

2015 News

Martina Is Sportsgirl Of The Year

2015 Singapore Sports Award

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Student-athlete Martina Lindsay P Veloso will look back at 2014 fondly. Her competition schedule took her all over the world where she competed and held her own against some of the world's best shooters.

The world took notice when Martina, then 14, beat the likes of Beijing 2008 Olympic Games gold medallist Katrina Emmons to win the Women's 10m Air Rifle gold medal at the ISSF World Cup Munich, Germany, on 8 June 2014. She was the competition's youngest ever gold medallist, and the only Singaporean to win the title.

At the Nanjing 2014 Youth Olympic Games, Martina missed the gold medal in the Women's 10m Air Rifle by 0.6 points, finishing behind Switzerland's Sarah Hornung, who shot a 207.8 to Martina's 207.2.

Martina made her debut for Team Singapore at a major Games – the Glasgow 2014 Commonwealth Games – where she finished 5th in the Women's 10m Air Rifle event. She was also part of the Team Singapore shooting contingent that competed at the Incheon 2014 Asian Games.

Martina's standout performances saw her named Sportsgirl of the Year at the 2015 Singapore Sports Award on 5 August 2015.

"Winning this Award during Singapore's Golden Jubilee is something special. I'm thankful to my coach, Miss Lim Chea Rong, for her guidance all these years and not forgetting all the Sports School staff who have helped me to get to where I am today. Being the Sportsgirl of the Year will motivate me to push myself even more during training and competitions.

"Overall, 2014 was a great shooting season for me. Competing in so many major games in one year was memorable. I really had a great time and hopefully, I will be able to repeat my performances again," said Martina.

This was Martina's second nomination and first award in the Sportsgirl of the Year category.

Shooters Hit 5 Golds

Singapore Youth Olympic Festival 2015

Koh Aik Beng

Assistant Head, Cluster (Sports)

General Manager, Shooting Academy



Fion Pan Cai Feng (second from left) and Sheryl Liao Wei Xuan (left) with a 1-2 finish in the Women's Youth 17 10m Air Pistol.

Our shooters competed at the Singapore Youth Olympic Festival 2015 shooting competition at SAFRA Yishun from 1 to 2 August 2015 and they came out tops in five categories.

National Youth Team shooter Ho Xiu Yi won the Women's Youth 15 10m Air Rifle gold medal. Teammates Mohamad Irwan Abdul Rahman and Fion Pan Cai Feng finished first in Men's Youth 17 10m Air Rifle and Women's Youth 17 10m Air Pistol events.

Our junior shooters also put in impressive performances. Secondary 1 student-athletes Cecilia Ng and Rachel Chua Xin Ying notched up maiden wins in the Women's Youth 13 10m Air Rifle and 10m Air Pistol events.

"We are into the off-season of our shooting calendar so this competition is good for the shooters to maintain their competitiveness. The performance of our Secondary 1 shooters is also encouraging. I am confident they can build on this and continue to improve," said Coach Nigel Lim.

Shooting is one of nine sports competed at this year's Singapore Youth Olympic Festival. The SYOF is a legacy of the inaugural Singapore 2010 Youth Olympic Games and it is into its 4th edition this year.

Results

Men's Youth 15 10m Air Pistol

Terrence Ng Shu Hao – 3rd

Men's Youth 17 10m Air Pistol

Ricky Lim Yun – 3rd

Women's Youth 13 10m Air Pistol

Rachel Chua Xin Ying – 1st

Women's Youth 15 10m Air Pistol

Natalie Julia Chua – 2nd

Stacy Ho Ting Ting – 3rd

Women's Youth 17 10m Air Pistol

Fion Pan Cai Feng – 1st

Sheryl Lio Wei Xuan – 2nd

Men's Youth 15 10m Air Rifle

Zack Lim Yu Heng – 2nd

Jesse Chow Sai Kit – 3rd

Men's Youth 17 10m Air Rifle

Mohamad Irwan Abdul Rahman – 1st

Ong Yong Qing – 3rd

Women's Youth 13 10m Air Rifle

Cecilia Ng – 1st

Women's Youth 15 10m Air Rifle

Ho Xiu Yi – 1st

Women's Youth 17 10m Air Rifle

Catherine Shi – 2nd

Adele Tan Qian Xiu – 3rd



Mohamad Irwan Abdul Rahman (second from right) and Ong Yong Qing (right) won the Men's Youth 17 10m Air Rifle gold and bronze medal respectively.



Men's Youth 17 10m Air Pistol bronze medallist Ricky Lim Yun (right).



Women's Youth 13 10m Air Rifle gold medallist Cecilia Ng.



Rachel Chua Xin Ying, Women's Youth 13 10m Air Pistol gold medallist.



Women's Youth 15 10m Air Rifle gold medallist Ho Xiu Yi.

Girls Win Silver, Bronze

ISSF Junior Cup

Posted: 30 June 2015



ISSF Junior Cup Women's 10m Air Rifle silver medallists (L-R): Adele Tan Qian Xiu, Ho Xiu Yi and Martina Lindsay P Veloso.

