



ITE 06/18/01

News Release No 05/15

For Immediate Release

Running in Remembrance of Mr Lee Kuan Yew

'Go50: A Nation in Motion' leads participants to remember 50 of Mr Lee Kuan Yew's significant contributions and character traits

In remembrance of the late Mr Lee Kuan Yew, '**Go50: A Nation in Motion**' will commemorate Mr Lee's significant contributions and character traits over 50 days, where 50km will be run daily. One contribution or character trait will anchor the theme of the day, with the aim of spurring participants and Singaporeans to emulate them in their lives. A total of 50 themes have been conceptualised by ITE students, who sat in the event's Youth Planning Committee.

2 An example of this is Mr Lee's call to Singaporeans to "...unite, regardless of race, language, religion, culture", in his public address when Singapore separated from Malaysia. His call serves to underscore the theme of 'Unity in Adversity'. A complete list of the contributions and traits, collated by representatives from Youth.sg and Heartware Network, is attached at **Annex A**.

3 Jointly organised by ITE and Heartware Network, the run was officially flagged off by Guest-of-Honour, Mr Gan Kim Yong, Minister for Health, at ITE College West on Thursday 16 April 2015, at 8:30 am. The flag-off ceremony was cheered on by some 800 ITE staff and students.

Background of Go50: A Nation in Motion

4 'Go50: A Nation in Motion' is a 2,500 km running feat that will culminate at the Grand Finale of the Torch Light-up Ceremony of the 28th SEA Games. It aims to commemorate the nation's 50th anniversary celebrations by uniting the people of Singapore. Interested participants in and out of Singapore can pledge their own distances to be covered and run 'in spirit' with the lead runners over the 50-day schedule.

5 This individual pledging of distances is made possible through a designated Go50 web portal (www.go50.sg), which enables participants to fill in some personal details, and share with others where their run will take place. Designed by ITE staff and students, the web portal will allow friends outside Singapore to join in the SG50 celebrations as well, making 'Go 50: A Nation in Motion' a truly global affair. As of today, over 10,000 individuals have already registered to run a certain distance.

6 Besides individual pledging of distances, Celebration Partners have been invited to adopt one day each of the proposed 50-day schedule. They will not only organise a 5 km company/community run, but also have the opportunity to plan national education activities that are based on the theme of the day, to engage participants. Some of the themes include 'Independence', 'Racial Harmony', 'Kindness' and 'Social Cohesion'.

7 Two lead ultramarathoners: Mr Lim Nghee Huat, a Chinese Current Affairs Editor at MediaCorp, and Mr Yong Yuen Cheng, a Teacher at Hwa Chong Institution, will be running the entire distance. Mr Lim and Mr Yong will run 50km from 8 am to 3 pm daily. The daily run would be spread across planned routes over the six different zones of Singapore (North, South, East, North-east, West and Central). Details of the runners are attached at **Annex B**. Fifty staff and students from all ITE Colleges will also participate in the event, with at least one to run 50 km each day alongside the lead runners.

8 Representing ITE for the first day is Mr Ramasamy S/O Subramaniam, Lecturer, Physical Education, ITE College West. Mr Ramasamy is 51 years old and has always been an avid runner. His personal best in a full marathon was 2 hours and 37 minutes in 1980.

9 The event was first announced at a News Conference, which was held at ITE Headquarters on 27 February 2015. The News Release, issued then, is available at <http://goo.gl/RPxUVq> for information.

Invitation to Media

10 Members of the media are invited to cover the flag-off event. For arrangements on interviews, and photography, please contact:

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About ITE

The Institute of Technical Education (ITE) is a post-secondary education institution established in 1992 under the Ministry of Education. As a principal provider of career and technical education, and a key developer of national occupational skills certification and standards, ITE's Mission is to create opportunities for students and adult learners to acquire skills, knowledge and values for employability and lifelong learning. ITE's Vision is to be A Trailblazer in Career and Technical Education. Our Values are Integrity, Teamwork, Excellence and Care. ITE comprises the ITE Headquarters and three ITE Colleges - College Central, College East and College West.

About Heartware Network

The **Heartware Network** (estb 2000) is a registered Society with the Registry of Society and a registered Charity with IPC status under Commissioner of Charities (MCCY Charities Unit). We seek to instill positive values/strong character to youth between the age of 14- 35. We engage them to be resilient, be innovative in serving others in entrepreneurship and be rooted to Singapore as their home. We are also committed to transform the lives of disadvantaged/ less academically bright children and youth to have greater confidence in their abilities and a brighter future.

