

**SINGAPORE YOUTH AWARDS 2004**  
**SPORTS AND ADVENTURE (INDIVIDUAL)**

**MR JAMES WONG TUCK YIM**



*“Never do what others do, but do what you can to the best of your ability. Somehow, it will have an impact to make a difference in other people’s lives.”*

National discus thrower, Mr James Wong, secured his place in Singapore sports history when he clinched his seventh consecutive gold medal at the 2003 South East Asian (SEA) Games in Vietnam. James has won the gold medal for the discus at every SEA Games since his first win at the 1993 SEA Games in Singapore. He also brought Singapore top honours in the hammer throw event at the 1997 SEA Games in Jakarta.



It was no surprise that James, a multiple SEA Games gold medallist, was given the honour of being the flag bearer of the Singapore contingent at the 2003 SEA Games. James is the reigning discus champion in the region. The national and SEA Games records that he set for the discus in 1999 remain unbroken. James has also held the national record for the hammer throw since 1997.

Besides the seven gold medals from the SEA Games, James has under his belt, five meritorious awards presented by the Singapore National Olympic Council. In 2000 and 2003, The Straits Times named James one of the “Top 50 Athletes of the Century”. The Singapore National Olympic Council named him the Sportsman of the Year, 2003.



As Head, Strength and Conditioning Coach with the Singapore Sports Council, James has helped to develop many young Singaporean athletes in strength training in their respective sports. He remains a source of motivation and inspiration to them. James also dedicates his time to helping disabled athletes on a voluntary basis. He has coached disabled athletes, and cheered for them at various national and international competitions. These include the World Wheelchair Games and the Far East and South Pacific (Fespac) Games for the Disabled. James also participated in SingArt-A Brush with Lions

2004 as a “SingArtist” in aid of The Straits Times Pocket Money Fund and the Movement for the Intellectually Disabled of Singapore (MINDS).

For his inspirational efforts in consistently bringing sporting honours to Singapore and for his contributions to the community, Mr James Wong is conferred the Singapore Youth Award 2004.