

DEFY EVERY LIMIT

DEFY

EVERY LIMIT

CELEBRATING
EXTRAORDINARY
PEOPLE



There comes a time
when individuals, communities and
nations come together
to celebrate the triumph
of the human spirit.

To challenge the status quo.
To beat the odds,
To rise to the occasion,
And to defy limit after limit after limit.

Different abilities. Same heart.
This is the ASEAN Para Games
Singapore 2015.

Celebrate the Extraordinary.





CONTENTS

[Message from the Minister](#)
[Message from the Chairman](#)

CELEBRATING AS ONE

[A Roaring Great Start](#)
[A Smashing Good Time](#)
[Getting a Kick Beyond Abilities](#)
[8,000 Hearts Rally as One](#)
[Getting into the Games](#)

CELEBRATING GREATNESS

[Inspiring Heroes](#)
[Enabling the Extraordinary](#)
[The Backbone of the Games](#)

CELEBRATING UNFORGETTABLE

[The Beginning of Something Big](#)
[Champions of Inspiration](#)
[Grit and Courage](#)
[Friendship Beyond Limits](#)
[Winning the Region Over](#)
[Closing on a Magnificent High](#)

CELEBRATING A BETTER TOMORROW

[Jumpstarting a Great Future](#)

- Endless Para Sport Action
- A Complete APG Experience
- Powering the Future of Para Sport

[Medals Galore](#)
[The Games in Numbers](#)

[Sponsors and Partners](#)
[Photo Credits](#)

SPRING WITH THE STRENGTH OF THE MAN SPIRIT

In the Games, Singapore set out to create an inspiring atmosphere for athletes, officials and spectators. Ms Grace Fu, Minister for Culture, Community and Youth, and Chairperson of the Singapore ASEAN Games Organising Committee, shares what she found extraordinary

for sport in Singapore, the Asian Para Games (APG) capped off a year that celebrated Singapore's

fielded our largest-ever contingent with over 150 athletes, the largest contingent size. The Singapore spirit, with corporate sponsors providing funding support for

with their sporting spirit, their courage and resilience. Singapore's Yip Pin Xiu made a world record even against competitors in And who can forget

the stunning goals from Team Singapore at the Cerebral Palsy (CP) Football matches, led by Khairul Anwar.

Enthusiastic fans from around the region created an electrifying atmosphere at every competition. The athletes responded by pushing their limits to do well for their countries, but they never forgot their sense of sportsmanship. For example, I saw the Thai wheelchair basketball athletes helping Team Singapore players regain balance after they had fallen over. Malaysian swimmer Yeo Yi Lin collapsed moments before her 400-metre freestyle event, but gathered her strength and finished the race. Medal or not, the athletes inspired us all with the strength of their fighting spirit.



The Games proved to be a success. Minister Grace

ed up in full force to
letes at the Games.

community to support para sports.

sy Football Team feeling proud to
crowd at the National Stadium.



Part of what made the 8th APG extraordinary was the warmth and exceptional service shown by our volunteers and staff. Our APG volunteers, also known as Team Nila, made a big difference to the experience of the Games. I met many athletes, officials and spectators who were full of praise for our tireless volunteers who went beyond the call of duty.

The APG is also about building friendships, across borders and cultures. I remember athletes and volunteers bursting into song and laughter during impromptu singing sessions at the Nila Suite. I hope the friendships forged during the Games will last for many years to come.

Through the APG, we witnessed what it means to "Celebrate the Extraordinary". These shared memories and experiences will last well beyond the Games.

"Togetherness looks like a more inclusive society where people with disabilities can fulfil their potential."

It has been Singapore's pleasure to host the 8th APG. I am confident that the APG will catalyse the growth of para sports around the region. Together, let us work towards a more inclusive society where people with disabilities can realise their aspirations.

On behalf of the Singapore Organising Committee, thank you for making the 8th APG a success. Till we meet again!

Grace Fu

Minister for Culture, Community and Youth
Chairperson of the Singapore Organising Committee

AN EXTRAORDINARY TEAM EFFORT

Chairman of the Singapore ASEAN Para Games Organising Committee (SAPGOC) Mr Lim Teck Yin and his team delivered more than a spectacular sporting event. They went beyond to transform perceptions.

It was all written on the faces of the spectators: awe, admiration, and joy. As they walked away from each competition, the chatter would be about how amazed they were at the abilities of the para athletes, and how thrilling the sports action was. For the para athletes, it was an unforgettable feeling of affirmation to see the crowds coming together to support them.

This was the exact response the team behind the 8th ASEAN Para Games (APG) had been working towards for over two and half years. From the executive committee to the workforce on the ground, Mr Lim Teck Yin and his team had operated on the belief that in every doing, there had to be a greater purpose.

"It has been our privilege to organise the 8th APG. The APG is about more than

just sporting excellence. It teaches everyone the enduring human spirit and the heart to overcome challenges in sport and in life. It serves to signal strongly our aspirations for a more inclusive society, and that beyond the Games, anyone with a disability has access and the opportunity to live better through sport," said Mr Lim.

This mission was reflected in the theme "Celebrate the Extraordinary". In the 28th SEA Games, the theme was focused on inspiring individuals to achieve their dreams. The 8th APG, on the other hand, celebrated the extraordinary spirit of the athletes, community, volunteers, and workforce, who came together in solidarity for sport. And, from the Games' logo design to community events surrounding the Games, the Organising Committee was tireless in ensuring that



The APG team made every effort to bridge the gap between the able bodied and differently abled through a series of



Events like the One Team Singapore Rally gave ample opportunities for people of different abilities to come together.



Building a community of para sport advocates.



"We have seen how the human spirit triumphs over all adversity, and it has left an indelible mark in Singapore's jubilee year."

...y all across
in itself an
Ceremonies
agement,
s driven by a
e Organising
explained,
re team
ision for
s will be a
o engage
of sport;
rit and
to uplift the

do all that,
understand
s of the
sport and
r studies
perceived
there was

some level of discomfort concerning interactions with persons with disabilities."

Understanding led to action. The team drew up a plan to bridge the gap between the able bodied and differently abled by getting people to celebrate the spirit of overcoming the odds. The result was a slew of community events such as sport invitationals, Team Singapore para athlete meet-and-greet sessions, and Gift-a-Nila programmes where the public sewed and decorated hearts onto Nila plush toys as a welcome gift for all para athletes at the Games.

Apart from these, the team also sought to engage the larger audience beyond those at the competition venues. This they did by strengthening their social media and digital presence on platforms such as the web portal, apps, and Facebook.

Mr Kerk shared what drove the team, "When the going got tough, the team relied on the original vision for the

Games as a source of strength. We knew that doing it well would go beyond just executing a good Games, but imparting an enduring legacy for para sport."

The response was positively heartwarming. Many in the community came forward in a show of resounding support, either online or in person at the competition venues and community events. For Mr Lim, this was proof that Singapore and the region had indeed come closer to the goal of an inclusive society that supports para sport and persons with disabilities.

"We have seen how the human spirit triumphs over all adversity, and it has left an indelible mark in Singapore's jubilee year. Building a society that includes people of all abilities will make us a people truly enriched," said Mr Lim.

This is the true spirit of celebrating the extraordinary.



Deputy Chairman Kerk Kim Por taking on the task of engaging the public.



Intense focus for a higher purpose – The APG workforce put their heart and soul into creating a Games to remember.

READY, SET,

Singapore embarked on an approach to achieve a sense of ownership, building inclusiveness in para sport, and evocat

- **Evoking the human spirit**
Singapore sought to evoke the human spirit not just for efficiency, but by creating an experience that would touch the heart through the Games, and the activities at the Singapore National Stadium, offering excellent para sport experiences.

- **Developing Team Singapore**
Singapore tripled the size of Team Singapore athletes and expanded its programmes for para sport by creating public-private partnerships.

- **Creating strong partnerships**
Early engagement with the ASEAN Para Sports Federation, National Paralympic Committee, and voluntary welfare organisations, and enterprises was crucial to the success of the Games.

CELEBRATING AS ONE

As first-time host of the ASEAN Para Games, the people of Singapore came together to celebrate the extraordinary. In the year of the Games, they poured their hearts and souls into supporting the para athletes – inspiring them to believe that there was no limit they could not achieve.

ARING AT START

SIAN Para Games saw a plethora of community activities spread out to the city, the heartlands, the schools, and to the message of inspiration and fortitude embodied by the pursuit of sporting excellence.



MASHING OD TIME

mpic paddlers
ennis tournament
2,000 spectators.
urnament featured
brahim Hamato
s with the bat in
oth arms at the
e spectators the
para athletes,
aken with these
rt into the public
luate members
thing stopping
n excelling in sport.



Team Singapore para paddler Jason Chee sparring with a spectator.

GETTING A KICK BEYOND ABILITIES

This was a football tournament like no other. About 5,000 spectators cheered for Team Singapore cerebral palsy footballers, Singapore footballing greats such as Fandi Ahmad and Lim Tong Hai, students from various schools, as well as Special Olympics Singapore and SportCares participants, as they competed in a one-of-its-kind tournament. Held over the weekend of 26 and 27 September 2015 at the HDB Hub in Toa Payoh, the tournament aimed to showcase para football and

heighten awareness of the 8th ASEAN Para Games.

Post match, former Singapore national football team defender and 1994 Malaysia Cup winner Lim Tong Hai, said, "This is sport at its best. Bringing everyone together, regardless of abilities to play, and enjoy football... What really surprised me was the mindset and athleticism involved throughout the whole tournament. Everyone was chasing the first place position like any true competitor would."



The commun
octane action



Singapore's football legends showed up in full support.

"This is
Bringing
together
of ability
enjoy fo

Lim Tong
Former Singa

00 HEARTS ALLY AS ONE



The rallying call was made and supporters turned up in force, coming together as one to celebrate the spirit of our para athletes at the annual event before the opening of the 8th Asian Para Games (APG). As the crowd gathered at the Promontory @ Marina Bay, they came together to a 1,823-person formal group photo, a symbol of inclusiveness and teamwork.

The day also saw participants take part in the annual two-kilometre Fun Run, which wound its way around the Marina Bay area. In the ceremonial lighting of the official flag presentation.

Said para athlete Yip Pin Xiu, who will be the flag bearer for Singapore at the APG: "I am honoured to light the ceremonial flame and be the flag bearer for Singapore. This is the first time that Singapore has hosted the APG at home ground."

GETTING GAMES

and asked them questions about how it was like to be visually impaired...Activities like these are wonderful, as they help us move towards being a more inclusive society."

Cheyenne Wong, 11, a student of Zhangde Primary School added, "I've gained a better understanding about how persons with disabilities go through their day-to-day lives."

The Carnival, which ran daily from 28 November to 9 December 2015, was also filled with fun activities such as go-kart racing, bouncy castles, face-painting, and balloon sculpting for the little ones, and a host of other action-packed activities for the young-at-heart. At the same time, members of the public were invited to sign up for tours that offered a holistic experience of watching the Games, meeting para athletes and taking part in the Carnival, all with a dedicated guide each.

am, 39, was work. "It was a facilitators unfolded,



There were many picture perfect moments of future generations learning about social inclusion and para sport.



Scoring a goal was not as easy with blindfolds on.



Bullseye! Participants got a first-hand experience of what it takes to be a para athlete.



Singapore's Deputy Prime Minister Teo Chee Hean (in goal) joined members of the public to give goalball a try.



Young and old got a first-hand experience of what it was like to live with disabilities.

