

ISSUE #2 - OCTOBER 2006 (E-ZINE & NEWSLETTER)



**TOPSINSINGAPORE**  
THE RANKING PAGE UPDATED!

EXCLUSIVE ISSUE #2



**COACH  
ALAN KOH**  
interview



**RESIDENT COLUMNIST  
KENNETH KHOO**

reports on the  
young WAC athlete at World Juniors 2006

**WINGS ATHLETICS CLUB E-MAGAZINE**

# Content

- 03 Coaching Interview**  
A talk with Mr Alan Koh, WAC coach
- 05 WAC Columnist**  
WAC resident columnist, Kenneth Khoo talks to the junior WAC team who went to the recent World Juniors
- 08 TOP5 in Singapore**  
Athlete/Team rankings updated!
- 10 Calendar of Events**  
Things to look forward to
- 11 Photos**  
2-3: Sep Singapore Open  
13 Aug: 4<sup>th</sup> AllComers
- 14 The last page**  
Faces of WAC



The first issue of Wings Athletics Club newsletter last month has recorded some 500 plus downloads so far. Thank you for the support

The previous issue which was launched last August, targets athletes, coaches and sports enthusiast with sports stories, interviews and investigative pieces. Thank you for the wonderful feedbacks and we hope the second issue will be a breathe of fresh air as we implement a few of your ideas.

Welcome now to the second issue of WAC newsletter. In this issue, we will address the need for coaches recognition, a new resident WAC columnist on his views of the recent World Juniors at held in China 15-20 August 2006 and all the local athletics action in centerfold in the coming pages.

Feel free to write to us personally if you have any ideas you might like to see in this newsletter, with the only limitation being is it has to in some way pertain to the subject matter of the athletics.

Please remember that WAC welcomes and actually looks forward to everyone's contribution! Have a voice and join in on the fun, instead of merely observing.

Editor  
**WINGS WEBSITE**

**Credits:**

- Writers                    Kenneth Khoo, Sha
- Interviews                Alan Koh, Lee Cheng Wei, Muhd Amirudin, Lance Tan, Abdul Hakeem
- Contributors              Jiulin (Photos), Paul Tan (Photos)

Disclaimer: While WAC aim to ensure that information is accurate and correct at all times, any individual or organization making use of information from this site does so at their own risk and WAC takes no responsibility for any actions arising from this



*Wings Athletics Club coach Alan Koh has established himself as a credible coach and we have an opportunity to speak to him.*

During his sixteen-year stint as a coach, Alan Koh has onlookers continue to see something different, something unique, in him, and they wonder why he is so 'good' at what he does. I've met Mr. Alan Koh himself; his expression paints a picture of total serenity, nothing but a strong sense of satisfaction. Satisfied with his coaching achievement, someone who was an athlete turned coach, now using that unique perspective to guide them in the right direction. A former athlete coaching an athlete I believe understands more the day-to-day problems of athletes. Today we have an opportunity to ask Wings coach, Alan Koh about athletics and life

**1) Many know very little about you. Could you tell us something about your background and how you came to know about your current coaching assignment, VP post and Wings club? Tell us a little bit about yourself?**

*Started out as a PE teacher in 1990 and that was when I started coaching my own school team. Left teaching for a while for studies, worked in SSC for a year before getting back into teaching again. Struck out on my own in 2002 but started teaching again this year at Catholic High School. Melvin approached me, and together with a few others, established Wings in 2000.*

**2) What are the few schools have you coached so far. Do you restrict to just schools or do you also coach individuals athletes**

*Coached previously in Anderson Sec, SJI, NYJC, MJC and now Catholic High. Remy Gan (now a coach at Singapore Sports School) and Eileen Chai (national women 100m hurdle record holder, now also a coach) were two individuals I helped before.*

**3) Tell us about the expectations that you had when you first started coaching and how you found coaching all this while now. Any advice to any new coaches who wishes to embark on this new career path**

*Did not really put any expectations on myself or athletes in terms of results, but confident that with some hard work, some good results will come about. For new coaches, unless you are a retiree looking to keep active and have some income at the same time, get a job with better income and coach (moonlight) if you can find the time.*



