

**POLICE  
LIFE**

THE SINGAPORE POLICE FORCE MAGAZINE

# WORLD POLICE AND FIRE GAMES 2013





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# MESSAGE FROM COMMISSIONER

**Ng Joo Hee,**  
**Commissioner of Police**

In the Singapore Police Force, we play sports to become better police officers. The logic is a simple one: many of the lessons learnt on the playing fields are equally applicable in professional life. Diligence and determination, sacrifice, teamwork and loyalty, adaptability, grace and humility; these are but a few of the values cultivated and reinforced by committing to a sporting life.

Very few organisations in Singapore, whether public or profit-making, devote as much resource and attention as we do to encouraging and promoting participation in competitive sports. And this is not something new either. The police have a long and distinguished heritage of sporting excellence by our members, and of involvement in our nation's sporting culture.

Pervasive professionalization of sports in recent times has meant that fewer and fewer police officers are now able to achieve the high standards required to don national colours, while still remaining committed to policing duties. That as it may, many of our numbers and teams are highly competitive at the inter-club level, winning numerous honours year after year.

And every other year, we bring the best of our police athletes to the biennial World Police and Fire Games. The WPFG are one of the largest international multi-sport competitions in the world, and keenly awaited by police and fire athletes all over the world. To compete in these games under SPF colours is also the highest recognition that we give to reward a police athlete's or team's consistently good results.

Our athletes' most recent outing to the 2013 edition of the WPFG in Belfast, Northern Ireland, was a fruitful one. Many good performances were turned in for football, dragon boating, bowling, pistol shooting, billiards, volleyball and on the track. You can read more about the exploits of our athletes in the pages that follow.

I had been mightily impressed by the grit and determination of our athletes the few days that I was with them in Belfast, and left fully humbled and inspired by their indomitable spirit.

I believe that they, because of a devotion to sports, have also become better police officers. 🏆



# A FORCE FOR THE NATION, A FORCE FOR SPORTS

**SAC Tan Chye Hee,  
Chairman, Police Sports Association**

**T**he World Police and Fire Games (WPFPG) is the third-largest international multi-sport event in the world, after the Summer Olympics and the Commonwealth Games. For this year's WPFPG in Belfast, Northern Ireland from 1 to 10 August 2013, there were 56 sports held at 41 venues with some 7,000 competitors from 67 countries participating.

The Singapore Police Force (SPF) has participated in the WPFPG since 2001 and this remains its most important sporting event. This year, the Police Sports Association (PSA) sent one of its largest contingents ever as 66 athletes competed in nine categories. The SPF contingent garnered a whopping 31 medals (nine Gold, 13 Silver, nine Bronze) in total, making this the most successful WPFPG campaign in terms of medals per athlete. This feat was all the more commendable given the high quality of competition in many of the events and the fact that some WPFPG athletes are national-level athletes in their home country. Apart from leading the PSA Contingent as Chef-de-Mission, I also participated in the WPFPG Half-Marathon (21.1 km) event. Commissioner of Police (CP) Ng Joo Hee, a staunch supporter of sports in the SPF and a keen sportsman himself, also competed in that event.

This event was held in Cookstown, about 90 km from Belfast. There was a carnival-like atmosphere as this WPFPG half-marathon was held in conjunction with the annual Cookstown Half-Marathon. The course was the most challenging that I had ever competed in. The roads were very undulating as we ran through the countryside, hitting one slope after another. What made the run pleasant were the scenery and the folks in Cookstown. We ran next to farmlands and could see cattle and sheep grazing on the grass. The local community cheered us on and handed out drinks. The race was eventually won by an Irish runner in one hour and 12 minutes, not far from world-class standards!

Overall, the event was well-organised and the warmth and hospitality of the 3,500 Irish volunteers were impeccable. The opening ceremony was spectacular and culminated in a musical and fireworks display.

