

## **MEDIA RELEASE**

### **For Immediate Release**

#### **Quah Zheng Wen stakes SEA Games claim on Day 1 of February National Time Trials**

SINGAPORE, 7 February 2015 – Quah Zheng Wen of Swimfast Aquatic Club (SAC) put on a strong performance on Day 1 of the February National Time Trials to strengthen his claim for a Southeast Asian (SEA) Games spot in the Men’s 100 Metre Freestyle, 200 Metre Butterfly and 200 Metre Individual Medley events.

Zheng Wen finished first in all the three events, clocking a time 50.44s in the 100 Metre Freestyle, 1:59.66 in the 200 Metre Butterfly and 2:05.90 in the 200 Metre Individual Medley. His timings qualifies him as the second fastest qualifier for all the three events for the 2015 SEA Games.

“I am pretty satisfied with my swims today. I did not expect anything but just followed Sergio’s instructions,” said Zheng Wen.

Zheng Wen also credits his improved performance to the National Training Centre Squad training under coach Sergio and Gary.

“The style of training is different, the sets are different but they have been effective for me. I am really grateful to Sergio and Gary for the constructive advice they give and they instill a lot of discipline in the swimmers,” he added.

In the Men’s 400 Metre Individual Medley event, Pang Sheng Jun of SAC finished first with a time of 4:31.93. He improved on his timing of 4:35.85 which he recorded at the 2014 Asian Games and replaces Malcolm Low Wei Yang (4:33.80) as the fastest qualifier for this event for the SEA Games.

“We went through a hard training this week and we did not taper so I was surprised at the timing,” said Sheng Jun.

“I believe that I can further improve on my time. I did make quite a number of mistakes during the race, like taking 3 breaths before the turn so I hope I won’t repeat such mistakes again.”

In the same event, 14-year-old Maximillian Ang, came in second with a time of 4:45.66 and he rewrote the Under 14 record of 4:48.13 which he set in the Yakult 10<sup>th</sup> Singapore National Swimming Championships in December last year.

Day 2 of the February National Time Trials will continue tomorrow at 8.30am at the OCBC Aquatic Centre.

#### **Selected Results:**

##### **Women’s 100 Metre Freestyle**

<b>Name</b>	<b>Club</b>	<b>Time</b>
Quah, Ting Wen	Swimfast Aquatic Club	57.89
Hoong, En Qi	Swimfast Aquatic Club	58.79

Tseng, Rachel Marjorie W	Aquatic Performance Swim Club	59.39
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### **Men's 100 Metre Freestyle**

<b>Name</b>	<b>Club</b>	<b>Time</b>
Quah, Zheng Wen	Swimfast Aquatic Club	50.44
Yeo, Kai Quan	Aquatic Performance Swim Club	50.81
Teo, Zhen Ren	Swimfast Aquatic Club	53.97

### **Men's 400 Metre Individual Medley**

<b>Name</b>	<b>Club</b>	<b>Time</b>
Pang, Sheng Jun	Swimfast Aquatic Club	4:31.93
Ang, Maximillian	Swimfast Aquatic Club	4:45.66
Chan, Liam	Aquatic Performance Swim Club	5:04.40

### **Men's 200 Metre Butterfly**

<b>Name</b>	<b>Club</b>	<b>Time</b>
Quah, Zheng Wen	Swimfast Aquatic Club	1:59.66
Koo, Longhai Dylan	Swimfast Aquatic Club	2:05.53
Oh, Yao Jie	Aquatic Performance Swim Club	2:12.38

### **Men's 200 Metre Individual Medley**

<b>Name</b>	<b>Club</b>	<b>Time</b>
Quah, Zheng Wen	Swimfast Aquatic Club	2:05.90
Low, Zi Xuan Bryant	Aquatic Performance Swim Club	2:18.67
Lim, Fang Yi	Aquatic Performance Swim Club	2:18.83

Full results for Day 1 of the February National Time Trials is available on the SSA Website at [http://www.swimming.org.sg/Swimming/High\\_Performance/Competitions.htm](http://www.swimming.org.sg/Swimming/High_Performance/Competitions.htm)

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### **About February National Time Trials**

The February National Time Trials 2015 is the second event in the 2015 Singapore Swimming Association's (SSA) swimming calendar. The event will be held at the OCBC Aquatic Centre, from 7 to 8 February 2015 and will serve as a qualifying meet for the 2015 Southeast Asian (SEA) Games. Entry is free.

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