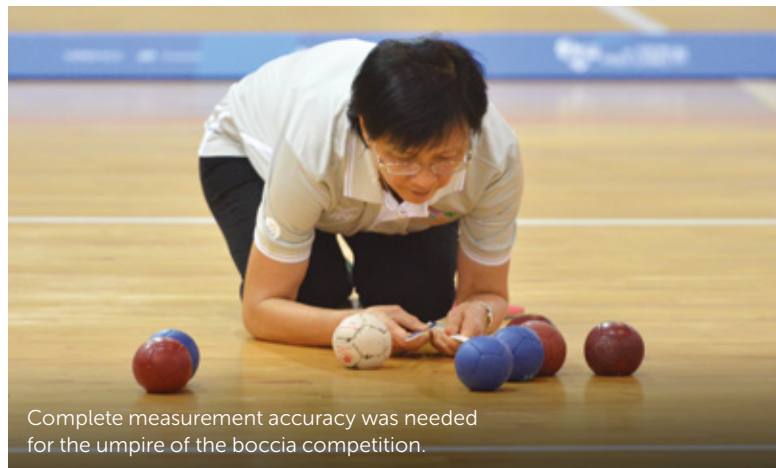
A coach giving his wheelchair basketball team a pep talk before the match.



Being there for the para athletes meant being a good listener.



A commitment that was clear to see – An official adjusting the tape under the blindfold of a football 5-a-side player.



Complete measurement accuracy was needed for the umpire of the boccia competition.



Always on hand to take care of their players.

**“The spirit of volunteerism and community involvement touched me. It was heartwarming to see everyone wanting to do their part in making the participants feel welcome and appreciated.”**

Rachel De Leon Ramos, 41  
Referee for Table Tennis

# CELEBRATING UNFORGETTABLE MOMENTS

Seven days of high-impact action. Of victory, grit, endurance, determination, honour, and camaraderie. Of witnessing extraordinary people defy their limits time and time again. With their remarkable will, these para athletes came together and overcame every challenge, inspiring us to defy our own limitations.



# THE BEGINNING OF SOMETHING BIG

The Opening Ceremony came together as a celebration of big hearts, determination, and spirit, blazing to life in a spectacular show of colours, sounds, and sights. Over 1,440 performers hit the stage at the Singapore Indoor Stadium to present the largest ASEAN Para Games to date, with 1,250 para athletes competing in more than 300 events in a record 15 sports events.



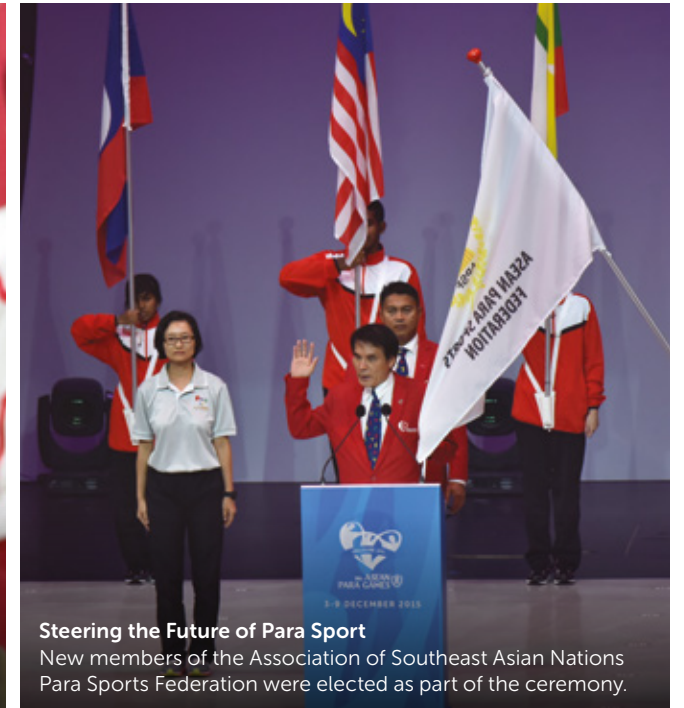
#### A Momentous Welcome

Para athletes entered the arena as performers and spectators cheered them on.



#### A Spectacular Ceremony for All

For the first time, the ceremony was broadcast live with live sign language interpretation and captioning.



#### Steering the Future of Para Sport

New members of the Association of Southeast Asian Nations Para Sports Federation were elected as part of the ceremony.

