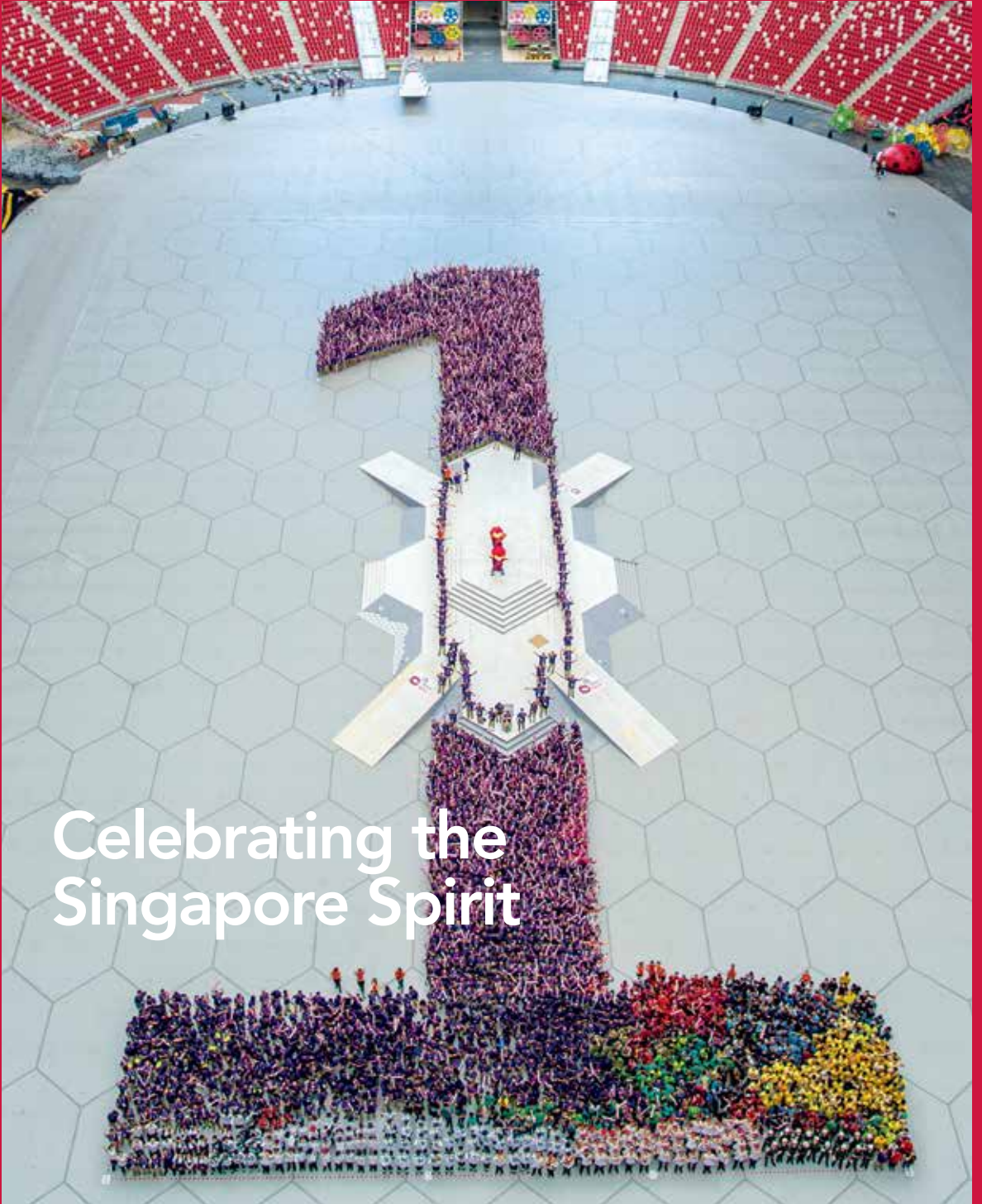


# LIVE

BETTER THROUGH SPORT

APRIL 2016



Celebrating the  
Singapore Spirit

# LIVE

## BETTER THROUGH SPORT

<p><b>04</b> <b>Time Out</b> Being Yip Pin Xiu – Straits Times Athlete of the Year 2015</p>	<p><b>08</b> <b>The Singapore Spirit</b> One Team Singapore</p>	<p><b>13</b> <b>Palpable Effects Of Events</b> Celebrating the Extraordinary – 28<sup>th</sup> SEA Games &amp; 8<sup>th</sup> ASEAN Para Games</p>	
<p><b>14 On The World Stage</b> In Schooling's words</p>		<p><b>18 SportCares</b> Changing lives through sport</p>	
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**S**G50 was a special year for all Singaporeans. Everyone came together to celebrate as one people, the many milestones that define the Singapore spirit and who we are as Singaporeans.

From key signature events like the 28<sup>th</sup> SEA Games and the 8<sup>th</sup> ASEAN Para Games, it provided opportunities for everyone to live, learn and play together, while promoting greater sport participation amongst persons with disabilities so that everyone can play a sport.