CELEBRATING GREATNESS

The 8th ASEAN Para Games brought us many stories of extraordinary people. Para athletes who overcame challenges to compete. People who supported the athletes for para sport greatness at every step of the way. And others who sacrificed their time to make the games a success. Whether it was on the playing field or behind the scenes in the limelight, these people truly defied the odds.

SPRING EROES



Over 1,180 para athletes competed in the 8th ASEAN Para Games, each one of them a testament to the strength of the human spirit in overcoming disabilities and defying limits. Over seven days of competition, these extraordinary individuals displayed strength, courage, and character through their events. More than that, they inspired us all to look past our own limits. Here are some of their stories.

OF NGTH

nour, visually
san Binti Awg Haji
of strength when
ure.

o desire to play any
stead, she was an active
the Sultan Scout Award
g honour in Brunei

school that things took
ose her sight. While it
unning, Nor Hesan did
llowing. She sought out
ability, and soon found
excel in field athletics.
ticipants for the
08 came, she took up
he selection. Today,
country in three throw
and javelin.
l changed my life.
en me more confidence.
et other para athletes,
ike me and that I am



Nor Hesan may come across as soft-spoken. Yet, her performance in the field of athletics speaks volumes. More than that, her ability to influence and inspire others to overcome their own limits has proven to be a force to be reckoned with.

She introduced her visually impaired brother, Raduan, 40, and physically impaired brother-in-law, Shari, 49, to sports. The two of them are now with the Bruneian para athletics team, with Raduan competing in shot put and Shari making his mark in javelin.

Her tight-knit family is her pillar of strength, constantly encouraging her along the way. And the generous encouragement that this silver medallist has received is something that she would like to pay forward.

"I look forward to inspiring young children to join sports, and to motivate them to pursue their dreams. I have been invited to give various motivational talks in schools, and that's what my future holds," she said.

"Winning my first medal changed my life. Taking part in sports has given me more confidence. Now when I compete and meet other para athletes, I know that there are others like me and that I am not alone."



ON A ROLL FOR SPORT

Phat Yuy, 52, is a figure of passion for sport and dedication to country, as he made history by becoming Cambodia's first and only representative for tenpin bowling at the 8th ASEAN Para Games.

Some might find it hard to believe, but Phat Yuy picked up tenpin bowling only in July 2015 – less than half a year before the Games. Phat Yuy was a para volleyball player for Cambodia's national team prior to that. That all changed when Mr Yi Veasna, Chef de Mission for Cambodia, encouraged him to try out tenpin bowling so that the nation could have a representative for the sport at the 8th ASEAN Para Games.

Keen to contribute to his country in whatever way possible, he took up the challenge. Phat Yuy headed to

the bowling alley and was hooked. He trained fervently to learn the skills and improve his techniques.

However, picking up the game was not easy for Phat Yuy, who lost his left leg in a landmine accident in 1986.

"My leg was a limiting factor initially," he shared. "Because of my prosthesis, I found certain bowling postures difficult. But it's something I had to overcome."

And overcome he did. Training for four hours daily with a coach, Phat Yuy put his heart and soul into perfecting

his technique so that he could do his country proud as the first-ever Cambodian representative for the tenpin bowling event.

Like many para athletes, Phat Yuy has found numerous benefits in sport. Besides improving his fitness levels, his living standards have become better. While life was tough for Phat Yuy and his family previously, becoming a sportsman has enabled him to provide comfortably for his wife and four children, aged seven to 15.

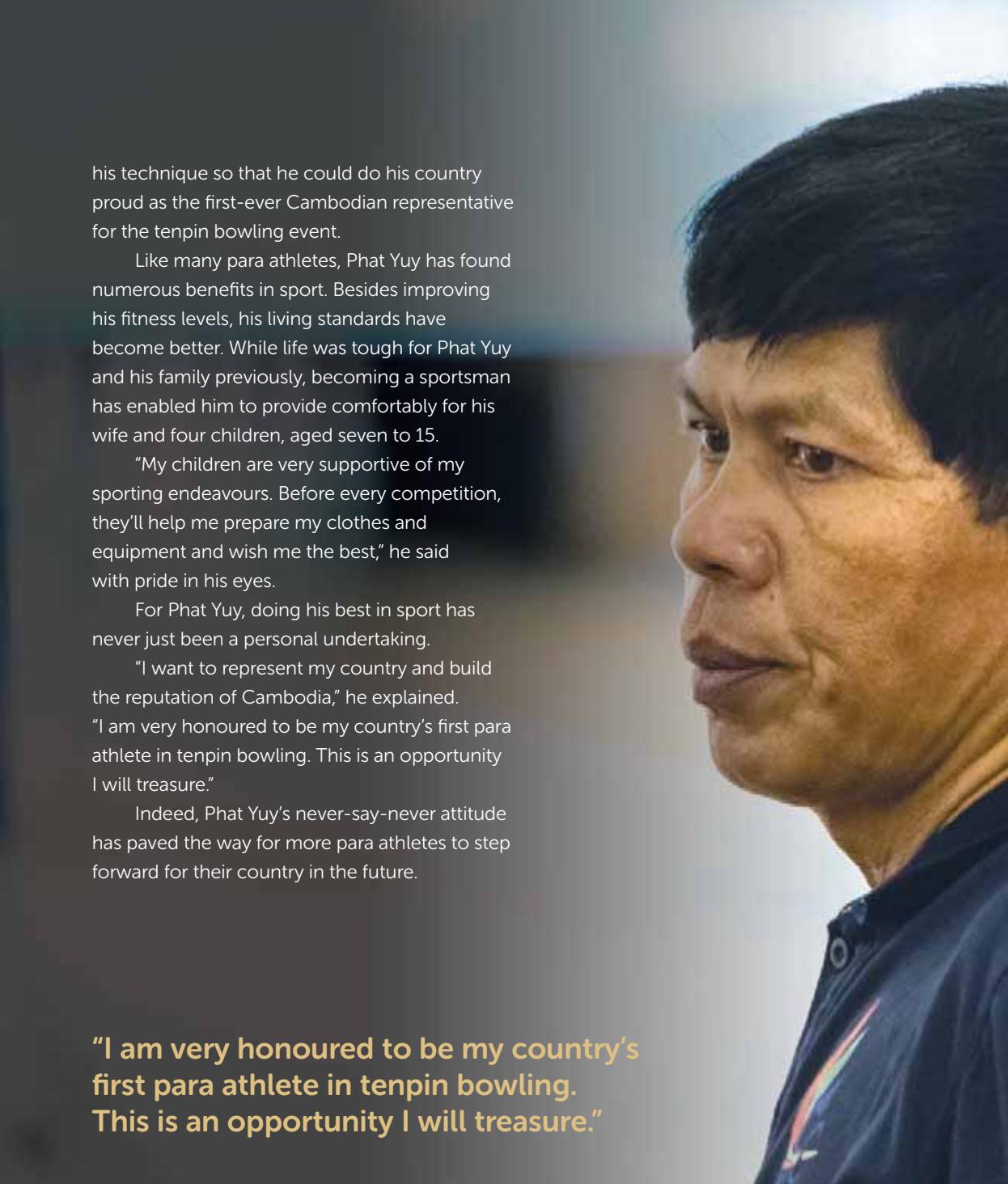
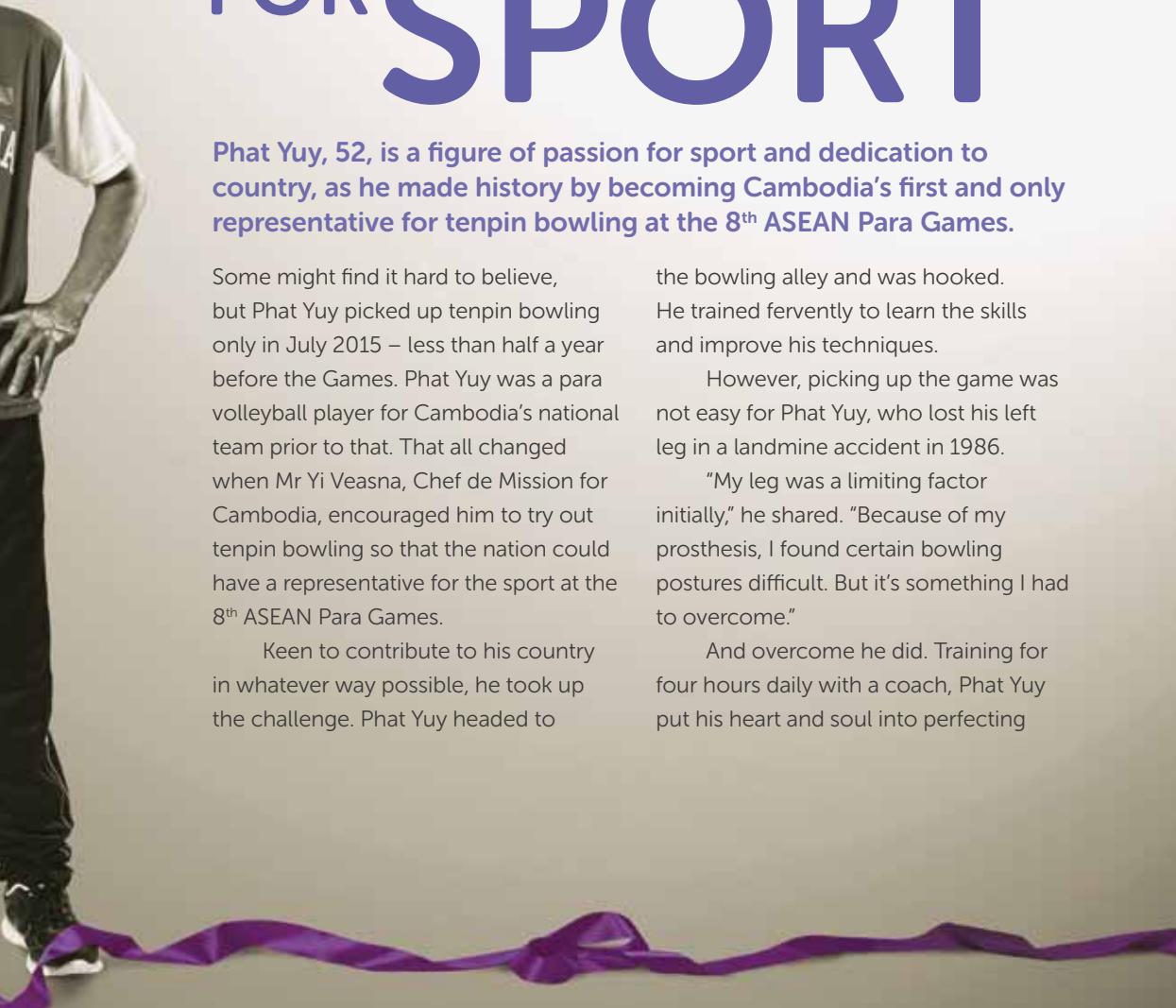
"My children are very supportive of my sporting endeavours. Before every competition, they'll help me prepare my clothes and equipment and wish me the best," he said with pride in his eyes.

For Phat Yuy, doing his best in sport has never just been a personal undertaking.

"I want to represent my country and build the reputation of Cambodia," he explained. "I am very honoured to be my country's first para athlete in tenpin bowling. This is an opportunity I will treasure."

Indeed, Phat Yuy's never-say-never attitude has paved the way for more para athletes to step forward for their country in the future.

"I am very honoured to be my country's first para athlete in tenpin bowling. This is an opportunity I will treasure."



