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## Running

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### Trackmania - Track and Field at your finger tips

Basics Of Track and Field Track and Field, a group of running, hurdling, jumping, and throwing events held between individuals or teams at indoor and outdoor meets. The



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### Destination Doha 2011: Iran in Singapore's way by LemLabs

Thursday, July 03, 2008 10:01 PM

Singapore have been drawn to meet Jordan, Thailand and three-time winners Iran in Group E of the Final Qualification Round for the AFC Asian Cup 2011 in Doha.

The draw for the 20 teams took place this afternoon in the Qatari capital which sees them placed in five groups of four.

The top two teams from each group will progress to the finals in 2011 joining hosts Qatar as well as the top three finishers in last year's AFC Asian Cup Finals - Iraq, Saudi Arabia and Korea Republic. Two other slots will be reserved for the champions of the 2008 and 2010 AFC Challenge Cups.

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0 Views | 0 Comments | ★★★★★ | Football, Scoops

### Draw for AFC Asian Cup 2011 Final Qualification Round by LemLabs

Wednesday, July 02, 2008 6:20 PM

Destination Doha 2011

The 20 teams will be drawn in five groups of four with the top two from each group earning a ticket to Doha in 2011, the 15th edition of Asia's premier international football competition.

Singapore have been seeded 18th and placed in Pot 4 alongside Yemen, Kuwait, India and Lebanon.

In the last qualifying campaign two years ago, two memorable results stand out: our 2-0 win over eventual winners Iraq in the opening match as well as the goalless draw against 2004 AFC Asian Cup runners-up China at the National Stadium.

Official Draw:

Thursday 3rd July 2008 at 12 noon (local time) - Aspire Dome, Doha, Qatar

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1 Views | 0 Comments | ★★★★★ | Football, Scoops

### World's Top Water Polo Players to Compete in a 5-Day Tournament here by LemLabs

Wednesday, July 02, 2008 6:11 PM

The Road to Beijing - Pre-Olympics Water Polo Invitational

This August, Singaporeans can for the first time ever catch world-class water polo action. They will witness athletic, awesome and thrilling displays of tactical genius, strength and skill from the greatest global talent in water polo.

Nine Beijing Olympic Games-bound water polo teams from eight countries will converge here to contest in a five-day tournament. Tickets for this sporting spectacle go on sale from today.

Titled "The Road to Beijing - Pre-Olympics Water Polo Invitational", the event will simulate the competitive environment, under climatic conditions expected at the Beijing 2008 Olympic Games. It is expected to garner substantial spectator interest not just locally but also around the region.

*Tickets for the event are available online from [www.ticketsas.com](http://www.ticketsas.com). Prices include \$60 for a 5-day tournament package, and \$25 for a day ticket.*

*For more details, please visit the official event website at [www.singaporewaterpolo.org](http://www.singaporewaterpolo.org).*



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2 Views | 0 Comments |  | Scoops, Other Sports

**The run-up to July 23**

**by Tan Thiam Peng**

Monday, June 30, 2008 1:11 AM

This August, Singapore will be represented by 25 sportsmen and women at the Summer Olympics in Beijing, the largest contingent ever to be sent by the country.


The number coincides well with Singapore's increased hopes, as compared to the last couple of editions, of finally winning that second Olympic medal.

2008 is also the year the Republic has the most number of Olympic qualifiers, a sign of real quality in our athletes. 22 of the 25 made the mark.

Still, the list is not final yet. A couple more athletes can still make a push for a place, while others are waiting for a reprieve.

All Olympic nominations must reach the Games organizers by 23 July.

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6 Views | 0 Comments |  | Table Tennis, Running, Swimming, Scoops, Other Sports

**Running the Full Distance**

**by Tan Thiam Peng**

Sunday, June 29, 2008 11:30 PM



*A proud family.*

Friends, schoolmates, cross-country teammates and the triathlon community turned up on a Sunday evening to celebrate the memory of Thaddeus Cheong. The 17-year-old collapsed a year ago after a personal-best SEA Games trial.

To mark a year's anniversary of his passing on 24 June 2007, the Thaddeus' Memorial Run was held today at his school Raffles Junior College's (RJC) stadium track.

Organized by his family and some family friends, people turned up to remember the brave boy, who served not just his country well, but was a beacon of light for his loved ones.