Sport, in many ways, mirrors life. It is about endeavour, character, pushing beyond our perceived mental limits for higher achievements and about living better.

As we work towards SGfuture, sport can be a language that inspires the spirit and provide the manuscript of our struggles and achievements – both past and present.

Together, we can enable a Singapore where individuals and communities are strengthened through a lifetime of sporting experience, where sport is part of the journey celebrating the best of life, uniting the nation and inspiring the spirit of Singapore.

**Mr Richard Seow**  
Chairman, Sport Singapore



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Project Team: Chloe Ang, Amy Chong, Husnul Amar Hamed, Thomas Lim, Lynette Lim, Michelle Liong, Loong Lai Yong, Low Jia Ren, Ng Chrong Meng, Ng Ee Theng, Catherine Quah, Laura Reid, Song Yizhuang, Fayeruz Surahman, Toh Boon Yi, Lily Toh, Mohammed Noor Umar, Mohammad Rostam Bin Umar, Bernard Woon

Cover photo credit to Knight Ong, Lawrence Ang and Philip Au / Sport Singapore



Photo by Shaun Ho / Sport Singapore

## Being Yip Pin Xiu

Relentless in her sporting pursuits, Paralympian Yip Pin Xiu, proves why she was crowned Straits Times Athlete of the Year 2015.

**B**orn with muscular dystrophy, a degenerative condition that weakens muscles, Yip Pin Xiu lost her ability to walk at the tender age of 13. Instead of feeling defeated, she was determined to show that she could swim like a dolphin. In her extraordinary sporting career, Pin Xiu won a historic gold medal at the Beijing 2008 Summer Paralympics and became the first para athlete to be inducted into Singapore's Sports Hall of Fame in 2015.

Her unyielding determination to push boundaries was evident when she competed against swimmers with greater physical functional ability in the S5 category at the 8<sup>th</sup> ASEAN Para Games (APG), in which she bagged one gold and two silver medals. She is living proof that one's physical limitations do not define a person – the mind does. She acknowledges that Singapore has developed into an increasingly inclusive society, with more citizens fostering greater understanding for people with disabilities. "My time at the APG was phenomenal, and I was close to tears when all of us received a standing ovation," Pin Xiu stated ecstatically.

The current world record holder for the Women's 50m Backstroke S2 event is training intensively in preparation for the upcoming Rio 2016 Summer Paralympics. With Pin Xiu's tenacious spirit, we look forward to her outstanding performance at the Games.

For more sporting action, follow Pin Xiu at [TeamSingapore.sg](http://TeamSingapore.sg).

**"With so many obstacles in life, it's always better to be positive than negative."**

# Celebrating the Singapore Spirit



**T**eam Nila, comprising 23,000 sport volunteers, were the heroes behind the scenes that contributed to an extraordinary year for sporting Singapore. It was also a special year for all Singaporeans as we celebrated the nation's 50<sup>th</sup> birthday.

After ending an exciting 2015 year on a high, Team Nila had yet another cause for celebration – it ushered in its 1<sup>st</sup> anniversary with much fanfare on 28 February 2016.



Photo by Chirong Meng / Sport Singapore

## We Are One

The Singapore spirit is about the spirit of the people — the special part of Singapore which embodies our multi-racialism with people from different races and ages coming together as one. This amalgamation of cultures and ethnicities is anchored in values such as commitment, respect, harmony, fighting spirit and resilience.

This is the same spirit that binds us together as One Team Singapore. It was witnessed during the 28<sup>th</sup> SEA Games and the 8<sup>th</sup> ASEAN Para Games as we celebrated the success and spirited performances of our athletes and the efforts of our Team Nila volunteers.

The Singapore spirit lives in each one of us as we work towards our shared future together and tell our stories of what it means to live better through sport.

# One Voice...

The unfortunate incident of the sound system failing during the victory ceremony of the Women's 4x200m Freestyle relay quartet of Quah Ting Wen, Amanda Lim, Rachel Tseng and Christie Chue turned out to be the most heartfelt moment of the 28<sup>th</sup> SEA Games, bringing even the strongest of our athletes to tears.

Undeterred by *Majulah Singapura* coming to an abrupt halt, spectators and athletes ended the shattering silence by singing the remaining lines from the bottom of their hearts. It was a proud moment for us Singaporeans – it showed how one simple, spontaneous gesture can unite us all.

**“We talk about bringing people together, but that was the best example of sports really uniting people.”**

*Team Singapore Swimmer, Quah Ting Wen*





Photo by Stanley Cheah / Sport Singapore

Riding on the jubilee year celebrations, spirits were high and the 8<sup>th</sup> ASEAN Para Games (APG) enjoyed widespread support from all corners of Singapore. Our 154-strong team of athletes put on an incredible display of tenacity and resilience in their respective games, showing how strong the human spirit truly is – each athlete overcame amazing obstacles to be victorious in their own way.

