

# WAC Magazine

Track & Field Magazine

Issue #1 - June to July



## Gary Yeo ...

catch him in the fast lane  
student cum athlete

## Top 5 athlete rankings

find out who lead the charts



## Do athletes need supplements

A frank talk with Jeff Behar, BodyBuilding.com featured writer and sports nutritionist

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# editor says

This past month, we've had a number of outstanding performance by Wings senior and junior athletes. From **Wan Lay Chi** who did the club proud by finishing 6th in the Women's Discus final at the Asian Junior, held in Macau, China with a flight of 44.85m to the recent National Schools held this month, which also saw plenty of junior meet records smashed; Our very own Wings distance runner, **Darshananth** ran a superb sub 16min timing of 15:40.58 in the 5000m A'Div Boys event.

Such recent performances indicate that our juniors are progressing well and in that regard, a genuine hope for medals chances at senior and international level. Wings Athletic Club recognises the achievement by these athletes and the dedication by the individual coaches. WAC will try to facilitate a 'conducive' environment with which our athletes can train and compete but the editor would like to highlight that winning is not everything.

Yes, the public and association demand that athlete bring home the gold after which alot has been invested in the development of the athlete but many tend to forget the Olympic motto of "**Citius, Altius, Fortius**". It is Latin for "**Faster, Higher, Braver**." If these athletes fall short of medal placing and expectation, but has produced better jumps, throws or timing, there is no shame in that. A pursuit in athletics, is alike a pursuit in life itself. One has to 'better' ourself to see the results. So athletes and coaches alike, if you've given your best, held your heads high up and be proud of your achievement.

Finally, once again we are extremely grateful for all your support both via this magazine and also on our website.

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**SHA**  
EDITOR  
**WAC MAGAZINE**



It's here. The moment we've all been waiting for. The first WAC Magazine. It's been in the pipeline for so long, only now it's a realisation. Though currently available in PDF online format online, we seek your support. Do you wish to see this magazine in print format? Send an email to [contacts@wings.org.sg](mailto:contacts@wings.org.sg) with your support. The WAC mag team has produced a brand new mag. Enjoy, this is where the fun starts

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WINGS ATHLETIC CLUB KICKS OFF IT'S MAGAZINE WITH A FULL FEATURE ON AN UPCOMING YOUNG WINGS ATHLETE, GARY YEO, WHO HAS SEEN REMARKABLE BREAKTHROUGH IN HIS PERFORMANCE THIS YEAR. HE HAS BEEN DIPPING SUB11 SECONDS ON FEW OCCASIONS IN THE 100M LATELY IN RECENT LOCAL RACES. WE TALKED TO THIS FINAL YEAR SINGAPORE POLYTECHNIC STUDENT AND WINGS ATHLETE

# GARY YEO: SPRINTER

**W**hen Gary Yeo is not tearing up the track, he spends his afternoons playing computer games or hanging out with his 'clique' like any other adolescent. WAC magazine spoke with this young Wings athlete about life in the fast lane

1) Tell us how you get hooked or spotted in sprinting. Do you do other sports previously? How did athletics become a part of your life?

I took part in Track and Field training when I was in Secondary One. Back then, my 'clique' of friends were all in track and field and I ended up joining them for the training sessions. Even though I was one of the top few in 100m in Secondary One, I did not get to take part in the National Schools. The disappointment was huge but I was contented to be able to be just there to cheer my friends at the stadium. Subsequently in the following year, I joined National Schools and I broke my school C2 100m record and finally got my first appearance in the National Schools that year. Previously I was a hockey player before joining track and field and was also a badminton player in Primary school.

2) You are national schools 100m champion if I'm not wrong. Is that the pinnacle of your current athletic achievement? Which of the medals or races you've ran/won which means alot to you

Being the champion for the national schools 100m A' Div would be the pinnacle of anyone's athletic achievement but for me, I would rather choose the 100m final race for National Schools C Division when I was in Secondary Two to be the pinnacle of my athletic achievement. Even though I ended up 4th in the race, it was enough to give my school the much needed points to upstage the rival school and become the C Div Champion for that year. I think that any PB race would mean a lot to me as it would reflect the hard work that I have put in and the effort that I have tried in getting there.

3) You've been progressing well this year, with couple of sub 11s performance in 100m. What attribute to this mark improvement in your running?