For a tiny nation like Singapore with a small police force, we certainly made an impact at the WPFPG. Every SPF athlete put their heart and soul into training and demonstrated courage, discipline, commitment and focus. We showed no fear against more formidable and physically stronger opponents. I am very proud of our athletes who represented the SPF at WPFPG 2013.

These are their stories. 





# WORLD'S FRIENDLIEST GAMES

**DSP Justin Wong,  
2nd Officer-In-Charge,  
PSA WPFG Contingent**

**T**outed as the “Friendliest Games Ever”, the World Police & Fire Games (WPFG) provided many opportunities for the Singapore Police Force (SPF) contingent to make new friends, and to catch up with old ones.

Right from the Opening Ceremony, the hospitality and the warmth of the Northern Irish was apparent. To promote cultural exchange, the WPFG organisers had paired the SPF contingent up with Grange Primary School, a school in Kilkeel in Northern Ireland. The school sent a small delegation of students and teachers to meet with us at the Opening Ceremony. Their enthusiasm and friendliness shone through in the conversations we had with them about the Northern Ireland school system and their culture.

The Opening Ceremony was nothing short of spectacular. Held in carnival-style, at a custom-built outdoor grandstand, the excitement was palpable as



we formed up with athletes from other countries to prepare for our march into the arena. The countries marched in by alphabetical order, so it was nearly 8p.m. when it came to our turn to march in. As it was summer, the sun was only just beginning to set, and the entire contingent could feel the electrifying atmosphere. Decked in our red jackets and carrying miniature Singapore flags, all of us felt extremely proud to be representing our country.

I found the Northern Irish to be extremely friendly, and always ready to help out whenever we needed directions on getting to the various sports venues.

The hospitality of the hosts extended to the highest levels as well. I was privileged to be present when the head of the SPF delegation, Commissioner of Police (CP) Ng Joo Hee, met with the Chief Constable of the Police Service of Northern Ireland (PSNI), Mr Matt Baggott, at the PSNI Headquarters on 2 August 2013. This was the first meeting between Mr





Baggott and CP. However, they bonded in no time, as Mr Baggott was no stranger to Singapore, having visited the country once before in 1995, together with then-Commissioner of the London Metropolitan Police Sir Paul Condon. Mr Baggott recalled being impressed with the success of community policing in Singapore, and the level of trust between the Police and the people that it served.

They spoke at length on a wide range of issues, from community policing, to how to optimise policing in an era of increasing resource and manpower constraints. The meeting ended with both officers wishing each other the best of luck in the sports that they were going to participate in at the games (21.1 km Half-Marathon for CP, and competitive fishing for Chief Constable Baggott).

Other than making new friends, the WPFG also provided an excellent platform to catch up with old

friends. Over the course of the games, the SPF athletes met up with old friends that they had made during the Inter-Forces Games with the Royal Malaysia Police, the Royal Brunei Police Force, and the Hong Kong Police Force (HKPF). In fact, CP and the PSA officials were able to meet up with Deputy Commissioner (Management) Ma Wai-luk of the HKPF over a Thai dinner and a dim-sum lunch in Belfast. The meetings over meals allowed the two forces to renew ties, and were useful in helping to tie down details for the tripartite inter-forces games between the HKPF, SPF and the Macau Judicial Police, to be held in Singapore in November 2013.

The WPFG no doubt was an excellent platform for networking with police forces from around the world, and the SPF contingent left having done their best to promote the good name of Singapore, and establish new friendships, while renewing old ones. 🇸🇬



# YOU WERE SAYING

Our athletes share their most memorable moments in the World Police and Fire Games (WPFPG).

Although every one came from different countries, I could feel that we were no strangers in that we shared one common goal which is to serve and protect the community in which we live in.

SSgt Md Noriskandar Bin Esa  
Dragonboat

The loss in the finals to the Russians reminded us on the beauty of life as not everything in life is about winning. Sometimes, we gain more from losses or setbacks. We will be back the next season as a better team.

SSgt Bernard Tan  
Volleyball

The memories in Belfast Northern Ireland will not be easily forgotten. I am proud to represent the Singapore Police Force. I am ON FOR THE NEXT BATTLE!