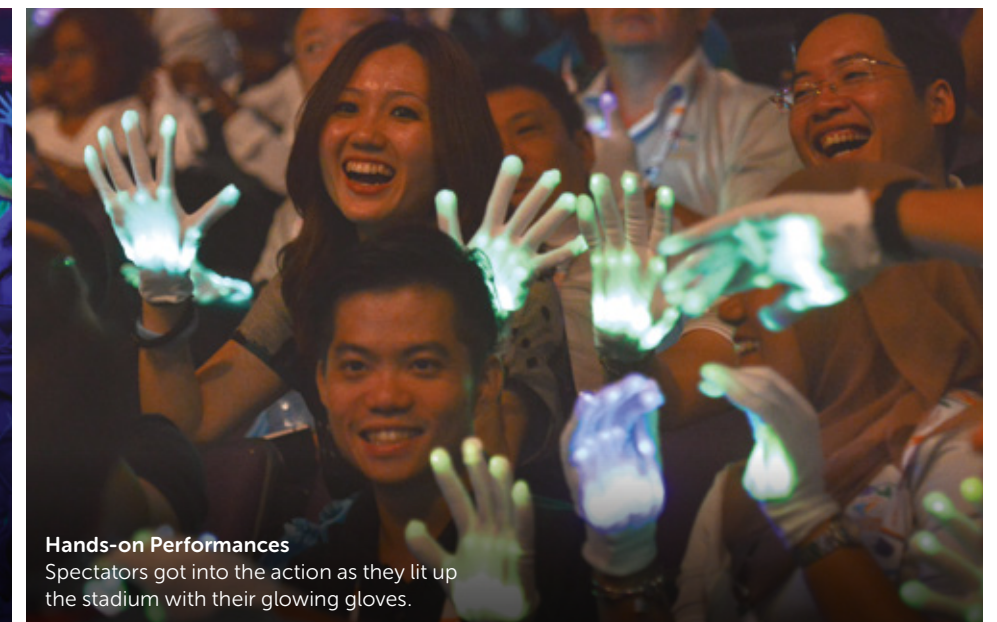
#### Words of Inspiration

In her speech, Ms Grace Fu, Minister for Culture, Community and Youth, shared about how the para athletes had shown that sport is truly without boundaries.



#### Dazzling Performers, Dedicated Volunteers

After months of intense preparation, the work of the performers and volunteers came to fruition in a brilliant display.



#### Hands-on Performances

Spectators got into the action as they lit up the stadium with their glowing gloves.

# CHAMPIONS OF INSPIRATION

Our para athletes may have had to face adversities in their life, but they have not let these challenges hold them back. Instead of looking at what they lack, they have made the most of what they have and charged ahead. The 8<sup>th</sup> ASEAN Para Games saw the rise of these new sporting heroes – men and women with disabilities who did the amazing on the playing fields of the Games. And in doing so, they inspired the region by achieving what many would have thought was impossible.





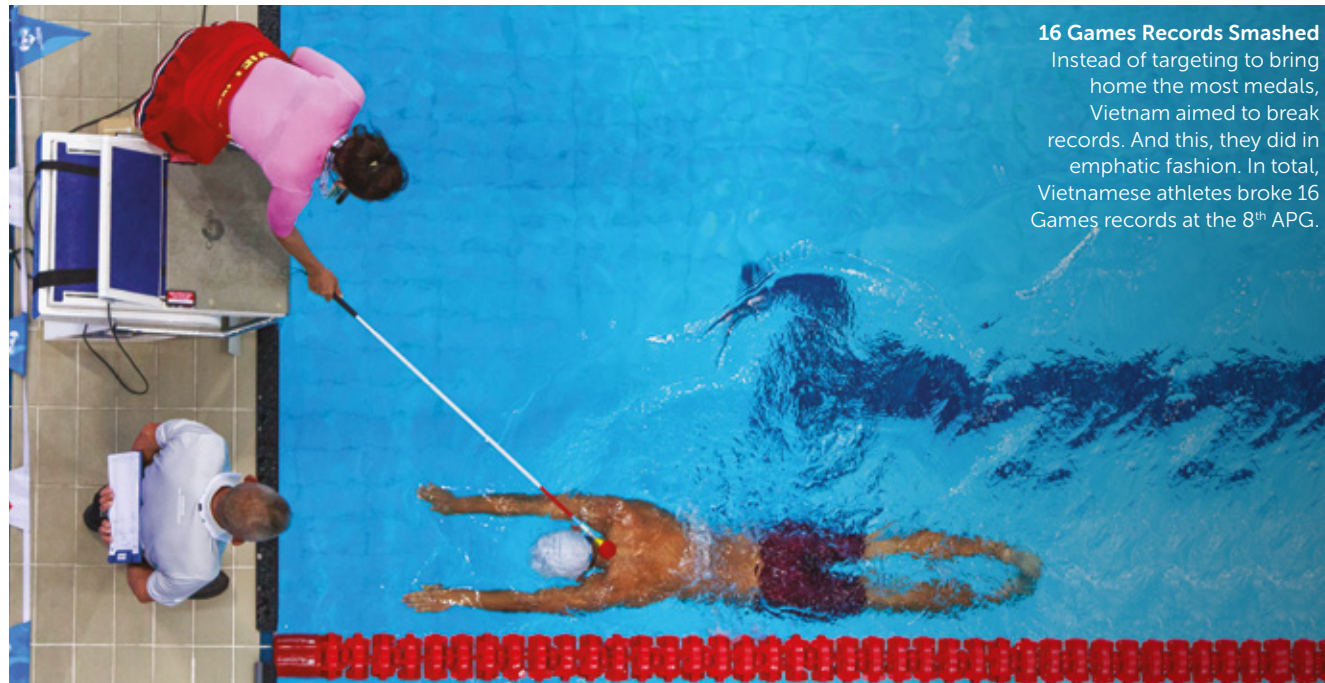
### Record Breaking 100m Sprint

Wannaruemon Kewalin, Thailand's visually impaired sprinter, broke the Games record for the Women's 100m T11 event at 12.77sec.



