



ORE

SPORT CLIMBING



ADRIEL CHOO WENG KHIT (朱永杰)

“

We start small, but we make it BIG!
That is the Singapore Spirit!

”

29 Jan 1989 | 176 cm | 61 kg

Event(s)

Speed Record, Speed Track

Latest Sporting Achievements

2011 South East Asian Circuit Federation Singapore

Speed Climbing Finals - Gold

2011 South East Asian Circuit Federation Malaysia

Speed Climbing Finals - Bronze

Current School / Employer

Singapore Management University

About Me

I picked up sport climbing when I was in college. It's truly amazing that this sport draws enthusiasts from all walks in life. This feeling of togetherness attracted me to the climbing scene and thus, my climbing career began. With less than a year's experience, I was chosen to represent the nation for the very first time at the Asian Youth Sport Climbing Championship in 2007. I won my first medals at the Singapore (gold) and Malaysia (bronze) series of the ASEAN Climbing Circuit in 2011.



CHUNG SUE ANN

“

Nothing better captures the Singapore Spirit than Majulah Singapura!

”

10 Apr 1979 | 160cm | 47.5 kg

Event(s)

Lead

Latest Sporting Achievements

2011 BoulderActive Singapore Women's Open Category

- Silver

2011 Gravalica Singapore Women's Open Category

- Gold

2010 Pumpfest Singapore Women's Open Category

- Gold

2009 Asian Championships - 10th placing for Women's boulder & 16th placing for Women's lead

About Me

A friend brought me to climb at one of the climbing centres and I started to pick up the sport as a hobby. It is an interesting sport that is not restricted to one body movement, but requires the mind to think, as well as the coordination of all body parts. Having brute strength does not mean having the capability to climb better.



FELICIA LIM (林慧诗)



I am proud to be a climber in Singapore because our climbing community, though small is a close-knitted one. Our climbers may come from different races and speak in different languages, but we all have the Singapore Spirit and we climb.



7 Apr 1988 | 163 cm | 51 kg

Event(s)

Lead Climbing, Bouldering

Latest Sporting Achievements

2011 NUS The North Face BoulderActive

2011 Open Women - Gold

2009 Rockmaster Open Women - Bronze Medal

2007 Asian Youth Games Speed Climbing - Silver

Current School / Employer

Kinetics Climbing Pte Ltd

About Me

My first experience with the rockwall was during a leadership camp at Labrador Park. I remember climbing up the wall and reaching a small inclined part and that was where everyone started to fall off. I told myself that I didn't want to fall and give up at that part. I wanted to push myself and that was what I did. I ended up completing the wall for the very first time.

Seeing myself getting better each time I climb was another motivating factor to not give climbing up. Climbing has not only kept me fit, but has also shown me that limits set by ourselves can actually be broken with determination. I have always loved challenges, especially vertical ones. I am also in love with how beautiful the outdoors can be and how vast the natural climbing crags are in the world. It is my dream to get out to climb as many rockwalls as I can.



JANICE NG LI (黄丽)

“

The Singapore Spirit to me refers to team cohesiveness and unity among the people. Likewise, all climbers representing Singapore in the SEA Games can come together as one to excel and strive hard to achieve the best of their ability.

”

26 Jul 1993 | 155 cm | 40 kg

Event(s)

Speed Event and Difficulty Event

Latest Sporting Achievements

- 2011 ClimbX Competition by Temasek Junior College
Inter Varsity Women Category - Gold
- 2010 National Youth Sport Climbing Championships by
PA Water Venture Park
Youth A Female Speed Category - Gold
Youth A Female Lead Individual Category - Gold
Youth A Speed Mixed Relay Category - Gold
- Open Women Female Speed Category - Gold
Open Women Female Lead Category - 5th
Open Speed Mixed Relay Category - Gold
- 2009 SAFRA Climb2 Competition by Yishun Safra - Gold
- 2009 Climax@Outram - Gold

Current School / Employer

ITE College East Simei

About Me

I picked up rock climbing in school and have been in love with it ever since. Initially, I had poor stamina and lacked physical strength. My arms would really ache after each training! Every training, my coach, Yan, would give me many different types of training to build up my power, strength, endurance and climbing skills. After training hard for two years, I finally produced results in the year of 2008. As I got better at the sport, I began to enjoy the challenges that came with rock climbing, and also started to set higher targets for myself with each competition.



**JAY KOH
ZHER YEOW (许智耀)**

“

To me, the Singapore Spirit is never giving up.

”

1 July 1980 | 170 cm | 57 kg

Event(s)

Sport Climbing (Lead) - Men's Open

Latest Sporting Achievements

South East Asia Climbing Federation Circuit Lead
Climbing - Gold

NUS The North Face Boulderactive Men's Open - Gold

2010 National Sport and Speed Climbing
Championships Lead Climbing - Gold

2009 National Sport and Speed Climbing
Championships Lead Climbing - Silver

Current School / Employer

Kinetics Climbing Pte. Ltd

About Me

It has been almost 12 years since I first picked up sport climbing. I have since taken part in countless competitions and have done reasonably well in most of them. Like all athletes, I have had my fair share of injuries, including tearing a ligament in my knee as well as a hairline fracture on my middle finger!