Singaporeans, truly appreciative of all their efforts, responded in a way like never before. Supporters embraced and cheered for the athletes wholeheartedly, and took the initiative to encourage them at various touch points, like the Games Village at Marina Bay Sands, the MRTs and even community roadshows.

Paddler, Jason Chee won all three of his matches, helping Singapore to win a gold medal in the Men's table tennis team event. Cerebral Palsy footballer, Khairul Anwar, cemented his place in the history books as Singapore's first and one of three players to score a hat-trick in the new National Stadium. Swimmer, Yip Pin Xiu, with her world record breaking feat in the Women's 50m Backstroke S2 event was the icing on the cake.

There is no doubt in anyone's mind that Singaporeans do have a heart and we care deeply. We will build on the legacy of the Games to realise the nation's aspirations of being a remarkably inclusive and caring society.

## ... One Team Singapore

**“Our Disability Sports Masterplan will ensure a more inclusive sporting Singapore, where everyone, regardless of ability, can take part and even excel in sport. The APG last December was certainly a boost towards encouraging more persons with disabilities to take up and enjoy the benefits of sport.”**

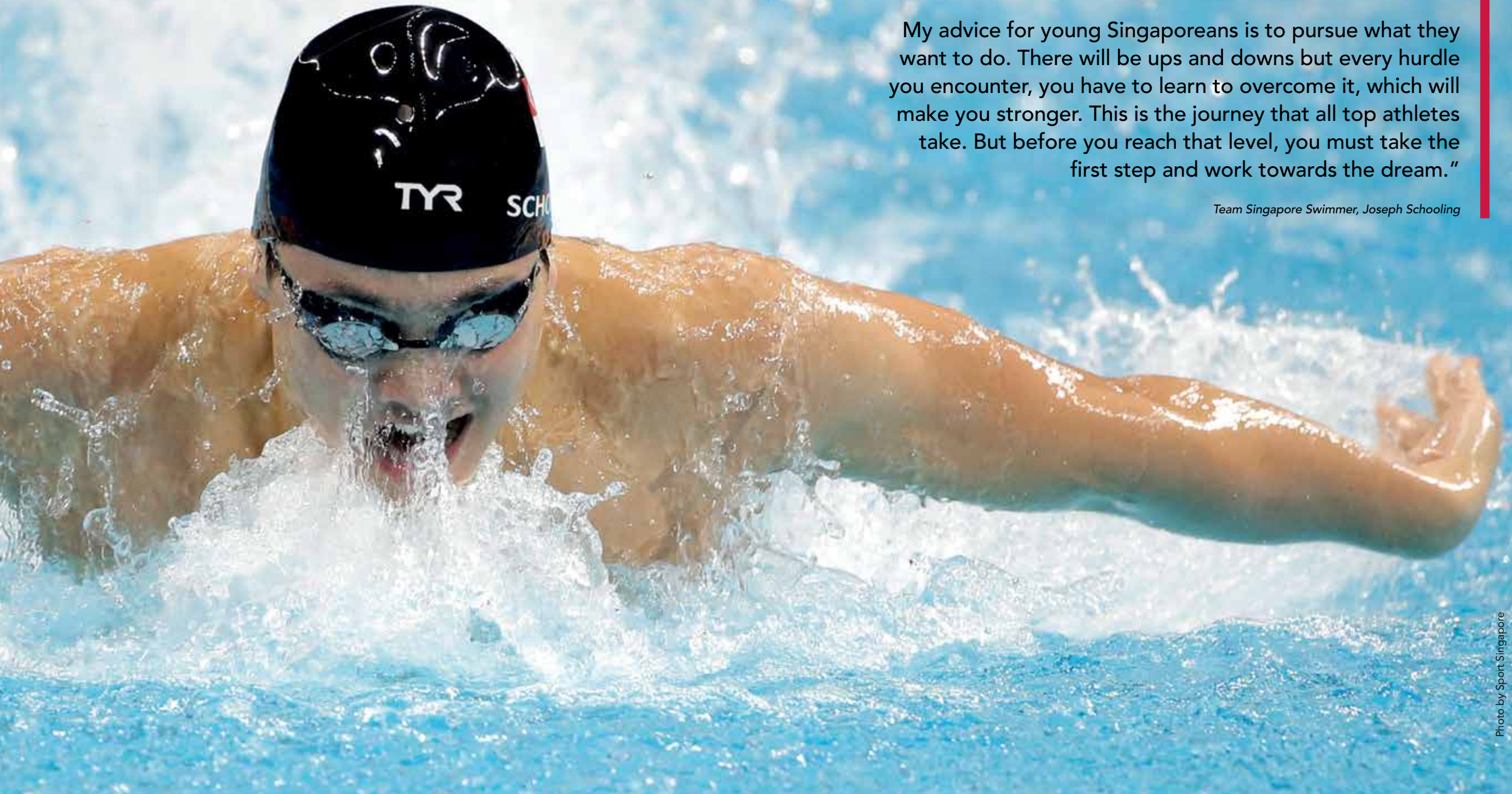
*Ms Grace Fu,  
Minister for Culture, Community and Youth.*

# The Winning Edge

“Swimming has developed me to be who I am today. It has taught me discipline and respect. On top of that, my passion for the sport has allowed me to overcome adversity and push myself to be who I want to be. It takes a lot of hard work – many long hours and sacrifices but it is all worth it. I have a strong support system, especially with my parents being my greatest pillar of strength.

