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Yip Pin Xiu (far right) smiles as fellow Paralympic medalist Theresa Goh tries to hold up both their cheques at the Athletes' Achievement Awards Reception at Suntec Convention and Exhibition Centre. ST PHOTO: KEVIN LIM



# GOH AND YIP HAVE ASIAN PARA GAMES IN THEIR SIGHT

## Paralympic medallists confirm desire to keep swimming for Singapore amid celebrations

Alvin Chia

There were doubts on whether they would continue competing after reaching the heights of success at the Rio de Janeiro Paralympics. Those uncertainties, however, were dispelled last night, when both Theresa Goh and Yip Pin Xiu revealed that they will continue to swim competitively for at least another two years, up to the 2018 Asian Para Games.

Yip, 24, also confirmed that once she completes her final semester of studies at the Singapore Manage-

ment University next year, she will be training full-time.

She said: "I can really feel the difference between the time when I was 16 and now."

"When I was 16, I had more energy and I could go from my training session to school and back to another training session without much rest in between."

"But right now, I need to factor in more time to rest and recover (from competitions and training sessions)."

"And if I don't have enough rest, I wouldn't have that much energy to be able to compete as a good elite

athlete and to remain at that level."

"Besides going for training sessions in the pool, I have to visit the physiotherapist and nutritionist as well. All these take up a lot of time, and so I have to go full-time."

Goh, 29, added: "I felt like I had so many options and choices, but I wasn't sure if it was time to stop now."

"I feel like I still can commit and be able to give 100 per cent."

While the pair remain undecided if they will try to qualify for the 2020 Tokyo Paralympics, their achievements at September's Rio Games were honoured last night at the Athletes' Achievement Awards (AAA) reception at Suntec City.

Yip was awarded \$400,000 - \$200,000 for each gold medal - for her triumph in the 50m and 100m

backstroke S2 events. She also smashed two world records in the process.

Goh received \$50,000 for earning her first Paralympic medal - a bronze in the 100m breaststroke SB4 competition - in her fourth Games.

The AAA is funded by the Tote Board.

For the para-athletes, the monetary awards they have received, of which 20 per cent will be given back to the Singapore Disability Sports Council (SDSC) to be used to develop the next generation of para-athletes, is a recognition of the increasing support they have received in their sporting journey.

Goh and Yip received their cheques in front of close to 100 guests.

Among those present at the dinner were Minister for Culture, Community and Youth Grace Fu, their fellow class of 2016 Paralympians, as well as sponsors.

Yip said: "Throughout our journey, apart from the achievements we've had, one thing that I've been honoured is to be part of this Paralympic movement in Singapore, where more and more people recognise and see the value of this."

Goh added: "It's a nice thing to witness the growth of para-sports in Singapore - from not being even considered a real sport when I started, to being pretty much on par with the able-bodied athletes - is something that I'm really proud to be a witness to."

MORE IN THE TANK

**I felt like I had so many options and choices, but I wasn't sure if it was time to stop now. I feel like I still can commit and be able to give 100 per cent.**



**THERESA GOH**, 29-year-old national para-swimmer and Paralympics bronze medalist, on why she decided against retiring now.

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