

RAFFLES TRACK & FIELD

FASTER. HIGHER. FURTHER. STRONGER.



Track & Field is a sport that includes athletic contest established on the skills of running, jumping, and throwing.

The name is derived from the sports' typical venue: a stadium with an oval running track enclosing a grass field where the throwing and some of the jumping events take place.

The National Schools Games (NSG) Track & Field Championships takes place in March-April every year. There are a total of 19 and 18 events respectively for the B division (15-17 years old) and the C division (13-14 years old) overall championship titles.

The events are:

Sprints/Hurdles – 100m, 200m, 400m, 100m/110m hurdles, 400m hurdles, 4x100m & 4x400m.

Middle distance – 800m, 1500m, 3000m, 2000m steeplechase (only B div) & 1500m/3000m race walk.

Jumps – long jump, triple jump, high jump & pole vault.

Throws – shot put, discus & javelin.

RAFFLES INSTITUTION TRACK & FIELD TEAM

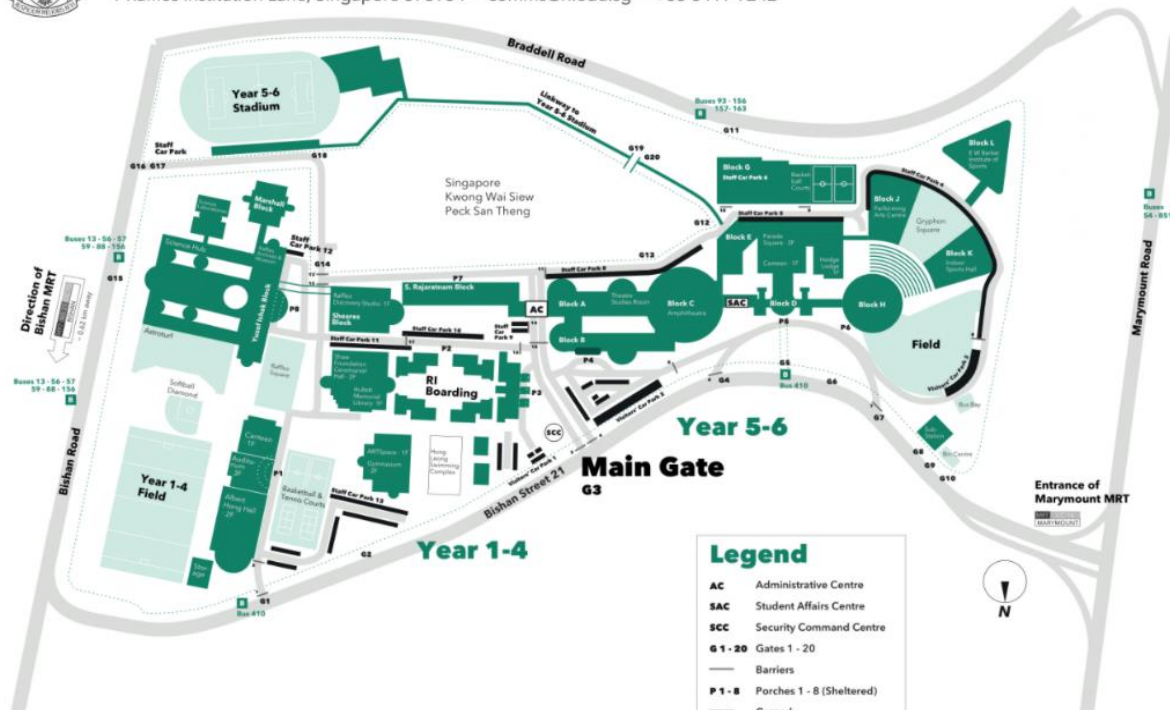


***Training Sessions:
Monday, Wednesday & Friday
@ 4.00-6.30pm (unless otherwise stated)
Venue: Year 5-6 stadium***



Raffles Institution Campus Map

1 Raffles Institution Lane, Singapore 575954 · comms@ri.edu.sg · +65 6419 9242



Raffles Institution Track & Field CCA Organization Structure 2021

Coaches:

Mr Lim Yao Peng (Sprints/Hurdles)

Mr Fuad Idris (Jumps)

Mr Choo Chee Kiong (Throws)

Mr Ng Kean Mun (Pole Vault)

Mr Lim Kien Mau (Middle Dist/Race Walk)