**4) Part of your job must also be to produce future athletes. How do you go about creating the next generation of athletes? what are your coaching philosophy and values?**

*Imparting to athletes importance of the basics, to be Persistent in working towards achieving goals, and Sportsmanship and fairplay.*

**5) Tell us some of your success story as a coach**

*1993 I think, Remy Gan was leading the front pack of 4 in the schools B Div X Country at MacRitchie. On the pavement beside the main road, he was tripped from behind and fell. The other 3 jumped over him and continued. Remy got up to chase and caught 1 to come in 3rd, his leg bleeding. The next year, he trained hard to the point where when he took off at the start, nobody dares follow. When he turned into the finishing stretch, the gap was so big no other athlete was in sight. He finished in 14min 48sec, one of few to go sub 15min. He was from Bartley Sec, yet the whole Chinese High School (as it was known then) contingent stood up to cheer him when he went up to receive his trophy!*

**Name:** Alan Koh  
**School Coached:**  
 Anderson Sec, SJI,  
 NYJC, MJC and now  
 Catholic High



**6) In your observation, how has local athletics scene developed through the last decade? How do you think the 'system' could improve?**

*Other than the sports school infrastructure, nothing has changed. Improvement? Adopt the USA method of athletes' selection which is fairer and more objective.*

**7) What are your future plans?**

*Concentrate on and enjoy coaching school athletes*

This interview itself is recognition of the contributions made by coaches such as Alan Koh and the success of the athletes they train. Such coaches have been instrumental in the nurturing of young talent into a mature and responsible athlete & adult.

*This writer would like to thank Mr. Alan Koh for sharing his opinions and the opportunity for this interview.*



By Kenneth Khoo

Your Guide to local athletics  
Got a story, [contact me](#)

## YOUNG EAGLES ON TRAINING AND COMPETING AT THE WORLD JUNIOR CHAMPIONSHIPS 2006

The recently concluded World Junior Athletics Championships in Beijing witnessed a celebration of the athletic abilities of the best young talents of the world, many of whom will definitely grace the senior stage as world champions and Olympians for many years to come. Not one to be left out, our very own Singaporean contingent was in the thick of the action at Beijing. In this segment, we talk to our Wings juniors, who were part of the Singaporean contingent, about their experiences at the Championships and about training in general. The club was represented by **Abdul Hakeem bin Abdul Halim** (110mh), **Lee Cheng Wei** (4x100m), **Muhd Amirudin Jamal** (4x100m) and **Lance Tan** (4x100m reserve).

With all the athletes being debutants at the Championships, the experience for them was a flurry of emotions ranging from national pride, to intimidation and even exhilaration. However, as the most seasoned campaigner among them with a Commonwealth Youth medal and SEA Games appearance under his young belt, and also the fact that he qualified on his own merit, **Hakeem** undoubtedly took a professional and mature approach to the Championships.

*"I have to say that the World's was a lot tougher in terms of the timings needed to qualify for the semis. My previous experiences gave me composure before races, and I have come to ignore my competitors during warm up, for e.g., ignoring how good their technique is, and how fast they look. I gained a lot of self belief."*

Emotions aside however, the athletes had their respective targets at the meet and they were all hell bent on achieving them. The 4x100m team was on a mission to break the national junior record of 41.28s set only last year at the ASEAN Schools Championships. Our Wings members, **Amir** and **Cheng Wei** (running 1st and 2nd legs respectively) were confident of the record. According to the **Cheng Wei**, *"the desire was there"*. Alas, though the spirit was willing, the athletes were let down by their flesh as they missed the record in Beijing. Despite the push generated by world class teams like Great Britain and the eventual champions, the Jamaicans, our boys could only manage a 41.74 while coming in 7th; a credible timing and a season best for the juniors nevertheless. The timing also edges them closer to their senior counterparts and also to the attention of the national selectors who will no doubt be keeping a close eye on their steady progress.





## By Kenneth Khoo

Your Guide to local athletics

Got a story, [contact me](#)

Interestingly, the only member of the record-breaking national 4x100m junior team of last year to travel to Beijing was **Lance Tan**, who was there as a reserve this time round. He attributed his exclusion from the team to the fact that he started training only very late into the season. He accepted his reserve status with tremendous grace and even praised the other runners as *"champions in their own right"* in light of their progress and performances this year. No doubt, his humility allows him to stand out in a sport where the trait is sometimes conspicuously lacking.

