

## Media Release

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### **Para Bowling and Para Archery score big wins at Singapore Disability Sports Awards 2020**

- *Para bowler Eric Foo takes home Sportsman of the Year and Team of the Year, won alongside teammate Muhammad Farhan Bin Ismail*
- *World No. 1 para archer Nur Syahidah Alim crowned Sportswoman of the Year alongside her coach, Pang Qing Liang, named Coach (High Performance) of the Year*
- *Toh Wei Soong named Sportsboy of the Year for second year in a row*

Singapore, 7 August 2020 – Para bowler Eric Foo capped off a wonderful year as he emerged as the biggest winner at the Singapore Disability Sports Awards presented by Haw Par Corporation.

Organised by the Singapore Disability Sports Council (SDSC), the awards aim to recognise the achievements and contributions made by individuals or groups in the disability sports community. This year's ceremony was held virtually and the event was streamed live on SDSC's Facebook page.

The virtual award ceremony was graced by Guest of Honour, Mr Edwin Tong, Minister for Culture, Community and Youth & Second Minister for Law, and Ms Jasmin Hong, General Manager (Marketing), Haw Par Healthcare.

“My heartiest congratulations to the disability sports community for their sterling achievements! COVID-19 has affected many competition and training schedules, but not the spirit and dedication of our Team Singapore athletes. Beyond supporting our para athletes on their sporting journey, we are also committed to providing more opportunities for persons of all abilities to participate in sport. Let us work towards building a more inclusive society where we can all play and enjoy sport together,” said Mr Tong.

Foo, who has intellectual impairment, bowled his way to victory at the Thailand World Para Bowling Championship 2019 and the Philippines World Para Bowling Championship 2019, earning four individual medals and two team medals. Foo edged out four other nominees to be crowned Sportsman of the Year.

Foo's two team medals were won when he partnered teammate Muhammad Farhan Bin Ismail in mixed doubles and doubles events at the same competitions. Their achievements saw them named Team of the Year.

“Eric's achievements in the past year has shown that his dedication to training has paid off. He has set an example for his teammates and we are so pleased that he has been recognised for his efforts. For bowling to win in two award categories is testament to the work that the association does and we want to continue developing the sport”, said Florence Khemlani, President, Bowling Association for the Disabled (Singapore) (BADS). BADS is an Associate Member of SDSC.

World No. 1 Nur Syahidah Alim's fairytale year continues after historic feats achieved in 2019 where she won gold at the 2019 World Para Archery Championship and at the 2019 Asian Para Archery Championship. Syahidah also serves as chairperson of Singapore Para Athletes Commission and a member of the Asian Paralympic Committee Athlete's Commission, where she contributes to the development of para sport in the region.

The success Syahidah has achieved was in large part due to the strong chemistry she has with her coach, Pang Qing Liang, who picked up the Coach (High Performance) of the Year title. Pang, 29, was the youngest coach to be nominated and has only started coaching more than a year ago. The pair have their eyes set on achieving a podium finish at the Tokyo 2020 Paralympic Games.

Para swimmer Toh Wei Soong made it two from two, as he was named Sportsboy of the Year for the second year in a row. Toh won two of three medals won by Singapore at the Singapore 2019 World Para Swimming World Series, and also triumphed at the 2019 Japan Para Swimming Championships, winning two gold medals there. Toh, a Toyota 'Start Your Impossible' (SYI) Hero athlete, has been a strong advocate in encouraging more young persons with disabilities to embark on their sporting journeys. He believes educators and teachers have an important role to play in this process.

Henry Tan, a veteran sports administrator in Singapore, was awarded the Lifetime Achievement Award. Tan served as a volunteer of SDSC from 1974 to 2012. In that time, he was also a volunteer coach for the wheelchair tennis team. Tan holds a close relationship with many athletes, having interacted with many of them when he was Chef de Mission for the ASEAN Para Games 2004, Athens 2004 Paralympic Games and the Guangzhou 2010 Asian Para Games. In 2012, Tan became Executive Director of SDSC, overseeing a very successful Rio 2016 Paralympic Games, before eventually retiring in 2017.

"These past few months have been challenging for our para athletes and community who have had to adapt and be resilient, to continue training amidst a health crisis. It is this spirit that sets them apart. It is for this reason that we wanted to continue to hold the awards virtually. With the COVID-19 pandemic in full force, SDSC is thankful to be supported by partners like Haw Par Corporation, who remain steadfast and continue to actively contribute to disability sports in Singapore. We are hopeful that more partners can step forward to lend their support. With additional resources for our programmes and athletes, we are certain that we will have even more milestones to celebrate in the future," said Kevin Wong, President, SDSC.

This year's SDSA is made possible with the support of Haw Par Corporation's corporate social responsibility initiative and its donation of \$120,000 to the SDSC. A supporter of the SDSC since 2015, Haw Par Corporation took on the role of presenting partner for the event for the second year in a row. Apart from the awards, the donation will also be channeled towards developing the sport of boccia and administering the Haw Par Para Sports Bursary Awards.

