

A GE WOMEN'S RUN GOH WILL CHERISH

S'pore marathoner to participate in run for sixth straight year but will race with kids for first time

Nicholas De Silva

National marathoner and SEA Games medal hopeful Jasmine Goh is all too familiar with challenging her limits.

Aside from training to lower her personal best of 2hr 54min 51sec, she also has to juggle her role as a single parent to two daughters and a full-time job.

The 37-year-old financial consultant attributes her ability to wear multiple hats to a strong support system and time management.

It also helps that running is a family affair where they bond, going on fun runs together whenever possible. When Goh trains, her daughters occasionally sit in the stands to lend support.

Unsurprisingly, Goh's passion for running has rubbed off on her chil-

dren Cherish, 10, and Faith, eight. The sisters are regular participants at their school's (CHIJ Toa Payoh) sports day and recently completed their first competitive race. But while Goh is supportive, she does not expect her daughters to follow in her footsteps.

"I don't want to force them to run. They can do anything they want. More importantly, I want them to take away values such as hard work and commitment," she said.

Every year, a key highlight on the family's calendar is the Great Eastern Women's Run, which Goh has taken part in since 2012.

"It's a wonderful event that brings all the ladies together. There's a lot of focus on family too. I know my kids will be engaged in activities such as bouncy castles," she said.

"Fathers and children have an outlet to play while they wait for their mummies to finish the run."

This year's edition, however, will be different as the family will get the opportunity to race together for the first time in the new 2km Mummy + Me category. The cate-

NO KIDDING

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JASMINE GOH, national marathoner, on how the Great Eastern Women's Run gives her two daughters a chance to challenge themselves.

gory is open for mothers with daughters aged between seven and 12 years old.

"I'm very excited to run together with my kids. It's a good way for mother and daughter to bond. They seem to think it's an impossible distance. But they know they'll be safe and other girls are doing it too.

They get to challenge themselves and I find that empowering," said Goh.

"My kids always say they want to be faster than me, so we'll see."

At yesterday's launch event held at One Raffles Place, the public got a chance to beat Goh's speed in a unique challenge.

She sprinted across a specially marked out six-metre stretch, and her sprint was recorded at 5.56m per second. All women who turned up were encouraged to challenge the time.

Participants who managed to outpace Goh and make it onto the leaderboard stood to win prizes, including complimentary race slots and adidas shoes. All who attempted the challenge also had the chance to win a one-night stay at The Ritz Carlton Millenia Singapore.

Janelyn Pascua was the first contestant to better Goh's speed, clocking 5.66m per second.

Said the 42-year-old Filipino domestic worker who signed up for the 21.1km category: "I was surprised because I've not been running for a long time and to beat a national marathoner... I didn't think it was possible."

For breaking Goh's record, Pascua won a pair of adidas shoes and a race slot, worth \$76 (\$59 for early birds).

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Registration for the Great Eastern Women's Run 2017 is now open. For more information, visit greateasternwomensrun.com



Jasmine Goh with her two daughters - Faith, eight, and 10-year-old Cherish (left). She does not expect her daughters to run competitively but hopes that, through the sport, they take away values such as hard work. PHOTO COURTESY OF JASMINE GOH



Singapore synchronised swimmers Debbie Soh and Miya Yong competing in the women's duet free at the Fina World Championships in Budapest. They scored a creditable 76.0000 to finish 28th out of 43 pairs. PHOTO: AGENCE FRANCE-PRESSE

S'pore synchro swimmers show they're still top in region

Singapore's synchronised swimmers may have finished closer to the bottom than the top. But they can claim bragging rights ahead of next month's SEA Games in Kuala Lumpur after outperforming their Malaysian rivals across four events at the Fina World Championships. Debbie Soh fired the first psycho-

logical salvo last Friday in Budapest, where she finished 20th out of 30 swimmers in the women's solo technical with a score of 72.9689.

Malaysia's Gan Hua Wei was 24th with a score of 71.3383.

On that same day, Soh and Miya Yong recorded a score of 74.7393 to their Malaysian rivals' 73.1753 in

the women's duet technical to finish 28th out of 40 pairs - three spots above the Malaysians.

The duo - part of the team who won gold at the last SEA Games - then combined for a 76.0000 in the duet free on Tuesday.

They finished 28th out of 43 pairs with the highest score by a Singa-

porian pair at the world championships. The performance was good enough to again put them ahead of Malaysia, who scored 73.7333 to settle for 32nd position.

The Philippines also took part in the women's duet free and duet technical events, finishing bottom in both.

Soh completed the sweep when she scored 75.6000 in the women's solo free to finish 21st out of 32 competitors. Malaysia's Lee Yhing Huey (72.2667) finished 27th.

"The results bode well for the upcoming SEA Games. We have been working on the new solo and duet routines for the past year, and I am

delighted at the scores that we got," said Philip Lee, the Singapore Swimming Association's vice-president (synchronised swimming).

"The coaches and athletes will continue to fine-tune all the routines up till the SEA Games."

Lester Wong

Corruption claims hit Fina before world event

BUDAPEST • Swimming's governing body Fina has been drawn into a corruption scandal days before both its presidential election and the start of the swimming events at the World Championships.

Kuwait's Husain Al-Musallam, who is standing unopposed as Fina's first vice-president, has been caught up in a controversy for appearing to demand a 10 per cent cut of potential sponsorship deals in a tape recording obtained by The

Times of London and Germany's Spiegel Online.

In his role as general director of the Olympic Council of Asia (OCA), the 57-year-old is heard asking a business partner for "commissions" on deals worth "40 to 50 million" dollars (\$54.72 million to \$68.4 million). The exchange is said to be between a prospective Chinese marketing agent and Al-Musallam, who suggested that 10 per cent of any sponsorship

deals arranged for the OCA should be separately channelled to him.

Fina has yet to comment on the scandal that comes ahead of its election in Budapest on Saturday and Sunday's start of swimming action at the World Championships.

The International Olympic Committee (IOC) told The Times and Der Spiegel that it had passed the allegations to its chief ethics investigator.

It is not the first time this year

that Al-Musallam has courted controversy.

In April, The Times revealed, he was effectively identified in a US Department of Justice indictment as a co-conspirator who allegedly paid bribes to a football official.

Al-Musallam is the right-hand man of Olympic powerbroker and OCA president Sheikh Ahmad Al-Fahad Al-Sabah, who in April resigned from Fifa after being identified as a co-conspirator, along with

Al-Musallam, in the US indictment. The recording obtained by The Times has emerged from the FBI investigation into Al-Musallam and Sheikh Ahmad.

In yesterday's open-water 5km women's final in Budapest, American Ashley Twichell won the race in 59min 7sec, beating France's Aurelie Muller by 3 1/2 seconds.

Ana Marcela Cunha of Brazil was third in 59min 11.40sec. AGENCE FRANCE-PRESSE