**Hakeem** too, was disappointed with his performance as he crashed out in the heats in a timing of 14.83s (0.99cm). His dismal run was nowhere near the trail-blazing performances of last year as he left a series of broken age-group and junior records lying in his wake. To sum it up, Hakeem conceded he might have *"lost focus"* as he ended up as the only hurdler in his heat not to qualify for the next round. Also to blame are the injuries which plagued him the whole of this year as he struggled to regain fitness following a fracture in his foot and a broken collarbone.

*"Both injuries have really prevented me from achieving the fitness and strength level that I wanted to get to this year"* bemoaned **Hakeem** as he reflected on his injury jinx this year. Nevertheless, his fighting spirit at the Championships was one to be admired.

As we focus on our junior athletes this week, issues like serving National Service and transiting from junior to senior level (*all 4 athletes are aged 19 and in their last year as juniors*) inevitably crop up. All 4 of our juniors faced tremendous difficulties in securing time off for training in their NS stints. In a way, you could say that this has been a perennial problem for the sport. Many of our best male juniors had been lost to NS and had completely lost the passion as they face the daunting prospect of starting from scratch after a 2-3 year hiatus from the sport. Although **Amir** maintains that his unit has been somewhat *"supportive"* as compared to the rest, the fact that he was posted to Pulau Tekong effectively robs him of many precious hours (*which could be spent on training*) traveling to and fro.

Even more disturbing, **Hakeem** recounted a recent encounter with a Minister who, after hearing he was in a non-combat vocation, remarked, *"You fit sportsmen should be on the frontline defending the nation! This issue has to be addressed."* This incident is indeed worrying and reflective of how the government views the issue of sports and NS. The issue that *"has to be addressed"* is how the government reconciles the fact that it is pushing for sports excellence on the one hand, and having its Ministers make remarks such as this on the other.

The transition from junior to senior level is also not an easy one for our juniors. As if NS was not problematic enough, some of our juniors face a problem of self-motivation, especially after leaving the comfort-zone of training with a school team. **Lance** sums this up pretty well:

*"The routine is very different compared to during school days. In school you're really a team. A team that goes through everything together, attending lectures together, having dinners after training etc. Now that's all gone, everyone just wants to do their own stuff. You'll miss having a specific target - SPH, National Juniors, National Schools. You'll miss your friends. They'll just become 'training partners'."*



## By Kenneth Khoo

Your Guide to local athletics

Got a story, [contact me](#)

However, on a brighter note, all 4 of our juniors see themselves still training and competing in 5 years' time. **Lance** even has Olympic ambitions in 2012.

The simple fact here is that the national team seeks its renewal in talented juniors like the 4 we had just spoken to. You do not need a rocket scientist to figure out the consequences if this supply of juniors is cut.

It is no secret that NS throws a monkey wrench into the machinery that generates the supply of our best juniors. This is especially so when the years taken up by NS, where athletes are aged 18-21, are the most important for our juniors to successfully transit to senior level. This is not a problem that only the NSA should undertake, but the government itself. If not, the consequences for the sport will be dire indeed.

**As for own juniors, their performances in Beijing leave us with little doubt that we can expect great things from them in the future.**

## FUN FACTS

*Qn: What was the most memorable incident for you in Beijing?*

**Amir:** Competing with the best in the world

**Lance:** Visiting the Great Wall of China.

**Hakeem:** Meeting a Malay-speaking Beijing-born liaison officer.

**Cheng Wei:** Checking out the hot Mexican girl.

**Cheng Wei, Lance** and **Amir** were team mates at Victoria Junior College together in 2004-2005, and are currently still training together under the same coach, **Melvin Tan**.

Wings member and also national junior record holder for both the Discus and the Shot Put, **Wan Lay Chi**, met the qualification mark for Beijing with yet another record-breaking Discus throw of 47.17m. However, she was unable to participate as her performance came too late due to the fact that the deadline for entry submissions had already passed. Her P. B. throw would have seen her qualify for the Discus finals in Beijing.