Cpl Donna Koh  
Dragonboat







The last time I was involved in the WPGF was when I was the manager of the PSA Soccer Team in 2001.

My participation as an athlete 12 years later has given me a whole new experience. The main differences are my roles and my physical fitness. With strong will and determination, I am honoured and humbled to win an individual silver medal in the Men's Master 5000m Race Walking event and a bronze in the Men's Grand Master Badminton Doubles.

DAC Lee Chee Chiew  
Badminton

The WPGF 2013 is definitely a defining moment in my volleyball career. Although we had lost in the final but we learnt valuable lessons from our defeat.

SSgt Li Kunhan  
Volleyball

What was most memorable to me was not when I won my own matches but rather it was when I saw our veteran badminton shuttlers playing their hearts out and striving for every point in their matches. They displayed great determination to come from behind in their group matches to get into the semi-finals.

DSP Yolanda Yu  
Badminton & OIC PSA WPGF Contingent

There was one day when an old lady saw a few of our players carrying cartons of drinks from the petrol station for the football match. She offered to send us to the game venue even though it was out of her way. That was how friendly and kind the people in Northern Ireland were.

Sgt Muhammed Feroz Bin Hussien  
Soccer

An honourable moment was when the Commissioner came down to support us during the semi-finals. His presence spurred the team on and we defeated the Geneva Police Corps, which was a tight match which could have gone either way.

Sgt Karna Bahadur Malla  
Volleyball

The biggest challenge for me is the harsh weather conditions as never in my whole life had I played beach volleyball at 14 degree Celsius in a singlet!

SC/Cpl Daryl Lee Yi Rong  
Volleyball







Shooters' desire to perform, determination to win despite the environment and discipline to stick with their shooting strategies won them honours.

ASP Peter Teh  
Shooting

It is inspiring to see the heroes who risk their lives every day to make our world a better place getting together to compete in the friendliest games.

Sgt Ching Zhi Yun  
Dragonboat

Getting the silver medal for PSA after 12 long years is something sweet for all of us to remember. The PSA soccer team last won the gold medal in WPFG 2001 in USA.

SSgt Mohammad Farhan Bin Ahmad Nabrawi  
Soccer

On the day of our flight to Belfast, I had a really bad injury. My toe nail accidentally chipped off and I could not even wear shoes due to the pain. However, during the training and WPFG soccer matches in Belfast, I put mind over matter. I struggled and fought hard and did my best.

SC Gavin Antonio Adrian  
Soccer

I would like to express my greatest respect and admiration for the Russian players. They had taught me great lessons. Age will never be an excuse for me to stop playing volleyball and there is never a limit for learning.

ASP Jerome Toh  
Volleyball

They have called the Games the "Friendliest Games" and despite this being my first experience in the WPFG, I can say with confidence that their claim is justified.

SI Ram Bahandur Gurung  
Athletics

I must say that I am disappointed as this was the first time in my past four WPFGs where I did not manage to secure a medal. Despite this, I am happy to see that the rest of my team did.

SSI(2) Thiagaraja S/O Sinasamy  
Athletics

What makes a Champion different is the way one displays true sportmanship and dignity while competing.

SSSgt Dexter Khoo  
Bowling

It was such a memorable experience and I am proud to represent Singapore and the SPF at the WPFG.

The preparations for the WPFG began very early. I am grateful for supportive supervisors and colleagues who played an important role in making this possible.

Sgt Muhammad Suhaimi Bin Maskun Behere  
Soccer

The events were held just before our national day and we were all fired up to bring back glory for our country and the SPF.

A/Insp Zack Toh  
Dragonboat

My happiest moment was when making new friends with other competitors and people from Northern Ireland.

SI Sofian Abdullah  
Bowling

I am humbled by the high performance standards of the other athletes in the 5000m and 10000m run. I realised that being the best at home does not mean being the best elsewhere.

Cpl Jagat Bahadur Magar  
Athletics



Although the training was tough, both in the boat and in the gym, we had a great time training because we did it as one team.