Beyond Limits

lumper and sprinter para sport has been a true aide it possible for him to come stability, and even set meet his future spouse.

itation below the left elbow, ent for jumping at the age of 18 ary school in 2004.

ors playing football and long jump at the physically asked me evely,



"I used to get dejected when other children teased me," he admitted. "But while my parents were sad to see me upset, they never failed to assure me that I was just as capable as anyone else."

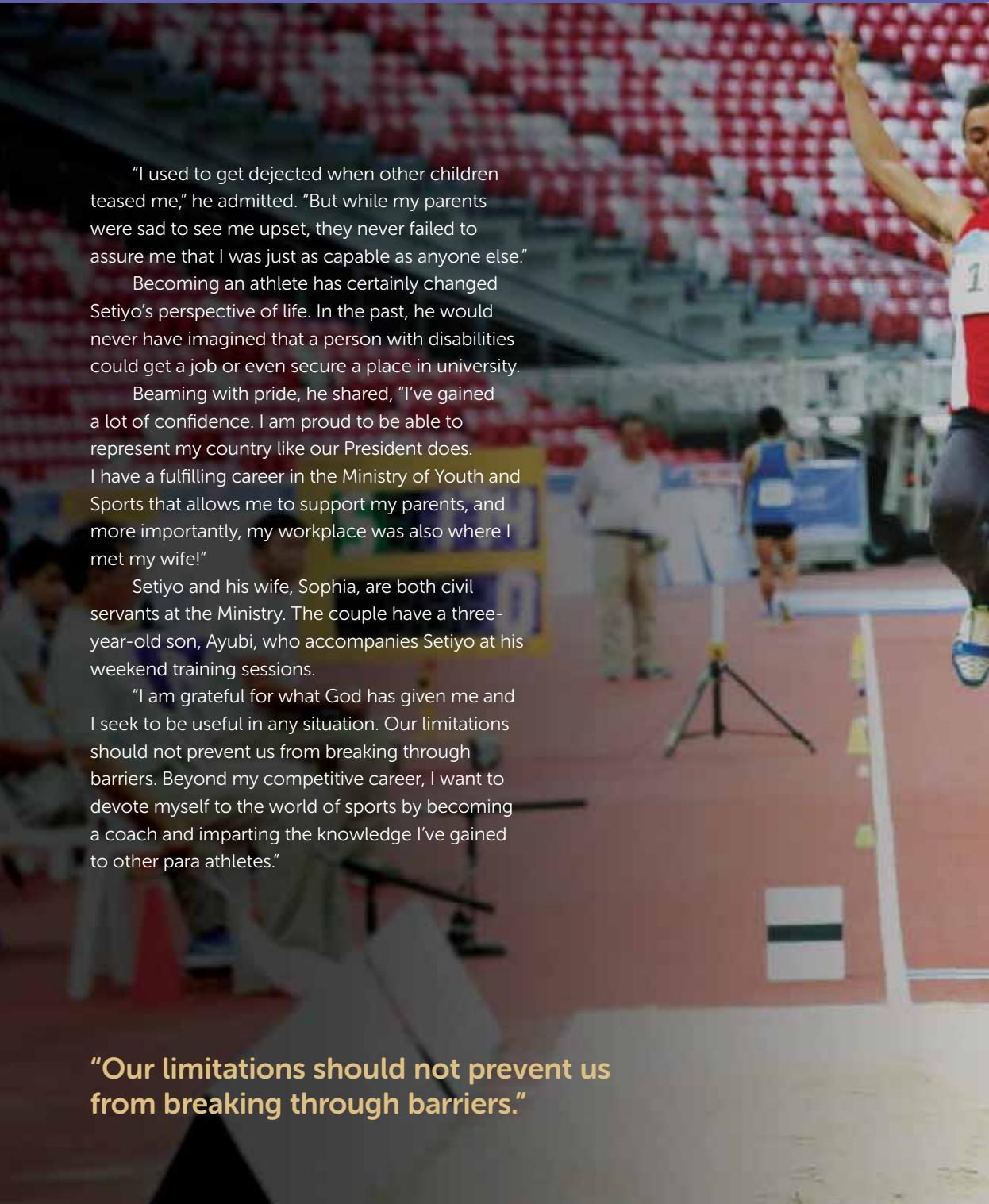
Becoming an athlete has certainly changed Setiyo's perspective of life. In the past, he would never have imagined that a person with disabilities could get a job or even secure a place in university.

Beaming with pride, he shared, "I've gained a lot of confidence. I am proud to be able to represent my country like our President does. I have a fulfilling career in the Ministry of Youth and Sports that allows me to support my parents, and more importantly, my workplace was also where I met my wife!"

Setiyo and his wife, Sophia, are both civil servants at the Ministry. The couple have a three-year-old son, Ayubi, who accompanies Setiyo at his weekend training sessions.

"I am grateful for what God has given me and I seek to be useful in any situation. Our limitations should not prevent us from breaking through barriers. Beyond my competitive career, I want to devote myself to the world of sports by becoming a coach and imparting the knowledge I've gained to other para athletes."

"Our limitations should not prevent us from breaking through barriers."



PLAYING USED R GOALS

Saysomphou, 33, may be visually impaired but she is not deterred from looking towards the future in both work and sport.

At the age of 19, Soukdavy loved playing football and volleyball and took part in football and volleyball meets.

She had dreams of becoming a nurse, but that was another source of employment.

As she became visually impaired, her family decided to start a massage business – which provided an additional income for the family.

Her mother's illness and death halted Soukdavy's opportunity to play football again. She attended the school for the blind in Vientiane, where she was in called "the best student". She got the chance to



She said, "I was so happy when I found out about goalball. I did not know anything about it before. I enjoy team sports, and I love meeting people whenever I play at home and overseas."

Soukdavy's first competition was at the 4th ASEAN Para Games (APG) in Korat, Thailand, in 2008. Two years later, she was joined by her two sisters – Chanphone, 29, and Sonemaly, 26. The sister trio have been playing for their national team since the 2010 Asian Para Games in Guangzhou. And their time together as teammates has further strengthened the bond between the sisters.

The two-time silver medallist in the 7th and 8th APG added, "When I first started, goalball was a big challenge. Because we cannot see, we can only depend on our hearing to determine where the ball is, which is difficult. But what's even harder is learning how to cooperate with teammates and communicating about who takes the shot. The concentration is intense."

Indeed, Soukdavy is focused on what she wants for her future: to contribute to her community, continue excelling in traditional massage methods, stay healthy through sport, and to look forward to the next Games.

"Because we cannot see, we can only depend on our hearing to determine where the ball is, which is difficult. But what's even harder is learning how to cooperate with teammates and communicating about who takes the shot. The concentration is intense."



POWER MEETS POWER

basketball player Ahmad Nazri, 25, is proof survivor and amputee is no roadblock to being in life.

at the tender
nosed with
ok a break
treatment,
in 2006.
s school two
education
for Malaysia,
d him to
ver, the
beginning.
learn the
, it took me
e the skills

option for
as only made
train and get

"I never thought about giving up. My teammates are my friends and they're like my second family. We encourage each other to persevere. I love the game and it's helped me forget the sadness and pain in my legs. I now appreciate everything in life."

His optimism shines through despite a lingering battle with cancer over the years. After the 2014 Asian Para Games in Incheon, South Korea, Nazri had a relapse and had to go through another amputation.

He has endured four amputations and 15 operations throughout his life. Since the last operation, his entire right leg up to the hip has been removed.



Yet, between all these episodes that have seen him bouncing to and from hospital, he has shown pure courage and determination. In fact, Nazri actively gives back despite his condition.

As an ambassador of Majlis Kanser Nasional (MAKNA), Malaysia's National Cancer Council, he has participated in fundraising efforts by scaling Mount Kinabalu, the tallest mountain in Southeast Asia. Not once, but twice, in 2013 and 2014.

He shared, "Mount Kinabalu was an adventure. It was hard climbing with one leg initially, but the journey became enjoyable with the support of the people around me."

So what made him do it in the first place? Nazri explained, "I want to tell my fellow friends with disabilities that their disability is not a limitation, and they should not lose hope. And, to show society that persons with disabilities, too, can achieve the incredible."



**"I never t
giving up
are my fr
they're li
family. W
each othe**

RE THAN ZING RACE

Kyaw Win, 26, may be a man of few words. He goes through when he reflects on how para-
military violence has changed his life.

running, and my bosses have only words of encouragement."

Training four hours daily, his hard work paid off. His first meet at the 7th ASEAN Para Games (APG) in 2014 on home ground saw favourable results when he won two medals – one silver and one bronze. This was despite using an old prosthesis that was uncomfortable and not as conducive for sprinting. At the 2nd Asian Para Games in Incheon, South Korea, that same year, he gunned for gold in the 400-metre T44 race and succeeded.



His winning streak continued in the 8th APG as he won medals in all three of his events: two golds in running and a bronze in the long jump. Breaking the Games record for the 400-metre T44 Finals was the icing on the cake.

His talents have certainly not gone unnoticed. "Running changed my life. At work, I was promoted from the rank of Sergeant to Warrant Officer Class Two. On top of that, running has helped me to become healthier," he said.

Aside from the amazing support at work, he also received a new Ottobock sports prosthesis that offers more comfort while running.

Indeed, it is Kyaw Kyaw's competitive streak that keeps him motivated. "When I see my fellow soldiers do well, I am motivated to do well too. I don't see myself as a person with disabilities. That's how I surpass myself and win."

When asked who inspires him, Kyaw Kyaw beamed, "Usain Bolt. He's crazy fast."

"When I see my fellow soldiers do well, I am motivated to do well too. I don't see myself as a person with disabilities. That's how I surpass myself and win."

POWERING CHANGE

Powerlifting paralympian Adeline Ancheta, 42, is no stranger to the media spotlight. But rather than basking in her glory, she has been using the opportunity to bring about change for persons with disabilities.

Born in the mountain province of Ifugao, the Philippines, Adeline lost the use of her legs after contracting polio when she was three. At the age of six, a Belgian missionary saw Adeline crawling around the house and suggested that she be sent to a school for the disabled in Manila. Though reluctant, her parents agreed.

"It was difficult to be away from my family at such a young age. But that's when I learned to be independent and gained many opportunities. I got to meet friends. I developed my passion for sport and music. I was into swimming, wheelchair basketball, wheelchair racing... I guess because I was away from my family, these became my escape where I could channel my energy," she shared.



Work came after university, and sports took a back seat. But the energetic Adeline soon found herself missing sports, so her friend suggested that she try powerlifting.

In 1997, she signed up and won a local competition where she was the only female competitor. One thing led to another and she found herself in the 2000 Paralympic Games in Sydney. Adeline won a bronze medal, the first-ever para sport medal for the Philippines.

Today, Adeline is a strong advocate for the rights and the betterment of lives of Filipinos with disabilities, especially in the provision of wheelchair services.

She added, "I made it to the papers and TV shows, and was invited to speak. It opened many doors not just for me, but more importantly, for the para sport group as well. The awareness enabled the National Paralympic Committee to push for more initiatives for persons with disabilities."

Indeed, by sharing her life experiences as a person with disabilities, Adeline has successfully campaigned for better wheelchair access in public spaces such as schools and malls. Her efforts have gone a long way.

"I made it to the papers and TV shows, and was invited to speak. It opened many doors not just for me, but more importantly, for the para sport group as well."



HAPPINESS ALL ROUND

Notwithstanding his physical impairment, Cerebral Palsy (CP) football player, Suhaimi bin Sudar, 26, is an all-rounder who pursues his passions with gusto.