Teachers:

Mr Vincent Quek

Ms Anisha Johnson

Mr U. K. Shyam

Captain - Isaac Koh Wei Jie (4K)

Vice-Captain - Darren Kho (4J)

Vice-Captain - Dillon Lim Yun Kai (4J)

Exco Committee (Events) - Tan Shwee Wen Zach (4J)

Exco Committee (Sprints) - Tate Tan Fung (4F)

Exco Committee (Jumps) - Hossain Leo (4D)

Exco Committee (Throws) - Zheng Yizhi Zames (4E)

Exco Committee (Pole Vault) - Liu Yucen (4E)

Our Teachers & Coaches

Appointment / Event(s)	Credentials
Mr. Vincent Quek Athletics Master / Teacher IC / Manager vincent.quek@ri.edu.sg	<ul style="list-style-type: none"> • Assistant Department Head (PE/CCA 1) • Member of the Singapore Schools Track & Field Training & Selection Committee. • Oversees the overall development of the Track & Field team.
Miss Anisha Anne Johnson Teacher IC / Assistant Manager anisha.johnson@ri.edu.sg	<ul style="list-style-type: none"> • Humanities Subject Teacher • Oversees the Student Development and Leadership matters • Parents Liaison Officer
Mr U. K. Shyam Teacher IC / Assistant Manager	<ul style="list-style-type: none"> • English Subject Teacher • National record holder for 100m @ 10.37s / SEA Games silver medallist • Oversees the Student Welfare & Values-In Action (VIA) matters
Coach: Mr. Lim Yao Peng Sprints, Hurdles & Relays Events (Year 1-6)	<ul style="list-style-type: none"> • National Youth Relay Coach (Boys U18) • Former SEA Games sprinter • IAAF certified Sprints/Hurdles Coach
Coach: Mr. Fuad Idris Jump Events (High/Long/Triple)	<ul style="list-style-type: none"> • Long jumper turned Coach • IAAF certified Jumps Coach • Certified Australian strength and conditioning coach
Coach: Mr. Choo Chee Kiong Throw Events (Shot Put/Discus/Javelin)	<ul style="list-style-type: none"> • Ex-National Coach • Former HOD PE/CCA of Teck Whye Secondary School • Produced numerous national schools champions
Coach: Mr. Ng Kean Mun Pole Vault Event (Year 1-6)	<ul style="list-style-type: none"> • Former national record holder (pole vault) • SEA Games silver medallist • Lecturer at NTU-NIE & Nanyang Polytechnic
Coach: Mr. Lim Kien Mau Cross Country, Middle Distance & Race Walk Events (Year 1-6)	<ul style="list-style-type: none"> • Malaysia Top Marathoner • Won numerous National Schools Cross Country Championships. • IAAF certified Middle Distance Coach

Our Teachers & Coaches



Our Teachers & Coaches



SPORTS

Quek's a teacher first, and then a coach



Vincent Quek. TNP PHOTO: HAIQAL SARI

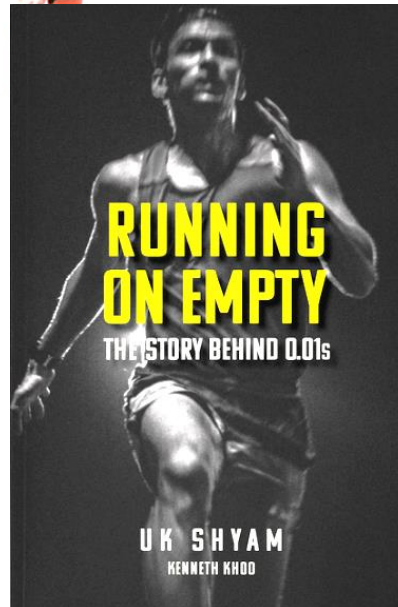


[Haiqal Sari](#)

Nov 15, 2014 06:00 am



Our Teachers & Coaches



National Record

MEN

COVID-19 SPECIAL

National athletes step up to get tech help for kids during circuit breaker period

Team SG aims to collect at least 600 devices for those who need them for online learning



Event	Record	Name	D.O.B	Venue	Event	Established
100 metres	10.37	+ 1.8 m/s Umaglia Kancanangai Shyam	1976	Beijing, PR China	World University Games	27-Aug-2001
	10.37	- 0.5 m/s Umaglia Kancanangai Shyam	1976	Kuala Lumpur, Malaysia	SEA Games	12-Sep-2001

Our Teachers & Coaches

Mr Ng Kean Mun

Former national record holder
RI Pole Vault Coach (Yr1-6)



Singapore Athletics

- Photo by Terry Tan Lee Ban. Ng Kean Mun clearing 3.20m to win the gold medal for M50 Pole Vault.

