

# Former captain Ong retires at 25

NATIONAL swimmer Russell Ong announced his retirement from the sport in a Facebook post last night.

The 25-year-old, winner of three SEA Games gold medals and the captain of Singapore's team in 2013 in Myanmar, said he had intended to make the June edition on home soil his swan-song.

However, he failed to secure a Games berth in either the 50m or 100m freestyle at the ongoing 46th Singapore National Age-Group Championships and decided to bring forward his retirement.

Said the business student, who will still travel to compete with the national squad in Spain next week: "I don't like to give excuses but I have been injured since November. I have micro-tears in both my wrist ligaments and had to lay off gym work and could not do push-ups.

"I am graduating from the Singapore Management University in December. I have other priorities. It's time for the next chapter."

National coach Sergio Lopez said: "Russell is a great personality and a good leader although I have only coached him for 11 weeks. It is not my call but his, my job is to coach him and respect his decision. If he wants to move on, he has my full support."

**CHARLES ONG**