### Lee Cheng Wei

P. B. (100m) : 10.99s

S. B. (100m) : 11.15s

### Muhd Amirudin Jamal

P. B. (100m) : 11.00s

S. B. (100m) : 11.39s

### Lance Tan

P. B. (100m) : 11.02s

P. B. (400m) : 50.21s

S. B. (100m) : 11.24s

### Abdul Hakeem bin Abdul Halim

P. B. (110mh) : 14.94s (Open height)

S. B. (110mh) : 15.20s (Open height)

*Disclaimer: WAC provides subjective views & opinions, and resources. The views, opinions, testimonies and information written by and voiced by WAC contributing writers are theirs alone. They do not necessarily reflect the views, testimonies, opinions or values of WAC editor or publisher, nor any of its partners, sponsors or associates*

# TOP 5 in singapore

We've compiled a list of Top5 best time/result for the variety of events. It is not a full event ranking and all compilation are unofficial. If you spot any errors or wish to contribute to the rankings, please contact [contacts@wings.org.sg](mailto:contacts@wings.org.sg)



The rankings as of 1.10.2006. Races added to rankings are S'pore Open, 4<sup>th</sup> All Comers & World Juniors

100m Men's				
1	10.69	Poh, Seng Song	WAC	S'pore Open
2	10.70	Shameer, Ayub	SWIFT AA	S'pore 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	12.26	Amanda, Choo	SWIFT AA	World Junior
2	12.58	Siao Mei, Ann	SWIFT AA	SWIFT Open
3	12.61	ZeTeng, Wong	SWIFT AA	2nd AllComers
4	12.65	Lee Yan Lin	WAC	S'pore Open
5	12.75	Asmah Hanim	WAC	4th 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	47.76	R. Muthukumaran	Flash Athletic	4th AllComers
2	48.54	Kenneth, Khoo	WAC	4th AllComers
3	49.69	Shafiq Kashmiri	WAC	3rd AllComers
4	50.10	Subaish, Rajamanic	Flash Athletic	2nd AllComers
5	50.70	Alex, Teng	WAC	2nd AllComers

400m Women's				
1	59.45	Asmah Hanim	WAC	S'pore Open
2	-	-	-	-
3	-	-	-	-
4	-	-	-	-
5	-	-	-	-

800m Men's				
1	1:55.34	Subaish, Rajamanickam	Flash Athletic	S'pore Open
2	1:58.73	Nathaniel, Sim	WAC	S'pore Open
3	2:02.17	Guo Pei, Loh	S'pore Sports Sch	3rd AllComers
4	2:02.65	Meng Keng, Goh	NTU	2nd AllComers
5	2:02.92	Jun Jie, Wong	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

# TOP 5 in singapore

We've compiled a list of Top5 best time/result for the variety of events. It is not a full event ranking and all compilation are unofficial. If you spot any errors or wish to contribute to the rankings, please contact [contacts@wings.org.sg](mailto:contacts@wings.org.sg)



**WINGS**  
ATHLETICS CLUB  
[www.wings.org.sg](http://www.wings.org.sg)

The rankings as of 1.10.2006. Races added to rankings are S'pore Open, 4<sup>th</sup> All Comers & World Juniors

Long Jump Men's				
1	6.93m	Wang Kan	Unattached	4th AllComers
2	6.87m	Lin Jingze	WAC	S'pore Open
3	6.72m	Lawrence, Wee	NUS	3rd AllComers
4	6.51m	Leo Valentine	WAC	S'pore Open
5	6.35m	Chen Yong, Lee	NUS	3rd AllComers

Long Jump Women's				
1	5.41m	Anastasia, Goh	WAC	S'pore Open
2	5.33m	Wong Kit Fei	WAC	S'pore Open
3	5.18m	Peishan	-	4th AllComers
4	4.91m	Rachel Isabel	-	3rd AllComers
5	4.69m	Ruth, Lin	Temasek Polytechnic	3rd AllComers

