

ON THE RIGHT TRACK FOR SCSM

All-female training programme starts to help women prepare for the event on Dec 3

Nicholas De Silva

This year's Standard Chartered Singapore Marathon (SCSM) will be a special one for women.

Together with local running club Rockrunners, SCSM organisers launched the Women's Squad Activation; a customised training programme to help women prepare for the Dec 3 marquee race.

Geoff Meyer, managing director of Ironman Asia, said: "One of Ironman Asia's objectives is to increase women's participation in Singapore from the current average of 30 per cent closer to the global average of over 50 per cent.

"Running is very inclusive and with low barriers to entry, we hope this will encourage more women to lace up and start running."

Rockrunners founder Cheryl Tay praised the new programme. She said: "The initiative is an opportunity for women from all walks of life to come together and pursue personal fitness goals.

"We'll be hosting more sessions over the coming months and look forward to more runners joining us to train and prepare for race day."

Close to 100 women gathered at the Singapore Sports Hub for the event launch on Sunday, where they sweated it out in a high-intensity interval training session and a 3km run led by the Rockrunners.

Aabha Gandhi was glad she joined the event. The 37-year-old business editor will be running in her first competitive race, the 10km run, at the SCSM.

She said: "It's good because it helps first-timers understand how to train. You can run as much as you want but if you don't have a good posture and you don't work your self out properly, these guys (Rock-



runners) help you with that."

With more than 35,000 participants having signed up so far, the SCSM, into its 16th edition, will also feature three other categories alongside the traditional full and half-marathons. There will be a

10km race, a 600m Kids Dash and the Ekiden relay, in which a team of six runners each run a portion of the full marathon.

Spots for the Women Squad Activation are limited with only 200 available. For \$15, participants will

get an Under Armour training tee, access to four women-only running sessions on Aug 12, Sept 9, Oct 7 and Nov 4, along with priority access to yoga and barre at \$5 a session.

ndesilva@sph.com.sg

• More information can be found at singaporemarathon.com/get-involved/women-squad. Registration for the SCSM is open until Nov 15 and can be done at singaporemarathon.com

Rockrunners founder Cheryl Tay (in orange) leading the pack in a 3km run during the Women's Squad Activation launch at the Singapore Sports Hub on Sunday.

ST PHOTO: KEVIN LIM

School sports

New cricket format no issue for ACSians

V.K. Santosh Kumar

A good all-round effort helped Anglo-Chinese School (Independent) bag the C Division cricket title for a second consecutive year yesterday as their players also proved better equipped to deal with a new tournament format.

In order to give the schoolboys more breaks from the heat, for the first time the matches in the division were split into four innings of 10 overs each. Previously, the matches were 20 overs a side.

A spirited opening spell was key in restricting their arch-rivals Raffles Institution, who elected to bat after winning the toss, to 46-4 in 10 overs in the first innings in the final at the Ceylon Sports Club ground.

ACS (I) opening bowler Neil Karnik got rid of RI batsman Premil Roshan (5) in his first over and in the next Khush Gelani removed the other opener Abdul Rahim (4) to leave RI struggling at 10-2.

RI skipper Raoul Sharma hit an unbeaten 16 off 22 balls but the rest of their top order found scoring difficult against ACS (I)'s accurate bowling. RI were also pegged back by some excellent fielding and catching by the ACS (I) players.

ACS (I) lost an early wicket in their first innings before opener

Manish Karthik (35 not out) and skipper Arnaav Chabria (32 n.o.) put on 69 runs for the unbroken second wicket for 82-1 in 10 overs.

With a handy 36-run first innings lead, the ACS (I) players applied pressure as the RI batsmen went for runs in their second innings.

Arnaav took a brilliant catch in the covers to dismiss Raoul (6) off Ojas Kerhalkar's bowling as RI never really recovered from the loss of their captain to finish on 59-5 in 10 overs.

"The batting and bowling were exceptional," said Arnaav. "It was a great team effort that saw us through. Our coach and teachers backed us all the way, never putting any pressure on us to win."

Solaimuthu Kritic hit a bold 24 off 26 balls, but that was not enough to pose a daunting target to the ACS (I) team, who cantered to 24-3 in 3.4 overs and victory by six wickets.

ACS (I) coach Sarika Prasad said winning every group stage match helped as "that confidence was carried on to the final where our players were outstanding."

RI's teacher in charge for cricket Chong Zhe Bin bemoaned his team's poor start. He said: "ACS (I) took early wickets and that affected our momentum."

santosh@sph.com.sg

Captain Weng Yean rescues the day for ACS (I)

Ho Cai Jun

When things did not go as planned at the Kallang Squash Centre, it was Anglo-Chinese School (Independent) captain Kan Weng Yean who led by example to rally his team-mates.