Climbing to me is more than just a sport. It is a lifestyle. I climb hard indoors on plastic to get fit so that I can travel around the world to pull down hard and send routes on natural rock outdoors. My travels have brought me to many beautiful crags around the world including countries like the USA, South Africa, Spain, Italy, France, China, Thailand, Malaysia and Australia.



JUDITH SIM

(沈鸣信)

“

Through hardwork and perseverance, we cross any obstacles and climb any mountain. That is my Singapore Spirit.

”

20 Aug 1989 | 162 cm | 46 kg

Event(s)

Speed Track, Relays

Latest Sporting Achievements

2011 Rockmaster, Open Women Category - Silver

2011 Pumpfest Open Women Category - Silver

2011 Putrajaya SEACF Circuit Women's Speed
Category - 6th position

2011 Putrajaya SEACF Circuit Women's Speed
Category - 15th position

Current School / Employer

Ministry of Education

About Me

I started climbing when I entered the National University of Singapore and have been climbing for three years. My interest in this sport grew from the influence of several close friends, who have constantly kept my passion going over time. Within my first year of climbing, I was promoted up the ranks of novice, to intermediate, and lastly to open where my competitive experiences have been heightened. Having achieved podium finishes in the open category for two bouldering competitions this year, I am eager for more and remain as psyched as ever to continue competing in this sport.

For the people who have stood by me, gave me much advice and watched me grow in this sport, I sought much psyche and motivation from them and am extremely grateful to have them by my side.



MUHAMMAD FA-IZEEN ABDUL MALEK

“

As a climber, I am proud to be a climber in Singapore because our climbing community, though small, is a close-knitted one. It is something which I see growing every year and am proud of it. Our common passion for climbing is our Singapore Spirit.

”

9 Oct 1993 | 167 cm | 57 kg

Event(s)

Speed Climbing

Latest Sporting Achievements

2011 World Youth Championships Speed Climbing
- 22nd

2011 NUS The North Face Boulderactive 2011
Intermediate Men - Bronze

Current School / Employer

Madrasah Al-Junied Al-Islamiah

About Me

I have always liked to parkour and enjoyed climbing walls outdoors as I feel it is fun and exhilarating. My cousins and I literally climb anything that looked fun to climb, and we still do it. My school started rock-climbing as a Co-Curricular Activity and we enrolled immediately. After our first competition, we got serious in our training aiming to do better in the next competition. And that was the start of my sport climbing journey.



MUHAMMAD HILMAN BIN HARON

“

The Singapore Spirit is a close-knit community helping one another to progress forward!

”

3 Oct 1990 | 174 cm | 57 kg

Event(s)