Personal Best - Outdoor

	PERFORMANCE	WIND	PLACE	DATE
Pole Vault	4.75		Norman, OK	21 MAY 1990

Personal Best - Indoor

	PERFORMANCE	WIND	PLACE	DATE
Pole Vault	4.77		Lincoln, NE	03 FEB 1990

Mr Lim Yao Peng

Rep S'pore at SEA Games
RI Sprints/Hurdles Coach (Yr1-6)

- National Boys U18 Relay Coach
- Member of the 4x100m team at SEA Games 2017



Mr Lim Kien Mau

Rep Malaysia in Marathon
RI Cross Country Coach (Yr1-6)



茂抱病上阵，拼尽全力艰辛夺下东运
距离首名，终于实现参加东运的梦想。
日讯) 37岁的林建茂，

Special Tribute to Our Ex-Coaches

Late Mr Lim Boot Hiang
Ex-National Jumps Coach
RI Jumps Coach (Yr1-4)
2006-2014



Ex-athletics coach Lim dies at 69

by ALVIN CHIA
THE STRAITS TIMES | Feb 03, 2016



A two-time SEA Games long jump silver medallist (1969 and 1971), Lim was known for grooming high jumper Wong Yew Tong, whose national record of 2.22m set at the 1995 SEA Games still stands today.

Mr Yeo Kian Chye
Ex-National Sprints Coach
RI Sprints/Hurdles Coach (Yr1-4)
2005-2010



Singapore National
Olympic Council

Sportsman of the Year

1973

Yeo Kian Chye

Athletics

Special Tribute to Our Ex-Coaches

Mr Melvin Tan

Ex-National Men/Women Relay Coach
RI Sprints/Hurdles Coach (Yr1-6)
2010-2020



Mr Steven Quek

National Long Distance Coach
RI Cross Country/Middle Distance Coach (Yr1-4)
2010-2014



ATHLETICS

Singapore's young 4x100m team deliver surprise by breaking record

Newly formed 4x100m team surpass expectations to clock national junior mark



When national women's relay coach Melvin Tan fielded a young 4x100m team during the SEA Games test event in the Philippines over the weekend, all he wanted was to give the teenage quartet some exposure.

After all, he had tried out the combination only twice in training recently.

But the foursome of Bernice Liew, Elizabeth-Ann Tan, both 16, Haanee Hamkah, 18, and Clara Goh, 19, delivered a pleasant surprise by posting a national junior record of 46.68sec.

ActiveSG Athletics Club's Head Coach (Distance Running)

National Schools Track & Field C'ships 2018



B Division Champion 2018 (after 28 yrs!)



B Division Champion 2018 (after 28 years!)

RI's title challenge was spearheaded by a talented crop of throwers – Matthew Lee won shot put gold in a new meet record and discus silver, Kynaston Wee secured silver and fifth place in the shot put and javelin respectively, while Mervyn Lew obtained fourth places in the shot put and discus. Victories in the 200 metres (Ishal Zikang), high jump (Jonathan Pua) and pole vault (Heng Jee Kuan) also helped RI's cause, while other notable performers include hurdlers Matz Chan (double silver) and Jered Wong who earned fifth place and bronze in the 110m and 400m hurdle events respectively.

“The boys did very well – a lot of them did personal bests,” said Vincent Quek, the physical education head of sports and teacher-in-charge of RI's athletics team. “I would say most of them even exceeded much of our expectations. They worked very hard, along with the coaches' guidance too.”

Prior to the final day, RI were leading serial championship winners Hwa Chong Institution by a precarious 11 points. Silver for HCI's Bryan Lam and fourth place for RI's Ishal in the 100m then cut the gap to just nine.

But with no HCI athlete in the 1500m final, cross country champion Chai Jiacheng put the result beyond doubt when he secured the gold for RI in 4 minutes 23.39 seconds – doubling the advantage to 18 points before the relays.

RI eventually finished with 149 points, 17 higher than HCI.

