

SPORT



The Community Run at the Singapore Sports Hub caters to both serious and recreational runners who are grouped according to their fitness levels and targets. They undergo customised programmes involving various exercises. ST PHOTO: LAU FOOK KONG

Rings of Stars and Crescent: excerpt

The Singapore National Olympic Council (SNOC) is marking its 70th anniversary this year with "Rings of Stars and Crescent", a book shining the spotlight on sporting officials behind the scenes. Here is the second of four excerpts from the book:

SEPARATION FROM MALAYSIA

In just 15 months, the brief marriage (between the two Olympic councils) was called off on Aug 9, 1965, as the two countries separated in a shock announcement. But while merger (between the Olympic councils) was painful, separation for the sports groups was met with glee from Singapore. (Sports editor Norman) Siebel wrote in The Straits Times: "With as much haste as, and undoubtedly greater enthusiasm than Singapore's pre-September 1963 national sports bodies had to shed their international status to join Malaysian federations as state affiliates in order to make their representatives eligible as Malaysians for last year's Olympic Games and other international events, they will now have to reapply for their international certificates from the world controlling bodies to compete as Singaporeans."

The pride in being Singaporeans was evident and fast. In September 1965, a month after separation, local media proudly referred to (SOSC president A.T.) Rajah as the "Singapore Government's envoy". Singapore's relationship with Kuala Lumpur was no longer a subordinate one. By October 1965, SOSC was readmitted into the IOC (International Olympic Committee) along with Saudi Arabia, Togo, Guinea and the Central African Republic. SOSC was truly on its own, representing an independent country for the first time after 18 years. Its confusion over its identity finally came to an end.

UP AND RUNNING AT THE HUB

Sports Hub introduces Community Run with structured training to aid in runners' goals

Nicholas De Silva

Once regarded as a solitary exercise, the perception of running is rapidly changing in Singapore, with running clubs and commercial coaching services sprouting up across the island.

Its popularity is unquestioned – there were more than 160 running events organised last year.

In June, the Singapore Sports Hub (SSH) joined the fray and introduced the Superfit Community Run

to its daily FIT Sessions – which include activities like zumba, yoga, cardio blast and boot-camp training – as part of a revamped Experience Sports programme.

In collaboration with local fitness company Superfit, which was the master instructor and obstacle specialist for the Spartan Race Singapore, the Community Run offers a structured training plan and coaching expertise to help runners achieve their personal objectives.

For 51-year-old Kerk Kok Han, who has run marathons for the past

three years, the sessions were a fresh change.

He said: "Doing this mixes up my training. It gives me an intense workout. It's not good to only do running. You also need to have speed work and tempo runs like this. It's also more encouraging when you see other people doing (the exercises) with you."

The three-year-old Experience Sports project offers free sports and fitness activities at the Sports Hub to encourage people to pursue a healthier lifestyle.

Ashiq Idris, SSH's senior manager for sports and community programming, said: "We want to keep the momentum going and create vibrancy by keeping things fresh.

"We realised there was a demand for this (structured training plan for running) and that not many people do this outside of the commercial sphere."

He added that the Community Run caters to both serious and recreational runners, even those who intend to just work out.

Participants are grouped according to their fitness levels and targets.

They undergo customised programmes involving strength and conditioning exercises. They are also educated on proper equipment and sport science.

Superfit's managing director Stefan Fung said: "Running is more than just clocking distance. It is a

unique blend of one's cardiovascular endurance system, strength, stamina and cadence.

"We want to build a community here by providing good training in these areas for the masses."

Sessions are conducted twice weekly on Thursday evenings and Saturday mornings.

Other changes to the Experience Sports programme are standardised session timings and progressive levels for participants with varying skill sets.

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For more information, visit sportshub.com.sg/community/pages/experience-sports.aspx

Obituaries

FOR BOOKINGS AND ENQUIRIES, call 1800-289-9988 (weekdays 8.30am to 6.30pm) or 6319-5192

I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."
Psalm 91:2, NIV

(Elder Ang Oon Hue was also the founder of Ju Eng Home)



Elder ANG OON HUE, BBM
Departed 4 Aug 1998



Elder CHEW CHIO TEAT
Departed 27 Feb 2004

Dearly missed and fondly remembered by children, daughters-in-law, sons-in-law, grandchildren, great grandchildren and all loved ones.

"Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever" Psalms 23:6

In Loving Memory Of



KOH YONG KWANG
Departed on 4 August 2012

A beautiful memory, dearer than gold
Of a Father whose worth can never be told,
There's a place in our hearts, no one can fill
We miss you, Dad, and always will.

Sadly missed and always remembered by Family and loved ones



"Jesus said to her: 'I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die.'" John 11:25-26



Rosalind De Rozario Nee Jacinto
(Wife of the late Bernard De Rozario)

Age: 103

She was called home to be with the Lord on the 2nd of August 2017.

She is dearly missed and fondly remembered by her Sisters, Nieces, Nephews, Grand-Nieces, Grand-Nephews and all loved ones.

Wake is held at Block 306 Tampines Street 32, #02-08, Singapore 520306.

Nightly prayers will be held at 8.00 p.m.

Cortege leaves on Saturday 5th of August 2017 at 11.00 a.m for Funeral Mass at The Church of Divine Mercy, 19 Pasir Ris Street 72, Singapore 518771 at 11.30 a.m, thereafter to Mandai Crematorium Hall 1 for cremation at 1.15 p.m.



George Ho Fatt Seng

Age: 63

Passed away peacefully on 3 August 2017.

Dearly missed and fondly remembered by loved ones.

Wife: Ng Siew Kim (Doris)

Daughters: Joanne Ho Wan Zhi, Eloys Ho Wan Shan, Vidia Ho Wan Xin

And all relatives and friends.

Wake at Block 216 Tampines Street 23, Singapore 520216.

Cortege leaves on Monday 7 August 2017 at 1.00pm for Tse Tho Aun Crematorium for cremation at 2.00pm.



Om Namah Shivaya

"My soul finds rest in God alone; my salvation comes from Him" Psalm 62:1



SHANMUGAM S/O VEERAPATRA PILLAI
Age: 92

passed away peacefully on 3 August 2017. Dearly missed and fondly remembered by loved ones.

Wife: Maria Tan Ah Lan (deceased)

Daughters:

Vanessa Santhi

Valerie Mala

Sons:

Samraj

Mohan

(Chandran, deceased)

Edwin Krishnan

Manohar

Ashok

Charles Shankar

S. Ravindran (Dr)

Sons-in-law:

Harry Wee

M. Elangovan

Daughters-in-law:

Regina

Chng Soo Kiang

Grandchildren:

Priscilla Sabrina

Premila Joy

Usha Faith

Juliet

Jonathan

Shamus Ming

Marcus Yang

Angelina

Hichael

Noriyuki

Thiviya

Shawn

Shane

Shaye

Losheini R.

Suvadini R.

Care-giver:

Siti Kayanah

Body will be resting at Mount Vernon Sanctuary, Harmony Parlour, 121 Upper Aljunied Road S(367878) from 4 August 2017, 3pm.

Cortege will leave on 6 August 2017 (Sun) at 4.30pm for Mandai Crematorium for cremation at 5.45pm.

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