Discus Men's (2KG)				
1	53.21m	James Wong	NA	S'pore Open
2	43.64m	Hor Yee, Koh	WAC	4th AllComers
4	39.12m	Wei Jie, Huang	WAC	S'pore Open
3	36.06m	Tong Eng, Ron Koh	WAC	4th AllComers
5	31.28m	Poh Seng Teck	ITE	S'pore Open

Discus Women's (1KG)				
1	47.17m	Lay Chi Wan	WAC	4th AllComers
2	29.85m	Juthamat Sathianphaptra	Tanglin Sec Sch	4th AllComers
3	29.19m	Chua Meiling	Tanglin Sec Sch	4th AllComers
4	-	-	-	-
5	-	-	-	-

4x100m Men's				
1	41.16	National Team A		SWIFT Open
2	41.74	Singapore Junior (Jamal Mohd Amiruddin, Azhari Muhd Yusof, Lee Cheng Wei, Kang Li Loong)		World Junior
3	42.35	Singapore Selection C Mohd Amirudin, Azhari Mohd Yusof, Lee Cheng Wei, Calvin Kang		S'pore Open
4	42.41	Singapore Selection B Erzalmaniq, Jonah Tang, Hamzah, Moh Zaid		S'pore Open
5	42.86	National Team B		SWIFT Open

4x100m Women's				
1	48.09	Singapore Selection A Ann Siao Mei, Amanda Choo, Lee Yan Lin, Wong Zeteng		S'pore Open
2	51.03	Wings Athletics Club A Asmah Hanim, Sheena Hu, Yan Lin Lee, Jia Yuan Chong		2nd AllComers
3	51.67	National JC		2nd AllComers
4	52.67	S'pore Sports Sch A		SWIFT Open
5	54.37	Innova JC		2nd AllComers

4x400m Men's				
1	3:18.38	Singapore Selection A Alexander Teng, Kenneth Khoo, R, Subaish, R, Muthukumaran		S'pore Open
2	-	-		-
3	-	-		-
4	-	-		-
5	-	-		-

4x400m Women's				
1	-	-		-
2	-	-		-
3	-	-		-
4	-	-		-
5	-	-		-



**Here are some dates to look out for**

## YEAR 2006

### SEPTEMBER

2-3<sup>rd</sup> - 68th Singapore Open (Gombak Stadium 2pm)

8-10<sup>th</sup> – Fitness Asia

<http://www.fitnessasia.com.sg/brochure.html>

19-22<sup>nd</sup> - 83rd Malaysian National Open (Penang)

### OCTOBER

21<sup>st</sup> - Corporate Triathlon 2006

<http://triathlonsingapore.org>

29<sup>th</sup> – Great Eastern Women 10K

<http://www.women10k.com>

### NOVEMBER

5<sup>th</sup> - 5th AllComers Meet (Gombak Stadium 2pm)

24<sup>th</sup> - National Disability Games

<http://www.sdsc.org.sg>

### DECEMBER

3<sup>rd</sup> - Standard Chartered Singapore Marathon

<http://www.singaporemarathon.com>

## YEAR 2007

### MAY

5<sup>th</sup> – WAC 7<sup>th</sup> anniversary

# Singapore Open, 2-3 Sep

## Local Races Photos

*WAC athletes and coaches caught in action*



*From left, Jiulin, Hor Koh Yee & Gary Cheong in the javelin*



*WAC Coach Melvin Tan, gives pointer to WAC sprinter Cheng Wei*



*Poh Seng Song (right) at the starting line-up*



*Hurdler Abdul Hakeem (2<sup>nd</sup> from right)*



*Huang Wei Jie (back) & Chang Yi (front) in the shotput*



*A shot at the high jump area. Singapore's Michelle Sng does her stuff*



*Participants in the Men's shotput*



# 4th All-Comers, 13th Aug

# Local Races Photos

*WAC athletes and coaches caught in action*



*Hurdler Abdul Hakeem*



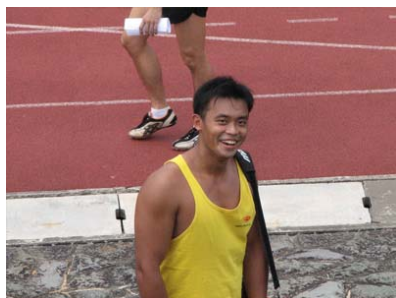
*Distance runner Balamurali warmup (right)*