My advice for young Singaporeans is to pursue what they want to do. There will be ups and downs but every hurdle you encounter, you have to learn to overcome it, which will make you stronger. This is the journey that all top athletes take. But before you reach that level, you must take the first step and work towards the dream.”

*Team Singapore Swimmer, Joseph Schooling*





# The Most Fulfilling Role in the World

A mother's job is never easy and never-ending. And 39-year-old Team Nila Ceremonies Service Officer, Mok Rui Wen, embraces her role passionately and wholeheartedly.

A deeply compassionate mother with a 12-year-old child who has chromosome disorder and multiple disabilities, Rui Wen is well aware of the various challenges that need to be confronted every day.

In one of the most beautiful moments of the 8<sup>th</sup> ASEAN Para Games, Rui Wen embraced Malaysian swimmer Carmen Lim affectionately like she were her own daughter, when she won the gold medal at the Women's 50m Freestyle S8. Rui Wen looked like a radiant mum, glowing with pride and joy at watching the spunky athlete push her limits and defy all odds.

"I was so happy and proud of her. Carmen really gave her best! Until she emerged from the pool to make that first step forward, you would never have thought she was a para athlete."



# SportCares Foundation

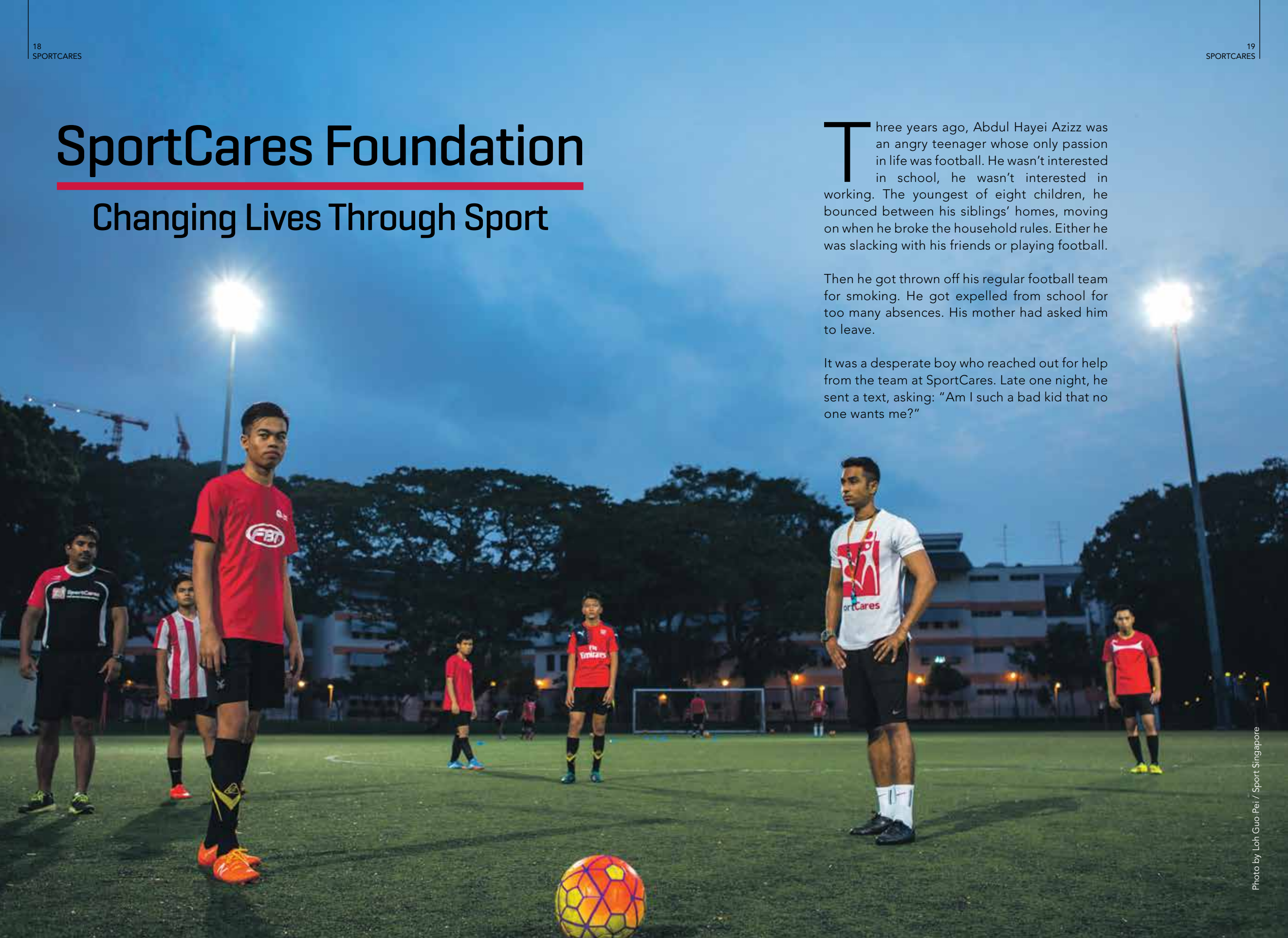
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## Changing Lives Through Sport