Picture by Ng Jing Hui of Singapore Shooting.

Martina Lindsay P Veloso led Team Singapore to the ISSF Junior Cup Women's 10m Air Rifle Team silver medal on 29 June 2015.

"We were just 1.4 points away from hearing the National Anthem," Martina, who is still in Suhl, Germany, recounted in a Facebook post. But, the Secondary 4 student-athlete is determined to "come back stronger next year" with her teammates Adele Tan Qian Xiu and Ho Xiu Yi, who scored a collective 1,237.8 points. The competition was close with Team Singapore finishing 1.4 points behind the team from France and 0.3 points ahead of third-place South Korea.

Martina also won the individual bronze medal in a field of 81 shooters from 28 countries. She finished behind Charleen Baenisch from Germany and Vanessa

Hofstetter from Switzerland. Vanessa, 20, became the Junior World Record-Holder when she shot 205.5 points at the 2014 European Championships, while Charleen, 18, had ranked 14 in the same event. The ISSF Junior Cup is competed by shooters 21 years and under.

“The standard of competition was high and the fight for a podium finish was tough. It was a good experience and I'm happy with my performance,” said Martina. “Although Coach Chea Rong wasn't present with me during this competition, she had prepared me well and I'm really grateful for her help.”

Coach Lim Chea Rong assessed that Martina had performed up to her training standard.

“We are looking forward to seeing Martina improve on her current form,” said Miss Lim.

Both Xiu Yi and Adele had competed at the Southeast Asian Shooting Championships – Xiu Yi won the Junior Team gold and individual silver in the 2014 edition and Adele had won the Junior Team gold in 2013 and followed it up with a Team gold and individual gold in 2014. Adele had also taken part in the Asian Championship and ISSF Junior Cup last year.

“Going into this competition, Adele practised her breathing control and was able to remain calm and composed. This is her graduating year. She has been trying very hard to balance her studies and shooting. She has managed to perform up to her current training standard. But there is definitely room for improvement,” said Miss Lim.

Adele said: “I was able to keep my focus on my shooting routine. When we resume training back at the Sports School, I will have to make some adjustments to my posture and gun setting. My coach had identified these technical changes but we put them on hold till after this competition. I believe with the refinement, I will be able to shoot better. What I definitely did right in this competition was to keep a positive outlook. I fought all the way.”

Xiu Yi said: “Overall, I did 95 per cent of what I was supposed to, but the 5 per cent that I failed to do affected my scores adversely. I'll have to work harder on that weakness so as to do better in the future. But I do feel that I have improved greatly, which makes me very satisfied with my performance this time round. I'm very grateful for Coach Song Haiping's presence. He encouraged me and gave me lots of very invaluable advice which pushed me to do better.”

Coach Song said: “Xiu Yi has shown vast improvement, especially in her emotion control. For a few shots, she was slightly distracted. This is where she can improve on.”

Martina, Adele and Xiu Yi, along with Mohamad Irwan Abdul Rahman and Wong Ting Wei (both Air Rifle) and Fion Pan Cai Feng (Air Pistol) were selected by Singapore Shooting for this competition; all are Secondary 4 student-athletes. Singapore Sports School also drew on the EW Barker Endowment to send Lenice Tan Yue Tong (Secondary 3, Air Rifle) and Hew Yun Ting (Secondary 1, Air Pistol) to gain experience and exposure.

Xiu Yi Hits Double Gold Mark, Again

Koh Aik Beng
General Manager, Shooting Academy

Posted: 17 April 2015



Ho Xiu Yi shot 412.9 points for the “B” Division Girls 10m Air Rifle gold medal and led teammates Adele Tan Qian Xiu, Catherine Shi and Lenice Tan Yue Tong to the Team gold, which they won with a combined score of 1,224.9 points.

This is the second year that Xiu Yi has achieved the double gold mark at the National Schools Shooting Championships, having won the “C” Division Individual and Team gold medals in 2014 when she also set a new Individual Record and equalled the Team Championship Record.

Overall, the “B” Division shooters were on target, hitting their marks en route to three of four National titles. Besides the 10m Air Rifle Girls Team event, Sports School finished 1st in the 10m Air Rifle Boys Team and 10m Air Pistol Boys Team events. The Sports School also finished 2nd in the 10m Air Pistol Girls Team event.

Mohamed Irwan Abdul Rahman was 2nd in the 10m Air Rifle Boys Individual event with a score of 611.7 points, just 0.2 points behind Anglo-Chinese School (Independent)’s James Tan. Adele Tan was 3rd in the 10m Air Rifle Girls Individual event.

Fion Pan Cai Feng finished 2nd in the 10m Air Pistol Girls Individual event, while Terrence Ng Shu Hao and Gabriel Lim Kea Seng finished 2nd and 3rd respectively in the Boys category.

Lenice Hits Bullseye In Science Essay Competition

3rd ACJC Science Essay Competition

Posted: 17 April 2015

Preparation for sport competitions got in the way of a writing essay but shooter Lenice Tan Yue Tong managed to squeeze it in just a day before the competition closed on 27 February 2015. About a month later, the Secondary 3 student-athlete was surprised to hear her name announced as the first prize winner of the 3rd ACJC Science Essay Competition.

