



# SHOOTING



## AQILAH BINTE SUDHIR

“

The heart of the Singapore Spirit is togetherness.

”

19 Jul 1991 | 164 cm | 64 kg

### Event(s)

50m 3 Positions Women, 50m Prone Women

### Latest Sporting Achievements

2010 19th Commonwealth Games Delhi 3 Positions  
Women Pair - Gold

2010 19th Commonwealth Games Delhi 3 Positions  
Women Individual - Bronze

2009 25th SEA Games Laos Vientiane Positions  
Women Individual - Bronze

2009 25th SEA Games Laos Vientiane 3 Positions  
Women Team - Silver

2008 Commonwealth Youth Games - Gold

### About Me

I was in the National Police Cadet Corp for the whole of my first year in Temasek Secondary School and I decided to switch to the Air Weapons Club in secondary two. Everything else just snowballed from there.

When I'm not training, I'm usually at home enjoying the company of my nine brothers and sisters. Being the oldest girl comes with its set of responsibilities but that's something I have grown to love. When I have time away from training I love bringing my younger siblings out to the beach or the park to play.



## GAI BIN (盖斌)

“

Always do our best in all we do!  
That's my Singapore Spirit.

”

2 Jul 1968 | 172 cm | 74 kg

### Event(s)

10m Air Pistol Men, 25m Standard Pistol Men  
25m Centre Fire Men, 50m Free Pistol Men

### Latest Sporting Achievements

2010 19th Commonwealth Games Delhi 25m Standard  
Pistol (Men) - Gold, 25m Standard Pistol (Men's  
Pairs) - Gold, 50m Pistol (Men) - Silver, 50m Pistol  
(Men's Pairs) - Gold, 10m Air Pistol (Men) - Silver,  
10m Air Pistol (Men's Pairs) - Bronze, 25m Centre  
Fire Pistol (Men's Pairs) - Bronze

### Current School / Employer

Singapore Shooting Association

### About Me

My dad was a soldier. He is a key role model in my life and also a key influence in the development of my passion and interest in shooting. I am quite easy going. I try to spend time with my children whenever I can.



## HENG MEI TING (王美婷)

“

The Singapore Spirit means ‘Never-say-die’. Although it’s an irony that Singaporeans often cry out ‘die lah’ whenever we are faced with challenges. Despite all this, I believe that we’re still strong and have the perseverance to press on and do our best.

”

### Event(s)

10m Air Pistol Women

### Current School / Employer

Codexis Laboratories Singapore

18 Jun 1988 | 165 cm | 52 kg

### About Me

I took up shooting as my Co-Curricular Activity in junior college. I was eventually selected to be in the school team and represented National Junior College in the annual nationals inter-school competition. It was the first major inter-school competition that I competed in, and I earned an individual and a team gold medal from it. Since then, I have learnt to appreciate the talent that I have in shooting, as well as the self-discipline that shooting has taught me. From there, my passion for shooting grew stronger and I started my journey as a national shooter.

# JASMINE SER XIANG WEI (徐湘玮)

“

The Singapore Spirit drives me to make the best out of everything that I do.

”



24 Sep 1990 | 155 cm | 50 kg

## Event(s)

10m Air Rifle Women & 50m 3 Positions Rifle Women

## Latest Sporting Achievements

2010 19th Commonwealth Games Delhi 10m Rifle  
Women Individual - Gold

2010 19th Commonwealth Games Delhi 50m  
3 Positions Rifle Women Individual - Silver

## Current School / Employer

National University of Singapore

## About Me

I took up this sport as a Co-Curricular Activity in Ahmad Ibrahim Secondary School. It was an unpopular sport back then, but I was amazed with the fact that the students in this school could carry these long rifles and aim at targets. It was interesting to me and I decided to give it a try.

It has been eight years since I took up this sport. As much as I see myself progressing in shooting, it is heartwarming to know that this fraternity has been growing in terms of numbers, standards and quality. I am proud of my sport.



**LI YAFEI (李亚菲)**

“ The Singapore Spirit is about showing other competitors how much potential we have. It is also about encouraging each other and never giving up. ”

1 Mar 1994 | 158 cm | 53 kg

### Event(s)

10m Air Rifle Women

### Latest Sporting Achievements

2011 World Cup Munich - Ranked 22nd

2011 Singapore Open Shooting Championships  
Individual - Silver, Team - Silver

2011 World Cup Fort Benning - Ranked 30th

2010 50th ISSF World Shooting Championships  
- Ranked 10th

2009 33rd South East Asia Shooting Championships  
Individual - Gold, Team - Gold

### Current School / Employer

Raffles Institution (Junior College)

### About Me

I started shooting when I was in secondary one at Ahmad Ibrahim Secondary School. I spent some time building up my foundation in the sport before my first competition in the national inter-school competitions in 2008. Then I was chosen to be in the national youth team. My youth team coach Edmund Goh is very encouraging and experienced, which helped me to improve very quickly.

In 2010 I joined the national training team and have competed in many international competitions since. Under the guidance of my national team coach, Zhang Man Zhen, I've improved my standard and am now able to perform well during international competitions.



## LIM SWEE HON (林瑞鸿)

“

The Singapore Spirit is about having the determination to make things happen!