### 16 Games Records Smashed

Instead of targeting to bring home the most medals, Vietnam aimed to break records. And this, they did in emphatic fashion. In total, Vietnamese athletes broke 16 Games records at the 8<sup>th</sup> APG.

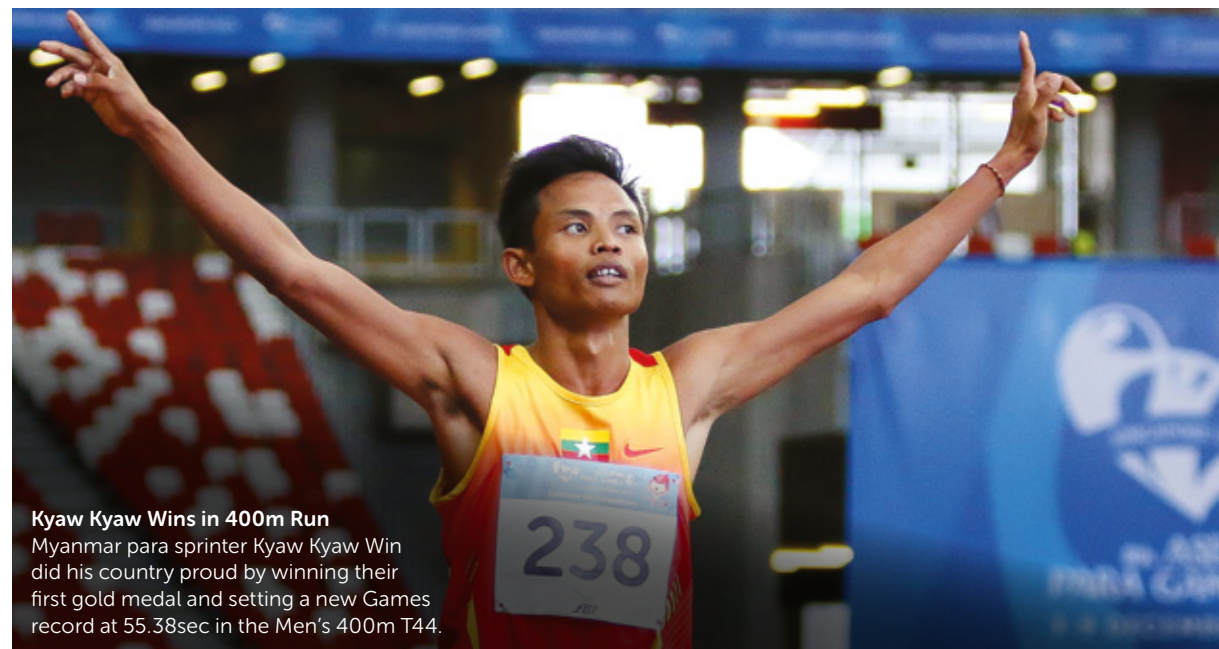


### Bowling Brings in Gold

Brunei improved its medal haul at the 8<sup>th</sup> APG with three golds, one of which came from Saidin Bin Haji Awang Damit and his partner Kamarul Ariffin bin Haji Abdul Ghaffar (not pictured) in the Tenpin Bowling Double Event TPB 2 + TPB 2 category. This was to be Brunei's only other gold outside of athletics.



**Laos' First-ever Medal in ASEAN Para Games Athletics**  
Visually impaired 16-year-old Souliphone Vongdala made history for her nation when she clinched a bronze in the Women's 400m T13 event.



**Kyaw Kyaw Wins in 400m Run**  
Myanmar para sprinter Kyaw Kyaw Win did his country proud by winning their first gold medal and setting a new Games record at 55.38sec in the Men's 400m T44.



**Breaking the World Record Despite the Odds**  
Para swimmer Yip Pin Xiu of Singapore broke a world record in swimming despite being three classes below her opponents at S2. She finished with a time of 1min 1.61sec, just 0.02sec ahead of Vietnam's Nguyen Thi Den, in the Women's 50m Backstroke S5 (S2-S5).

# GRIT AND COURAGE

The most memorable moments are not always the ones about winning. They are the moments of true courage, bravery, and grit. They are the times when the para athletes, with their will and skill, believe truly in themselves – even when the odds are stacked against them. And we saw many of such moments at the 8<sup>th</sup> ASEAN Para Games.