Suhaimi is a ray of sunshine when he talks about his life and interests. The economics graduate suffers from mild cerebral palsy, and his condition affects his motor ability and physical movement. This means that his four limbs and entire

body are generally weaker than a regular person's. Yet, despite these physical challenges, Suhaimi constantly maintains a positive attitude towards life. And he credits sport for helping him stay optimistic.

"Playing sport is a form of therapy. It's benefited me physically. I work my muscles, and football basically works my whole body. It's a bonus that football is my favourite sport!" he said with a grin.

Suhaimi read about the Singapore CP football team in the papers and was elated to have found

a sport that he had a knack for. The team welcomed him with open arms, and they quickly became his second family after he joined in June 2013.

"We support and encourage one another. I love the game and my team, and it's come to a point that if I miss a session, I'd feel like something is missing," he said.

Suhaimi works in a global shipping company, having been conferred a scholarship by the Singapore Maritime Foundation. His employers are behind him in his sporting pursuits, and he is grateful for their support. Said the Singapore Management University graduate, "My company has been very supportive and understanding. During the Games, they gave my colleagues time off so that they could come support us!"

That was not all. Suhaimi's company also offered him special leave to take part in the Games. For Suhaimi, this was proof that his employers had truly embraced him as an athlete – a fact that motivates him to work even harder for his company.

So what motivates him to play? He declared, "I compete for my country. That's my drive. We forget all about cerebral palsy once we step onto the pitch. And we play our hearts out, knowing that we're playing for Singapore."

"I compete for my country. That's my drive. We forget all about cerebral palsy once we step onto the pitch. And we play our hearts out, knowing that we're playing for Singapore."



GET THE BOCCIA SUPERSTAR

ed boccia players in the world, well-liked by his peers, enjoys home country of Thailand, and an "idol for para athletes".

an instant liking to the sport, but mastering the game took some time.

"It was very tough for me in my first year as a beginner. My muscle control was not well developed. So it took me five years of training to overcome this and finally qualify for competition," he said candidly.

Born premature at seven months, alarm bells started ringing when Pattaya's parents noticed that he had not cried for one month.



A check-up at the doctor's turned into a six-month hospital stay, and his parents were told that their son would never lead a normal life.

Growing up, his speech was hampered by his ability to control his neck muscles. Communicating with others was challenging, but it was his involvement in boccia that became a game changer.

"The exercise from playing boccia was very good for me. It strengthened my muscles, giving me better neck control. My speech improved by leaps and bounds," Pattaya shared.

Since the London Paralympic Games, Pattaya has been inundated with requests for media interviews and television appearances.

Animated and cheerful, Pattaya has also endeared himself to the Thai public.

"Boccia allows me to travel – to venture and see new things. It's boring just staying at home," he joked.

Deputy Chef de Mission for Thailand, Mr Surasit Thongchan, added, "Pattaya is very popular in Thailand. He is very independent and he's considered an idol for para athletes. Pattaya gives hope to both persons with disabilities and able-bodied people."

Truly, in spite of all the attention he has received, Pattaya only has his fellow para athletes in mind. He emphasised, "What persons with disabilities need are opportunities. Open your hearts and listen to them."

"What persons with disabilities need are opportunities. Open your hearts and listen to them."



SPLASHING INTO SUCCESS

Just over five years ago, Trinh Thi Bich Nhu was a seamstress in Ho Chih Minh City. Today, the 30-year-old is a rising para swimming star at the pool.

The second of three children born to farmers in the Kien Giang province of southern Vietnam, Bich Nhu was diagnosed with polio at the age of three – a condition that has left her a wheelchair user ever since.

Life seemed bleak, until she made a radical decision to turn things around at age 23 when she left the comforts of her home for Ho Chi Minh City to seek new opportunities.

Her decision was met with fierce opposition from relatives who were worried for her wellbeing. Bich Nhu went ahead with her plans anyway, and soon found a job in the city as a seamstress with a daily wage of USD2.20. It was also in the city that she gained an interest in swimming.

"I was introduced to my first coach in 2010 after I expressed my desire to learn swimming. I had seen other para athletes in the pool and I wanted to be just like them," she said.

She has not looked back since. In July 2015, Bich Nhu won a silver medal in the 2015 International Paralympic Committee Swimming World Championships in Glasgow, Scotland. She was Vietnam's first-ever para athlete to win a medal on the international stage.

"I was so happy with the silver medal. It's not my glory but the entire Vietnamese team's labour," she shared humbly.

The win earned her a bonus of USD4,500 – a far cry from her monthly salary of USD67 as a seamstress. Beyond the monetary gain, competitive swimming has given her a new lease of life.

Flashing a radiant smile, she explained, "I have made so many more

friends since joining sport. My fitness levels have improved tremendously and so has my general health."

Bagging two golds and one silver at the 8th ASEAN Para Games, Bich Nhu also set two new Games records. She has also won her father over, and he is now convinced and assured that she is capable of taking care of herself.

"I was introduced to my first coach in 2010 after I expressed my desire to learn swimming. I had seen other para athletes in the pool and I wanted to be just like them," she said.



ENABLING THE EXTRAORDINARY

Behind every para athlete are people who have gone beyond themselves to help these persons with disabilities, enabling them to overcome their physical and mental limits and step up to compete. From family members to coaches, they are the ones who have made the extraordinary displays of courage and resilience at the Games a reality.



A legacy of para swimmers

Vietnam's para swimmers performed well in the pool at the Games, and part of the credit must go to Coach Cuong's decision and resolve 16 years ago to train these persons with disabilities to swim competitively.

EMPOWER INDEPENDENCE

Veteran coach Dong Quoc Cuong, 71, is not only a pioneering coach in para swimming – he is also driven to empower persons with disabilities.

Coach Cuong had an illustrious 32-year career coaching able-bodied swimmers in his country, Vietnam. That all changed in 2000 when he decided to turn his attention to persons with disabilities. Today, he is known as the pioneer coach for para swimmers in the country.

Making a difference

"I had seen many children with disabilities in the southern part of my country. These were kids who were born into poor families. This inspired me to create a safe haven for children like them to learn swimming, practise and play together," said Coach Cuong.

Coach Cuong soon realised that coaching para swimmers was a completely different ballgame from coaching able-bodied swimmers – one that he had to adapt to quickly.

"When I coach able-bodied swimmers, all I need to do is shout out instructions from the poolside. But coaching para swimmers becomes more

personal. I need to teach, support and styles," he said.

Coach Cuong is fond of being hands-on. At the Paralympic Commonwealth Championships in Glasgow, he assisted his four para swimmers.

The drive to succeed

When Coach Cuong first saw a swimmer has the potential to succeed in the pool, he motivates him/her to swim at a competitive level.

Coach Cuong believes personal satisfaction is the main reason to push forward.

"When I see my swimmers, they get opportunities to succeed. It enables them to believe in themselves and they support the coach. This is my motivation."

WING WITH HIS HEART

national badminton chief coach Moe Chin Kiat, has been under his wing. But 25 years ago, he left the world of professional badminton to train para badminton players.



In 2014, he was in a vocational school for the disabled when he spotted a group of youngsters idling along the corridors. He rounded them up and got them involved in para badminton. And in just 18 months, they became Malaysia's representatives at the 8th ASEAN Para Games.

Coach Moe now has his eyes set on these youths as well as new talents to represent Malaysia at the 2020 Paralympic Games in Tokyo, Japan.

His dedication is fuelled by his players' enthusiasm for the sport. Coach Moe, who spends four days a week coaching, said, "The players have full-time jobs and they come and train even after a hard day at work. I know it is very tiring for them, but I can see how committed they are."

The well-loved coach believes in gaining by giving happiness to others – a personal belief that has enabled countless para badminton players to look beyond their disabilities to play at a competitive level.



Training hard to win big

Coach Moe and his team do not go easy on their para badminton players, treating them like any able-bodied player by drilling them hard at training and instilling in them a desire to win.



IMMERSED IN SHARED DREAMS

For Singaporean para swimmer Benson Tan, 24, family support has played a crucial role in his development as a competitive swimmer. His mother, Mimi Tan, 65, shares what it takes to be a source of support.



Winning with the power of family support

Benson swept five medals at the Games – an achievement that would not have been possible without the support of his mother, Mimi Tan, and the rest of his family.

After being diagnosed with attention deficit hyperactive disorder (ADHD) and an intellectual disability, Benson's parents were convinced that sport would help him channel his energy. They were right. Benson took to swimming like a duck takes to water.

His talent in the pool soon emerged. A silver medal at the 2009 Asian Youth Para Games in Tokyo, Japan, propelled his pursuit of competitive swimming and Benson dived into training 10 times a week.

A family's dedication

The family's support for Benson's swimming endeavours is crystal clear.

Said Mimi, "Benson trains twice a day. His morning training session begins at 5.30am, so my husband has to leave home every day at 4.45am to ferry him to training. And when my husband is busy, my elder son, who is in his 20s, helps out."

Besides family members, Mimi also counts on her trusted helper, Lorna, to take care of Benson when she is at work.

A big splash
Their unyielding support has led to his success in the 2019 Asian Para Games (APG) where he won four golds and one silver.

This was especially encouraging as Benson's condition makes it difficult for him to focus easily – a challenge that Benson's coaches have had to dislodge from his mind.

However, Benson's streak at the APG began with a silver medal in the men's 100m butterfly at the Opening Ceremony.

Mimi said, "I am so proud of Benson. He would be afraid of swimming in front of crowds... I am so happy that he is not afraid of swimming in front of people."

"I could see Benson's smile of pride. Being part of the team has helped him tremendously," said Benson's coach.

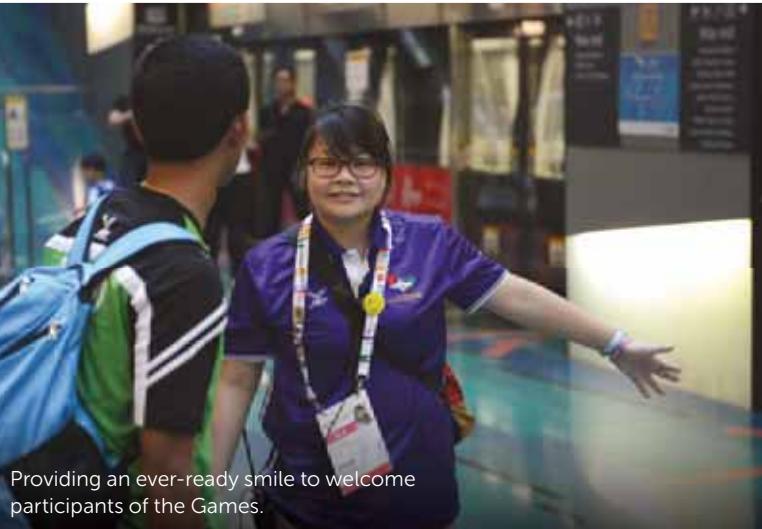
Indeed, Benson's coach believes that Benson's success is a testament to the power of family support and the importance of staying positive.

BACKBONE THE GAMES

Thousands witnessed the generosity of the volunteers, officials, coaches, and workforce who gave their personal time and effort to the 8th ASEAN Para Games. For all of them, the Games offered experiences to cherish for a lifetime.



Ceremonies went on smoothly.



Providing an ever-ready smile to welcome participants of the Games.



Picture the Games.



The athletes were in good hands with quality medical support.