Having switched to Coach Qi Hong last December, she has really strengthened my weaknesses and taught me something new in my running technique. I feel that she

has played a very important part in getting me to sub 11s. And for last year, I would have to thank Coach Melvin Tan for allowing me to train with him and helping me to get back into track and field after a 7 mth lay off.

4) Why were you layoff for 7 months?

I used to study in Anderson Junior College for a year before switching over to Singapore Polytechnic. In between the switch, there was a period of 7 month and I spent most of the time working, thus the layoff

**A**t 20, Gary has been sprinting for couple of years now. Having shown great promise at secondary school & junior level, then progressing to the senior level of the national team currently after several years of training, Gary knew he had been blessed with the potential to go all the way. He spoke with much vigour of his trainings, his runs and his training group

5) What's your training daily routine like? ... an example perhaps. Which part of the training you like & dislike most? (speed work, endurance runs, weights training and strengthening)

I like doing speed work the most and dislike strengthening the most because I am weak at it. Every week my coach plans my training routine differently but she tries to squeeze in speed work, endurance runs, weights training and strengthening exercises into a week of training.

6) What goes through your mind everytime you run

For this year, I have been experiencing slow starts so everytime it has always been "CATCH UP!"

7) You're still a student. How does other aspects of training fit into your studies. Does it affect your concentration in class after a days of training? How do you balance studies and track

I have explained to my lecturers that I have to leave earlier to make it in time for training and they have been quite understanding towards me. Since my subject is more hands on in project work, it helps to have friends that are willing to do a bit more to help you when you have lesser time to work on projects. Paying attention in lab lessons and asking questions in classes help too.

8) Who do you look up to as a role model. Who are your favorite athletes?

For the role model, I would actually pick my training mates Poh Seng Song and Lin Jing Ze. They have been there suffering with me during training and have always been the pushing factor in helping me improve. Having them around me has certainly helped a lot in my training.

9) Can you tell us abit of your training group, who's in it, the joker, the serious one, the leader, etc

Seng Song, Jing Ze, Sheena and I are in the training group. Sheena is the team manager of the group; she practically remembers all our competitions and what time to report. The 3 guys tend to bully her by asking her to do stuff for us like filling up water bottles and taking stuff. She also handles the training times. Seng Song and I are the jokers in the group. We like to irritate Jing Ze and Sheena; especially Sheena. As for Jing Ze, normally he is the one to put a stop to our nonsense and also the time/pace keeper in our group.

**G**ary has been in athletics now for most of his life and enjoys it a great deal, especially track and field where he excels in the sprints such as 100m. In this part of the interview, Gary shares his story and unveils his plans for 2006 and beyond.

10) How has Wings Athletics Club helped you in your progress as an athlete. Any coaches perhaps which made a difference in your life?

All my coaches made a difference in my life! From my secondary school coach Mr Tan Chong Kiat, my Junior College coach Mr Tan Kim Seng, Wings Athletics Club coach Mr Melvin Tan to my current coach Qi Hong, they have all helped me improved both in my events and as a person with their advices and coaching.

11) What are your future plans and long term goals? Are these your goals or was this set by your coach

I hope to be able to enter University and for this year hope to be able to run a 10.7s.

12) What do you do for fun? What course are you doing in Singapore Polytechnic, & you're in which year now? As for your further studies, which university and course do you intend to enroll in? Any plans yet?

Well, I have been thinking of getting either into one of SMU's Business course or NUS's arts and social science courses but first let me clear National Service. I play computer games a lot and I am currently in final 3rd year of my IT course.

13) Do you have faith in the local athletics scene ... what do you think need changing?

Of course everything cannot be perfect, changes have to be made of course to the system to benefit athletes more because at the end of the day, athletes are the one running.

14) Any advice for young junior Wings athletes.

Train hard and study hard. The results will come eventually.

**I**n an individual sport where there is so much to be learned about yourself whether it's the nutrition, health, strength, speed, recovery, mental, technical aspect, work ethic and listening to your mind and body, Gary Yeo has shown some critical areas where athletes must have to be the best

We at Wings Athletics Club magazine would like to thank Gary Yeo for this opportunity for an interview. Do you know any upcoming or promising athlete which deserve a feature? Contact WAC Magazine at [contacts@wings.org.sg](mailto:contacts@wings.org.sg)

## PHOTO SHOTS



## Profile

**Name:** Yeo Foo Ee Gary  
**Height:** 1.70m  
**Weight:** 64.5 kg  
**Date of Birth:** 30.08.1986  
**Coach:** Qi Hong  
**Personal Best:** 10.85s