This is the third time the SDSA has been held, after previous editions in 2019 and 2008. Introduced for this year's awards, members of the public were able to vote for nominees of the awards in the Contributor category.

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**About Singapore Disability Sports Council**

Singapore Disability Sports Council (SDSC) is the national body championing and aims to transform the lives of Persons with Disabilities through sport as a form of rehabilitative therapy, or as a means to realise their potential. Besides providing platforms for the learning of sports, SDSC trains talents to represent Singapore at regional and international competitions. Find out more at [www.sdsc.org.sg](http://www.sdsc.org.sg).

**About Haw Par**

Haw Par Corporation Limited, a Singapore-grown multinational Group, is listed on the Singapore Exchange since 1969. The Group is an enterprise with a strong consumer healthcare business that promotes healthy lifestyles through its healthcare products. The largest contributor to the healthcare business comes from a brand that it owns — Tiger Balm, one of the world's leading and most versatile topical analgesic brands. Besides the consumer healthcare business, the Group also engages in the leisure business and holds significant investments in securities and properties.

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## Annex A: Singapore Disability Sports Awards 2020 Winners

<b>Sportsperson Category</b>	
Sportboy of the Year	Toh Wei Soong (Para Swimming)
Sportsgirl of the Year	N.A.
Sportsman of the Year	Eric Foo Ming De (Para Bowling)
Sportswoman of the Year	Nur Syahidah Alim (Para Archery)
Team of the Year	Tenpin Bowling (Pairs): Muhammad Farhan Bin Ismail, Eric Foo Ming De (Para Bowling)
<b>Contributor Category</b>	
Coach of the Year (High Performance)	Pang Qing Liang (Para Archery)
Coach of the Year (Developmental)	Muhammad Abdul Razak Bin Mansor (Para Powerlifting)
Community Impact (Volunteering) Award	serendipET (Volunteer Group)
Community Impact (Events & Initiatives) Award	Cerebral Palsy Alliance Singapore
<b>Lifetime Achievement</b>	
Lifetime Achievement Award	Henry Tan

Please Note

Sportsgirl of the Year award was not given out to any athlete

## Annex B: Singapore Disability Sports Awards 2020 Nominee Profiles

S/N	Award Categories	Sport	Nominee Profile
1	Sportsman of the Year		
1	Eric Foo Ming De	Para Bowling	Eric has been bowling for 24 years. Together with his brother, Eric would visit the Serangoon Gardens Country Club, bowling for hours on end. They would try to beat their previous scores. Eric eventually participated in competitions and leagues. Eric's achievements include striking two gold (Singles Mixed TPB4; Mixed Doubles TPB4) and one silver (All Events Mixed TPB4) at the Thailand World Para Bowling Championships 2019 and two gold (Singles Men TPB4; All Events Men TPB4) and one bronze (Men Doubles TPB4) at the Philippines World Para Bowling Championship 2019.
2	Kalai Vanen	Para Powerlifting	<p>Kalai took up the sport of powerlifting in February 2015 and has not looked back since, racking up a list of achievements, including winning Singapore's first medal in para powerlifting at the 8th ASEAN Para Games in 2015. The personal trainer has taken on many roles to give back to the sport, serving as Vice-Chairperson of the Singapore Para Athlete Commission (SPAC) and is also a qualified local para powerlifting referee (National Level).</p> <p>At the World Para Powerlifting Championships 2019 Kalai ranked 22nd out of 27 (Men's Up to 97kg). Kalai ranked 34th out of 40 in the official World Rankings 2019.</p>
3	Muhammad Diroy Bin Noordin	Para Athletics	Making his international debut at the 2016 China Open Athletics Championships, Diroy surprised himself by earning his first international medal – a gold nonetheless. Since then, he went on to represent Singapore at the Rio 2016 Paralympic Games where he finished a respectable 9th place in shot put. In 2018, Diroy achieved 4th place at the Asian Para Games in the F40 Men's Shot Put and 7th in the F40/F41 Men's Javelin events. Most recently, Diroy won a Silver in Men's Shot Put F40/41, at the Tunis World Para Athletics Grand Prix 2019.
4	- Steve Tee - ACP: Ang Kee Meng	Para Cycling	In 2004, Steve was diagnosed with retinitis pigmentosa, a rare disease that begins with a partial loss of vision and eventually leads to total or near-total blindness. Then only 23, Steve could no longer play some of his favourite sports such as football and cycling. He went through a period of desolation and isolation. However, he soon bounced out of it and mustered inner strength to live his life to the fullest. Steve decided to focus on solutions instead. Having captained the Singapore team at the 8th ASEAN Para Games at five-a-side football for the visually impaired in 2015, Steve made his switch to para-cycling two years later. For tandem para-cycling, a visually impaired athlete, called the stoker,