Cpl Krishna Ale  
Dragonboat

I admit that I was a little disheartened by the results at the first instance, but I know that we all have put in our best and this is what matters the most. It was a really beautiful moment for me when the fact that we have beat many others set in.

Sgt Syed Muhammad Baikal  
Dragonboat

We trained hard for the game and the happiest moment is when we got one gold and two silver medals for the SPF and Singapore. I hope that I can participate in future WPGF and make new friends from all over the world.

SSgt Ong Ban Aik  
Dragonboat





“Blackball” is actually a variant of pool which neither I nor Wesley have played before as it is native to countries such as UK. However, we still managed to clinch a gold medal. For this, we must really thank all the friendly people of Belfast, in this case the committee involved in the tournament.

SSgt Dallion Chu  
Pool



One of the players from the Brazil team asked me, “Where is Singapore? Is it near to China? And we lost to you guys 2-0?” Another player from Florida, USA told me, “You guys are too small to be policemen”. The Florida Fire and Rescue team lost to us 5-0. The Mexican Corrections team lost 3-2 to PSA team. Well at least now, they know that there is a “Singapore” in this world.

SSgt Abdul Aziz Bin Dolgani  
Soccer

I am proud to see the fighting spirit displayed by the players even though this was a maiden tournament for many of the young police officers.

SSI(2) Harminder Singh S/O Gurbaksh Singh  
Soccer







I am really glad and honoured to have the opportunity to know all the great athletes from all over the world.

Sgt Goh Kian Hao  
Volleyball

I'm honoured to be part of the team to have travelled a long way and bringing back glory for our country, our organisation.

Cpl Chhatra Kumar Chemjong  
Dragonboat





# A MEDAL HARVEST

By DSP Yolanda Yu,  
Officer-In-Charge, PSA WPFG Contingent

Sixty-six athletes, 10 days of competition, nine sports and 31 medals. It was an excellent outing for the Singapore Police Force (SPF) sportsmen and sportswomen who participated in the biennial World Police and Fire Games (WPFG) 2013 hosted in Belfast, Northern Ireland.



Our Volleyball Men's team steamrolled their opponents in all the stages en-route the finals. They beat the teams from the St Petersburg Customs, the New York Fire Department, the Hong Kong Police Force and the Geneva Police Corps in straight sets to advance to the finals. In the finals, Team SPF went up against the Russian Fire Department, a strong contender that had exterminated earlier opponents with their sheer power play. Although the Russians were more experienced, taller and bigger, our young and spritely team gave it their all during the finals. It was a nail biting match which saw our guys blocking every attack and diving for every ball but they eventually succumbed to the Russians.



Another team that made waves in the competition was the SPF Dragons. Our dragonboaters were the only Asian team in the event among the Canadians, Germans and Scandinavians. However, we showed them what we lacked in arm girth, we made up for in skill and technique. Our men's team turned in the fastest timing for the event during the heats. However, this seemed to spark off the reserves within the German Police and Fire team. It was a close race between the SPF Dragons and the Germans during the finals but we lost the gold to the Germans by a mere second. Undeterred, six members of Team SPF helped to clinch a gold medal in the '20's mixed team' event.



The SPF Track and Field Team of eight athletes drew first blood and won medals in nine out of 15 events. Commendably, our star walker Chong Fui



Gold Medal Silver Medal Bronze Medal

Fong, who has represented the SPF in the WPFG on three occasions since 2007, gave a gold medal performance once again in the 5,000 metres walk.



Our squash players, Mr Henry Lee and Sergeant Tak Kumar, made it past their group matches easily to secure their places in the semi-finals. They were however not able to overcome their respective opponents. In the end, Mr Lee won a bronze for Singapore.



Our four bowlers, Mr Adrian Sim, Mr Aloysius Goh, Station Inspector Sofian Abdullah and Senior Staff Sergeant Dexter Khoo carried on Team SPF's winning streak. After three days of competition against 150 other bowlers, Team SPF bagged a gold medal in the All Events (Team).