## 2006 Races

**1st All-Comers, 5.3.2006**  
60m: 6.8s

**2nd All-Comers, 28.5.2006**  
100m: 10.85s

**Swift Open, 17.6.2006**  
200m: 22.22s

**Swift Open, 18.6.2006**  
100m: 10.92s (Heats)  
100m: 10.98s (Finals)

## Did you know?

Gary is an avid IT fan. He fixes PC and loves to DIY his own or his friends computers

Other than track, Gary also has passion in ball games, PC games and loves going out with his friends

He has 2 siblings. A sister in Primary 5 and a brother in Secondary 2. His dad works in a plastic company and his mother is a housewife

His current coach Qi Hong used to be China's national women sprinter with a personal best of 11.33s in 100m



GARY'S COACH





# DO YOU NEED SUPPLEMENTS

As an athlete, are you well informed enough about the pills that you're popping or the supplements you're taking? Do we actually need these supplements in the first place. We talked to Jeff Behar, a featured writer at Bodybuilding.com who provides insight and advice in the areas of bodybuilding, nutrition, science and physiology



## EXPERT OPINION

Jeff Behar is a respected Bodybuilding.com writer. A Undergraduate & graduate and in nutrition, science and physiology. Visit [JeffBehar.com](http://JeffBehar.com) (Click here)

### 1) In your opinion, does supplement enhance an athlete performance? To get faster and stronger is it really needed?

There is much controversy regarding whether supplements enhance an athletes performance. I would say that if you get what you need from food, than the answer is that they are not "needed". However, because many people can't get all they need from food (bodybuilders would need to eat pounds of meat to get enough creatine for example) than supplements could give athletes an edge. I say this with the caveat that we are talking about quality supplements that have a proven effectiveness (such a protein supplements).

### 2) In your context, how do you define 'supplements'?

In a general sense, a nutritional dietary supplement can be defined as any product intended for ingestion as a supplement to the diet. This includes vitamins; minerals; herbs, botanicals, and other plant-derived substances; fiber, protein (such as whey protein, calcium caseinate, micellar casein, soy protein or egg albumin which can be purchased as supplements or even meal replacements when combined with other supplements that the body needs), and amino acids (the individual building blocks of protein). Dietary supplements come in many forms, including tablets, capsules, powders, soft gels, gel caps, and liquids. There are certain advantages to some forms for some people, sometimes it is just preference.

### 3) There's of course some non-prescription products making false claims and are unnecessary supplement such as synephrine, ephedra and DHEA. For example, these banned substances are widely regarded as unsafe for usage. Why is it unsafe?

Synephrine, ephedra might be considered "unnecessary" because they are not essential, and because their use as a weight loss stimulate can be substituted by natural means such as exercise and proper dieting. Regarding their safety there is mixed reports out as to whether these items are unsafe. It is all relative and can depend on the product as well as an individuals sensitivity and overall health as well as how the supplement is being used. Remember, even something as important to sustain life such as water can be unsafe if overdone (like someone drinking 50 gallons in a day).

### 4) Can you advise us on some of the 'safer products' of nutritional supplements that you recommend for athletes to consume.

I think there are many supplements that have been deemed safe out there. Many of the water soluble vitamins (such as Vitamin C, the B vitamins), as well as the protein supplements and the amino acid supplements, which can all provide value under certain circumstances depending on need and goals.

### 5) When (age & time) and which athletes should actually take supplements?

Depends on the individual, what there health situation is. What they are doing (athlete vs. Non athlete) and what their goals are. In my own personal non medical opinion the safer

supplements (such as a protein supplement) can be started at a younger age. Supplements that can stimulate hormone production should not be taken by children or young adults.

### 6) Do you advise a young athlete to consume supplements?

Depends what they are doing (athletics), what there health situation is and what their goals are. It is important to remember that there are good reasons to take nutritional supplements. For instance many young athletes do not get enough food, or the food they eat is not natural or does not contain the extra vitamins and minerals that are required by their sport and every day stress. Incorporation of the right safe supplements can improve performance and possibly help them reach their desired goals quicker.

### 7) Some athletes that i know of reach a plateau at some point in their training. and they resort to performance-enhancing substances which may help them move beyond it, such an anabolic steroids or banned substances. How do you advise these people, other alternative ways/solutions to improve their form rather than taking these banned substances

I am a natural athlete and do not believe in taking performance-enhancing substances. There are other ways to break plateaus. Of course those using performance-enhancing substances will make gains quicker, and may surpass those that are not. I do not judge, but frown upon those that do use them and claim to not use them but then compete against those that do not use them.