Three years ago, Abdul Hayei Azizz was an angry teenager whose only passion in life was football. He wasn't interested in school, he wasn't interested in working. The youngest of eight children, he bounced between his siblings' homes, moving on when he broke the household rules. Either he was slacking with his friends or playing football.

Then he got thrown off his regular football team for smoking. He got expelled from school for too many absences. His mother had asked him to leave.

It was a desperate boy who reached out for help from the team at SportCares. Late one night, he sent a text, asking: "Am I such a bad kid that no one wants me?"



Hayei's story is unique only in the details. His difficulties resemble the struggles and issues borne by many of the youth in the SportCares programmes. When youth join SportCares, they think they are simply learning how to play a better game of ball. But we have a much deeper agenda: to use sport and volunteerism to help them change their lives for the better.

Through well-designed sport programming, SportCares has been taking underprivileged and at-risk children and youth on a journey of social inclusion, community bridging and personal empowerment. Great sport programming is just the beginning.

Sport is the glue that catches the interest of the boys and girls who join SportCares. Volunteerism deepens their understanding of the world and inspires a spirit of giving.

For the 28<sup>th</sup> SEA Games, we trained and deployed more than 300 youths from hardship backgrounds and more than 175 teens for 8<sup>th</sup> ASEAN Para Games (APG). Some kids were from poor families, some were youth on probation from the Ministry of Social and Family Development. All of them were surprised to be invited to volunteer for the Games.

In 2015, Hayei was one of the hardest-working, most reliable volunteers at both the SEA Games and APG.

His work at SEA Games as a floor manager and at the NILA Suite for Athletes in June was so strong that he was nominated as a torch bearer for APG in December.

"I never ever thought I would be part of national events like SEA Games and APG. I am so proud to be carrying the torch," Hayei said at the time. "I don't know where I would have ended up without support from SportCares. But it probably wouldn't have been some place good."



Photo by Lim Yong Teck / Sport Singapore

SportCares youth volunteered more than 15,000 hours in 2014-2015. As volunteers, youth get to see a world beyond their own.

They learn empathy for people who may be living in even greater hardship. The youth develop an understanding of what it means to belong to a bigger community. And they learn that they are not alone.

The SportCares Home Team worked with Hayei's coach, Isa Haleem, from our prosocial football Saturday Night Lights to provide extra counselling so he could improve his life choices.

We wrote to his school to see about reinstatement. We got him in touch with a social worker. We took him on as an intern to expand his knowledge of sport management and event planning – and we watched him grow.

His crowning achievements: "I did all the organisation of a football clinic for 60 youths and 10 coaches with Italian club Juventus at National Stadium, and I served as a floor manager during the match between Juventus and Singapore Selection."

These days, Hayei is studying hard at ITE College Central and working part-time. He is captain of his football team and worrying about other youth. He introduced a girls team into the mix at SNL and is learning even more about people management. "Working with teenagers is not always fun," he says ruefully. He has quit smoking. He is part of a SportCares collaboration with Youth Corps Singapore.

Hayei was at one of the Sport Singapore sessions for SGfuture, ready to sign up as a volunteer under the Future of Play mantle. "I

believe in what sport can do for youth, and I want to do my part." He aims to get into a polytechnic studying sport event management after his National Service.

No longer the angry young teenager, Hayei says with a little bit of surprise and a lot of satisfaction: "I am happy."

### About SportCares Foundation

The SportCares Foundation is the philanthropic arm of Sport Singapore and a growing national movement to use sport for social good.

# Creating WOW Experiences for All

As Singapore forges ahead for the next 50 years, it is important that we continue to build strong ties within the community, embrace diversity and be an inclusive and caring society. A place where every Singaporean matters.

Launched in April 2014, ActiveSG is the national movement for sport and physical activity in Singapore. The aim is to develop a sporting ecosystem that provides innovative and experiential sporting programmes island-wide, thereby creating opportunities for everyone to live, learn and play together. Since the launch of the ActiveSG's membership programme, one million members have signed up and 70% have utilised the ActiveSG membership sign-up credit of \$100. The membership benefits include invitations to members' only events, priority booking of facilities, complimentary trial classes and the bookings of programmes and facilities using the ActiveSG \$100 credit. To further promote social interaction and seed the growth of ground up efforts, a digital mobile application 'ActiveSG' was also launched — to enable the community to interact, to look for sports buddies, to form interest groups and to sign up for events.