“We were second two years ago when the boys were in the C Division, so we managed to do much better this year ,” said Quek, who has worked in RI since 2005. “I think the coaches did a lot of good work, developing them from Year 1. Talent definitely needs hard work and consistency, and there's been a strong development in our team (over the past few years).”

Redsports

SPRINTERS/HURDLERS/RELAYS

Joshua Chua (Gongshang Pri/batch of 2016)

- C division 100m hurdles champion 2013 & 2014 (C div rec 13.26s).
- C division 4x100m champion 2013 & 2014.
- B division 100m rec of 10.87s in 2016.
- SPH Schools Relays Championships B division 4x100m rec of 42.88s with Ryan James Tan (Temasek Pri), Joshua Yap & Muhd Hariz Bin Darajit with Mr Melvin Tan.



SPRINTERS/HURDLERS/RELAYS

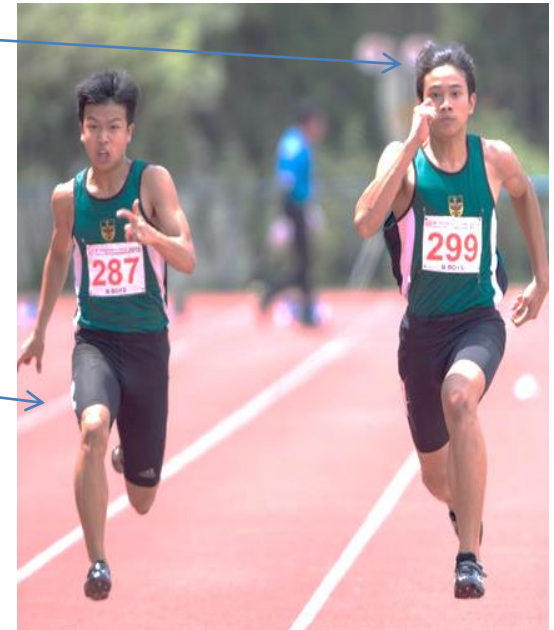
**Muhammad Hariz Bin Darajit
(Temasek Pri/2015)**

- B division gold medallist for both 100m and 200m in 2015.
- World Junior Championships (Columbia) in 2015.

Joshua Yap (Ai Tong Sch/2015)

- C division gold medallist in 100m and 4x100m in 2013.
- Team Captain 2015

- Relay teams



SPRINTERS/HURDLERS/RELAYS



Ang Chen Xiang (Ai Tong Sch/2010)

- National rec holder for men 110m hurdles (14.25s)
- SEA Games @ 2015, 2017 & 2019



Ang Ding Hui (Ai Tong Sch/2012)

- IAAF World Youth Championships 2017 (Ukraine)
- B division 110m hurdles champion 2011 & 2012



Isaac Toh (Cedar Pri/2016)

- C division 400m hurdles and 4x100m gold medallist in 2014.
- Represented SSSC at the SSSC/MAAU/LAWA International Age Group Championships 2014



Ringo Han (ACS Junior/2014)

- C division 400m hurdles champion in 2012
- Represented SSSC at the SSSC/MAAU/LAWA International Age Group Championships 2013 (KL)
- Team Captain 2014

SPRINTERS/HURDLERS/RELAYS



Raja Kamarul Irsyad (2006)

- B division 200m & 4x100m gold medallist (2006)



Matz Chan (Nanyang Pri/2020)

- Double gold medallist in C division 100m hurdles & 400m hurdles (2016)
- 3 times NSG champion in 400m hurdles (C div 2015 & 2016 in 59.03s & B div 2017).
- Represented SSSC to LAWA Perth & LAWA KL in 2017.



Adam Teo (Ai Tong Sch/2015)

- C division 400m hurdles & 4x100m gold medallist (2013)
- Silver medallist for 100m & 200m hurdles at the SSSC/MAAU/LAWA International Age Group Championships 2013 held in Kuala Lumpur.



