TEAM SINGAPORE AT THE 25TH SEA GAMES VIENTIANE, LAOS 2009

PROFILE OF TEAM SINGAPORE FLAG-BEARER AND PLEDGE-TAKER

Ong Jun Hong
Shooting
Team Singapore Flag-bearer
Events competing in at the SEA Games:
10m Air Rifle Men, 50m Rifle Prone Men, 50m Rifle 3 Positions Men

This year has been yet another strong one for Jun Hong, finishing with top honours at the Singapore Open Shooting Championships in the 10m Air Rifle Men, 10m Air Rifle Men Team, 50m Rifle 3 Positions Men and the 50m Rifle 3 Positions Men Team.

Twenty-one-year-old Jun Hong is currently studying at the National University of Singapore School of Business and is a former student of the Chinese High School (2001-2004) and Hwa Chong Institution (2005-2006).

This is the second time Jun Hong is participating in the SEA Games, having collected a Gold, Silver and Bronze medal in 2007. When not training or studying, Jun Hong would spend some time chatting with his friends online and he also enjoys playing basketball and pool.

Quah Ting Wen
Swimming
Team Singapore Pledge-taker
Events competing in at the SEA Games:

50m, 100m, 200m, 400m Free / 400m Individual Medley / 4x100m, 4x200m Free / 4x100m Medley

One of Team Singapore's rising star, seventeen-year-old Quah Ting Wen has had quite an extraordinary 2009.

Earlier this year, Ting Wen collected an outstanding four gold and one bronze medal tally at the 1st Asian Youth Games Singapore 2009 and was accorded the *Most Valuable Player* award as the best female athlete of the Games.

This is the third SEA Games for Ting Wen and she will be looking to make it onto the rostrum once again. In her SEA Games debut back in 2005 in Manila, she came away with four medals (two silvers and two bronzes). At the last SEA Games in Korat in 2007, she came home with one gold and two silver medals.

She is currently studying at the Raffles Institute Junior College and is expected to graduate next year.