			is paired with a sighted counterpart, who is called the pilot. Steve's pilot is former national cyclist Ang Kee Meng. Together, Steve and Kee Meng have won bronze at the 9th ASEAN Para Games and numerous achievements at the Asian level, such as attaining the bronze at the 2019 Asian Track Championships and gold at the 2019 Thailand Para Cycling Cup.
5	Tay Wei Ming	Para Badminton	Despite being born with Erbs Palsy that affects his right arm, Tay Wei Ming has overcome insurmountable odds to become a world class badminton player. He was first introduced to the sport at the age of 9 and started playing for his school when he was a teenager. His passion for the sport eventually led him to being scouted in 2007 by SDSC. In 2017, he was the first Singaporean to be crowned para badminton world champion. Most recently, he finished 3rd at the 2019 Thailand Para-Badminton International and came in top 8 at the BWF Para Badminton World Championships 2019.
6	Thomas Nathan Chan	Para Bowling	Thomas, who has visual impairment, took up bowling in 2012 and made his debut at the 8th ASEAN Para Games. Thomas has gone on to excel at international competitions and won bronze medals in the Doubles TPB1+TPB2/3 at the 9th ASEAN Para Games in 2017. He most recently won gold (Men's Singles TPB1) at Micron Singapore World Para Bowling Tour series 2019.
2	Sportswoman of the Year		
7	Claire Toh	Para Table Tennis	In 2012, Claire Toh had an unfortunate fall which caused her to be paralysed since. Her determination to be independent and not rely on her family and friends spurred her to pick up table tennis – a sport she played during her primary school years. In mid-2013, she regained interest in the sport and made her debut in women table tennis at the 8th ASEAN Para Games 2015. Most recently, she came in 2nd at the 2019 ITTF Para Bangkok Open.
8	Diane Neo	Para Bowling	One to be reckoned with in the Tenpin Bowling sports scene, Diane has produced remarkable results at various major games. In 2018, she faced down tough competition to add a silver in the TPB4 Women's Singles event to the Republic's medal tally at the Asian Para Games. Diane's commitment to training and ability to bowl consistently placed her in good stead, as she won silver (Singles TPB4 Women) and bronze (All Events TPB4 Women) at the Micron Singapore World Para Bowling Series 2019.



9	Laurentia Tan	Para Equestrian	<p>Laurentia Tan rode her name into Singapore's history in 2008 when she won the first Paralympic medal for the Republic during her debut Paralympics outing. 12 years on, Laurentia is clearly not ready to back down from competition that is growing fiercer every year as well. She won a silver in the individual championship grade I event at the quadrennial Federation Equestre Internationale's (FEI) World Equestrian Games in 2018, and is currently ranked World No. 4 in the FEI Para Dressage Ranking. Laurentia is also an active advocate for various community causes and groups, such as mental health, and Audiovisibility, a platform for deaf artists to showcase their talents. She was elected as an Athlete Representative on FEI's Para Equestrian and Athletes Committees in 2014. She served for a period of 4 years until 2018.</p>
10	Nur Aini Binte Mohamad Yasli	Para Powerlifting	<p>At the age of 6, Aini was diagnosed with multiple epiphyseal dysplasia which impacted her bone growth. She was first introduced to powerlifting in 2015 when powerlifter Kalai Vanen approached her at the gym. Due to school commitments, she had to turn down the offer to pick up the sport. In 2017, Kalai approached her again and that was when Aini decided to give the sport a try. 2 months into the sport, Aini was selected to compete at the 9th ASEAN Para Games 2017 held in Kuala Lumpur. She pushed through her and achieved a personal best and came in 5th at the games. Aini competed in the 9th Fazza Dubai Para Powerlifting World Cup 2018 and won the bronze medal. In 2019, she made her debut at the World Para Powerlifting Championships and is currently ranked 18th in the world.</p>
11	Nur Syahidah Alim	Para Archery	<p>Embarking on her lifelong love for the sport as a recreational archer, Syahidah decided to turn competitive when she was given an opportunity to represent the nation at the 8th ASEAN Para Games 2015. It was at that game she made her mark and bagged two gold medals for Individual Compound Women and Compound Mixed Team Opens. She was also the first female archer to represent Singapore, and reached the quarter finals of the 2016 Rio Paralympic Games. Syahidah achieved a historic feat in 2019, winning gold at the 2019 World Para Archery Championship. She is also the reigning World Number 1 Para Archer. The Singapore Management University alumna also serves as chairperson of Singapore Para Athletes Commission and a member of the Asian Paralympic Committee Athlete's Commission, where she contributes to the development of para sport in the region.</p>