Badminton veterans Deputy Assistant Commissioner of Police (DAC) Lee Chee Chiew and Deputy Superintendent of Police (DSP) Gordon





Toh displayed true grit and determination, having clinched the bronze medal in the men's doubles. Our national youth shuttler, Special Constable/Corporal (SC/Cpl) Ngo Yi Chye impressed the crowd with his athleticism and skills but he met his match in the form of another young Scottish national player in the semi finals and won the bronze in the men's singles. SC/Cpl Ngo then partnered DSP Yolanda Yu in the mixed doubles. The pair overcame teams from China, Hong Kong and Germany but lost narrowly in three sets, to a formidable Irish/Canadian pair in the finals.



At the pool tables, both our representatives, Staff Sergeant (SSgt) Chu Yuanshen and SSgt Wesley Beins, managed to secure a place in the last 16, in the 'blackball' event. It was unfortunate for Team SPF that both our athletes had to be drawn against each other in that round. SSgt Beins overcame SSgt Chu, went on to beat two other world class pool players and thrilled the home crowd when he beat his Irish opponent in the finals. Aside from winning the gold medal for Singapore, he also won bragging rights for having defeated a player who is ranked second in the whole of Ireland.



Our shooters, Assistant Superintendent of Police (ASP) Peter Teh, SSgt Ng Chew Hua, SSgt Padama Sundar Rai and Cpl Ritesh Gureng, outclassed the competition in the Precision Pistol Competition (PPC) event and made a clean sweep in all of the top three positions in the Pistol Open and Pistol Distinguished events. In the latter event, ASP Teh broke Singapore's previous record of 580 points, which is also held by him, with 588 points.



Despite having to compete against teams hailing from Brazil and Mexico – countries with a strong football culture, team SPF was undeterred and stepped forward bravely to beat the team from the Brasilia State Police. For anyone who thought that this victory was a fluke, they were proved wrong when our team went on to defeat the Florida Fire and Rescue team as well. With two convincing victories, only the Brazilian Federal Police stood in our way. However, this Brazilian team was no pushover. Our opponents dug their heels into ours in a very physical and explosive game. The Brazilians eventually won. After winning their last game against the Mexico Federal Corrections, Team SPF secured the silver medal. 🏆



# PERSONAL TRIUMPHS



## “HOME AWAY FROM HOME”

When I was tasked to lead the Police Sports Association (PSA) soccer team at the World Police and Fire Games (WPFG) in Belfast, Northern Ireland in August 2013, I was thrilled but I also knew that things would not be easy. After all, most of the players were Muslim and the competition was taking place throughout the fasting month of Ramadan and Hari Raya Aidilfitri day itself.

The team started their WPFG training in February. We participated in tournaments such as the National Football League (NFL), Public Service Games, Inter-Forces Games and the Home Team Games. However, the big test came during the week-long intensive centralised training which was held before we departed for Belfast. This took place during Ramadan where the Muslim athletes were required to fast during the day. As such, motivating the team was my greatest task.

I did some research and found that many other Muslim athletes elsewhere have also competed

previously while fasting. Basketball stars Hakeem Olajuwon and Shareef Abdur-Rahim, NFL siblings Hamza and Husain Abdullah and footballers Karim Benzema and Mahamadou Diarra had all fasted during their respective seasons. Some Muslim athletes even say that the Ramadan fast enhances their discipline, focus and spirituality, thereby improving their performance. I shared these findings with the players to encourage them. The coaches, Harminder Singh and Hishamuddin Bin Jamil, and I also shared motivational quotes by famous footballers and coaches, and photographs of the PSA soccer teams that had participated in past WPFGs. Despite the intensive training during the fasting month, our spirits remained high and the team looked forward to the WPFG.

Just before our departure, we advised the Muslim players to pack some ready-to-eat Malay and Indian food. This was because they would be away for 11 days and would definitely miss local cuisine. Some even brought along Hari Raya cookies!