Photos by John Wong and Sport Singapore



Photos by Sport Singapore

ActiveSG saw a visitorship of almost 15 million in 2014. The design of innovative programmes such as the likes of 'Flippa Ball' – a modified version of water polo for children, 'Aqua Rockwell' and 'Aqua Spinning' – a cycling workout using water resistance, provides families with the opportunities to have a splashing good time at the pools, in addition to swimming. Open houses, try-outs and a myriad of learn to play programmes and special programmes such as the Sgt Ken Boot Camp bring together people of all ages and encourage more active participation, including senior citizens.

In the upcoming months, there are plans to roll out more sport academies like the recent launch of the ActiveSG's Football Academy. The aim is to provide greater access and opportunities for children to pursue

their sporting aspirations outside of school, regardless of ability or background. It will further expand the participation base for sport and contribute to the growth of the ecosystem of players, coaches, officials, volunteers, spectators and fans. The age appropriate programmes not only develop sport-specific fundamental knowledge and skills, but also instil valuable life skills such as discipline, respect and teamwork.

Besides getting active in sport and physical activities, the community can also bond through other activities such as adopting common spaces at our sports centres or through shared interests like nurturing their green fingers at the Woodlands Sports Centre or trying their hand at mural painting. There is always something for everyone – a wow experience with creative facilities makeover and innovative programme design.

**"This is my first time seeing some of these activities and my granddaughters really liked the rollerblading and cycling. They liked it so much that they went to do this a few rounds!"** said 74-year-old Madam Iris Han, who attended the ActiveSG's Jurong West Open House with her daughter-in-law, Ms Chong Fuie Choo and two granddaughters.

# Never a Dull Moment

**T**aking each day with renewed optimism is Mr Aflie Damian Lee's motto in life. At 50 years old, he signed up as a Sport Volunteer photographer for the 28<sup>th</sup> SEA Games, which was his own humble way of giving back to society.

**"I always tell them, don't be so serious! Try to have fun! So I made this bunny ear pose to put a smile on their faces."**

A true model of active ageing, Aflie took amateur photographers under his wing and developed their passion for photography. Always brimming with enthusiasm, his light-hearted approach brought out many smiles among the youth, and they all shared some fun and wonderful experiences together.



Photo by Sukhinder Singh / Sport Singapore



# Anytime, Anywhere

Photo by Bernard Woon / Sport Singapore

For the uninitiated, the idea of speeding in laps around the promenade of the National Stadium may appear daunting. But to Mr Francis Lim and Mr Tan Eng Howe, the common spaces at the Sports Hub present them with a vision of freedom, a space to roam, a chance to skate and the perfect place to make friends.

Fueled by the passion for inline speed skating and through the power of social media, a group of seasoned and new skaters – consisting of a former world record holder, an ex-national skater,

several certified coaches and newbies from all walks of life – gathers every Wednesday night at the promenade to practise.

The unique and all-weather design feature of the promenade has increasingly attracted social groups and sporting enthusiasts. As they take over every nook and cranny of the common spaces of the Sports Hub and utilise them to full capacity, they add variety and vibrancy to the sporting landscape of Singapore.

# Ties that Bind

Scoring a bronze for Singapore was tough and no easy feat for the Cerebral Palsy football team during the 8<sup>th</sup> ASEAN Para Games. Our cheers brought the roof down not just because of their medal, but because we were more won over by their team spirit, determination and sheer passion.

Taking friendship and teamwork to whole new levels, these footballers put aside their own disabilities to look after one another. Each act they do requires so much physical strength, yet they do it with no concerns and all their heart.

The Team Singapore Cerebral Palsy football players capture these selfless acts succinctly: "Never underestimate the power of friends. They are your greatest pillar of strength," said Hitesh Ramchandani.

"To me, this is just about helping one another. The best word I can think of to describe the team is family. We share our happiness on and off the pitch," said Abdul Mahdi.

In this picture taken during a training session, Abdul Mahdi helps Hitesh Ramchandani with his laces as he finds it difficult to do.

# GAME FOR LIFE

A Guide to  
Developing  
Character &  
Leadership  
Through Sport

“Game For Life” is a Sport Singapore framework, infusing the learning of life-skills, values and character building through the intentional design of sports programmes.

**S**port can instil life-skills and lasting values like respect, sportsmanship, teamwork and the spirit of excellence in all of us. These values are indispensable in guiding us to make good choices in all aspects of our lives.