12	<p>- Nurulasyiqah Mohammad Taha - ACP: Esther Chok</p>	Boccia	<p>Nurulasyiqah Binte Mohd Taha was the first Singaporean to have qualified for boccia at the Paralympic level in 2012. She finished 7th in the BC3 Individual event at the London 2012 Paralympic Games and 4th in the BC3 Pairs event with her partner, Toh Sze Ning, at the Rio 2016 Paralympic Games.</p> <p>Nurul and her competition partner, Esther Chok, clinched the bronze medal at the BISFed 2019 Montreal Boccia World Open in the BC3 Individual event.</p> <p>Nurul is a co-opted member of the Singapore Para Athletes Commission and the International Paralympic Committee Athletes' Council. She is also a certified Proud Paralympian Educator with the Agitos Foundation.</p>
13	Yip Pin Xiu	Para Swimming	<p>Yip Pin Xiu was the youngest member of the Singapore contingent at the Beijing 2008 Paralympic Games, but she was also the brightest star, bringing home Singapore's first ever Paralympic gold medal. Pin Xiu was born with Charcot Marie Tooth, which means her muscles degenerate progressively with age. She had started swimming when she was five. A volunteer with the Singapore Disability Sports Council noticed her swimming and how she was able, despite her physical challenges, to keep up with the other children and encouraged her to swim competitively. She began to do so when she was 12.</p> <p>Soon she was taking part in regional and international meets, and she was bringing back medals. In 2008 at the Beijing Paralympics, she produced Singapore's first Paralympic gold medal and a silver medal, winning the S3 50 metres backstroke final and coming in second for the 50 meters freestyle final. On her return from Beijing in 2008, she was awarded the Public Service Medal. Fast forward to 2016, at her third Paralympic Games, Pin Xiu won two Gold medals in the Women's 50m and 100m Backstroke S2 event. She also set two world record for both events with a time of 0:59.38 and 2:07.09 respectively.</p> <p>She had a breakthrough year in 2019, which saw her win two gold medals at the 2019 World Para Swimming Championships in the Women's 50m and 100m Backstroke S2 events; 9 years since her last world championship title in 2010.</p> <p>Pin Xiu actively gives back to the community. She serves on the Singapore Para Athletes Commission and World Para Swimming High Support Needs Group. She has been a strong advocate for sports throughout the years</p>



3	Sportsboy of the Year		
14	Darren Chan	Para Swimming	<p>Darren Chan enrolled in Rainbow Centre Yishun Park in 2009. After trying out many sports activities, Darren found that swimming was the best fit for him. Teachers noticed he was swift in water and supported Darren in swimming activities. Through signing up in the National Para Swimming Championships, Darren was scouted to join SDSC's swim club in 2018 for competitive training. The following year, Darren participated in his first competition since joining the team, representing his country at the Singapore 2019 World Para Swimming World Series.</p>
15	- Ho Jing Rui Gareth - ACP: Loh Siew Kay	Boccia	<p>Gareth Ho developed interest and played recreational boccia when he was in Secondary Two. In 2015, together with the MDAS Boccia Team, he attended the ASEAN Para Games 2015 held in Singapore and cheered on the Singapore boccia team. That proved to be the spark for his interest in boccia. In that same year, Gareth participated in a national competition for the first time and won bronze in the competition with his teammate. Since then, Gareth made considerable progress and was selected to represent Singapore at the BISFed 2018 Chinese Taipei Boccia Regional Open competition. Most recently, together with his ACP Loh Siew Kay, Gareth achieved a respectable 9th place at the BISFed 2019 Dubai Boccia Regional Open in the BC3 (individual) category.</p>
16	Lim Kah Yi	Para Swimming	<p>Kah Yi is the first athlete with Autism to represent Singapore and was part of a contingent of 7 athletes who flew out to the Virtus: World Intellectual Impairment Sport (previously known as INAS Global Games) held in Brisbane, Australia, in October 2019. Taking part in the multi-sport event was Kah Yi's first time traveling overseas to compete and he was chaperoned by his mother, Mrs Lim.</p> <p>Kah Yi did Singapore proud by becoming the sole Singapore medallist, bagging four silver medals in his events (200m Individual Medley, 200m Freestyle, 100m Freestyle, 50m Breaststroke), clocking a memorable experience.</p>

17	Toh Wei Soong	Para Swimming	<p>While Transverse Myelitis may have affected his lower nervous system at the tender age of two, this did not stop Wei Soong from swimming competitively and achieving milestones in his swimming career. From clinching his first medal in an international event during the 2013 Asian Youth Para Games, Wei Soong has continued to perform superbly. At the 2018 Commonwealth Games, he attained a Bronze medal during the S7 50m freestyle event, earning the Republic's second Commonwealth swimming medal after Joseph Schooling. (The Commonwealth Games is the only major games in the world that offers events for athletes with and without disabilities). He also emerged triumphant at the 2018 Asian Para Games, attaining Gold medals in the S7 50m and 100m freestyle events. His achievements in the sporting arena have also earned him recognition. In 2019, Wei Soong was nominated for The Straits Times Athlete of the Year Award, and was a recipient of the inaugural Goh Chok Tong Enable Award (UBS Promise). He is also an ambassador for Toyota's Start Your Impossible campaign, an athlete ambassador for BP Singapore and an advocate for the preservation of Farrer Park. Wei Soong has given numerous talks to help students, educators as well as administrators in universities to better understand the importance of inclusion in every aspect of our lives.</p>
18	Wong Zhi Wei	Para Swimming	<p>Zhi Wei did phenomenally well at the 2017 Asian Youth Para Games, bringing back 5 medals to the Republic. He not only came in victorious in the S13 Men's 100m freestyle, 100m butterfly and 400m freestyle events, he achieved a new personal best of 1min9.63 seconds during the 100m butterfly event. His performance at the 2017 ASEAN Para Games was also remarkable – he secured a runner-up position and second runner-up position at the S13 Men's 100m freestyle and 50m freestyle events respectively. Zhi Wei qualified for the 2018 Asian Para Games and became one of Singapore's youngest debutants at the Games. Never too shy to help others, Zhi Wei has become one of the "big brothers" in the para swimming community to his younger peers, and shared his experience generously to help others with visual impairment. In 2019, Zhi Wei was a recipient of the Goh Chok Tong Enable Awards (UBS Promise).</p>
4	Sportsgirl of the Year		