In Belfast, the Muslim athletes had to fast from 3.40 a.m. until 9.24 p.m. daily due to the long summer days there. This was about 18 hours of fasting compared to 14 hours in Singapore. The players conditioned themselves ahead of the matches by drinking plenty of water before they started their fasting. We also made good use of the dates and the local instant food which we brought from Singapore.

On the morning of Hari Raya Aidilfitri on 8 August, the Muslim athletes attended the Eid prayers together, which was organised by the Belfast Islamic Centre. Although we were away from home, it was heartwarming to be celebrating the festival with our own “soccer-family”. We were also glad to see other Muslims of various nationalities coming together during the Eid prayers as well. To add on to the festive mood, some of us even wore our traditional Malay clothes.

This ‘Games’ was really a special one. For many players, it was their first time away from home during Hari Raya and also playing competitively during the fasting period. However, I am proud to say that the officers did exceptionally well despite all the difficulties. We overcame all odds to beat our competitors including Brazil and Mexico to win the silver medal for the Singapore Police Force. The officials and players are deeply honoured and thankful for the opportunity.

**Supt Hisham Mohd Saad**  
Convenor & Team Manager (Football)

## **“FOR THE LOVE OF THE SPORT”**

I started competitive race walking only after I joined the Force. I remember it was during my Police Academy days and my first competition in this event was at the Police Sports Day in 1997. I have not looked back since. I have been quite successful and won many sporting awards locally but the highlight for me really was when I was nominated to represent the SPF in the WPFG for the first time, in Adelaide, Australia. This was in 2007, 10 years after I started race walking.

My experience in my first WPFG was a journey of self-discovery. I realised that I really could do so much more if I only believed in myself. I also started to learn that there isn’t any barrier to what a person can accomplish, unless we ourselves create that barrier. And that is one word of advice I wish to give



to my friends and my juniors, that really, “nothing is impossible”. Also, competing with others from so many different nations further motivated me and pushed me to expect more of myself.

You can imagine how thrilled I was when I was nominated to represent the SPF again in the WPFG 2011. However, my excitement quickly turned to a bit of disappointment and anxiety. This was because Hurricane Irene swept across the east coast of the USA, crippling much of the city. Several of the WPFG events were cancelled and we were all told to stay indoors. I became anxious because I suddenly became one of the few SPF athletes who could actually win a medal as most of the contingent was not able to join us. I am glad that I did not disappoint and managed to win one gold medal in the race walking event.

All of this was not for nothing when I managed to clinch the gold medal once again in my pet event, the 5,000m walk, in the recent WPFG in Belfast, Northern Ireland. As I enjoy this sport, I will constantly train and push my own limits. I will always remember that sense of achievement when I held the medal and the Singapore flag in my hands. This feeling is what makes all the training worthwhile.

**SSgt Chong Fui Fong**  
Track and Field



## “AGE IS NOT AN OBSTACLE”

Badminton has always been my passion and I have been playing badminton with my colleagues and representing the Singapore Police Force (SPF) during the Inter-Forces Games since the late '90s. I injured my right tendon in 2008 but I resumed playing badminton soon after. So when I knew that I was selected to represent the SPF in the badminton event for the WPFG 2013, I felt a great sense of pride. I was also excited as this was going to be my first time that I was going to play in the Grand Masters category which was for participants above the age of 50. I later found out that I would be the oldest member of the SPF contingent. I looked upon myself to give my best. I very much desired to bring glory back to the SPF and my family.

The competition in Belfast was not easy as I had to play in multiple matches every day, for five days straight. After battling in the courts against competitors from all over the world, my partner, DAC Lee Chee Chiew and I finally progressed to the semi-finals and then to the third and fourth placing match for the Grand Masters Men's Doubles. The final game was not easy, especially at our age. He is 55 and I am 60 years old. Even after we lost the second set, we knew that we could not give in without a fight. We fought point after point, pushed ourselves to our limits and we made it! We managed to defeat the Sri Lankan pair in three sets and won a Bronze medal for Team SPF.