In conclusion I would strongly recommend that all people considering using supplements to ensure that they are healthy enough to do so (for the supplements that can have side effects like the thermogenics for instance). Those that are chronically ill, elderly, under 18, taking prescription or over-the-counter medicines or pregnant or breastfeeding should be examined by a doctor before starting supplement programs.

It is also important to recognize that a so called "natural supplement" doesn't guarantee that a product is safe. Some herbs can raise blood pressure for instance which can be a concern for some. In addition certain supplements can block essential vitamins and minerals while other may boost blood levels of certain vitamins and minerals to dangerous levels. With that being said, there are a few basic that I believe are essential to not only those working out, but for those wanting to feel healthy and full of energy. For instance Glucosamine and Chondroitin are natural compounds help support healthy joints, cartilage and bones. Antioxidants can stop the oxidative damage caused by such stress. While the B Vitamins are essential for energy, and assist with many important biochemical processes within the body. My top 4 recommendations for essential vitamins and minerals for overall health include:

- A good multi vitamin
- Good protein supplement.
- B complex
- Antioxidants (Vitamin C, E, ALA, etc.)
- Glucosamine and Chondroitin
- Omega 3 Fatty Acids

## SUPPLEMENT DEMYSTIFIED A guide into some of the supplements in the market

### Multi Vitamin

I believe that everyone regardless of their age or how much time they spend in the gym. Vitamins and minerals are bio-active micronutrients involved in thousands of vital chemical reactions within the body and are essential to many functions of human body such as regulating hormones, improving immune functions, regulating metabolism, and proper digestion. If we become even moderately deficient in any one of the 29 essential vitamins or minerals, our body will not function properly. Supplementation of a high-potency vitamin and mineral will act as a "safety-net". For example: Iron - Necessary for production of all red blood cells. Dieting can produce deficiencies and even a slight deficiency in any of the minerals or vitamins can make you feel worn. Today, most good Multi-Vitamins also contain other important supplements like Anti-Oxidants (see below), which neutralize free radicals and are extremely important to over all health.

### Protein Supplementation

Protein Supplements are definitely a must for anyone trying to increase lean mass and/or reduce body fat while maintaining muscle tissue. People involved in consistent, intense exercise require more protein intake and the muscle-building effects of weight-training can be enhanced by a high-protein diet. Good protein supplements can provide the needed amino acids, which are building blocks of muscle, as well as many other important supplements with adding unneeded calories.

### Antioxidants (Vitamin C, Vitamin E, beta carotene, Selenium, etc.)

Simple body functions, such as breathing or physical activity, and other lifestyle habits, such as smoking, produce substances called free radicals that attack healthy cells. Free radicals cause oxidation, or cell damage. Damaged cells may lead to health problems such as cancer, artery and hearth disease, cataracts, diabetes, and some deterioration that goes with aging. Antioxidants such as Vitamin C, Vitamin E, beta carotene, and some minerals including selenium, can counteract the effects of free radicals. They reduce the damage free radicals may do to arteries that contribute to heart disease, or the damage to other cells that may increase the risk of cancer. Note: the Food and Nutrition Board of the Institute of Medicine, an advisory group that is part of the National Academy of Sciences, reported that anti-oxidants should come from food, not supplements. After examining available data on the beneficial and harmful health effects of antioxidants when possible.

### B Complex

For energy, also assists with many important biochemical processes within the body. B complex has been shown to be beneficial for anxiety and stress, fatigue, dermatitis, diverticulitis, poor hair condition and tinnitus. However, B-complex may raise total cholesterol and triglyceride levels, which may be an unwelcome effect for some but advantageous for those whose levels are on the low side.

### Vitamin C

Vitamin C has many many good properties (besides being a powerful anti oxidant). Vitamin C is a co-factor in the synthesis of connective tissue, helps thyroid hormone production and the metabolism of folic acid, tyrosine, and tryptophan. Vitamin C can lower manganese levels and aid greater insulin production in those capable of producing insulin, which may be beneficial for Type II diabetics, but it would worsen those with hypoglycemic tendencies that exhibit low sodium, since sodium slows insulin response so high intake of Vitamin C would create larger insulin spikes. Vitamin C also appears to have the ability to attenuate the production of cortisol secondary to intense exercise. Cortisol is one of the main catabolic (meaning it breaks down tissues) hormones in the body. By suppressing cortisol production Vitamin C changes the cortisol to testosterone ratio, thus creating a more anabolic (tissue building) environment in the body. Caution: high levels of Vitamin C can also lower Copper levels within the body.