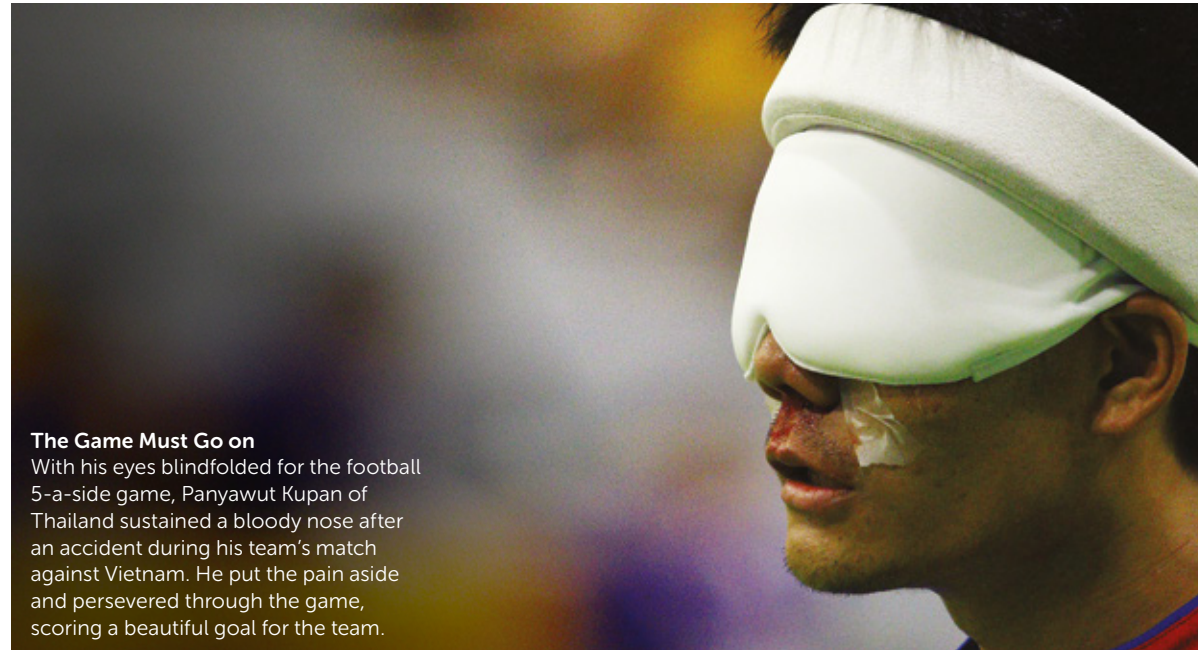
#### Enduring Pain with Great Fortitude

Malaysian swimmer Yeo Yi Lin was seen in extreme discomfort before her timed finals event. While Yi Lin's coach signalled for her to pull out of the race, the bone cancer amputee was determined to push on. She went ahead with the competition, finishing eighth.



#### Never Giving up

Singapore's CP football team found themselves trailing by four goals in their second half semi-final match against Myanmar. But they never backed down or gave up, as captain Khairul Anwar led the charge with a hat trick of long distance goals in the final 10 minutes of the game. Myanmar eventually won 5-3, but Team Singapore's comeback attempt showed us all the true meaning of character and resilience against all odds.



#### The Game Must Go on

With his eyes blindfolded for the football 5-a-side game, Panyawut Kupan of Thailand sustained a bloody nose after an accident during his team's match against Vietnam. He put the pain aside and persevered through the game, scoring a beautiful goal for the team.



#### Ticket to Rio Secured

An abortion survivor and orphaned as an infant, Ernie Gawilan won the Men's 400m Freestyle S8 Finals in a Games record time of 4min 48.49sec. In doing so, he became the first male swimmer from the Philippines to qualify for the Paralympics.



#### A Shot at the Finals

Former 2003 SEA Games bronze medallist Aishah Samad lost her limbs to a serious bacterial infection in 2013. Undaunted by her disability, she picked up para shooting and made her debut at the 8<sup>th</sup> APG. The Singapore shooter made her mark as she qualified for the R5 10m Air Rifle Prone Mixed SH2 Finals.