Speed Record, Relays

Latest Sporting Achievements

2011 SEACF Singapore - Lead 4th

2011 SEACF Singapore - Speed 4th

2010 National Youth Sports Climbing Championships

Open Lead - Silver

2010 National Youth Sports Climbing Championships

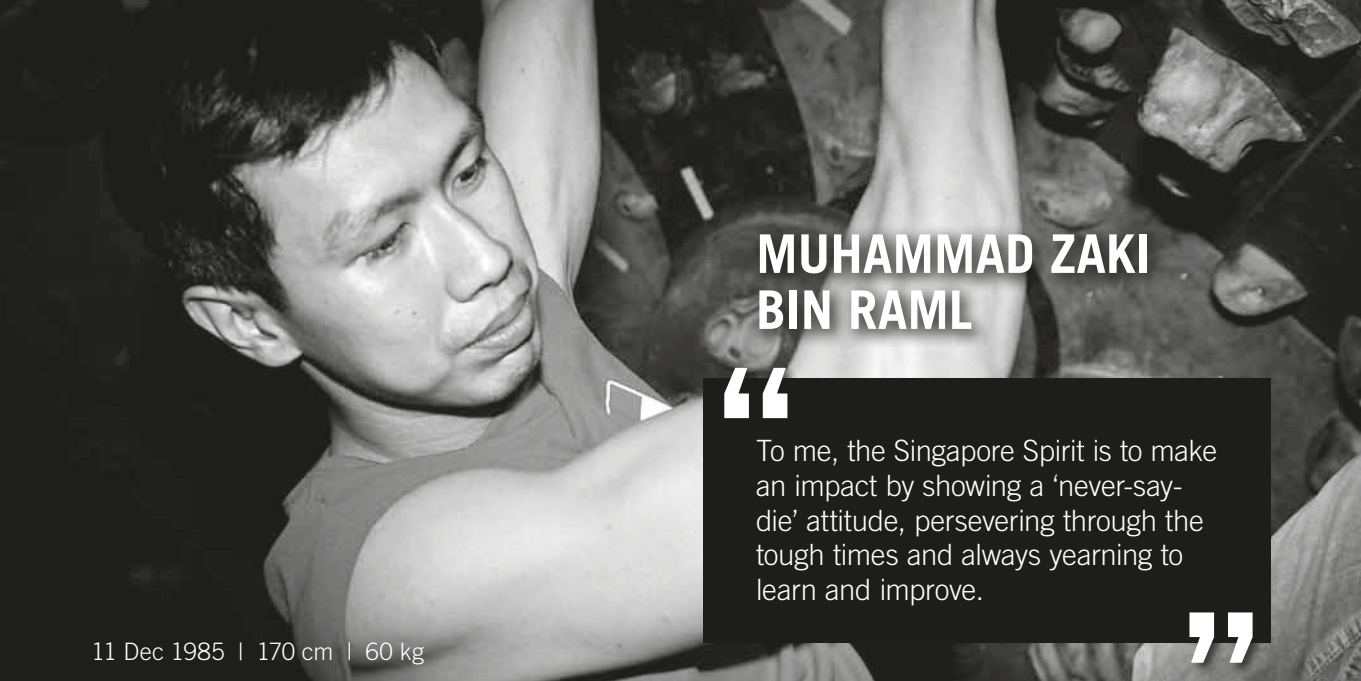
Open Speed - Gold

Current School / Employer

Onsight Ventures Pte Ltd

About Me

I picked up climbing when I was 17 as a Co-Curricular Activity. At first I thought it was just another sport. Little did I know that climbing would become such an essential part of my lifestyle. My holidays are spent on climbing trips. My free time is spent in the climbing gyms. It's a way of life now.



MUHAMMAD ZAKI BIN RAML

“

To me, the Singapore Spirit is to make an impact by showing a ‘never-say-die’ attitude, persevering through the tough times and always yearning to learn and improve.

”

11 Dec 1985 | 170 cm | 60 kg

Event(s)

Speed Climbing

Latest Sporting Achievements

2006 X-Games Asia - Silver

2006 World Cup Climbing Circuit (Genting) - Bronze

2006 BoulderActive - Gold

2005 1st Indoor Games 2005 - Silver

2002 Asian Youth Championships - Bronze

About Me

I started climbing in secondary school in 1991. I was inspired by watching X-Games on TV and I grabbed the chance to climb when I found out the climbing adventure club was available in my school. I haven't looked back ever since.



ROZIHAN BIN ANWAR

“

Every opportunity is there for us to make the best of it. Nothing is impossible with the Singapore Spirit.

”

10 June 1978 | 185 cm | 67 kg

Event(s)

Lead, Boulder

Current School / Employer

Freelance Instructor

About Me

I picked up sport climbing during my time in polytechnic. When I'm not climbing, I try my best to spend time with my wife and my two kids. In life and as an athlete, I'm inspired by my family and fellow climbing mates. They make the best out of every second, living meaningful lives that are filled with happiness no matter what they have to face.



SUZANNA TAN

(陈丽云)



We may be a small country but we persevere and always find ways to survive. That is the Singapore Spirit to me.



11 Jun 1991 | 183 cm | 71 kg

Event(s)

Lead, Boulder

Latest Sporting Achievements

2011 Southeast Asia Climbing Circuit Kuala Lumpur

Lead Climbing - Bronze

2011 Rockmaster Bouldering - Bronze

2011 Pumpfest Bouldering - Bronze

2011 Gravical Bouldering - Silver

2006 UIAA Asian Championships Taipei

- 8th Lead climbing

Current School / Employer

Greater Heights

About Me

I picked up the sport when I was in Serangoon Junior College. I was in the school climbing team and represented the school for competitions. I quit my job in 2002 to train full time and represented Singapore for climbing competitions overseas.



ZHANG BINBIN

(张彬彬)

“ The Singapore Spirit means a strong sense of belonging, where citizens have to contribute to the country regardless of how successful they are. ”

8 May 1995 | 160 cm | 47 kg

Event(s)

Speed Record, Relays

Latest Sporting Achievements

- 2010 Tag team Speed Opens Women - Gold
- 2011 SEACF in Putrajaya Speed Climbing - 5th
- 2011 NSSCC Individual Speed - Gold Team Speed
 - Gold, Mixed Team - Gold, Difficulty - Gold, Fastest Speed Team
- 2009 NSSCC Individual Speed - Gold, Team Speed
 - Gold, Mixed team Speed - Gold, Difficulty - Bronze
- 2008 NSSCC Individual Speed - Gold,
 - Team Speed - Gold, Mixed team Speed - Gold

Current School / Employer

Outram Secondary School

About Me

I started as a complete amateur at the age of 13, when I had just entered Outram Secondary School. Sport climbing let me see life and sports in a completely new light. Complementary to its uniqueness, it had given me many opportunities and added colours and sparks to my life.

In the first year of climbing, I have already achieved numerous medals. As competition got tougher, my coach Rozihan Anwar (aka Yan) continued to believe in my natural talent and unleashed potential. In barely four years, I have attained 27 medals and made it into the national team as one of its youngest members.

OFFICIALS



Rasip Isnin
Team Manager



M Hussen Yunus
Assistant Team Manager



M Amir Moostafa
Coach



Aizan Asmaon
Coach