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9 Views | 0 Comments |  | Running, Scoops, Other Sports

**The Chosen 25**

**by Tan Thiam Peng**

Sunday, June 29, 2008 3:19 PM

The Singapore National Olympic Council unveiled on Friday the list of Singapore's representatives for this August's Beijing Olympics. The contingent of 25 will be the Republic's largest ever at the Summer Games. They will be going all out in their assault to achieve Singapore's second ever Olympic medal - first in 48 years - since Tan Howe Liang's silver at Rome '60.

Swimming

Tao Li (100m fly, 200m fly, 100m back), Bryan Tay (200m free), Quah Ting Wen (100m free, 400m IM), Lynette Lim (200m free, 400m free, 800m free), Nicolette Teo (100m breast, 200m breast)

Table Tennis

Li Jiawei (singles, team), Wang Yuegu (singles, team), Feng Tianwei (singles, team), Gao Ning (singles, team), Yang Zi (singles, team), Cai Xiaoli (team)

Sailing

Koh Seng Leong (Laser Standard), Loh Manyi (Laser Radial), Xu Yuanzhen (470), Terence Koh (470)

Badminton

Ronald Susilo (singles), Xing Aiyang (singles), Li Yujia (doubles, mixed doubles), Jiang Yanmei (doubles), Hendri Saputra (mixed doubles)

Athletics

Zhang Guirong (shot put), Calvin Kang (100m, wildcard)

Shooting

Lee Wung Yew (trap)

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## Running the Full Distance by Tan Thiam Peng

Sunday, June 29, 2008 11:30 PM



"I have done my best in the race, I have run the full distance, and I have kept the faith," reads 2 Timothy 4:7.

Those words could very much have been the late national triathlete Thaddeus Cheong's. And they were used to remind all of the remarkable life lived.

Friends, schoolmates, cross-country teammates and the triathlon community turned up on a Sunday evening to celebrate the memory of Thaddeus. The 17-year-old collapsed a year ago after a personal-best SEA Games trial.

To mark a year's anniversary of his passing on 24 June 2007, the Thaddeus' Memorial Run was held today at his school Raffles Junior College's (RJC) stadium track.

Organized by his family and some family friends, people turned up to remember the brave boy, who served not just his country well, but was a beacon of light for his loved ones.

His father George opened the event, "We were surprised when Thaddeus said he was beginning to like running. He always liked swimming and biking more. So I hope you all can enjoy the run like how he grew to like it."

Most came decked out in pink, Thaddeus' favourite colour, and organizers gave out pink wristbands to signify a united cause. Participants ran or walked the simple event, for any distance up to 5km.

George was joined by wife Angie, son and Thaddeus' younger brother Thomas, and several other relatives. One of them was the triathlete's close aunt, Belinda Wee, who has written a book chronicling the life of her "remarkable" nephew.

*Running the Full Distance* – Thaddeus Cheong reminds us that Thaddeus "had proven himself with his dedication and sportsmanship. Also, Belinda hoped that through him, parent-children relationship can improve with more understanding and harmony.

It was an emotional moment before the run when the author read excerpts of the book, the portion where Thaddeus finishes his run before the sudden turn of events.

"Memories will fade so I wanted to record them down in this book. I was very moved at his wake by accounts of him by people who knew him. I suggested the idea to his parents 3 months after his departure. It was hard for everyone at first, but after a while they were receptive to it," said Thaddeus' aunt, who is a general practitioner.

"The book was written through accounts of family, friends, schoolmates, CCA-mates, and my own experiences with him. A lot of input to the book came at his wake, from even strangers. For example, there were some girls who came, Thaddeus had actually given them math tuition, which we never knew."

"We want people to remember he did his best for Singapore. This book is like our trophy to him."

Among the crowd who took time off to join the run was RJC principal Mrs Lim Lai Cheng. She was a good sport and ran 4 rounds herself.

"I immediately said yes when organizers mooted this. It's a time to reconcile feelings and emotions. The school is behind them, because relationships lasts. I didn't know Thaddeus and had not met him, but it's something anyone can easily identify with."

"It's not about how long you live, but how well you live. He's a great encapsulation of a Rafflesian. He's now part of the Raffles story."

Mum Angie had fully funded the publishing of *Running the Full Distance* – Thaddeus Cheong, but all proceeds will go towards building a church for the indigenous people in Sarawak. The book is on sale at all major bookstores.

7 Views | 0 Comments | ★★★★★ | Running, Scoops, Other Sports

### Comments

Currently, there are no comments. Be the first to post one!  
You must be logged in to post a comment. You can login [here](#)

## Running the Full Distance

by Tan Thiam Peng

By lemlabs @ 11:30 PM :: 10 Views :: 0 Comments :: ★★★★★ :: Running, Scoops, Other Sports

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