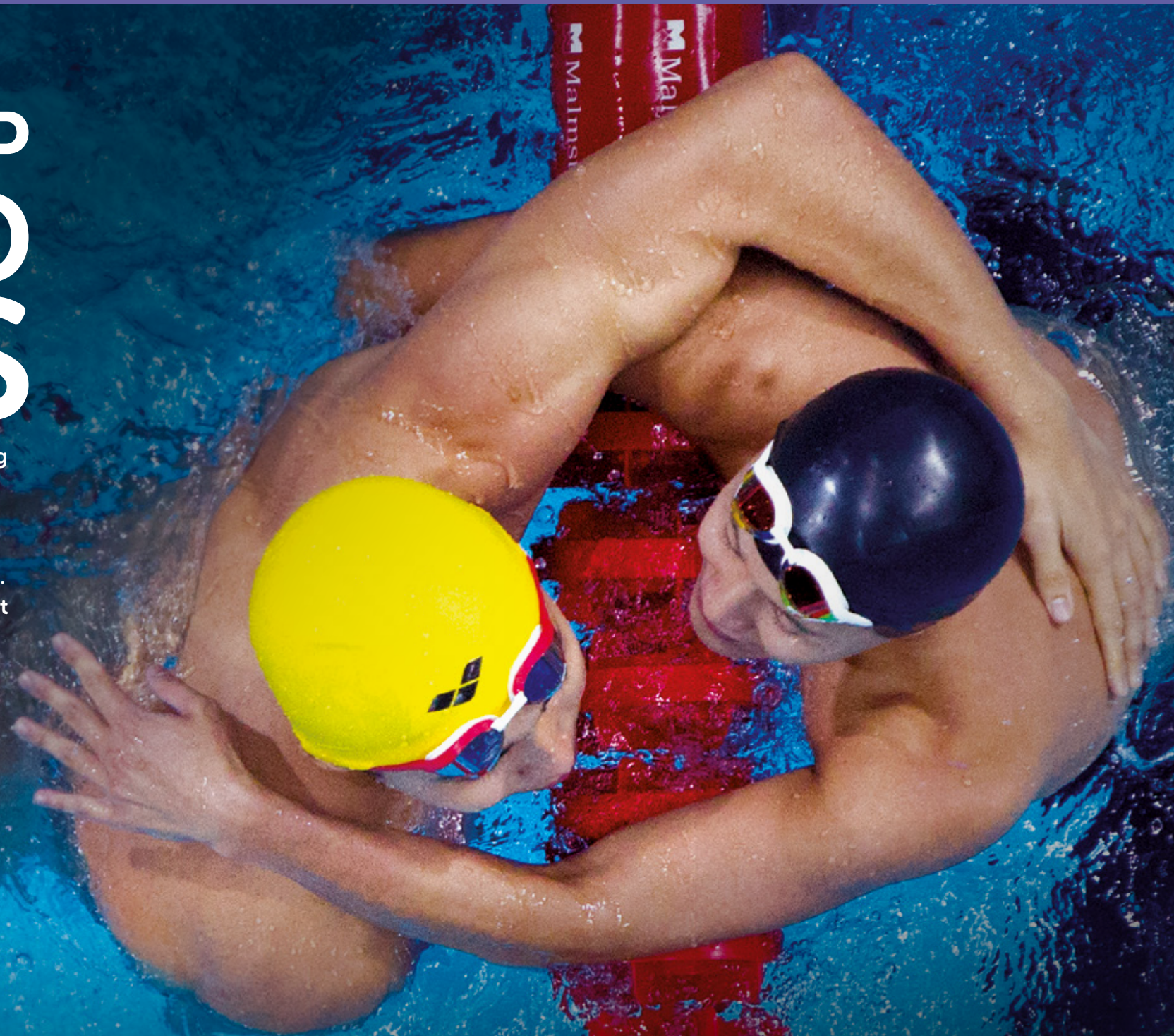


#### Badminton Champ Ousted

Indonesian Suryo Nugroho clinched gold in the Badminton Singles SU5 against reigning king of para badminton, Malaysian Cheah Liek Hou. This was only the second time he had beaten the world number one.

# FRIENDSHIP BEYOND LIMITS

They were people of different ethnicities, speaking different languages and hailing from different cultures. But for the many who came together at the 8<sup>th</sup> ASEAN Para Games, sport became their universal language. Now, bonds have been sealed. Bonds that promise to propel the rise of para sport in the region, for generations to come.





**Moving Para Sport Forward Together**  
Para athletes from various countries formed a human train for some post-match fun.



**Embracing Solidarity in the Midst of Competition**  
Rallying together, the para sprinters shared an emotional moment at their meet.

"I made many new friends. Everyone was very respectful, responsible, humble, trustworthy, and friendly."

Yi Sopeaktra, 24  
Assistant Swim Coach, Cambodia

"It was a good experience meeting with para athletes and people from other countries. I made new friends, laughed a lot, and had fun."

Law King Kiew, 54  
Powerlifting Team Manager, Malaysia



**Celebrity Guest Brings Para Athletes Together**  
Retired footballer David Beckham surprised everyone with his presence at the Games. The football legend even brought para athletes and volunteers together in an impromptu foosball game.



**Opponents in Boccia, Friends for Life**  
Boccia players showed us the meaning of camaraderie and sportsmanship.



**Checkmate for Friendship**  
Outcomes aside, new bonds were made among these two chess players.



**A 3-pointer for Solidarity**  
Friendly smiles all round between the two competing teams in wheelchair basketball.

# WINNING THE REGION OVER

Fans from across the region travelled to Singapore and filled the stands to cheer on their home teams as well as their opponents'. Such was the love of the fabulous fans at the 8<sup>th</sup> ASEAN Para Games, who were not afraid to wear their hearts on their sleeves.





"It is amazing how the para athletes get the strength to train and do whatever able-bodied athletes can do, even competing on an international level."

Aung Ko Min, 31  
Myanmar

"I am having a good time! The events are very well managed. I can tell that the para athletes have been working very hard."

Bancha Khamthong, aka "Dakdae", 49  
Thailand

# CLOSING ON A MAGNIFICENT HIGH

The seven days of competition ended on a spectacular note in the Closing Ceremony at Marina Bay Sands. It was a curtain call for the 1,250 para athletes who came together at the 8<sup>th</sup> ASEAN Para Games to compete, and who left as champions of the human spirit. More significantly, they left behind a legacy of hope for persons with disabilities to look ahead to a more inclusive society.







#### An Inspiration for ASEAN

In his speech, Dato Zainal Abu Zarin, President of ASEAN Para Sports Federation (APSF), praised the para athletes for inspiring the ASEAN community through their courage, determination, and resilience.



#### Altogether Now

Para athletes showed off their dancing talents along with the performers from the Down Syndrome Association, Rare Disorder Society, and Rainbow Centre – Margaret Drive School.