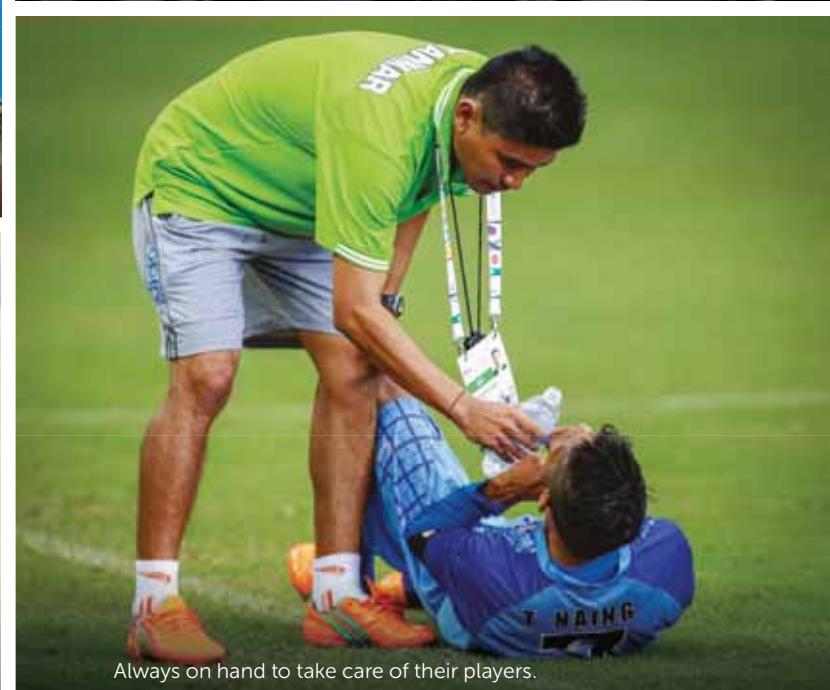
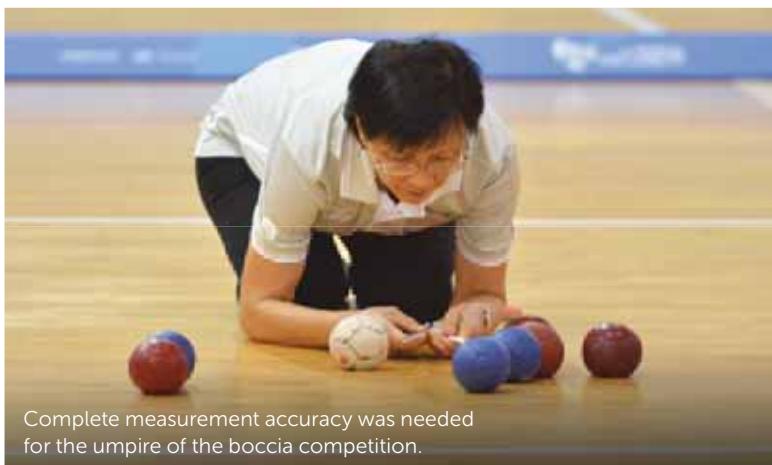
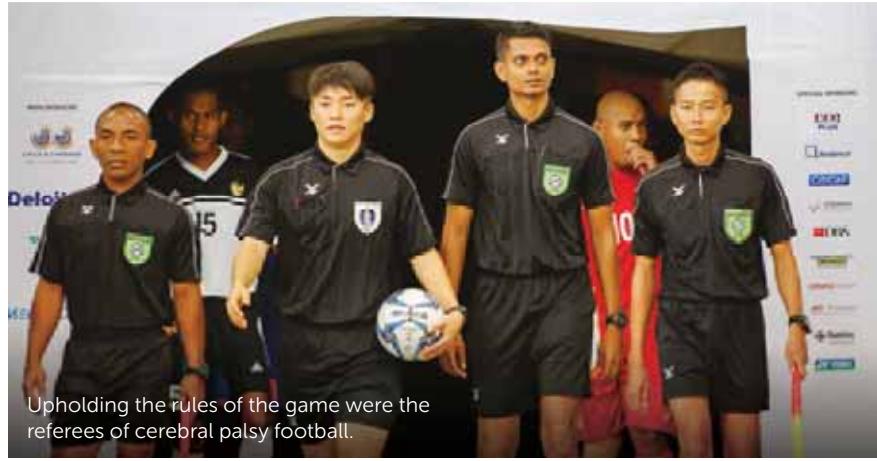
Sharing moments of jubilation with hugs and smiles.

"I'm so happy our volunteers give hearted support to the Games. At the end of the day, the para athletes mean a lot to me not just for the love of sport, but for the whole meaning they have. They are all living proof of how we should live to the fullest."

Ramil Leonardo C.
Merchandising Manager
(Community Engagement)

"As a person with physical impairments, I feel like I can't go through the times. But the people here have inspired me to be more resilient and live life to the fullest. As I watch the athletes, I feel motivated to push my own boundaries."

Foo Xu Hui, 19
Accreditation Officer

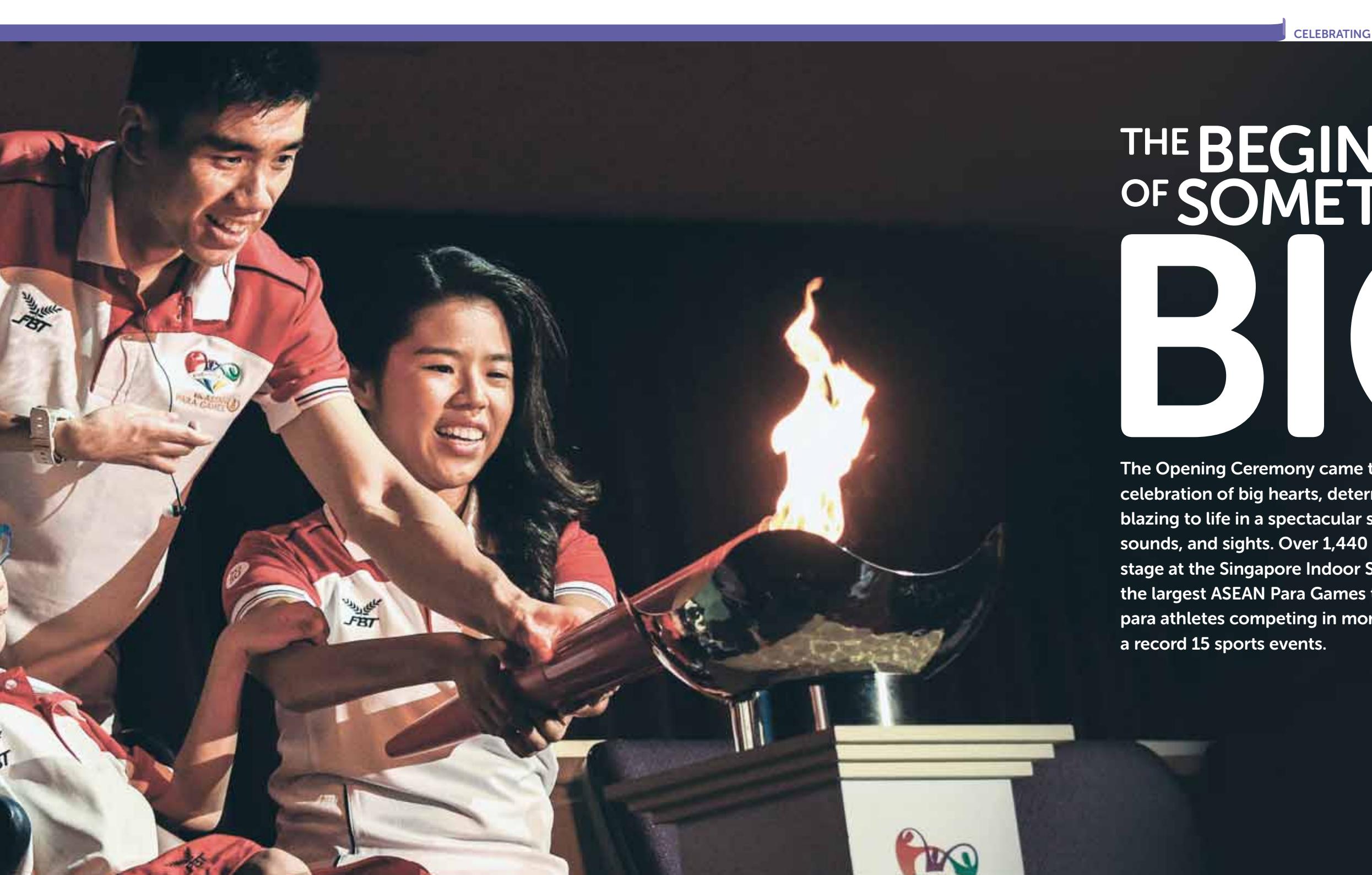


"The spirit of volunteerism and community involvement was strong. It was heartwarming to see everyone wanting to contribute in making the participants feel welcome and appreciated."

Rachel De Leon Ramos, 41
Referee for Table Tennis

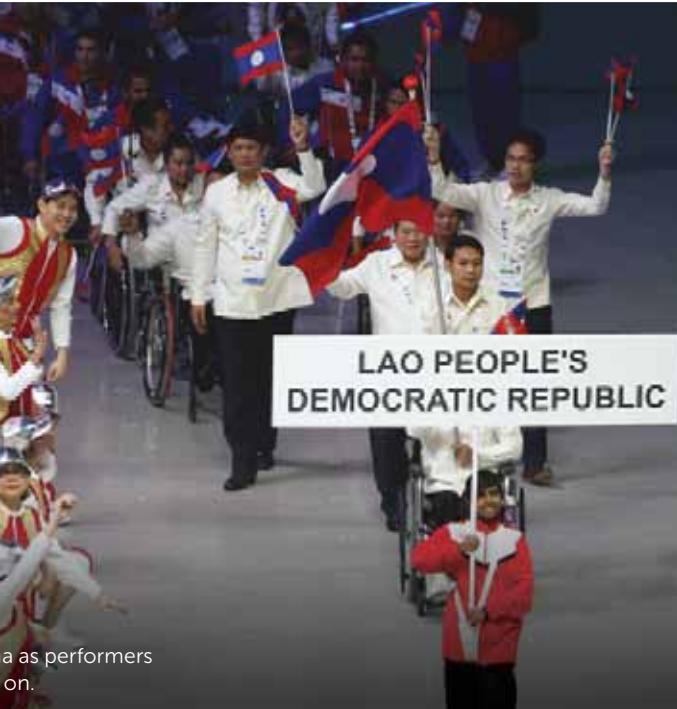
CELEBRATING UNFORGETTABLE MOMENTS

Seven days of high-impact action, grit, endurance, determination, and camaraderie. Of witnessing extraordinary people defy their limits time after time. With their remarkable will, they came together and overcame challenges, inspiring us to defy our own limitations.



THE BEGIN OF SOMETHING BIG

The Opening Ceremony came to life with a celebration of big hearts, determination, and dreams. The fire blazed to life in a spectacular sight, surrounded by sounds, and sights. Over 1,440 athletes from 11 countries took to the stage at the Singapore Indoor Stadium, marking the largest ASEAN Para Games to date. Athletes from 11 countries joined 1,440 para athletes competing in more than 15 sports events.



as performers
on.



A Spectacular Ceremony for All
For the first time, the ceremony was broadcast live with live sign language interpretation and captioning.



Steering the Future of Para Sport
New members of the Association Para Sports Federation were elected.



Dazzling Performers, Dedicated Volunteers
After months of intense preparation, the work of the performers and volunteers came to fruition in a brilliant display.