The Game For Life (GFL) framework provides a structure for developing values, character and leadership through sport. Coaches, physical and sport educators, youth sport providers and even corporate training professionals, can use this framework to infuse character values and attributes into their trainings, sport programmes and even programmes for building effective corporate teams. To aid in the design, teaching and learning, Sport Singapore has developed a complete tool kit comprising of a resource guide and a book compilation of how sport has transformed the lives of 25 individuals. An inspiring read of 25 personal life stories

from business, academia, government and sport.

To ensure effectiveness, the Game for Life framework has undergone a comprehensive impact analysis study. The study provided positive evidence that the intentional design of sport programmes using the framework contributes to the actual skill acquisition and enjoyment of the sport, as well as increases the frequency of sport participants demonstrating values-based behaviours. The framework and its full impact analysis report is made available at leadership.sportsingapore.gov.sg.

**“Sports are a huge deal for character. Children learn the value of teams. They learn discipline of repeated practice, and how there is no other way to develop expertise. Plus, the ability to fall or lose in competition and pick oneself up, and to win with humility.”**

*Deputy Prime Minister, Tharman Shanmugaratnam*



Photo by Seow Gim Hong / Sport Singapore





Youth who experienced GFL infused sports lessons demonstrated more values-based behaviour than those who did not.

Photo by Bernard Woon / Sport Singapore

An exciting line-up of plans for 2016 include embarking on a 3-year impact study to evaluate the effectiveness of the GFL framework, specifically for youth-at-risk. This is a collaborative effort with the Central Youth Guidance Office.

“...the framework, especially the Check-Act-Reinforce component, contains layers of insights for a richer learning experience for the students. The guidelines and templates provided are also handy when planning my classes.”

*Ms Evie Quah, Physical Education Teacher, Temasek Secondary School*

The GFL framework has been successfully rolled out, not just to the youth segment but also to the target segment of working adults.

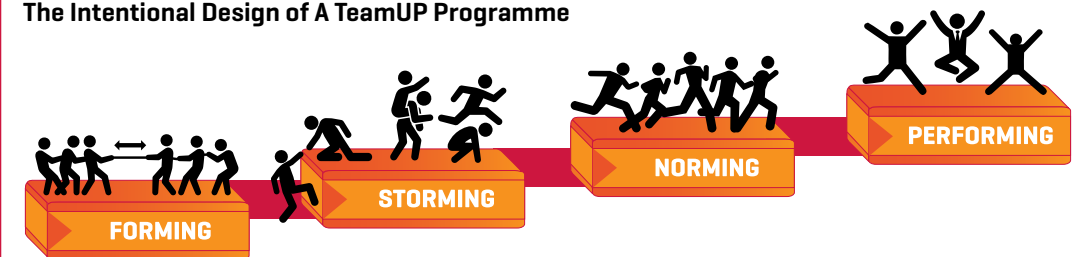
TeamUp is an experiential programme targeting corporations using the GFL framework. Sporting activities in the programme are designed to allow learning and reflection on the traits and behaviours of high performing teams, from established

team development models such as the Patrick Lencioni’s Five Dysfunctions of a Team and Bruce Tuckman’s Stages of Team Development.

TeamUP will reach out to more corporations from April 2016 onwards, supported by the National Integration Council. Email [ActiveSGCorporates@sport.gov.sg](mailto:ActiveSGCorporates@sport.gov.sg) to find out more.

88% of participants agreed that TeamUP helped them to improve team dynamics, strengthen relationships and build a high-performance team.

#### The Intentional Design of A TeamUP Programme



Tuckman’s Stages of Team Development

#### Why is there a need for a pre-programme survey?

The survey is used to identify how the participants fare in the 5 team constructs of team trust, team satisfaction, team commitment, team accountability and team belief, based on Patrick Lencioni’s Five Dysfunctions of a Team. It will be used as a basis for designing the TeamUp programme, focusing on key areas where the team is weak in.

#### How is the 2-Day Programme conducted?

Participants will get to play two sports where the structure and rules of the games are intentionally designed based on the GFL Framework of “Check-Act-Reinforce”. It brings out the “teachable moments” where the elements of the 5 team constructs are surfaced. For example,

during a game of modified netball, a team may agree on a strategy of not having any balls being intercepted by the opposing team. At the end of the session, the coach will conduct a debrief based on his observations of the teams’ behaviour and actions. Participants will also get to share their learnings and reflections, guided by the 5 team constructs.

#### What are the key take-aways?

As individuals, participants will understand the importance of roles and accountability in developing an effective team. They will also learn how to identify areas of self-improvement and resolve conflicts within a team. As a team, participants will understand the stages of team development and team dynamics based on Tuckman’s stages of Team Development. They will also learn how to identify areas of improvement and how to overcome barriers to building team cohesiveness.

# Forging New Bonds



Team Singapore sprinter, Calvin Kang, lining up together with para athletes from the region, officials and Team Nila volunteers having fun after the closing of the Track and Field event at the APG.