**Mohamed Ishal Zikang Bin
Mohamed Yusooof (ACS Pri/2018)**

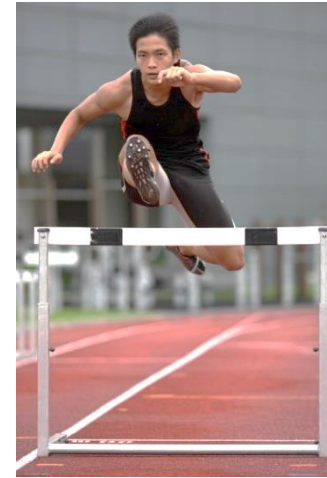
- B division 200m champion in 2018
- ASEAN Schools Games 2018
- Team Captain 2018

SPRINTERS/HURDLERS/RELAYS



Caleb Loy (Kuo Chuan Presbyterian Pri/2021)

- C division 400m champion (53.87s) & 400m hurdles silver medallist (2019).
- Represented SSSC at the SSSC/MAAU/LAWA held in Pahang.



Desmond Boey (Rosyth Sch/2008)

- C division double gold medallist in 100m hurdles and 400m hurdles (2006).



Ho Zhe Xi (Henry Park Pri/2019)

- C division 400m champion and 400m hurdles bronze medallist in 2017.
- Represented SSSC to LAWA Perth & LAWA KL in 2017.

Danish Ashriq Bin Mokhtar (Opera Estate Pri/2020)

- C division 400m hurdles gold medallist (2018)
- Represented SSSC at the SSSC/MAAU/LAWA International Age Group Championships 2018.



Throws

Mr Choo guiding the throwers to 2 podium finishes in C division Shot Put and Discus events in 2015.

Shot Put : 1st -**Matthew Lee (ACS Pri)**, 2nd -**Kynaston Wee (Ai Tong Sch)** & 3rd -**Tim Ong (Rosyth Sch/2017)**

Discus : 1st -**Ryan Ng (Catholic High Sch/2017)**, 2nd - **Joel Low (SJI Junior/2017)** & 3rd -**Matthew Lee**



A Boys podium finish in Shot Put 2016:
1st -**Jordan Chia (St Stephen's Sch/2015)**
2nd - **Abel Leow (Red Swastika Sch/2014)**
- represented Singapore to the Asian Youth Games (YOG) in Nanjing in 2013.



Jerome Wong (Nanyang Pri/2016)
- LAWA Perth U15 Discus Champion in 2015.
- C division Javelin gold medallist in 2014.



Jonathan Low (Lianhua Pri/2016)
- C division Discus rec of 53.66m in 2014.
- B division Discus 1st (49.02m) in 2016
- Schools National record (54.70m) @ ASG KL 2018
- Team Captain 2016

Throws

Jordan Chia (St Stephen's Sch/2015)

- Double gold medallist (Shot put & Discus) at the SSSC/MAAU/LAWA International Age Group Championships 2013 held in Kuala Lumpur. Shot Put (16.08m w new C'ships rec) and best team SSSC athlete.
- Double gold medallist (Shot Put & Discus) at NSG 2013. New C division Discus record at 51.54m.
- 5 times NSG gold medallist in Shot Put (2013-2017).



Matthew Lee (ACS Pri/2018)

- Represented Singapore at the Inter-city Athletics Championships 2018 (Hong Kong). 1st in for both Shot Put & Discus.
- Represented Singapore at the 13th South East Asian Youth Athletics Championships 2018 (Bangkok). 3rd in Shot Put.
- Double gold medallist (Shot Put and Discus) at NSG 2016.
- 5 times gold medallist for Shot Put (2015-2019). B division record at 16.08m.

Roy Ng (Catholic High Sch/2019)

- Javelin champion for C division (2017) & B division (2019).
- National U17 & U18 Javelin record holder at 57.44m & 61.79m (700g).
- Represented SSSC to LAWA Perth 2018.
- Team Captain 2019
- National U20 Javelin record (800g) holder at 57.19m.



Throws

Aloysius Loh (Nanyang Pri/2020)

- U14 Shot Put gold medallist at the SSSC/MAAU/LAWA International Age Group Championships 2018.
- All Australian Schools Championships 2019 bronze medallist in at the U17 Shot Put event.
- 2019 B division Shot Put silver medallist.



Mervyn Liew (Temasek Pri/2019)

- 2019 B division Shot Put gold medallist & Discus silver medallist.
- U15 Shot Put bronze medallist at SSSC/MAAU/LAWA International Age Group Championships 2018.



Kynaston Wee (Ai Tong Sch/2018)

- Javelin champion for C division (2016) & B division (2017).
- Shot put silver medallist for C division (2015 & 2016) & B division (2018).
- Represented SSSC team at ASEAN Schools Games 2018.