#### The Close of the Games

Minister Grace Fu handed the APSF flag to outgoing president Dato Zainal Abu Zarin, who handed it to Malaysia's deputy Youth and Sports Minister M. Saravanan to symbolise the passing on of hosting rights to Malaysia.



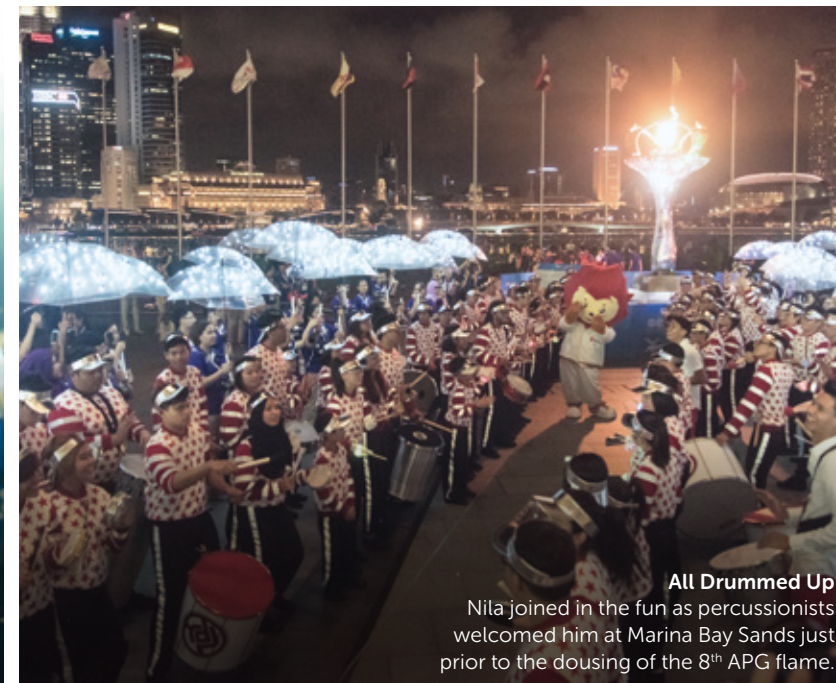
#### A Sign of Inclusiveness

All announcements for the ceremony were accompanied by a sign language interpreter for the hearing impaired.



#### Tied Together for Para Sport

Ten ribbons, each symbolising the participating countries of ASEAN, were used in an enchanting performance to celebrate our unity, friendship, and love for sport.



#### All Drummed Up

Nila joined in the fun as percussionists welcomed him at Marina Bay Sands just prior to the dousing of the 8<sup>th</sup> APG flame.



#### Till We Meet Again

Para athletes, officials, and volunteers gathered together for a snapshot to capture memories.

# CELEBRATING A BETTER TOMORROW

Beyond the action and drama of competition, beyond the stories told and records broken, the 8<sup>th</sup> ASEAN Para Games has left us a lasting legacy. A legacy of bigger and braver Games to come, of a more inclusive society where the able bodied and differently abled come together as one, and of increased support for persons with disabilities and for para sport.

# JUMPSTARTING A GREAT FUTURE

The 8<sup>th</sup> ASEAN Para Games gave rise to a number of significant firsts. From offering more competing opportunities than ever before, to giving the community every chance to understand what it takes for persons with disabilities to compete at such sporting events, the Games did wonders to build a more inclusive society and generate support for para sport.



# ENDLESS PARA SPORT ACTION

Most number of sporting events ever

The 8<sup>th</sup> ASEAN Para Games (APG) paved the way for the region's progress in para sport by staging the largest ever Games in its 15-year history. It featured 15 sports in its stable, three more than the last Games in Myanmar.

Over 1,250 para athletes from 10 countries vied for the 981 medals on offer in archery, athletics, badminton, boccia, chess, cerebral palsy football, football 5-a-side, goalball, powerlifting, sailing, shooting, swimming, tenpin bowling, table tennis, and wheelchair basketball.

The seven days of competition was held in full force at Marina Bay and Sports Hub clusters, SAFRA Yishun, and Temasek Club. These venues were carefully chosen, taking into consideration the ease of accessibility for persons with disabilities – athletes and spectators alike.

With free entry for the community to all of these sporting events, it was the aim of the 8<sup>th</sup> APG to increase support for para sport, encourage more persons with disabilities to play sports, and help grow the Games from strength to strength.



Tenpin bowling was among the 15 sports that was featured in the 8<sup>th</sup> APG.



Para sailors continued the legacy of the sport after it made its debut at the 5<sup>th</sup> APG in 2009.

# A COMPLETE APG EXPERIENCE

## Games-time community outreach

Adventure races, insightful tours, thrilling 'live' sporting action, and all-round educational fun – people from different walks of life experienced all of these and more over the course of the 8<sup>th</sup> ASEAN Para Games (APG).

Held to give the community a deeper and more holistic understanding of the 8<sup>th</sup> APG beyond the action of the competition, these activities allowed all the chance to try some of the para sports first hand, meet and interact with persons with disabilities, and simply have fun at the Carnival.

Over 71,000 visitors took part in the tours alone, which offered new perspectives into what it takes to compete as a para athlete. These group tours were open to the public, schools, and corporations, with each led by trained guides who gave insights into the various para sport events.