19	Sophie Soon	Para Swimming	Diagnosed with Cone Rod Dystrophy as a child, which results in deteriorating vision that may lead to eventual blindness, Sophie's visual impairment has not stopped her from pursuing her interests in sports. Sophie picked up competitive swimming at aged 15, and continues to push her abilities. In 2019, she achieved her personal best in the 50m and 100m Breaststroke S13 at the World Para Swimming World Series in Melbourne and Singapore editions respectively. Later that year, she was reclassified under S12 due to the nature of her condition. Sophie made her debut at the 2019 London World Para Swimming Championships and achieved her season best in the 100m Breaststroke and 100m Butterfly with a timing of 01:27.71 in 01:23.38 respectively.
5	Team of the Year		
20	Boccia BC1/2: - Juni Syafiqah Binte Jumat - Tan Yee Ting Jeralyn - Neo Kah Whye	Boccia	The trio of Juni Syafiqah Binte Jumat, Tan Yee Ting Jeralyn and Neo Kah Whye make up the Boccia BC1 and BC2 team and they have been competing as a team since 2014. The combination of communication and productive collaboration has played a part in the success of the team. Most notably, they won a bronze at the 9th ASEAN Para Games in Malaysia in 2017.
21	Boccia BC3 Pairs: - Nurulasyiqah Mohammad Taha - Toh Sze Ning - ACP: Nur Azizah Binti Ahmad Rumzi - ACP: Chew Zi Qun	Boccia	The Boccia BC3 Pair comprises athletes Toh Sze Ning and Nurulasyiqah Binte Mohammad Taha, and their athlete competition partners Chew Zi Qun and Nur Azizah Binti Ahmad Rumzi. The team competed in the BISFed 2019 Seoul Boccia Asian-Oceania Regional Championships, BISFed 2019 Hong Kong Boccia World Open and BISFed 2019 Montreal Boccia World Open, where they achieved commendable results: 5th, 6th and 8th respectively.
22	Cerebral Palsy Football: - Abdul Mahdi Bin Abdul Rahman - Balasubramaniam - Khairul Anwar Bin Kasmani - Muhamad Haikal Aiman B Samri - Muhammad Alif Anwar Bin Ibrahim - Muhammad Firdaus bin Mohammed Noor - Muhammad Mubarak Bin Mohd Rastam - Muhammad Shafiq Bin Ariff - Muhammad Shahidil Bin Saidi - Peter Kam - Pranav S/O C Balu - Suhaimi Bin Sudar	Cerebral Palsy Football	The Cerebral Palsy Football team first made its debut appearance at the 7th ASEAN Para Games in Nay Pyi Taw, Myanmar in 2014 and brought home the Silver medal for the Republic. Having also competed in the 2014 Incheon Asian Para Games, the team clinched bronze on homeground at the 8th ASEAN Para Games 2015. Their most recent achievement was a friendly match with a football club from Malaysia where the team scored 2-1.

23	Goalball Women's Team: - Christina Aw - Joan Hung - Inez Hung - Norliana Norliana Bte Mohamed Ajam	Goalball	The women's goalball team have been very dedicated in their training and proved themselves during the Asia Pacific Goalball Tournament 2019, beating stronghouse neighbours Malaysia to take 5th placing at the competition. They also pulled off an upset over high-ranked Iraq with a last-minute goal. The team also contributes their time as part of Goalball Singapore's flagship community programme titled 'Goalball for ALL'. They utilise this opportunity to position goalball as an inclusive sport that can be taken up by able-bodied athletes and for talent identification to recruit PWDs to play the sport.
24	Tenpin Bowling (Pairs): - Muhammad Farhan Bin Ismail - Eric Foo Ming De	Para Bowling	The duo's first time pairing up was back in 2015 where they brought home a silver at the 2nd Asian Para Tenpin Bowling Federation Championship. Four years later, the duo made their mark at the 2019 Thailand and Philippines edition of the World Para Bowling Tour Series, winning top spots in the mixed doubles TPB4 category. The duo take time out from their busy schedules to give back to the community by imparting skills and knowledge to aspiring bowlers with intellectual impairment.
6	Coach (High Performance)		
25	Ang Peng Siong	Para Swimming	Under the watchful eyes for sporting legend Ang Peng Siong, Toh Wei Soong has flourished under his guidance since 2013 and continues to do so. Toh Wei Soong attained a Bronze medal during the S7 50m freestyle event, earning the Republic's second Commonwealth swimming medal after Joseph Schooling. Most recently, Wei Soong clinched a gold and silver at the Singapore 2019 World Para World Swimming Series.
26	Athena Han I-Chia	Para Cycling	Athena started out as a volunteer with Para Cycling Federation Singapore (PCFS) in 2017, learning the ropes of coaching tandem athletes. Armed with a degree in Sports Science, she then attained her coaching licence in 2018 and started working more closely with Tee Wee Leong and Ang Kee Meng. Despite the relatively new arrangement, she has led the cyclists to achieve their first medal at the 8th Asian Track Championships for Individual Pursuit. Capitalizing on the efficacy of the training program and with inputs from the Sports Science team, together they have earned another bronze at the recent 9th Asian Track Championships 2019 for Individual Pursuit.