Jovan Tay (Admiralty Pri/2021)

- C division Javelin gold medallist in 2019.
- Represented SSSC at the SSSC/MAAU/LAWA International Age Group Championships 2019 in Pahang.



Jumps



Syafiq Poh Bin Shahabidin (Yishun Pri/2009)

- C division Long Jump record holder of 6.40m.
- Long Jump gold in 2007 & 2008. Triple jump gold in 2007 with distance of 13.18m.
- Asian Youth Games 2009. Triple jump mark of 13.93m.



Toh Weiyu (Seng Kang Pri/2015)

- B division Long Jump gold - 6.61m.
- Asian Schools Championships 2015 (Wuhan).
- ASEAN Schools Games 2015.



Yusuf Arsyad B Muhammad Shazni (Temasek Pri/2017)

- C division champion for both High Jump & Long Jump in 2015.
- B division 1st with distance of 6.68m in 2016.



Jumps



Bryan Wong (Kong Hwa Sch/2014)

- B division High Jump rec of 2.02m in 2014.
- Southeast Asian Championships 2014
- Youth Olympics Games Qualification 2014
- ASEAN Schools Games 2014



Justin Lee (Catholic High Sch/2015)

- C division Triple Jump gold in 2013.
- WALA Perth Triple Jump gold medallist 2014.
- National Junior Champion with distance of 13.94m.



Steward Lee (2005)

- B division Pole Vault gold medallist in 2005 with height of 4.00m



Samuel Chin (Nanyang Pri/2013)

- C division High Jump gold medallist with height of 1.78m in 2011.
- B division double gold medallist in Long Jump & High Jump (1.97m) in 2013.



Jumps



Heng Jee Kuan (Nanyang Pri/2018)

- B division Pole vault champion in 2018.
- RI all time best height of 4.11m.

Jonathan Pua (St Hilda's Pri/2018)

- B division High Jump gold & Pole Vault bronze in 2018.
- ASEAN Schools Games 2017.



Alex Yeo (2010)

- B division Pole Vault gold medallist in 2010 and 2nd in C division in 2008.



Lee Mingwen (Nanyang Pri/2019)

- B division High Jump gold & Long Jump bronze in 2019.
- Represented SSSC in High Jump at the SSSC/MAAU/LAWA for the International Age Group Championships in 2018.

Middle Distance Events



Shohib Bin Abdul Wahab Marican
(St Stephen's Sch/2013)

- B division 1500m silver medallist in 2013
- Asian Youth Games 2013 in Nanjing.
- A division 5000m champion for 2014 and 2015.



Tan Chong Qi (Canberra Pri/2014)

- B division 1st for 2000m Steeplechase in 2013/14 and champion for 3000m in 2014.
- Youth Olympics Games Qualifying
- ASEAN Schools Games 2014-2015.



Chai Jia Cheng (Chongfu Sch/2019)

- B division gold medallist in 1500m (2018) & 3000m (2019).
- ASEAN Schools Games 2019.
- Silver medallist in 800m at the SSSC/MAAU/LAWA International Age Group Championships 2018.



Sean Tay (Pei Hwa Presbyterian Pri/2019)

- C division 1st for 3000m in 2017.

Middle Distance Events



Teo Ting Zhang (2007)
- B division 3000m gold medallist
and 3rd for 1500m in 2007



**Seow Yeong Yang
(Fairfield Methodist Pri/2009)**
- C division champion for 800m
and 2nd for 400m (2007).
-SEA Games in 2015. Represented
Singapore in the 4x400m.



Lim Zhi Meng (Catholic High Sch/2008)
- B division double gold medallist in 1500m
& 3000m in 2008.



Armand Dhillawala Mohan (Temasek Pri/2017)
- C division gold medallist in 3000m & 2nd in 1500m in 2015.
- B division gold medallist in 3000m & 3rd in 2000m steeplechase in 2017
- ASEAN Schools Games 2017.

