

# TRACK & FIELD (JH & SH)

## CCA days and timings:

Monday: 4.00 pm to 6.30 pm  
 Wednesday: 4.00 pm to 6.30 pm  
 Friday: 4.00 pm to 6.30 pm

## Venue:

DHS Track, DHS Field, Gym, Gardens by the Bay or East Coast Park (Weekly run outs)

## Introduction:

Dunman High Track and Field is a CCA aims to nurture the character of a sportsman into our students. Under the guidance of Coach Ng Junwei and Coach Elwin Yong, our athletes develop fortitude, sportsmanship, physical & mental stamina along with technical knowledge to excel in the fields our athletes choose. The achievements in 2019 is a testament of how well our athletes have grown.

As the National School Games Inter-School Track & Field Championships and Inter-School Cross Country Championships are normally held around March to April, the peak preparation season will start around November of the previous year to ensure all student-athletes are in their peak condition to compete effectively. To further ensure competition readiness, student-athletes will also have the opportunity to compete in competitions organised by Singapore Athletics and external athletics clubs such as Wings Athletic Club and Flash Athletics Club. As a student-athlete of the Track & Field team, you will definitely have a chance to experience the thrill and exhilaration of wearing our school colours and competing!

If RUNNING isn't your cup of tea, don't worry - Track & Field also offers field events such as JUMPS for athletes to specialise in! Our track & field facilities include a High Jump mat and a Long Jump / Triple Jump sandpit. It doesn't matter if you know zilch about track, or think that you 'run very slow'. Our wonderful coaches will help you achieve physical feats you never believe you can ever accomplish. As a bonus, it's almost a guarantee that NAPFA will be quite a breeze for you! So what are you waiting for? **On your Mark, Set, GO! - and JOIN DHS TRACK & FIELD!**

## Achievements:

### Some of our outstanding athletes:

Name	Competition	Achievements
<b>Lim En Ning</b>	59 <sup>th</sup> Track and Field Championships 2018 Represented Singapore at the 10 <sup>th</sup> ASEAN School Games 2018.	New Record for A Division Girls - Long Jump (1 <sup>st</sup> ).
<b>Wong Si Min Levyn</b>	59 <sup>th</sup> Track and Field Championships 2018 Represented Singapore at the 10 <sup>th</sup> ASEAN School Games 2018.	A Division Girls – 800m (2 <sup>nd</sup> )
<b>Enastasia Koh Ye</b>	60 <sup>th</sup> Track and Field Championships 60 <sup>th</sup> National Inter-School Cross Country Championships  SA Meet Episode 2  SA Meet Episode 3 AKIRA SWIFT Goh Teck Phuan Memorial Age Group Cross Country  Represented Singapore in the SSSC-LAWA-MSSM U15 & U16 International Athletics Championships Singapore	B Division Girls – 1500m (2 <sup>nd</sup> ), 800m (3 <sup>rd</sup> ) B Division Girls - 3 <sup>rd</sup>  B Division Girls - 800m (1 <sup>st</sup> )  B Division Girls – 1500 (1 <sup>st</sup> ) 2 <sup>nd</sup> Individual Placing
<b>Wai Ying Xuan</b>	60 <sup>th</sup> Track and Field Championships SPH School Relays Championships	B Division Girls – 400m (4 <sup>th</sup> ) B Division Girls – 4x200m (3 <sup>rd</sup> )

	Represented Singapore in the SSSC-LAWA-MSSM U15 & U16 International Athletics Championships Singapore	
<b>Brina Goh Yu Yun</b>	59 <sup>th</sup> Track and Field Championships 60 <sup>th</sup> National Inter-School Cross Country Championships AKIRA SWIFT Goh Teck Phuan Memorial Age Group Cross Country Wings-ActiveSG Cross Country Championships	C Division Girls – 3000m (3 <sup>rd</sup> ) B Division Girls – 4 <sup>th</sup>  3 <sup>rd</sup> Individual Placing  3 <sup>rd</sup> Individual Placing

### 60<sup>th</sup> Cross Country Championships

Division	Achievements
<b>B Division Boys</b>	17 <sup>th</sup>
<b>B Division Girls</b>	3 <sup>rd</sup> and 4 <sup>th</sup>

### 60<sup>th</sup> National School Games (NSG) Track & Field Championships

Division	Achievements
<b>C Division Girls</b>	High Jump – 4 <sup>th</sup>
	Triple Jump – 8 <sup>th</sup>
	80m Hurdles – 5 <sup>th</sup> and 8 <sup>th</sup>
	4 X 100m Relay – 6 <sup>th</sup>
	4 X 400m Relay – 6 <sup>th</sup>
<b>B Division Boys</b>	2000m Steeplechase – 4 <sup>th</sup>
<b>B Division Girls</b>	200m – 5 <sup>th</sup>
	400m – 4 <sup>th</sup>
	800m – 3 <sup>rd</sup>
	1500m – 2 <sup>nd</sup>
	3000m – 5 <sup>th</sup>
	4 X 100m Relay – 7 <sup>th</sup>
	4 X 400m Relay – 7 <sup>th</sup>
<b>A Division Boys</b>	Long Jump – 4 <sup>th</sup>
	Triple Jump – 5 <sup>th</sup>
	4 X 100m Relay – 8 <sup>th</sup>
<b>A Division Girls</b>	Long Jump – 1 <sup>st</sup>
	High Jump – 2 <sup>nd</sup>
	4 X 100m Relay – 3 <sup>rd</sup>

## 4 X 400m Relay – 7<sup>th</sup>

Other than achieving stellar results in the Nationals, many of our athletes also did our school proud in achieving numerous podium finishes at other major competitions. Our athletes saw many personal breakthroughs and fought hard, meeting and surpassing expectations. 2018 has surely been the best year for our team yet!