When they announced the winners, I walked over and stood at the podium with pride as I knew that it was our determination and the support from my teammates that had brought us there. I am currently re-employed after retiring from the SPF, so I dare say that this will be my last Games. It was a once-in-a-lifetime experience and I am happy to have brought glory to the SPF.

DSP Gordon Toh  
Badminton





## “WHEN THE TOUGHEST OPPONENT IS MY TEAMMATE”

Our squash team began competition on 6 August at the Belfast Boat Club. Tak Kumar and I were registered for the Men's senior event and we were drawn to play in Pools A & B respectively. We were initially scheduled to play four round-robin matches spread over two days. However, we were informed that all the qualifying matches would be held on the first day, with the medal contention matches taking place the next day. This gave us shorter rest between matches and little recovery time between match days.

We did well on the first day and topped both of our groups. However, we lost to our more experienced opponents in the semi-finals the next day. Although disappointed, we had to press on for the bronze medal. To me, this was the most difficult part of the tournament as we had to play against each other. We kept to ourselves and the silence was deafening. It became personal. Tak wanted to win for the Gurkha Contingent and I wanted the medal for my wife and son.

When our match started, there were only a few spectators in the gallery. As the match progressed, the gallery filled up and the atmosphere became increasingly charged when they realised how much victory meant to these two players.

As with all Gurkhas, Tak's forte was his supreme level of fitness which enabled him to retrieve practically every shot I threw at him. My strength was the stroke-making ability to contain Tak's hard running game. Although I won the first game, I was breathless and ran out of ideas. At this time, players from the Hong Kong Police Force came over to offer us drinks and tips. I was truly touched as we did not know any of them personally.

Almost physically drained, I could do little as Tak took the second game with ease. I stepped up the pace as Tak started making uncharacteristic errors and I won the third game. In the fourth, my confidence grew with each rally that I won. I finally claimed victory when Tak's backhand crosscourt volley went into the tin. We were met with rapturous applause from the audience. The match lasted almost 45 minutes but I will savour it for a lifetime.

Mr Henry Lee  
Squash







## **“THE 3D EFFECT”**

For the Police Action Pistol (PAP) event, my teammates, Assistant Superintendent of Police Peter Teh, Senior Staff Sergeant (SSgt) Padam Rai and Corporal Ritesh Gurung and I were pitted against shooters from countries such as Spain, Belgium, France, Russia, Argentina, United States of America. They were all very good shooters and we knew that the competition was going to be intense. However, what was most difficult for us was actually the cold and windy weather conditions on the hilly terrain at the competition venue. We had to wear several layers of clothing to keep warm and it took us a couple of days to get used to the conditions. Furthermore, shooting a total of seven long PAP stages within a day was also physically demanding. Notwithstanding, the team persisted and we were awarded a Bronze medal in the PAP Team event out of 18 international teams.

Right after our PAP event was the Precision Pistol Competition (PPC). Although the weather was still a cause of distraction for us, we psyched ourselves to focus on the goal. After the event, we were pleased with ourselves as we knew that we all had done our best.

The competition was tough, but it is because of that, the success was even sweeter. We managed to deliver the results through sheer “Desire, Discipline and Determination”.

**SSgt Lionel Ng Chew Hua**  
Shooting



## “PLAYER TO COACH AND BACK TO PLAYER AGAIN”

This is my third time participating in the WPFG. I first represented the SPF when the Games were held in Barcelona, Spain in 2003 and again in Quebec, Canada in 2005. The previous times I represented the SPF as a player but this time around, in Belfast, I was there as the coach of the Volleyball team.

As a player, I would usually motivate and encourage my team mates by taking the lead in the court. As a coach, I realised that I was subjected to higher stress as I could only watch my players play. However, through this, I learnt to trust my players to perform to their fullest and also adapt to the tactical changes which I made during the matches.