27	Jörg Alexander Volker Roger Eubel	Para Equestrian	<p>Volker has been working with Laurentia since 2008. Volker, whom Laurentia sometimes refer to as a ‘horse whisperer’, with his advice on horse nutrition and exercises for the owner, Harvey (i.e. the horse Laurentia was riding and competing with) went through a transformation that made him into an even better horse - in 6 months - he was almost unrecognisable.</p> <p>Volker incorporates the classical principles of horsemanship, investing time and energy trying to understand the horses to help us, as riders, form the best relationship with them. Under Volker’s guidance, Laurentia won a silver in the individual championship grade I event at the quadrennial Federation Equestre Internationale’s (FEI) World Equestrian Games in 2018 and is currently ranked World No. 4 in the FEI Para Dressage Ranking. Volker always works to seek the best of a horse and rider combination. This often results in further positive changes, making the riding experience far more interactive and pleasurable.</p>
28	Koh Gee Boo (Simon)	Para Badminton	<p>One of the longest coach-athlete partnerships in local sports, Simon first coached Wei Ming since he matriculated into Nanyang Polytechnic in 2010. At that time, Simon was also coaching the badminton team. Under Simon’s tutelage, Wei Ming got into the Sports Excellence Program (Spex) in 2015 and has led Wei Ming on to several achievements since then. Most notably winning the title in the 2018 Spain Para-Badminton International and more recently, joint 3rd in the 2019 Thailand Para-Badminton International.</p>
29	Mark Chay	Para Swimming	<p>Former national swimmer Mark Chay led Yip Pin Xiu to victory at the 2019 World Para Swimming Championships, where she won gold in the S2 50m and 100m Backstroke events despite this being his first leap into coaching para swimming. His past experience and guidance have been a valuable insight, combining what he knows and adapting it to para swimming. This has been an asset as they chart their course towards the Paralympic Games.</p>
30	Muhamad Hosni Bin Muhamad	Para Athletics	<p>2014 marked the year Hosni took the reins in coaching athletes with intellectual impairments. After the stint at the ASEAN Para Games in 2014, Hosni piqued interest in continuing coaching athletes with intellectual impairments. Under his coaching, Suhairi Suhani made history by coming in eighth in the final for the long jump event at the 2016 Summer Paralympics in Rio. The following year, Hosni expanded his portfolio and took Muhammad Diroy Noordin (short stature) under his guidance. Hosni led him to 6th placing at the World Para Athletics Championship 2019.</p>

31	Pang Qing Liang	Para Archery	<p>Qing Liang started coaching Syahidah Alim in February 2019. Despite the fairly new coaching arrangement, both parties had adjusted well, leading Syahidah to her first competition title in two years. Utilising his past experience as a national archer, Qing Liang was able to provide valuable insight into the sport. Together, they put Singapore on the World Para Archery map when Syahidah claimed the World Champion title at the 2019 Para Archery World Championships in the Netherlands. Following that, he coached Syahidah to a National Record score during a world ranking competition.</p>
7 Coach (Developmental)			
32	Hansen Bay	Goalball	<p>Hansen first got involved when Goalball in 2012. He made use of the characteristics inherent to this Paralympic sport to teach team development and mental skills to able-bodied athletes. Hansen's exposure to Goalball eventually made him a Goalball coach for the APG team in 2015. Hansen observed that there is a misconception that persons with disabilities are more prone to injuries and should avoid sport participation. To correct these misconceptions and to improve the level of physical activity among persons with visual impairments, Hansen is actively promoting Unified Goalball where both persons with visual impairments and their sighted peers can team up to enjoy this sport.</p> <p>Besides coaching Goalball, Hansen also serves as an educator for the International Paralympic Committee (IPC), where he teaches programmes about disability sports to other coaches in Singapore and the region.</p>
33	Jovin Tan	Para Sailing	<p>Jovin Tan, determined not to give up sailing that had pulled him through life from a rebellious youth to a respected Paralympian, made a decision to pursue coaching when the sport was dropped from the Paralympic programme. He wanted to make sure that the benefits of sailing continued to spread to other persons with disabilities, and even to the wider community. Therefore, he took up an arduous journey to earn his credentials, becoming the first person with disabilities to clear the Standard First Aid course that was originally not catered for PWD and become accredited as a coach under the National Registry of Coaches. He has since embarked to coach various programmes to help others learn the sport of sailing during weekends (as he is still working full-time), and kickstarted unified programmes to help persons with and without disabilities learn to sail together. Jovin also continues to sail in local races to inspire his students, and runs races during the local regattas for persons with disabilities.</p>