*Coach Chu and Wan Lay Chi*



*Asmah Hanim (yellow top) in the 100m ladies*



*Kor Hor Yee, after his discus event*



*Alex Teng does his starts*



*The visiting Hong Kong team*



4th All-Comers, 13th Aug  
**Local Races Photos**  
*WAC athletes and coaches caught in action*



*Alvin (Triple Jumper) getting psyche up*



*Solomon Tan getting his kit ready for the pole vault*



*Kenneth Khoo visualizing his run (background)*



*Poh Seng Song (back facing) & Gary Yeo (background)*



*Our local top 400m runner 'battling' it out*



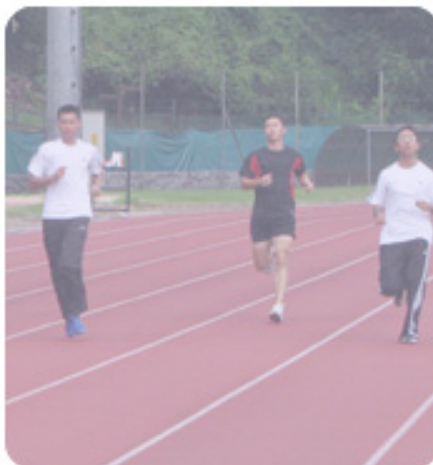
*Nathaniel Sim running the last 100m of his event*



*Solomon ready for his run-up in the pole vault*



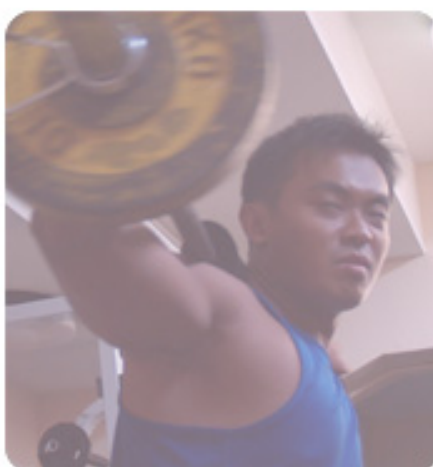
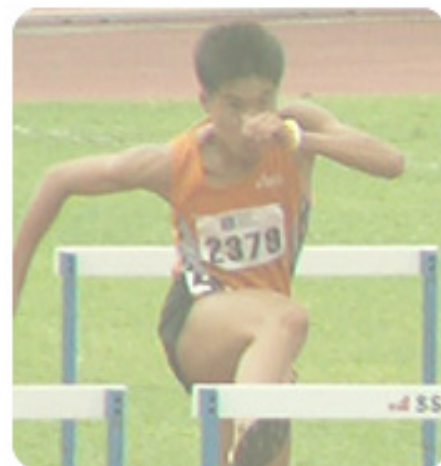
You have reached the last page of the magazine. Thank you for your support and hopefully you'll spread the word of our effort with this magazine. Our next issue is the **15<sup>th</sup> of the month in December.**



**SMILE!**

you're caught  
on camera

Next time you see a WAC  
photographer, smile!



Want an online  
presence? Well  
advertise here  
at WINGS  
magazine! *Get  
the exposure.*  
[Contact us here](#)

### Be a Wings fan

Be part of our dedicated and vibrant community – We actively have running sessions, recruit new members, project volunteers, and charity work. Be a community befriender. So join us now. You can make a difference in our community.

**» Click here to more details**

**WAC Magazine** is published by Wings Athletics Club: 16 Cactus Drive, #08-04 Grande Vista, Singapore 809690. Tel / Fax: 6481 6751. Office Bearers for the period of April 2005 – March 2007 **President** Ms Naomi Tan Vice **Presidents** **1<sup>st</sup> VP** Mr Alan Koh **President** **2<sup>nd</sup> VP** Mr Melvin Tan **Secretary** Ms Goh Wai Leng **Asst Secretary** Ms Emily Huang **Treasurer** Mr Eric Wong **Asst Treasurer** Ms Esther Tan **Committee Members** Mr Vincent Quek, Mr Jeffrey Tan, Mr John Lin