National School Games Records

Schools' National Records

Updated: 22 March 2019

Boys

Event	Record	Name	Sch	Year	Venue
100 Metres Hurdles (0.840m)	ET 00:13.26s	Joshua Chua Hanwei	RI	2014	Singapore
Discus (1.5kg)	54.70m	Jonathan Low Jun Jie	SSSC/RI	2018	K. Lumpur
Discus (1.0kg)	53.66m	Jonathan Low Jun Jie	RI	2014	Singapore

Division: B-Boys	Record	Name	Team	Year
100m	ET 00:10.87s	Joshua Chua Hanwei	RI	2016
High Jump	2.02m	Wong Jingkai Bryan	RI	2014
Shot Put (5.00kg)	16.08m	Lee Jun Long Matthew	RI	2018

Division: C-Boys	Record	Name	Team	Year
100m Hurdles (0.840m)	ET 00:13.26s	Joshua Chua Hanwei	RI	2014
Long Jump	6.40m	Syafiq Poh Bin Shahabidin	RI	2007
Discus (1.00kg)	53.66m	Jonathan Low Jun Jie	RI	2014

*ET = Electronic Timing

Singapore Athletics Records

National Record

MEN

110m Hurdles (1.067m)	14.25	1.0 m/s	Ang, Chen Xiang	1994	Qatar	Asian Athletics C'ships	23-Apr-2019
-----------------------	-------	---------	-----------------	------	-------	-------------------------	-------------

Under-20 Record

MEN

Javelin (800 gm)	57.19		Roy Ng	2003	Singapore	SA Performance Trial 1	29-Nov-2020
------------------	-------	--	--------	------	-----------	------------------------	-------------

Under-18 Record

BOYS

Javelin (700 gm)	61.79		Roy Ng	2003	Singapore	SA Performance Trial 2	13-Dec-2020
------------------	-------	--	--------	------	-----------	------------------------	-------------

ARCHIVED Under-23 Record

MEN

110m Hurdles (1.067m)	14.38	0.2 m/s	Ang, Chen Xiang	1994	Singapore	SEA Games	11-Jun-2015
-----------------------	-------	---------	-----------------	------	-----------	-----------	-------------

ARCHIVED Age-Group Record

U-17 BOYS

Event	Record		Name	D.O.B	Venue	Event	Established
100 metres	10.87	-0.1m/s	Joshua Chua Hanwei	2000	Singapore	National T&F C'ships	29-Apr-2016
High Jump	2.02		Wong Jingkai Bryan	1998	Singapore	National T&F C'ships	17-Apr-2014
Javelin (700 gm)	57.44		Roy Ng Kai Leong	2003	Singapore	Festival of Athletics	16-Nov-2019
Shot Put (5 kg)	16.08		Lee Jun Long Matthew	2002	Singapore	National T&F C'ships	28-Mar-2018

ARCHIVED Age-Group Record

U-15 BOYS

Event	Record		Name	D.O.B	Venue	Event	Established
100m Hurdles (0.840m)	13.26	0.6 m/s	Joshua Chua Hanwei	2000	Singapore	National T&F C'ships	9-Apr-2014
Long Jump	6.40		Syafiq Poh bin Shahabidin	1993	Singapore	National T&F C'ships	12-Jul-2007

Donning the Singapore Colours

THE STRAITS TIMES

SPORT



National hurdler Ang Chen Xiang set the national record of 14.25 seconds in the men's 110m hurdles event at the Asian Athletics Championships in Doha on April 23, 2019. ST PHOTO CHENG JUN LIANG



Singapore Schools Sports Council (SSSC)



Learning Journey & Training Trips to Perth 2012/2014/2017/2019



RAFFLES INSTITUTION

TRACK & FIELD

PERTH, WESTERN AUSTRALIA

2-9 DECEMBER 2019



Learning Journey & Training Trips to Perth



Learning Journey & Training Trips to Perth



Australian All Schools Championships 2019



Australian All Schools Championships 2019



Friends and Teammates



JORDAN CHIA (THE PASSIONATE BIG BOY)



Shot put helps talented thrower channel his anger

Throwing became an outlet for Jordan to channel his negative energy. Jordan's winning effort in KL lands him second national U-15 mark (16.08m – 4kg) in three months.

National U17 rec – 15.90m (5kg)

Shot Put Gold – 2013 to 2017

Discus – C div rec of 51.54m (2013)

(St Stephen's Sch/2015)



We want YOU!
Make Raffles Institution Your
1st choice of School and
Track & Field Your CCA!!!

A Tribute and a BIG Thank You to all the Teachers,
Coaches, Young Gentlemen and Parents who have
supported the team with all these years!!!

It has been great working with
you on this journey!



Vincent Quek
RI Athletics Master
2005 -