34	Leong Wei Chiang Lionel	Para Swimming	Former national swimmer Lionel Leong uses his experience to bring new energy to the team of para swimmers Lim Kong Boon, Darren Chan and Nicole Fu. Imparting his guidance, all three swimmers qualified for the 2019 Singapore World Para Swimming World Series and achieved their personal best in their respective events.
35	Muhammad Abdul Razak Bin Mansor	Para Powerlifting	Razak's journey into para powerlifting started when he was a national technical official at the 8th ASEAN Para Games in 2015. His participation at the games spurred him to get his coaching license. In 2016 he started volunteering with the powerlifting development team. Two years later, he took on the role of coach and guided Kalai Vanen and Nur Aini Binte Mohamad Yasli to qualify for the Asian Para Games 2018 and the World Para Powerlifting Championships 2019.
36	Nurulsyahirah Taha	Boccia	Nurulsyahirah Taha has been coaching MDAS developmental athletes since 2017. She currently trains about 10 active BC3 and BC4 athletes, and works together with regular volunteers. She introduced physical conditioning to her athletes, who all have various forms of muscular dystrophy, which is characterised by progressive muscle weakness and loss of muscle mass. She also started a system of peer feedback during training as a way for the athletes to gradually hold more responsibilities and empathise with each other.
37	Tan Joo Seng Roland	Para Swimming	Coach to para swimmers Wong Zhi Wei, Colin Soon, Benson Tan and Jazlene Tan, Roland has dedicated a significant amount of time to developing these athletes to their fullest potential. Not only did Jazlene qualify for the 2019 Singapore World Para Swimming World Series, Zhi Wei also benefitted from his expertise to become Singapore's most decorated athlete at the 2017 Asian Youth Para Games, qualified for the 2018 Asian Para Games, 2019 Singapore World Para Swimming World Series and the 2019 World Para Swimming Championships.
8	Community Impact Award (Volunteering)		

38	- Dr Lim Mui Hong - Mohammed Faisal Suptu	Para Athletics	<p>Dr Lim Mui Hong and Mohammed Faisal Suptu are classifiers for para athletics. Classification is undertaken to assess if an athlete is eligible to compete in para athletics events. Eligible athletes are then allocated the appropriate sport class based on how much their impairment affects sports performance. This is to ensure that they compete with others who are in the same sport class.</p> <p>Dr Lim is an orthopaedic surgeon with a focus in sports medicine and sports surgery. Dr Lim was introduced to para sport in 2014, volunteering his time and lending his expertise to help in the classification process. Faisal is an associate lecturer at Republic Polytechnic with a background in Sports &amp; Exercise Psychology. He was first exposed to technical classification as a Liaison Officer at the ASEAN Para Games 2015. Dr Lim and Faisal attended Level 2 para athletics classifier course organised by the International Paralympic Committee in 2017. Both of them have since worked together as medical and technical classifiers for individuals who are embarking on para athletics journey.</p>
39	Dr Ong Joo Haw	Para Powerlifting	<p>Dr Ong is a medical doctor and his deep passion for powerlifting led him to learn more about para powerlifting. Since 2017, Dr Ong has been assisting SDSC with conducting safety assessments and eligibility tests to classify aspiring athletes in the sport. Beyond classification, Dr Ong is an active powerlifter and continues to impart knowledge of the sport with SDSC athletes.</p>
40	Lee Yan Hong Arthur	Para Swimming	<p>With over 30 years of officiating experience under his belt, Arthur has been a strong advocate of inclusion and professionalism in our nation's swimming meets. Arthur volunteered as a technical official and officiated his first Singapore Disability Sports Council (SDSC) National Swimming Championships back in 1995. Since then, he has continued to take up key roles in the para swimming sector, such as competition manager for the 2015 ASEAN Para Games and the Singapore 2019 World Para Swimming World Series. Arthur has also worked closely with the SDSC to professionalise the local para swimming sector.</p>
41	Lim Kim Seng	Para Sailing	<p>Lim Kim Seng lost his hearing at the age of three but remains undeterred in his quest to help others. An active volunteer with SDSC's Sailing programme since 2006, Kim Seng spends every weekend supporting persons with disabilities, transferring them from their wheelchairs to the sailboats, and performing tasks such as rigging, launching and recovery of the sailboats. Despite having difficulty speaking, he is well-liked for his cheerful nature and</p>