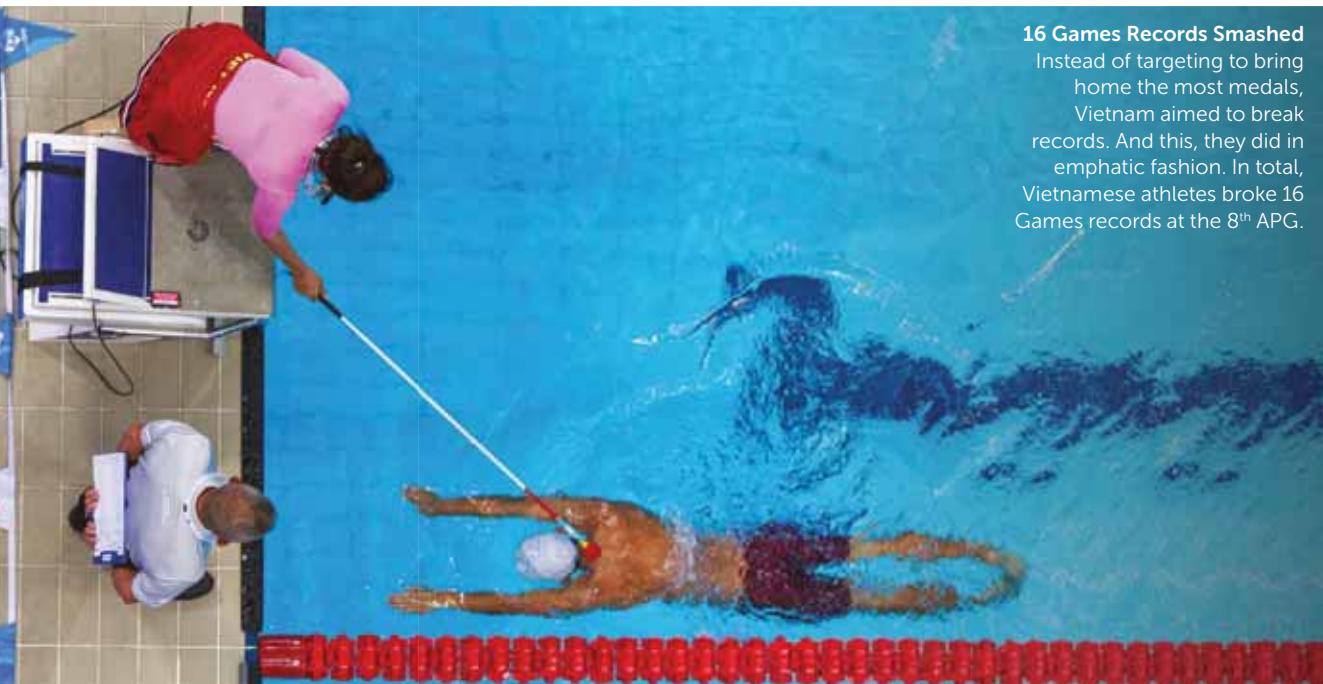


Hands-on Performances
Spectators got into the action as they lit up the stadium with their glowing gloves.

AMPIONS OF PIRATION

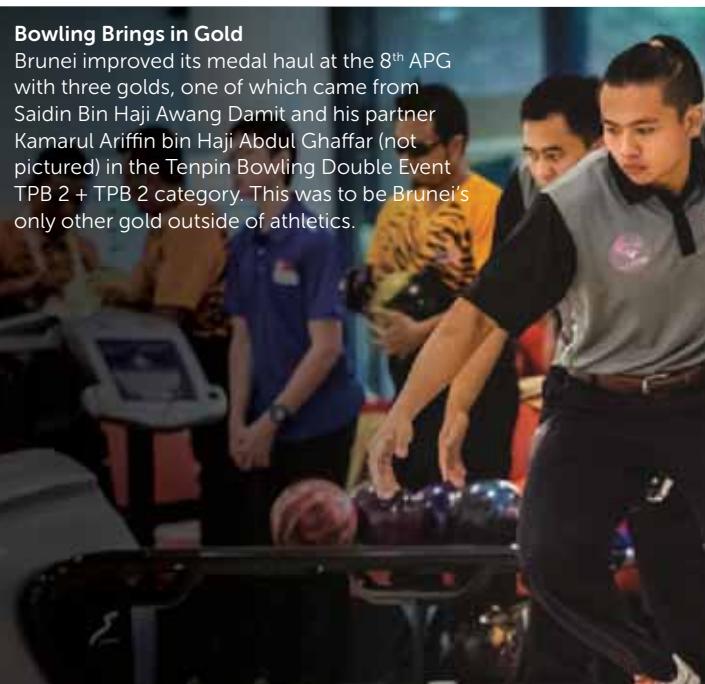
ay have had to face adversities in their life, but they have
nges hold them back. Instead of looking at what they
e the most of what they have and charged ahead. The
es saw the rise of these new sporting heroes – men and
ties who did the amazing on the playing fields of the
g so, they inspired the region by achieving what many
was impossible.



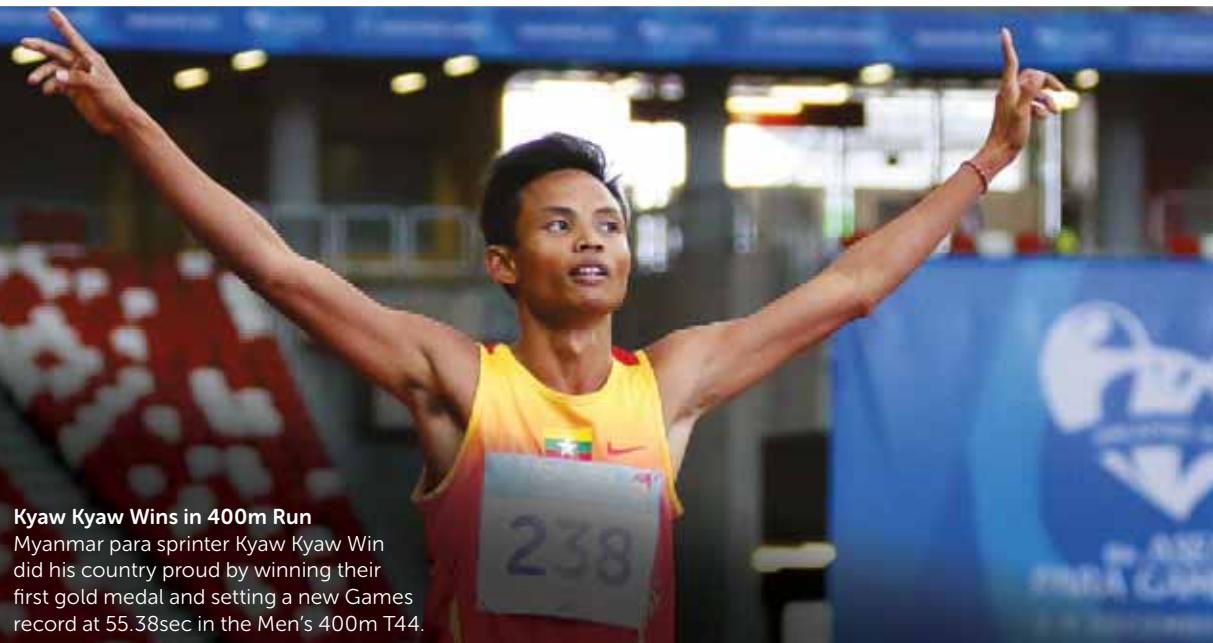


16 Games Records Smashed

Instead of targeting to bring home the most medals, Vietnam aimed to break records. And this, they did in emphatic fashion. In total, Vietnamese athletes broke 16 Games records at the 8th APG.



AN Para Games Athletics
Souliphone Vongdala made the clinched a bronze in the



Kyaw Kyaw Wins in 400m Run

Myanmar para sprinter Kyaw Kyaw Win did his country proud by winning their first gold medal and setting a new Games record at 55.38sec in the Men's 400m T44.



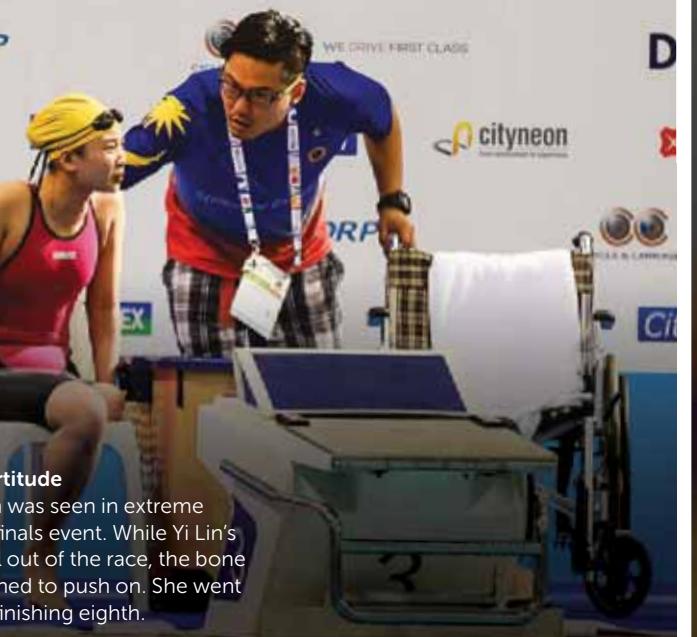
Breaking the World Record Despite the Odds

Para swimmer Yip Pin Xiu of Singapore broke a world record in swimming despite being three classes below her opponents at S2. She finished with a time of 1min 1.61sec, just 0.02sec ahead of Vietnam's Nguyen Thi Den, in the Women's 50m Backstroke S5 (S2-S5).

SPRIT AND COURAGE

The moments are not always the ones about the moments of true courage, bravery, and resilience when the para athletes, with their will to believe in themselves – even when the odds are against them. And we saw many of such moments at the Games.





titute
was seen in extreme
inals event. While Yi Lin's
. out of the race, the bone
ned to push on. She went
nishing eighth.



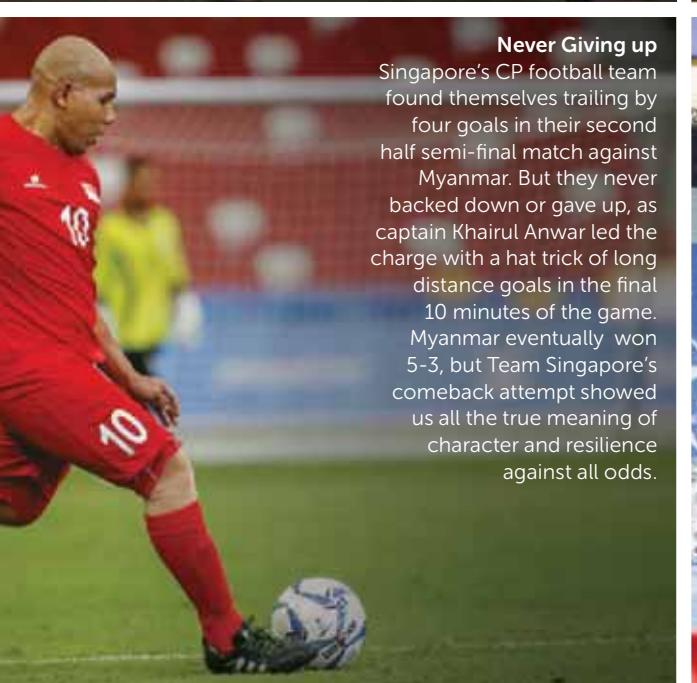
The Game Must Go on

With his eyes blindfolded for the football 5-a-side game, Panyawut Kupan of Thailand sustained a bloody nose after an accident during his team's match against Vietnam. He put the pain aside and persevered through the game, scoring a beautiful goal for the team.