### Magnesium

Magnesium is important to muscle and heart function, and is now regarded as playing a critical role in preventing a number of illnesses. Magnesium is required for metabolism of carbohydrates, proteins and fats (energy boosting qualities), involved in the transmission of nerve impulses and muscle contractions transporting neuro chemicals essential in muscle function. Magnesium helps thin the blood, relaxes blood vessels, lessens the risk of heart attack and more. Other benefits: Important for the health and development of bones and teeth, used to prevent and treat cardiovascular diseases, help lower blood pressure, regulates mood regulation, and assists n the critical balance of sodium and potassium within our cells (controls water retention/bloating). Also used to support health in people with diabetes, kidney stones, osteoporosis, PMS symptoms, muscle cramps and migraine headaches. 200- 400 milligrams. Note: zinc and magnesium formulations usually contain 450 milligrams. Take zinc-magnesium formulations on an empty stomach just before going to bed. Works best with B6.

### Omega 3 Fatty Acids

Omega-3 Fatty Acids decrease risk of arrhythmias, which can lead to sudden cardiac death, decrease triglyceride levels, decrease growth rate of athero sclerotic plaque, lower blood pressure (slightly) and can increase metabolism by activating fat-burning enzymes in the body while helping to limit enzymes involved in storing fat.

### Glucosamine Chondroitin

Chondroitin helps support healthy joints and bones. Glucosamine is a natural compound found in connective tissue. It provides an important component for joint cartilage and supports healthy joint function. Note: Glucosamine sulfate and chondroitin sulfate are copper antagonists.



Rankings are based on local meets. If you spot any errors, do feedback to [contacts@wings.org](mailto:contacts@wings.org)  
 Current rankings does not cover ALL events, and may not be accurate at the time of compilation

100m Men's				
1	10.71	Shameer, Ayub	SWIFT AA	3rd AllComers
2	10.80	Poh, Seng Song	WAC	SWIFT Open
3	10.85	Gary, Yeo	WAC	2nd AllComers
4	10.86	Kenneth, Khoo	WAC	2nd AllComers
5	10.95	R. Muthukumaran	Flash Athletic	SWIFT Open

100m Women's				
1	12.41	Amanda, Choo	SWIFT AA	2nd AllComers
2	12.58	Siao Mei, Ann	SWIFT AA	SWIFT Open
3	12.61	ZeTeng, Wong	SWIFT AA	2nd AllComers
4	12.77	Kaur, Balpreet	S'pore Sports Sch	3rd AllComers
5	12.80	Yan Lin, Lee	WAC	3rd AllComers

200m Men's				
1	21.94	R. Muthukumaran	Flash Athletic	SWIFT Open
2	22.13	Poh, Seng Song	WAC	SWIFT Open
3	22.22	Gary, Yeo	WAC	SWIFT Open
4	22.24	Kenneth, Khoo	WAC	SWIFT Open
5	22.38	K. Shafiq	WAC	2nd AllComers

200m Women's				
1	26.11	ZeTeng, Wong	SWIFT AA	SWIFT Open
2	26.29	Pereira, Valerie	S'pore Sports Sch	SWIFT Open
3	26.44	Asmah, Hanim	WAC	SWIFT Open
4	27.09	New Fei, Ho	WAC	2nd AllComers
5	27.31	Prasad, Dipnalim	S'pore Sports Sch	SWIFT Open

400m Men's				
1	48.99	Kenneth, Khoo	WAC	2nd AllComers
2	49.69	Shafiq Kashmiri	WAC	3rd AllComers
3	50.10	Subaish, Rajamanic	Flash Athletic	2nd AllComers
4	50.70	Alex, Teng	WAC	2nd AllComers
5	52.38	Melvin, Chong	RJC	2nd AllComers

400m Women's				
1	-	-	-	-
2	-	-	-	-
3	-	-	-	-
4	-	-	-	-
5	-	-	-	-

800m Men's				
1	2:00.15	Subaish, Rajamanickam	Flash Athletic	SWIFT Open
2	2:02.17	Guo Pei, Loh	S'pore Sports Sch	3rd AllComers
3	2:02.65	Meng Keng, Goh	NTU	2nd AllComers
4	2:02.92	Jun Jie, Wong	WAC	2nd AllComers
5	2:03.45	Darshanath, J	WAC	2nd AllComers

