



# Yeo breaks record for 100m freestyle

**LIM SAY HENG**  
 sayheng@sph.com.sg

**H**E WAS just aiming to qualify for December's South-east Asia (SEA) Games in his men's 100m freestyle races today at the Singapore Sports School.

But freestyle specialist Danny Yeo surprised himself by rewriting his own national record in the event's final on the third day of the Singapore National Swimming Championships.

The 23-year-old, representing Aquatic Performance Swim Club (APSC), clocked 50.51 seconds to erase his previous mark of 50.60 at the same meet last year, qualifying for December's SEA Games in Myanmar in the process.

Yeo had also cleared the SEA Games qualifying time of 51.36 in yesterday morning's heats, with 51.19.

He said: "It was one of my fastest heat times and I was quite excited to see what I could do in the final, but I wasn't thinking about my national record but concentrating on qualifying for the SEA Games."

Said his coach, former freestyle specialist and Olympian Ang Peng Siong: "He had been exposed to some high-intensity training in the last few months, because we had encouraged him to train with the Itoman Swimming School in Japan, through my contacts."

"He has gone for two month-long stints with them, and coach Jin (Xiaoli,

*"I have felt myself getting stronger in the past few months; my front 50 metres for the event used to be one of the weaker aspects of my swim but I have improved on that, as well as the back 50 metres."*

– Danny Yeo (above)

APSC coach) helped him taper when he came back."

Yeo said: "I have felt myself getting stronger in the past few months; my front 50 metres for the event used to be one of the weaker aspects of my swim but I have improved on that, as well as the back 50 metres."

"I was just expecting an improvement of about 0.1 seconds off my heat timing, but I felt I had a pretty strong swim," added the Singapore Management University undergraduate, who is also competing in the 200m free on Sunday.

Yeo won a silver medal at the 2011 Games in Indonesia in 50.98, with Vietnam's Hoang Quy Phuoc taking the gold in 50.79.

Asked if he had the confidence to take the gold, he said: "I don't know how the rest of the swimmers around the region are shaping up, so I will just try my

best."

Also booking his ticket to Myanmar was Darren Lim of Swimfast Aquatic Club, who finished second in the event with 51.25.

Said Darren, 14, who will make his SEA Games debut in Myanmar: "I am quite surprised – the 100m event isn't even my pet event. I was just trying to chase Danny all the way in the race."

The teenager made headlines in March, when he won the gold in the men's 50m free at the Singapore National Age-Group Championships in 23.18.

The timing is a new national Under-17 record, and would have been good enough to win the SEA Games gold in 2011.

"I am quite excited about my SEA Games debut and I will just give it my best shot," said Darren, who will also compete in the 50m event tomorrow.

Four other swimmers also made the SEA Games marks last night.

Samantha Yeo, 16, who qualified for the women's 200m individual medley (IM) on Wednesday, made the cut for the 100m breaststroke after winning the event in 1min 10.49sec.

In doing so, the teenager also erased Joscelin Yeo's 18-year-old national Under-17 mark of 1:11.37.

Quah Zheng Wen also qualified for the men's 200m IM, winning in 2:05.96 to add to his 400m IM victory the previous day, while Olympian Lynette Lim and Rachel Tseng made the cut for the women's 400m free (see top story).