			instinctive ability to understand the needs of the sailors.
42	Loh Siew Kay	Boccia	Siew Kay has been a dedicated volunteer for Boccia for 4 years, reporting every week to Muscular Dystrophy Association of Singapore to help Boccia player Gareth Ho as a athlete competition partner. To help Gareth improve his technique and enjoy the game more frequently, Siew Kay sacrifices his weekends as well to train with Gareth, and innovatively invented a push stick to ease Gareth's rolling of the Boccia ball.
43	Michael Tan Tai An	Photographer	Since 2015, Michael has been volunteering with gusto and willingly lends SDSC his expertise to shoot and edit photographs for various events. This often sees him spending many hours with us despite no remuneration. His passion for photography is clear for all to see.
44	Muscular Dystrophy Service Group	Boccia	Muscular Dystrophy Service Group (MDSG) is a student-initiated Service-Learning project that was started in 2017 by Jovie Lim, Baek Jin Woo and Ng Bei Lin from Singapore University of Social Sciences. MDSG's objective is to facilitate and catalyse the awareness of Muscular Dystrophy as well as people with Muscular Dystrophy within Singapore. MDSG aims to be the disseminating point for increased awareness, via methods of direct and indirect service onto the community, starting from increasing awareness of this community within our school. At the end of each student's volunteer term, MDSG hopes that their experience in MDSG helped them understand Muscular Dystrophy and inspired them to continue their volunteering journey. Currently, MDSG has a small pool of volunteers who head down to MDAS weekly to provide assistance in sport activities such as Boccia and Power Soccer. Other activities volunteers have participated in include MDAS' annual flag day and Boccia competitions.
45	Monique Heah Cheng Siew	Para Equestrian	Monique Heah has been volunteering with the SDSC, specifically for the sport of Equestrian since 2008 but more actively from 2010 onwards. Monique's first encounter was in 2008 Paralympics when she went to support the team for the competition. Seeing that the sport of equestrian was rising and it is requiring someone with the skill set and knowledge of the sport to push it forward, she stepped up to take on the position as Team Manager. Monique serves as a liaison between the athletes/officials and the federation. For the last 10 years, she has taken time off to lead the team for their overseas competitions as well as the

			Paralympics and the World Equestrian Games. Monique brings an unspoken positive energy to the team including the horses.
46	Ni Ni Swee	Boccia	Ni Ni's desire to volunteer came after attending a Boccia Workshop conducted by SDSC in 2003. As a physiotherapist, Ni Ni started off providing warming up exercises for the boccia team and gradually assisted the team at international competitions. Passionate to improve the quality of life for persons with Cerebral Palsy and others physical disabilities, she became an International Boccia Classifier in 2008. Accredited by the Cerebral Palsy International Sports Recreation Association (CPISRA), Ni Ni is classifying for the Singapore Cerebral Palsy Football team and Boccia team.
47	serendipET	Volunteer Group	serendipET is a social enterprise founded on the principles of helping others. Their main focus of business is in experiential education and outdoor education. They work with local schools, international schools, government institutions and corporations in the private sector. serendipET has been a volunteer with SDSC since their incorporation in 2016. They started by volunteering their time to assist in different roles for various sporting events conducted by SDSC. This eventually allowed them to start doing outreach for the disability sports scene in Singapore. Besides partnering with SDSC to conduct tasters and talks in various schools, they have also incorporated various sports into their programs and camps. They have successfully gotten many of their clients to incorporate the additional objective of, creating an inclusive society in Singapore, into their programs and curriculums. serendipET strives to continue their support to the objectives and vision of the Singapore Disability Sports Council.
9	Community Impact Award (Events & Initiatives)		
48	Cerebral Palsy Alliance Singapore	Boccia	Cerebral Palsy Alliance Singapore (CPAS) offers Boccia as an extra-curricular activity for their clients. The organisation has bridged the gap between the public and persons with disabilities by organising outreach programmes, including booths for Boccia, during past CPAS World Play Day events. CPAS has also collaborated with other special education schools, neighbouring primary and tertiary institutions to advocate for its clients and share more about the sport. Furthermore, CPAS offers its venue as a training ground for local national referees and athletes under the SDSC programme.

49	Wheelchair Rugby Programme	Wheelchair Rugby	An inclusive weekly recreational programme of wheelchair rugby that include players of all levels and abilities. The programme promotes social cohesion and friendships between persons with and without disabilities through sports.
10	Lifetime Achievement Award		
50	Henry Tan	-	<p>The man behind the scenes - that is who Henry Tan is. The individual who has served SDSC more than half his life, started volunteering back in 1974. He was one of many individuals who played a significant role in the establishment of SDSC and advocating for disability sports in Singapore.</p> <p>Intrigued by the abilities of persons with disabilities, Henry took upon himself to gain knowledge about wheelchair tennis and started recruiting individuals. Till today, many athletes remember Henry as an individual who goes above and beyond to make things happen, like finding sponsors to keep disability sports afloat.</p> <p>Seeing how he can play a part in the community, Henry took on various roles on the board of SDSC such as committee member, Honorary Secretary and Vice-president to push the mission and vision of the council. While juggling a full-time career at the Ministry of Education (MOE), Henry helped forged a healthy working relationship between MOE and SDSC which stands till today. Henry also led a number of teams for overseas competitions but the most notable ones would be as Chef de Mission for the Athens 2004 Paralympic Games where sailing made their debut.</p> <p>In 2012, he assumed the role of Executive Director of SDSC and led the team for 5 years before officially retiring.</p>

Please Note

ACP: Athlete Competition Partner