800m Women's				
1	2:22.62	Chua, Khai Leng	S'pore Sports Sch	SWIFT Open
2	2:24.28	Lin, Yvonne	S'pore Sports Sch	SWIFT Open
3	2:25.23	J. Lossini	S'pore Sports Sch	SWIFT Open
4	2:27.05	Leow, Melody	S'pore Sports Sch	SWIFT Open
5	2:33.84	Chan, Wan Ting	S'pore Sports Sch	SWIFT Open

Long Jump Men's				
1	6.72m	Lawrence, Wee	NUS	3rd AllComers
2	6.35m	Chen Yong, Lee	NUS	3rd AllComers
3	5.92m	Renjie, Chong	-	3rd AllComers
4	5.62m	Rayduin, Seat	Temasek Polytechnic	3rd AllComers
5	5.49m	Changthai, Zerh	-	3rd AllComers

Long Jump Women's				
1	5.32m	Anastasia, Goh	-	3rd AllComers
2	5.16m	Peishan	-	3rd AllComers
3	4.91m	Rachel Isabel	-	3rd AllComers
4	4.69m	Ruth, Lin	Temasek Polytechnic	3rd AllComers
5	4.44m	Brenda, Wong	Prisons Sports and Recreation	3rd AllComers

4x100m Men's				
1	41.16	National Team A		SWIFT Open
2	42.86	National Team B		SWIFT Open
3	43.12	Junior Selection Team A		SWIFT Open
4	44.89	Wings Athletics Club A		SWIFT Open
5	45.09	S'pore Sports Sch B		SWIFT Open

4x100m Women's				
1	51.03	Wings Athletics Club A (Asmah Hanim, Sheena Hu, Yan Lin Lee, Jia Yuan Chong)		2nd AllComers
2	51.67	National JC		2nd AllComers
3	52.67	S'pore Sports Sch A		SWIFT Open
4	54.37	Innova JC		2nd AllComers
5	56.26	Rosyth Pri Sch A		SWIFT Open



Here's the upcoming following calendar of events locally and overseas. If you know of any interesting events, do feedback to [contacts@wings.org](mailto:contacts@wings.org)

AUGUST		
<b>13.8.2006, Sun</b>	<b>4<sup>th</sup> AllComers Meet</b>	<b>Gombak Stadium (2pm)</b>
<b>20.8.2006, Sun</b>	<b>Ngee Ann Campus Road Relay</b>	<b>Ngee Ann Sports Complex (4pm)</b>
<b>21-22 Aug</b>	<b>Terrenganu Open</b>	-
<b>26-27 Aug</b>	<b>Sabah International Track &amp; Field Open</b>	-
<b>27.8.2006, Sun</b>	<b>New Balance REAL Run</b>	<b>Sentosa</b>

SEPTEMBER		
<b>2-3 Sep</b>	<b>68<sup>th</sup> Singapore Open</b>	<b>Gombak Stadium (2pm)</b>
<b>19-22 Sep</b>	<b>83rd Malaysian National Open</b>	<b>Penang</b>

NOVEMBER		
<b>5.11.2006, Sun</b>	<b>5<sup>th</sup> AllComers Meet</b>	<b>Gombak Stadium (2pm)</b>

DECEMBER		
<b>3.12.2006, Sun</b>	<b>Standard Chartered Singapore Marathon</b>	-





The month on July saw events such as 3rd AllComers and National Schools. Wings photographer was there in the midst of the exciting pumping athletics action. Here are some of the photos below.

# 3rd AllComers

23.7.2006, Gombak Stadium



# National Schools finals

19.7.2006, Choa Chu Kang Stadium





**SMILE!**  
you're caught on camera

WAC members in action. Next time you see a WAC photographer, SMILE! A photo showcase of Wings athletes, coaches and committees



**About WAC**

Wings Athletic Club is a Singapore-registered non-profit society that was officially founded on 18 April 2000. We organise training programmes, competitive events and social activities for youth athletes, with the aim that all youth athletic enthusiasts will find our Club a place to meet, challenge themselves and sharpen one another.

On 1st May 2000, some of our present committee members met for the first time to discuss the formation of Wings. From a humble beginning of rallying enough like-minded enthusiasts to form the Club, we have today more than 50 members actively coaching, training, competing in various competitions and organising club activities such as Cross Country and Track & Field Championships, Training Camps, End-of-Season Celebrations and other social get-togethers

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