“My essay was judged the best among entries by students from traditionally academically-strong schools? I was stunned,” recalled Lenice with a chuckle.

The essay competition was held in conjunction with the 2nd ACJC Science and Innovation Symposium on 1 April 2015 and drew 43 other entries from secondary schools and pre-universities. Lenice was Singapore Sports School’s sole representative in the competition, which called for students to reflect on how science has played a critical role in Singapore’s development since independence and how science is expected to shape the island country in the next 50 years.

The opportunity to participate in the symposium and essay competition was opened to the Sports School’s Secondary 3 Pre-IBDP class. As a science enthusiast, hearing Science teacher Mrs Lena Lim explain what a symposium involved piqued Lenice’s interest. She was keen to expand her knowledge of science and its relationship with our daily lives; taking part in an essay writing competition was, however, foreign and scary to her.

“I didn’t write to win. I just wanted to do my best.”

Her best effort gave her the win. Along with a Certificate of Participation and the chance to have her first full article published in the ACJC Science Journal, Lenice was also presented with a \$200 Kinokuniya book voucher.

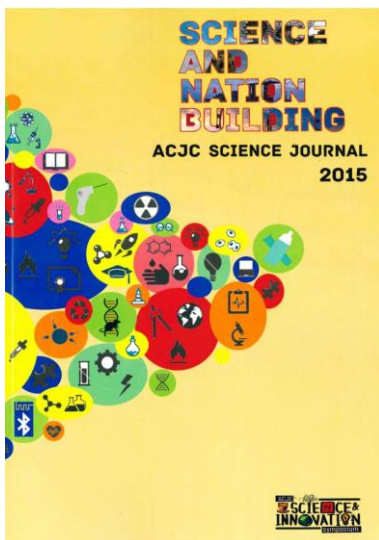
“I have been eyeing a few anatomy books but I have been hesitant about buying them as they’re expensive. Now, I can use my prize to buy them.”

Lenice’s essay was about how the innovation of genetically modified salmon and NEWater, to name a few, have been crucial in the development and survival of Singapore. The essay competition was judged by a panel of 10 with expertise in Humanity, Science and Language, including a lecturer in the NTU Division of Bioengineering/School of Chemical and Biomedical Engineering and the Assistant Director of Singapore Institute of Technology’s Centre for Communication Skills.

“I wasn’t procrastinating when I submitted my essay a day before entries closed. I was preparing for shooting competitions,” said Lenice.

The Sports School student-athlete proved that she could expertly and excellently handle both sport and academic demands – she won a bronze medal in the Women’s 10m Air Rifle Team event at the 2015 NUS Invitational Shoot (26 to 28 February) and a gold medal at the 2015 NTU Invitational Shoot (4 to 8 March).

“For striking a balance, I have Mrs Lim, my Science teacher, to thank. Her belief that I could manage preparation for the shooting competition and writing the essay propelled me to just do it.”



[Click image to read Lenice Tan Yue Tong's essay.](#)

Shooters Outgun Competition

2014 SEASA Championship, SIS Championship

Posted: 9 January 2015

Gail Chia

Executive, Strategic Communications

Singapore Sports School Shooting Academy student-athletes, alumni and staff won 5 gold, 2 silver and 1 bronze medals at the 2014 South East Asia Shooting Championship from 8 to 11 December. Student-athletes Adele Tan Qian Xiu and Wong Ting Wei were the Academy's top performers, winning 2 gold medals apiece. Ting Wei shot his way to 2 golds in the Men's Junior 10m Air Rifle Individual and Team events, meanwhile setting a new personal best score.

Adele and teammate Ho Xiu Yi managed a 1-2 finish in the Women's Junior 10m Air Rifle Individual. The combined score of 1230.2 points from Adele, Xiu Yi and Yang Shuet Hwei gave them the team title.

In the senior category, Mohamad Irwan Abdul Rahman came in 2nd in the Men's 10m Air Rifle Team event, while alumnus Cheng Jian Huan won a team gold in the Women's 10m Air Rifle with a combined score of 1230.5 points. Pistol coach Nigel Lim Swee Hon teamed up with Poh Lip Meng and Hoong Shi Xiang to finish 3rd in the Men's 50m Pistol Team.

In the 2014 Singapore Invitation Shooting Championship held in conjunction with SEASA, Singapore Sports School student-athletes did not miss out on the action – and the target. Lenice Tan Yue Tong and Ong Yong Qing won a silver and bronze medal in the Women's and Men's 10m Air Rifle individual events. Fion Pan Cai Feng and Shannon Ng Yun Yin also won a team bronze in the Women's Junior 10m Air Pistol.



(From left) Mohamad Irwan Abdul Rahman, Wong Ting Wei and Ong Yong Qing



Women's 10m Air Rifle Individual Silver Medallist Lenice Tan Yue Tong



(From left) Shannon Ng Yun Yin, pistol coach Nigel Lim Swee Hon and Fion Pan Cai Feng