A Shot at the Finals

Former 2003 SEA Games bronze medallist Aishah Samad lost both her limbs to a serious bacterial infection in 2013. Undaunted by her disability, she picked up para shooting and made her debut at the 2014 APG. The Singapore shooter made her mark as she qualified for the R5 10m Air Rifle Prone Mixed SH2 Finals.



Never Giving up

Singapore's CP football team found themselves trailing by four goals in their second half semi-final match against Myanmar. But they never backed down or gave up, as captain Khairul Anwar led the charge with a hat trick of long distance goals in the final 10 minutes of the game. Myanmar eventually won 5-3, but Team Singapore's comeback attempt showed us all the true meaning of character and resilience against all odds.



Ticket to Rio Secured

An abortion survivor and orphaned as an infant, Ernie Gawilan won the Men's 400m Freestyle S8 Finals in a Games record time of 4min 48.49sec. In doing so, he became the first male swimmer from the Philippines to qualify for the Paralympics.

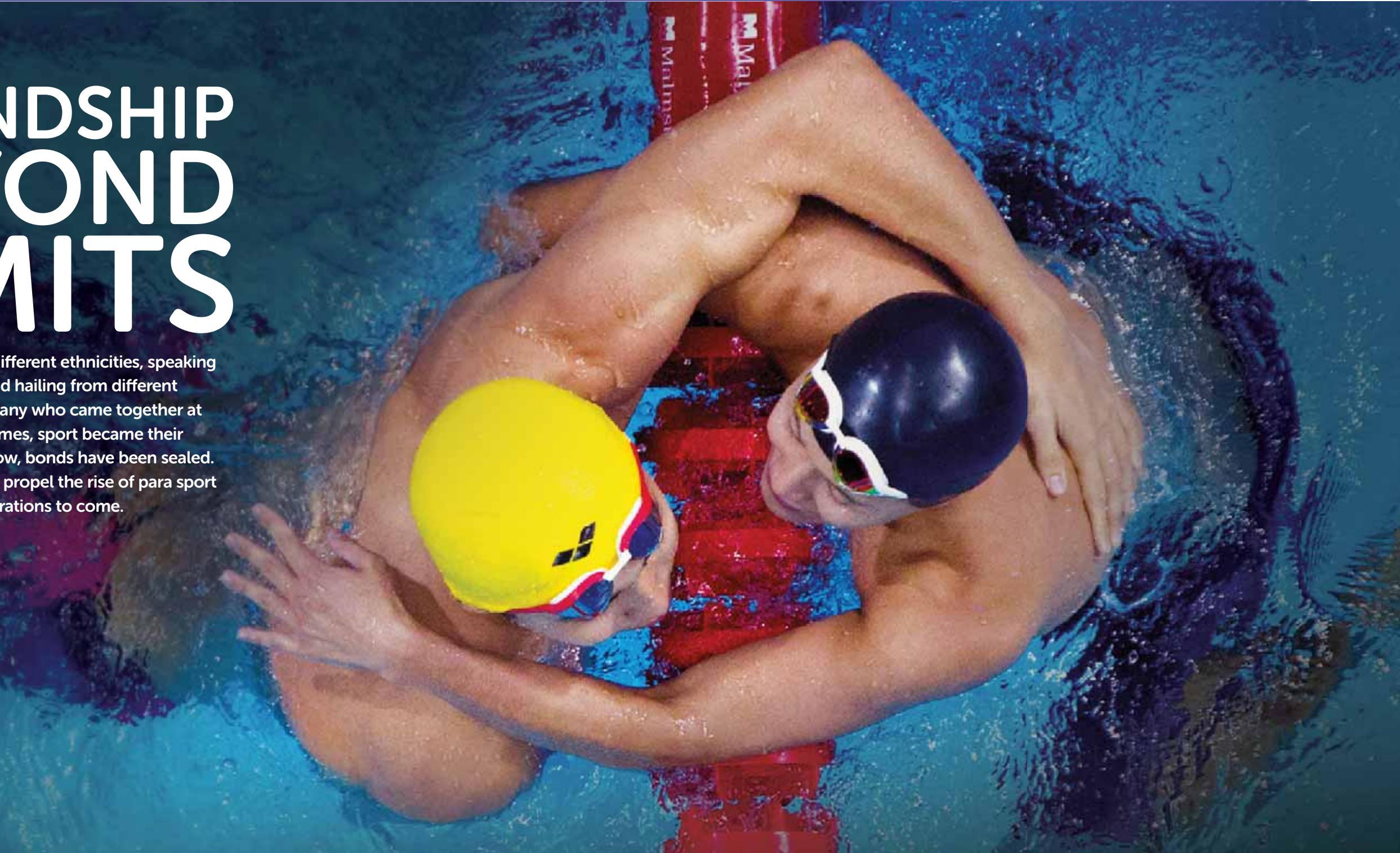


Badminton Champ Ousted

Indonesian Suryo Nugroho clinched gold in the Badminton Singles SU5 against reigning king of para badminton, Malaysian Cheah Liek Hou. This was only the second time he had beaten the world number one.

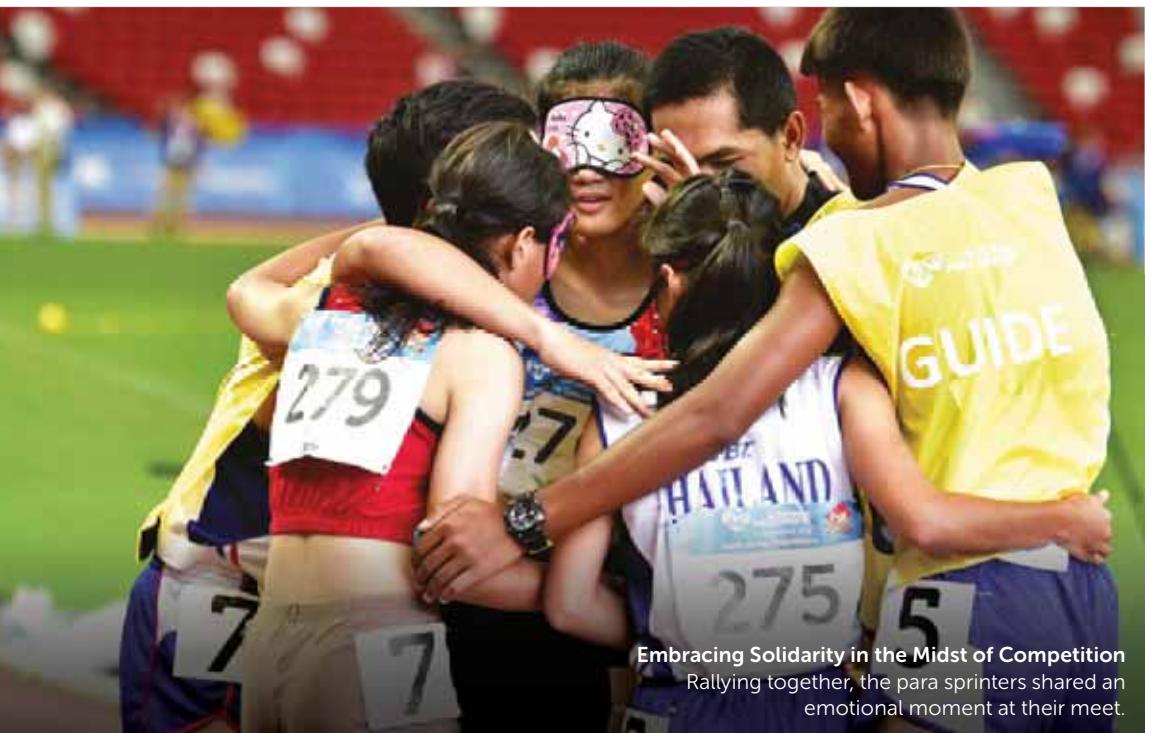
ENDSHIP OND IMITS

ifferent ethnicities, speaking
d hailing from different
any who came together at
mes, sport became their
ow, bonds have been sealed.
propel the rise of para sport
rations to come.





Together
Athletes from different countries formed a human train for some post-match fun.



Embracing Solidarity in the Midst of Competition
Rallying together, the para sprinters shared an emotional moment at their meet.



Athletes Together
The football legend Ronaldinho surprised everyone with his skills. The football legend joined athletes and volunteers together in a friendly game of foosball.



Opponents in Boccia, Friends for Life
Boccia players showed us the meaning of camaraderie and sportsmanship.



Checkmate for Friendship
Outcomes aside, new bonds were made among these two chess players.



A 3-pointer for Solidarity
Friendly smiles all round between the two teams in wheelchair basketball.

"I made many new friends. Everyone was very responsible, humble and friendly."

Yi Sopeaktra, 24
Assistant Swim Coach, Cambodia

"It was a good experience with para athletes and from other countries. We became friends, laughed a lot."

Law King Kiew, 54
Powerlifting Team Manager, Malaysia

WINNING REGIONS OVER

Fans from across the region gathered in Singapore and filled the stadium to cheer on their home teams as well.

Such was the love of the 8th ASEAN Para Games, that fans were seen to wear their hearts on their sleeves.





"It is amazing to train and do what able-bodied athletes do, even compete in international competitions."

Aung Ko Min, 31
Myanmar

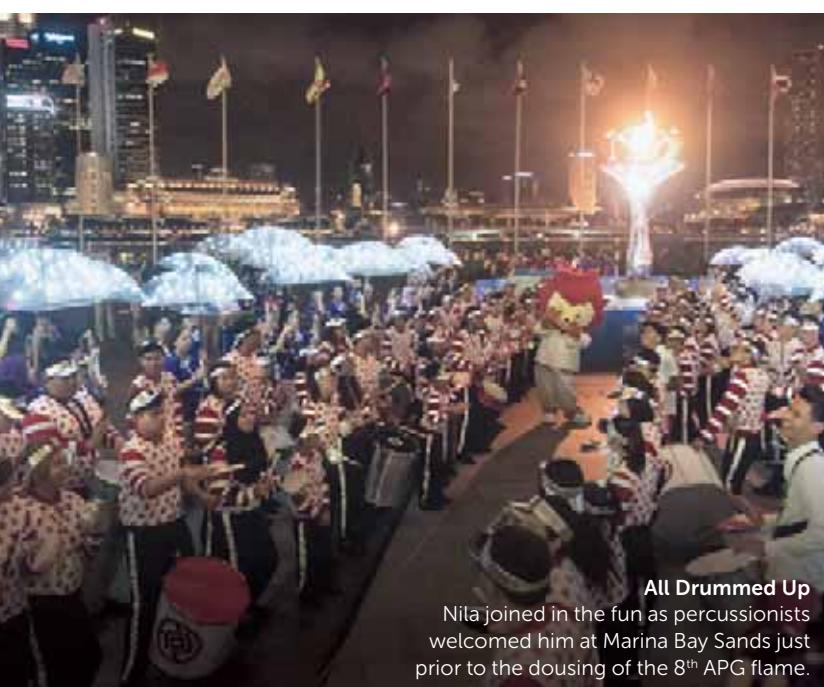
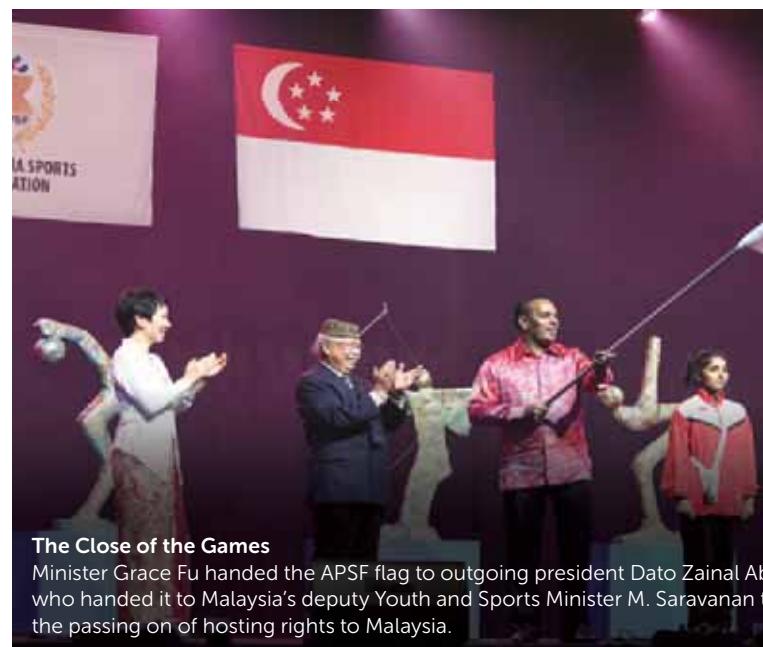
"I am having a great time. The events are well-managed. I can see how the para athletes here are working very hard."