And with the Nila Fun Race, teams used a specially-designed mobile app that saw them racing around checkpoints at the Singapore Sports Hub to take on fun challenges related to para sport.



The tour was open to everyone of all ages.



Tour participants waved on in enthusiasm as they spotted their faces on the stadium's video board.



Participants were game to take on various para sport-related challenges as part of the Nila Fun Race.



Taking the leap to support para sport – A Nila Fun Race team took time between checkpoints for a jump shot.



Nila Fun Race participants had a whale of a time paddling across the waters to their next checkpoint.

# POWERING THE FUTURE OF PARA SPORT

## APG Symposium 2015

Ahead of the commencement of the Games, Singapore hosted the first-ever ASEAN Para Games (APG) Symposium. The event saw member states making a commitment to building a stronger para sport scene and a more inclusive society.

Attended by some 150 delegates from all across Asia, the one-day forum was held on 2 December 2015, and came to be a noteworthy platform for knowledge sharing and discourse for social inclusion through para sport.

Among the guest speakers was Ms Scout Bassett, a paralympic athlete from the United States. She shared her personal story of how she journeyed from being an amputee orphan to becoming a world record-holder for the Women's Para Athletics 400m event.

This first-ever APG Symposium marks the start of a series of regular meetings for future APGs.



Youth from the Movement for the Intellectually Disabled of Singapore showed off their talents as they entertained the symposium participants.



Our panel of experts took on thought-provoking questions from the floor.



US paralympian Scout Bassett spoke about her motivations at the event.



Minister Grace Fu presented a token of appreciation to Mr Michael Barredo for his presentation on social inclusion.
















Mr Majid Abdulla Rashed Al Usaimi, President of the Asian Paralympic Committee, in discussion with Dr Teo-Koh Sock Miang of the Singapore ASEAN Para Games Organising Committee (SAPGOC).

**"We see the APG as a great opportunity to foster a more inclusive and caring society..."**

**Ms Grace Fu**  
Minister for Culture, Community and Youth

# MEDALS GALORE

It was a celebration of 'mosts' at the 8<sup>th</sup> ASEAN Para Games, with 476 events in 15 sports and 981 medals awarded. This was the first time in the history of the Games that this many sports were featured. More importantly, it sets a precedent for more participation and support for para sport across the region.

COUNTRY				TOTAL
 THA	95	76	79	250
 INA	81	74	63	218
 MAS	52	58	37	147
 VIE	48	58	50	156
 SIN	24	17	22	63
 MYA	16	17	29	62
 PHI	16	17	26	59
 BRU	3	3	6	12
 CAM	1	2	6	9
 LAO	0	2	3	5



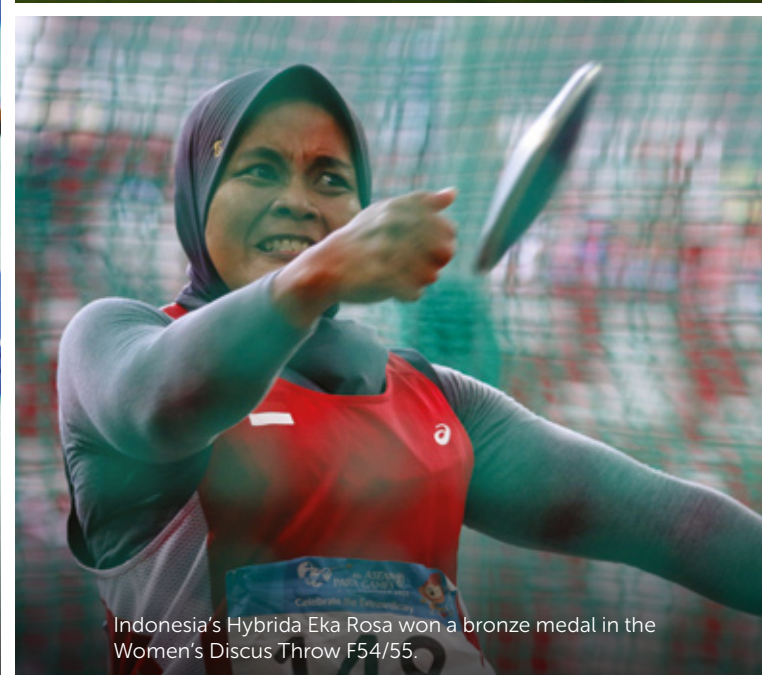
Thailand's shuttlers took home a haul of 17 medals for their team.



Teams Thailand and Vietnam battled it out in an exciting match of football 5-a-side.



The coveted gold, silver, and bronze medals, and Nila pushes for the winning athletes.



Indonesia's Hybrida Eka Rosa won a bronze medal in the Women's Discus Throw F54/55.



Loaded with action – There were 19 events in the sport of powerlifting.

# THE GAMES IN NUMBERS

The 8<sup>th</sup> ASEAN Para Games captured the hearts and minds of audiences across Southeast Asia and beyond. Many were captivated by the riveting action and inspired by the para athletes' endeavours, and came away as advocates for the power of sport to enable persons with disabilities.

## At the Games

The 8<sup>th</sup> ASEAN Para Games (APG) made history as one of the largest since its inception.



