

Inspired To Reach For The Sky

Lessons From The Champions: Singapore Women's Everest Team

Gail Chia

Executive, Strategic Communications

Posted: 13 May 2016



Bukit Timah Hill, the highest point in Singapore, is 163m – barely two-hundredth of the height of Mount Everest's peak. However, six Singaporean women – Jane Lee (Leader), Sim Yi Hui (Co-Leader), Esther Tan, Joanne Soo, Lee Lihui and Lee Peh Gee – shared the common dream to summit the world's tallest mountain which stands at 8,848m above sea level. And that they did, becoming the first all-female Singapore team to conquer Mount Everest on 20 and 22 May 2009. Esther, Jane and Lihui summited on 20 May, while Joanne, Peh Gee and Yi Hui summited on 22 May.

Members Yi Hui and Joanne were invited to share their arduous five-year Everest preparation and conquest journey with student-athletes at Singapore Sports School on 25 April 2016. Apart from regaling the exciting stories from the team's two-month climb, they also shared some of the challenges they faced from as early as the preparation stage to the final summit.

Despite the differences in sport and stage of life, several key takeaways were imparted in the areas of training, coping with injuries – or death in the case of the Everest climb – overcoming fears and obstacles, and persevering to fulfil dreams. Yi Hui and Joanne also shared how the team stayed motivated despite the obstacles they faced in their long journey towards realising their Everest dream.