”

4 Mar 1979 | 174 cm | 72 kg

### Event(s)

50m Free Pistol

### Latest Sporting Achievements

2010 19th Commonwealth Games Delhi 50m Free Pistol  
Pair - Gold

2010 19th Commonwealth Games Delhi 50m Free Pistol  
Individual - Bronze

2009 25th SEA Games Laos Vientiane 50 m Free Pistol  
Team - Gold

### Current School / Employer

Singapore Sports School

### About Me

My buddy invited me to join the HomeTeam NS Gun Club and taught me how to shoot. This was my first step in developing an interest in shooting. With further support from my former boss, Ms Lim Chea Rong and coach Song Haiping, I was invited to the national training team in 2008.

With expert guidance from my head coach, Deng Peiming, I clinched my first SEA Games medal during my first major games outing. He continued to lead me to win my first Commonwealth Games medal and to land a place in the ISSF World Cup Finals. This earned me a place in the Olympic Pathway Programme and I'm very grateful to all who have made this possible for me.



## ONG JUN HONG (王竣鸿)

“

We may be small, we may be young, but we can still compete with (or even beat) the rest of the world. That's the Singapore Spirit.

”

3 Apr 1988 | 171 cm | 63 kg

### Event(s)

10m Air Rifle Individual (Men)

### Latest Sporting Achievements

2010 Guangzhou Asian Games - 11th

2010 19th Commonwealth Games Delhi - 6th

2009 25th SEA Games Laos Vientiane Team - Gold

2009 World Cup Changwon - 16th

2008 World Cup Beijing - 17th

### Current School / Employer

National University of Singapore

### About Me

I joined air rifle as a Co-Curricular Activity in Hwa Chong Institution back in 2001. Apart from shooting and studies, I enjoy chilling at home and an occasional trip to the movie theatres. My inspiration to keep on in training is Michael Jordan. He failed to make it into the varsity team but with hard work and determination, he is now in the NBA Hall of Fame.



## POH LIP MENG (傅立民)

“

Together we achieve and celebrate,  
our Singapore Spirit.

”

10 Feb 1969 | 164 cm | 72 kg

### Event(s)

10m Air Pistol, 25m Centrefire, 25m Standard Pistol

### Latest Sporting Achievements

2010 19th Commonwealth Games Delhi 25m Standard  
Team - Gold, 25m Centerfire Individual - Bronze,  
25m Centerfire Team - Bronze

2010 Fortbanning World Cup 10m Air Pistol  
- 7th Placing

### Current School / Employer

University of Wolvehampton

### About Me

I developed a passion for shooting in 2002. After years of searching for a sport that I could enjoy, I felt that being a shooter was the most mentally challenging in terms of the level of technical skills required to perform well.

Learning to shoot was like a child's journey in learning to walk and run. I remember my first SEA Games in 2003, not knowing how I would fare when competing against other nations. At my second SEA Games in 2005, I leveraged on my experience gained since then and achieved a bronze medal. The high point in my journey as a shooter was achieving two individual silver medals at the 2007 SEA Games.



## TEO SHUN XIE (张顺惜)

“

Being together, united as one.  
To me, that's what the Singapore  
Spirit is about.

”

30 Sep 1988 | 168 cm | 64 kg

### Event(s)

10m Air Pistol Women

### Latest Sporting Achievements

2011 Singapore Open Shooting Championships 10m  
Air Pistol Women - Silver

2011 Singapore Open Shooting Championships 25m  
Sports Pistol Women - Gold

2011 Singapore Open Shooting Championships 25m  
Sports Pistol Women Team - Gold

### About Me

I took up shooting as my Co-Curricular Activity in Junior College. I found the sport interesting and challenging as one needs to execute the same action many times, to achieve consistency in the shots. I got hooked on this sport as it tests your discipline, concentration and focus. At the same time, shooting can also surface how well you truly know yourself, how well you are able to control your emotions, especially during competitions.

When I am not training, I spend most of my time either studying another new language such as Korean or baking. Occasionally, I would also go bowling and play tennis with my family.



## ZHANG JIN (张劲)

“

Always unite in spite of challenges to forge ahead. That is my Singapore Spirit.

”

12 Sep 1988 | 174 cm | 57 kg

### Event(s)

10m Air Rifle Men

### Latest Sporting Achievements

2009 25th SEA Games Laos Vientiane Team - Gold,  
Individual - Gold

2007 24th SEA Games Korat Thailand Team - Gold

2006 18th Commonwealth Games Melbourne Australia  
Team - Bronze, Individual - Silver

### Current School / Employer

National University of Singapore

### About Me

When I was in secondary school, I would pass by the school's indoor weapons range every morning. This sparked off my interest in the sport of shooting and I decided to try it out. To me, this sport is one that has a minimal requirement in terms of physical build, yet is mentally challenging. I believe that this is an area that Singapore can do well in the Olympics arena. This spurred me to train hard and to challenge the best.

The shooting community in Singapore is very close-knit, and the strong friendships among shooters contribute to its continued growth as a sport. Together we have been able to attain greater heights of achievement in Singapore.

# OFFICIALS



Jeanine Heng Wei Ping  
Team Manager



Kirill Ivanov  
Coach (Rifle)



Zhang Man Zhen  
Coach (Rifle)



Gu Yong Qin  
Coach (Rifle)



Shi Long Shui  
Coach (Pistol)