They had lost the first match of the C Division boys' final to Fairfield Methodist Secondary School but Weng Yean won the second match to level the scores.

It proved the spark needed as ACS (I) prevailed 3-2 and captured their first Schools National C Division squash championships title since 2010.

This was also ACS (I)'s fourth C Division final - they lost three straight from 2013-2015 - after their last title and things looked rocky when Fairfield's Daven Wong won the tense opening match 8-11, 6-11, 11-2, 11-6, 11-7 against Benjamin Koh.

The 13-year-old Weng Yean, who beat Fairfield's Paterson Wong 11-8, 9-11, 11-4, 11-6, said: "There was some additional pressure because we were trailing. But I had faith in my team and I knew that if I won my game, my team-mates would win theirs as well."

They did exactly that as vice-captain Joshua Lim defeated Gabriel Soon 11-3, 11-6, 10-11 (10-12), 11-3 to push ACS (I) in front before Edward Thng sealed the comeback victory with a dominant 11-1, 11-1, 11-0 win over Zachary Say.



Benjamin Koh of ACS (I) playing against Fairfield Methodist's Daven Wong (in yellow) in the opening match of the Schools National C Division final. Daven won the match 8-11, 6-11, 11-2, 11-6, 11-7. PHOTO: DON WONG FOR THE STRAITS TIMES

Fairfield's Gabriel Chow defeated Samuel Lau 11-7, 8-11, 11-6, 11-8 in the dead rubber which did little to dampen the mood among the ACS (I) contingent, which comprised about half of the 100-strong crowd.

Edward, 13, said: "I was a little nervous because of the crowd. But the nerves went away when I

started playing. I was surprised at my dominance because I thought he would hit more attacking shots. "There wasn't really a tough part in the game, I was mostly controlling the game."

"It means a lot to me and it also feels good to win in my very first Schools National championship."

Year 2 student Joshua paid trib-

ute to his team-mates' determination and sacrifice.

The 14-year-old said: "We've worked very hard for this moment. We trained up to 12 hours a week and went back during the June holidays. I'm ecstatic that it has paid off."

caijunh@sph.com.sg

SportsWorld

Barca chief aims to spend wisely from Neymar fee

BARCELONA • Barcelona president Josep Maria Bartomeu has insisted that no player is bigger than the Spanish football giants after Neymar's €222 million (\$356.8 million) move to Paris Saint-Germain. Bartomeu is now under pressure to wisely reinvest the huge sum before the transfer window closes on Aug 31.

AGENCE FRANCE-PRESSE

Messi is 'best player of all time' in Spanish LaLiga

MADRID • Lionel Messi is the best player in the history of the Spanish LaLiga, according to a study by the Centre for Investigation of the History and Statistics of Spanish Football. It came to this conclusion after looking at all the players who participated in the 86 seasons since LaLiga kicked off in 1929. Real Madrid's Cristiano Ronaldo was ranked a lowly 17th. XINHUA

Australian icon Cuthbert dies after sclerosis battle

SYDNEY • Australian Olympic icon Betty Cuthbert, the only athlete to ever win gold in the 100m, 200m and 400m events, has died aged 79 after a long battle with multiple sclerosis. She won the 100m, 200m and 4x100m relay at the 1956 Melbourne Olympics and the 400m at the 1964 Olympics in Tokyo.

AGENCE FRANCE-PRESSE

Next 48 Hours

TODAY

ATHLETICS
IAAF World Championships Day 5 (Singtel TV Ch114 & StarHub Ch208, tomorrow, 1.50am).

CRICKET
4th Test England v South Africa: Day 5 (Singtel TV Ch123 & StarHub Ch236, 6pm).

FOOTBALL
Singapore Cup Boeung Ket v Global Cebu (Jalan Besar, 7.30pm).

SWIMMING
World Cup Berlin: Day 3 (Singtel TV Ch110, 11.30pm).

TENNIS
Montreal Masters Day 2 (StarHub Ch201, tomorrow, 12.30am).

TOMORROW

ATHLETICS
IAAF World Championships Day 6 (Singtel TV Ch114 & StarHub Ch208,

Thursday, 1.30am).

FOOTBALL
AFC Cup Ceres Negros v Home United (Singtel TV Ch114 & StarHub Ch208, 7pm).

TENNIS
Montreal Masters Day 3 (StarHub Ch201, Thursday, 12.30am).

Live telecast times are subject to change. For latest updates, visit singtelv.com.sg & starhubgo.com or check the on-screen TV guide.