Sport connects people who have never met before. It has a uniquely wonderful way of uniting people across boundaries, races, culture and ages, just like it did in the recently concluded 28<sup>th</sup> SEA Games and the 8<sup>th</sup> ASEAN Para Games (APG).

Bringing together our neighbours from the region to Singapore, competitors took home a special, unbreakable bond between their fellow athletes, thus forging everlasting friendships between countries and people.

Sport brings joy and happiness to every corner of the world, creating endless memories.

# Life Lessons at High Altitude

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From sea level to 6000m –  
A Sport Singapore employee's journey.

"If you want something in life, find ways to make it happen. Better to have tried and failed than to never have tried at all."

Breathing in the thinner air at 3500m above sea level, Shane climbs frozen waterfalls in the vicinity of Siguniang Town, Chengdu, China.

It was an innocent trek up Mt Fansipan, the highest mountain in Indochina, that got Shane Hong hooked on adventure sport. The Sport Singapore employee has, in the last few years, scaled several mountains, including Gunung Rinjani in Indonesia, Adam's Peak in Sri Lanka, Stok Kangri in India and most recently, Mt Siguniang in China.

These physically demanding endeavours, which consist of extreme cold and high altitude, have taught Shane valuable lessons to deal with challenges in life. "I see these as a metaphor for life where I would have to overcome negativity to achieve my goals," he explains. "In life or at work, there could be challenges that may feel

overwhelming and seemingly impossible. The key is to break down these huge endeavours into smaller steps so that the task is more manageable."

Once, just as Shane was reaching the summit of Stok Kangri's 6153m peak in the Indian Himalayan region, he succumbed to altitude sickness and had to turn back. He experienced pain behind his right eye that grew in intensity as he ascended. Although disappointed, his optimistic refrain was, "Though I am intrigued by how much I can push my limits to attain such physical goals, maintaining my health so that I can experience more of these sporting opportunities is also important." He felt the experience taught him the importance of not

falling for the sunk cost fallacy trap in life. His next goal is to successfully climb a 6000m peak and progress to more technically challenging climbs.

In recent years, Shane has been feeling buoyant about the burgeoning sporting scene in Singapore. "Compared to 10 years ago, now we have so many choices of sport to engage in, made affordable by the government."

Expounding on this, he believes that more working adults will see value of engaging in sport due to the initiatives of SportSG. Bridging relationships between friends and colleagues to building more effective teams at the workplace, sport provides more than just health benefits.



Photo by Incredible Journeys

# Event Highlights 2016

## APRIL

- 2** 2XU Compression Run 2016
- 7** MOE National School Games 2016 – Water Polo
- 9 - 17** 2016 Hockey World League Round 1 – Singapore
- 10** 2016 NTUC Income Run 350
- 12 - 17** OUE Singapore Open 2016
- 14 - 25** MOE National School Games 2016 – Swimming
- 16 - 17** HSBC World Rugby Singapore Sevens 2016
- 17** MetaSprint Series Triathlon 2016
- 21** MOE National School Games 2016 – Badminton & Netball
- 28** J.P. Morgan Corporate Challenge Singapore 2016
- 28 - 29** 78<sup>th</sup> Singapore Open Track & Field Championships
- 29** 57<sup>th</sup> National Inter-schools Track & Field Championships

## MAY

- 4 - 8** 19<sup>th</sup> Asia Masters Athletics Championships 2016
- 8** Tri-Factor Swim & Aquathlon 2016
- 14** HITO-Communications Sunwolves vs. Stormers – 2016 Super Rugby
- 22** Cold Storage Kids Run 2016  
The Straits Times Run in the City 2016
- 28** OSIM Sundown Marathon 2016  
DBS Marina Regatta 2016

## JUNE

- 5** Tri-Factor Bike & Duathlon 2016

## JULY

- 10 - 19** 18<sup>th</sup> ASEAN University Games 2016
- 16 - 17** Singapore International Triathlon
- 23** Pocari Sweat Run 2016
- 31** National Week of Sport (July 31 – August 7)

## AUGUST

- 5 - 21** Rio 2016 Olympic Games

## SEPTEMBER

- 4 - 11** Mission Foods Netball Nations Cup 2016
- 7 - 18** Rio 2016 Paralympic Games
- 16 - 18** 2016 Formula 1 Singapore Airlines Singapore Grand Prix

## OCTOBER

- 1 - 2** OCBC Cycle Singapore 2016
- 21 - 22** FINA Swimming World Cup 2016
- 23 - 30** BNP Paribas WTA Singapore Final 2016

## NOVEMBER

- TBA** Great Eastern Women's Run 2016

## DECEMBER

- 4** Standard Chartered Marathon Singapore 2016

For more information, check out [www.myactivesg.com](http://www.myactivesg.com).

**Sport**  
SINGAPORE

3 Stadium Drive  
Singapore 397630  
T. 65 6500 5000  
F. 65 6440 9205

[www.sportsingapore.gov.sg](http://www.sportsingapore.gov.sg)

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