981  
Medals



336  
Events



15  
Sports



2,595  
Athletes and Team Officials



250  
HOURS  
"LIVE" coverage produced  
in High Definition

## Reaching Out

The para athletes inspired thousands to become fans of the Games, as well as advocates for para sport.



843,000  
Free-to-air viewership  
of the Games

400  
MILLION  
Potential reach of  
TV coverage in ASEAN



42,000  
Students engaged in  
modular school programmes



OVER  
350,000  
Public participants through  
community outreach events



124,795  
Spectators at sports event

## All Abuzz Online

Our online and social media platforms kept people connected to the Games anytime and anywhere, engaging them in conversation and bringing them closer to our para athletes on and off the field. With the 8<sup>th</sup> APG TV App, audiences around the world were able to catch all the action of the Games on

their smartphones and tablets. Across the other platforms, there were livestreams, instant replays, and videos on-demand, where users received daily highlights, the medal tally, as well as the lowdown on para athletes.



4  
MILLION  
Video views

188,979  
Likes

700,000  
Fans engaged



4.2  
MILLION  
Views

25  
YEARS  
Total watch time

6:24  
MINS SECS  
Average view duration



APG WEBSITE  
SOCIAL WALL

68  
MILLION  
#apg2015 #backupapg2015  
Impressions

OVER  
2.1  
MILLION  
Pageviews

129,000  
Visits



6,500  
New users

9:17  
MINS SECS  
Average session length

262,000  
App downloads



228,000  
8<sup>th</sup> APG Website unique visitors

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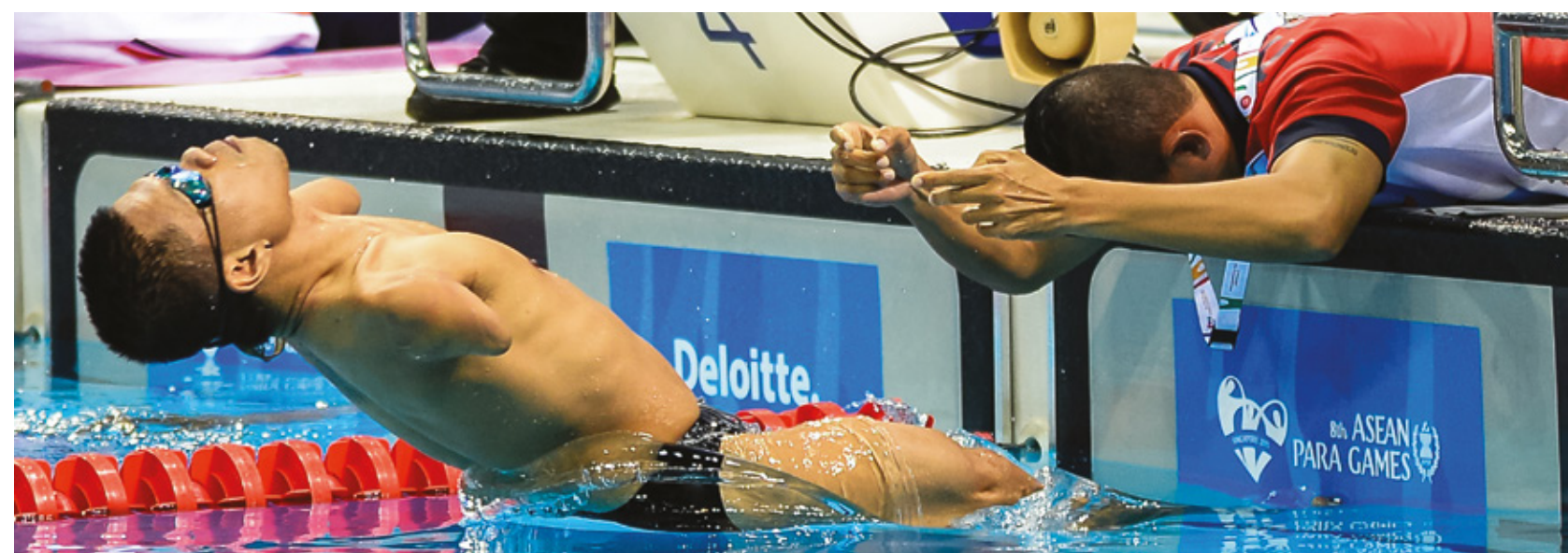
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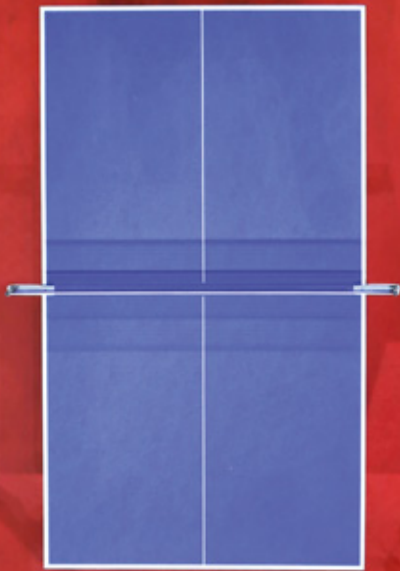
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8th ASEAN  
PARA GAMES



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