

SINGAPORE YOUTH AWARDS 2006
SPORTS AND ADVENTURE (INDIVIDUAL)

DR KUA HARN WEI



'Refrain from self-labeling and break away from traditional constraints. Learn from multiple sources. Absorbing what's useful and creating what is essentially our own enable us to reinvent ourselves and redefine our limits!'

Fourteen years ago, Dr Kua Harn Wei started participating in the triathlon (1.5km swim, 40km cycle and 10km run). In 1997, he participated in his first Ironman (3.8km swim, 180km cycle and 42.2km run), held in Hawaii.

In 2003, Dr Kua took part in the Double Ironman (twice the Ironman distance) World Championship and was ranked 8th. He became the first Singaporean to complete a Double Ironman.

In 2005, Dr Kua competed in the Quintuple Ironman (five times the Ironman distance) World Championships held in Mexico. He completed the race in a new Asian record of 4 days and 13 hours to finish 9th overall. His outstanding performance moved him to the 6th position in the current International Ultra Triathlon Association world ranking.



Dr Kua also excelled academically. Under the National University of Singapore's (NUS) Postgraduate Scholarship, he obtained his first Masters degree in Theoretical Physics. Subsequently, under the NUS Overseas Postgraduate Scholarship, he obtained two other Masters degrees from

the Massachusetts Institute of Technology (MIT); one in Technology & Policy and another in Civil & Environmental Engineering. To top it off, Dr Kua recently earned a doctorate degree in Building Technology from MIT.



Despite his studies and hectic training schedule, Dr Kua still finds time to give back to society. From 1995 to 1998, he designed a sports programme and trained boys from the Singapore Boys' Home. He also mentored the NUS Biathlon Team and introduced systematic and progressive training for them. In addition, Dr Kua did construction projects in Tanzania, Africa, while he was studying in MIT.

For redefining limits and being an inspiration role model, Dr Kua Harn Wei is conferred the Singapore Youth Award 2006.