Bancha Khamthong,
Thailand

SING ON NIFICENT GHT

competition ended on a high note at the Closing Ceremony at Marina Bay Sands. The curtain call for the 1,250 para athletes came together at the 8th ASEAN Para Games. They not only won medals, but also left as champions of sportsmanship. While they may have left significantly, they left behind a legacy of inclusion for persons with disabilities to look forward to.





CELEBRATING A BETTER TOMORROW

Beyond the action and drama of competition, the stories told and records broken, the Paralympic Games has left us a lasting legacy. A legacy of more inclusive societies, of braver and braver Games to come, of a more equal world where the able bodied and different abilities live together as one, and of increased self-respect for people with disabilities and for para sport.

STARTING A GREAT FUTURE

mes gave rise to a firsts. From offering opportunities than ever community every chance takes for persons with at such sporting events, s to build a more inclusive support for para sport.



Tenpin bowling was among the 15 sports that was featured in the 8th APG.



Para sailors continued the legacy of the sport after it made its debut at the 5th APG in 2009.

END PARA ACT

Most number of sp

The 8th ASEAN Para Ga for the region's progr the largest ever Games featured 15 sports in its the last Games in Myan

Over 1,250 para athlived for the 981 medal athletics, badminton, bl palsy football, football powerlifting, sailing, sh bowling, table tennis, a

The seven days of c full force at Marina Bay SAFRA Yishun, and Ten were carefully chosen, the ease of accessibility disabilities – athletes a

With free entry for t these sporting events, 8th APG to increase sup encourage more perso sports, and help grow to strength.

COMPLETE APG EXPERIENCE

Community outreach

hours, thrilling ‘live’ and educational fun – of life experienced all course of the 8th ASEAN

community a deeper and of the 8th APG beyond them, these activities some of the para interact with persons have fun at the Carnival. took part in the tours perspectives into what athlete. These group c, schools, and by trained guides who s para sport events. race, teams used a stop that saw them racing Singapore Sports Hub to ed to para sport.



The tour was open to everyone of all ages.



Tour participants waved on in enthusiasm as they spotted their faces on the stadium's video board.



Participants were game to take on various para sport-related challenges as part of the Nila Fun Race.



Taking the leap to support para sport – A Nila Fun Race team took time between checkpoints for a jump shot.



Nila Fun Race participants had a v across the waters to their next ch

CELEBRATING CULTURE PARA SPORT

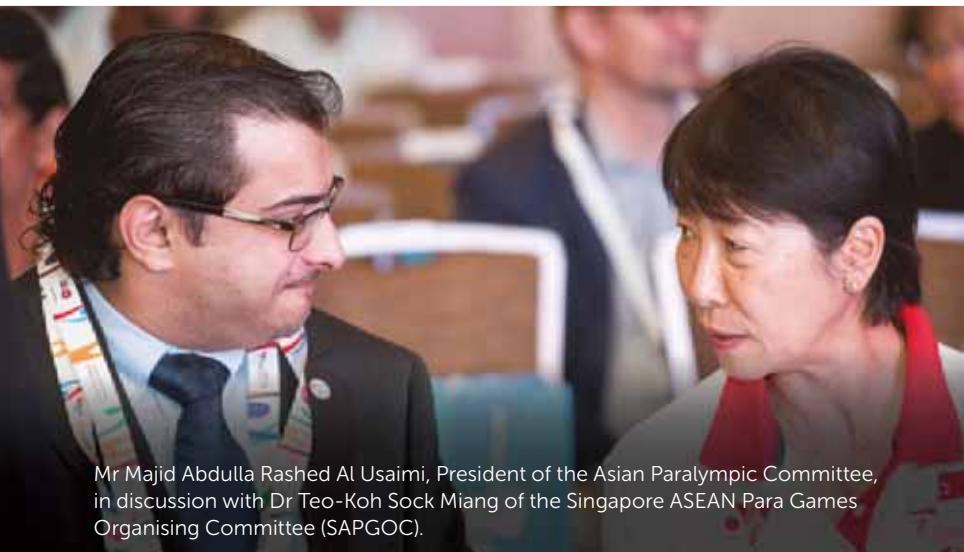
ment of the Games,
ever ASEAN Para Games
nt saw member states

building a stronger para
clusive society.

delegates from all
rum was held on
ne to be a noteworthy
aring and discourse
n para sport.

ers was Ms Scout
e from the United
onal story of how she
mputee orphan to
holder for the Women's

posium marks the start
ngs for future APGs.



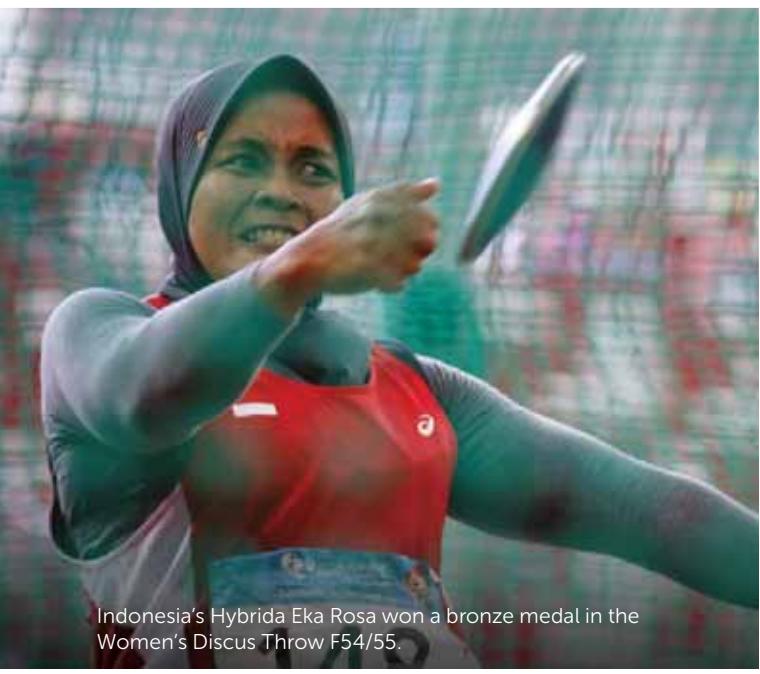
"We see the
a great opportunity
to foster
inclusive
caring socie

Ms Grace Fu
Minister for Culture,

MEDALS SCORE

sts' at the 8th ASEAN Para Games, and 981 medals awarded. This was of the Games that this many sports constantly, it sets a precedent for more para sport across the region.

		TOTAL
76	79	250
74	63	218
58	37	147
58	50	156
17	22	63
17	29	62
17	26	59
3	6	12
2	6	9
2	3	5



GAMES IN NUMBERS

Games captured the hearts and minds of audiences across Southeast Asia and captivated by the riveting action and inspired by the para athletes' endeavours, advocates for the power of sport to enable persons with disabilities.

Reaching Out

The para athletes inspired thousands to become fans of the Games, as well as advocates for para sport.



843,000
Free-to-air viewership
of the Games

400 MILLION
Potential reach of
TV coverage in ASEAN



42,000
Students engaged in
modular school programmes



OVER 350,000
Public participants through
community outreach events



124,795
Spectators at sports event

All Abuzz Online

Our online and social media platforms kept people connected to the Games anytime and anywhere, engaging them in conversation and bringing them closer to our para athletes on and off the field. With the 8th APG TV App, audiences around the world were able to catch all the action of the Games on



4 MILLION
Video views



4.2 MILLION
Views



APG WEBSITE
SOCIAL WALL



6,500



228,000
8th APG Website unique visitors

188,979

Likes

25 YEARS

Total watch time

OVER 2.1 MILLION
Pageviews

9:17 MINS SECS

Average session length

70

AV

12

20

20

(APG) made history as one
otion.

81
dals

36
ents

5
orts

595
Team Officials

50
URS
age produced
Definition

MAIN SPONSORS



Deloitte.



MEDIACORP

London
School of Business
& Finance



COMFORTDELGRO



molten®

OCBC Bank

OSIM

ottoboc



RAJAH & TANN



OFFICIAL SPONSORS



CitiCall



FOCUS MEDIA SINGAPORE
iMediaHouse
Hong Kong Stock Exchange: 8112

HAVAS MEDIA

JIA
88.3 fm
SAFRA RADIO ON-AIR • ONLINE • ON-SITE • ON TARGET

POWER 98FM
YONEX



PARTNERS IN SPORT



Giving Hope. Improving Lives.

DONORS AND SUPPORTERS

Arina International Holding Pte Ltd | Block Up! | Deloitte | JK Technology Pte Ltd

Marina Bay Sands | Mr Chan Chong Beng | NTUC FairPrice Foundation

Information correct at the time of printing

of Culture, Community and Youth, and Singapore ASEAN Para Games Organising Committee.

Huang Xiaolong
Ian Jo
John Wong
Jonathan Neo
Julian Enriquez
Kesava Reddiar Jayakumar
Leong A C
Leong Wei Chiang
Lim Yong Teck
MPN Char
Ng Chrong Meng
Nick Ngaw
Pat Choo
Paul Chew
Philip Au

Poey Yin Theng
Ricky Tay
Sanketa Anand
Seow Gim Hong
Shaun Ho
Siew Woon Chong
Simon Pek
Siriporn Harper
Stanley Cheah
Suki Singh
Tan Kok Hon
Teo Wei Keong
Thomas Lee
Tomy Ng
Wilson Wong



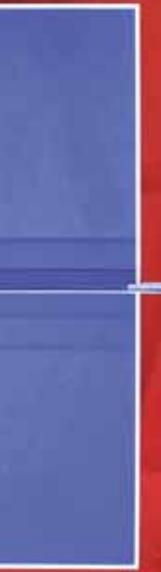
Copyright © 2016 Sport Singapore

Published by Sport Singapore

Sport Singapore
3 Stadium Drive, Singapore 397630
Tel: 6345 7111
sportsingapore.gov.sg

Part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, ordering, or other electronic or mechanical methods, without the prior written permission of the publisher.

ISBN: 978-981-11-0032-1



DEFY
YOUR OWN
LIMITS



8th ASEAN
PARA GAMES

www.aseanparagames2015.com

DEFY EVERY LIMIT

CELEBRATING EXTRAORDINARY PEOPLE