I am grateful to have a team of highly committed players. We have been training hard for the WPFG since March 2013 as we know that the European teams have an advantage over us in terms of size, height and build. To make up for this, we had worked diligently on tactical match play and also increased the speed of our game. Gathering everyone for training is a challenge as we all come from different departments with different working hours. However, I appreciated that the team had prioritised this and sacrificed their time to train in preparation for the Games.

Before the competition, we were definitely not favoured by others to be a medal contender. However, we showed the world that we had the substance. During the semi-finals against the Geneva Police Corps, our players showed great spirit and determination to overcome our stronger opponents. Great team defence, fast attacks and smooth transition between defence and attack were the keys to our victory over the Geneva team. Our team really put up a tough fight in the finals against the Russian Emercom Fire Department. But it was clear that the Russians were the better team due to their experience and their composed play. What amazed me most was that the Russian team had an average age of about 48 years old. From them, I learnt that “age is not a barrier in sports”. Their spirit and positivity has re-ignited something in me and has spurred me to start playing again.

I am looking forward to the next WPFG 2015 in the USA. I trust that all the chosen athletes will bring glory to the SPF and also there might be a chance that you would see me on the court again in 2015! 🇸🇬

SSS Wong Chee Wui  
Volleyball







## POLICE DRAGONS SOAR FROM RIVER LAGAN

**Supt Alan Wong, PSA Dragonboat Team Manager & Cpl Donna Koh, PSA Dragonboat Participant**

“A vaincre sans péril, on triomphe sans gloire” – to win without risk is a triumph without glory.

Our goal for the ‘Games’ was crystal-clear – “TO WIN MEDALS”. We commenced our training as early as March 2013, training once a week every Saturday, gradually increasing the frequency to twice a week and finally a one-week centralized training just before the competition.

Training sessions were focused and each rower showed gradual improvement as each session passed. It was the fasting month for our three Muslim rowers and we were mindful that our training sessions had to cater to them as well. Despite the challenges, they displayed outstanding mental

tenacity and stayed positive throughout. After training together for so many months, we constantly clocked better timings, which motivated us and spurred us on. By the end of July, we were ready to compete!

3 August 2013 was race day for the ‘10’s Men’ event. The temperature at River Lagan was between 13 and 15 degrees Celsius, topped with high winds. The conditions were not the most conducive for us but each rower was in competition mode and focused on the race and the mission. The team was also honoured to have the Commissioner, Chairman and Vice-Chairman PSA there to support us. Although we were the only Asian team in the race, we soon proved to everyone that we were a





force to be reckoned with. With our pace of 130 strokes per minute, we breezed through the heats and even clocked the best timing during the semi-finals, propelling us into the finals.

Our morale was high. Our eyes were on the Gold. However, like in any sporting event, victory can be unpredictable and we were edged out by the German team at the last second. It was disappointing for us as we had expected so much of ourselves. Disappointment aside, we knew that we needed to stand tall as we had another battle – the mixed event – the next day.

The next day, we braced ourselves for the '10's Mixed Team' event. Again, we easily made it through the qualifying rounds and secured a place in the Finals, where we met the same German team. We put forth our best, we rowed our hardest and gave all we had. However, we had to settle for the silver again.

Thinking that our rowing campaign for the Games had ended, we were pleasantly surprised to receive

a proposition from the Canadian team, inviting us to combine forces with them for the '20's Mixed Team' event. We accepted it.

We had never rowed together before but we knew that we had a common goal – to put our boat in front of the mighty Germans. We told the Canadians: "Go deep! Put the paddles in, deep in the water! One powerful long and fast stroke. One heart. We are one strong TEAM!"

During the Finals, the six PSA rowers were at the front pack, providing the boat with the much needed power. We knew that we led from start to finish but still there was a tense silence before the final announcement. When it was confirmed that we had surpassed the Germans, we were elated. Celebrations and cheers were unstoppable from both within the boat and amongst the spectators.

We took a risk in accepting the proposal as it entailed trying out new strategies and techniques. We were unsure if our combination would work. But we dared to try and we triumphed. 🏆





**A FORCE FOR THE NATION**