**Remembering Mr Lee Kuan Yew
50 Facts for 50 Themes Over 50 Days**

YEAR	THEME	FACT
1965	Independence	Mr Lee declared de facto independence for Singapore and said it was an "assertion of [its] right to freedom" and the end of British colonial rule in Singapore.
1966	Belongingness	Mr Lee has attended every National Day Parade since independence.
1967	Strength in Unity	Mr Lee transformed Singapore's economy from third world to first.
1968	Self-Reliance	Singapore relied not on foreign aid, but on trade and investment to achieve its development goals
1969	Racial Harmony	He believed strongly in the merits of multiracialism for Singapore.
1970	Education entrenched	He called for greater rights for women the moment he became the Prime Minister of Singapore in 1959.
1971	Green Singapore	He believed strongly in establishing Singapore as a Garden City, and Gardens By The Bay was the representation of his vision for Singapore as a Garden City.
1972	Urban Planning	There is a global Lee Kuan Yew World City Prize which recognises creation of livable and sustainable urban communities around the world.
1973	Multi-cultural Vibrancy	The first Chingay Parade in Singapore was mooted by Mr Lee who was also the chairman of the People's Association (PA).
1974	Vigilance	Mr Lee introduced legislation giving the Corrupt Practices Investigation Bureau (CPIB) greater powers: to conduct arrests, search, call up witnesses, and investigate bank accounts and income-tax returns of suspected persons and their families.
1975	Tradition	He started learning Mandarin at 32 years old
1976	Space Optimisation	Mr Lee created the 1971 Concept Plan to relocate people who were illegally living in public places and buildings, and to start reclaiming land.
1977	Environmental Sustainability	Mr Lee planted a tree every year, a tradition he started in 1963. This kicked off an island-wide tree-planting initiative and launched Tree Planting Day, a national campaign that helped Singapore earn its reputation as a Garden City.
1978	Endurance	Mr Lee was the longest serving Member of Parliament (MP) and politician. He was PM for 31 years (1959 to 1990), MP for Tanjong Pagar GRC for 60 years from 1955 till the day he died
1979	Kindness	Mr Lee would sometimes buy drinks for the auxiliary police officers working in Parliament House.
1980	Strengthening Education	Mr Lee once delivered a 21-page speech to all school principals in 1966, laying bare the problems as he analysed them, and exhorting them to bring up education standards and continue to improve our schools.
1981	National Identity	Mr Lee believed firmly that our schools must build the foundation for nation building.
1982	Total Defence	Mr Lee believed that without a strong army, there would be no economic future or security for Singapore.
1983	International Friendship	Mr Lee forged lasting friendships with many countries, enlarging Singapore's strategic interests beyond our shores.

YEAR	THEME	FACT
1984	Bilingualism	Mr. Lee was a champion of bilingualism, which equips Singaporeans with English as a common working language and a mother tongue that fosters cultural affinity.
1985	Resilience	Although he was bitterly disappointed that Singapore and Malaya's merger was unsuccessful, Mr Lee never lost sight of his goal to help Singapore thrive.
1986	Sports Culture	Mr Lee saw sports as important for the masses and was behind the master plan to build swimming pools, sports halls, including the National Stadium and the Singapore Indoor Stadium.
1987	Networking Singapore	Mr Lee is one of the few world leaders who had had personal meetings with five generations of Chinese leaders, from Mao Zedong to President Xi Jinping.
1988	Population Growth	Mr Lee believed that a country that has a population that does not grow risks dissolving "into nothingness"
1989	Recreation	Mr Lee enjoyed cycling and swimming.
1990	Heartware	Even after handing over the reins of the office of the Prime Minister to Mr. Goh Chok Tong, Mr. Lee continued to advise the government on crucial matters for another 21 years as Senior Minister.
1991	Counter-Terrorism	Mr. Lee refused to let anything or anyone pose a threat to the stability of Singapore. He always made Singapore's interest his priority.
1992	Employability	Mr Lee encouraged foreign investments, which created jobs for Singaporeans. His efforts in building up Singapore has led To Singaporeans enjoying one of highest GDP per capita in the world.
1993	Preservation	Documents belonging to Mr Lee such as a memo from the Director of Posts in 1952 and a letter from John Laycock to Mr Lee, will be shared with the National Heritage Board for their exhibition at the National Museum of Singapore
1994	Communication	As Prime Minister, he initiated communication with the people of Singapore by broadcasting the National Rallies 'live' on national tv.
1995	Experience Sharing	Mr Lee has six memoirs: The Singapore Story (1999), Keeping My Mandarin Alive: Lee Kuan Yew Language Learning Experience (2005), My Lifelong Challenge Singapore's Bilingual Journey (2011), Hard Truths to Keep Singapore Going (2011), The Wit and Wisdom of Lee Kuan Yew (2013) and One Man's View of the World (2013).
1996	Arts & Culture	Mr Lee recognised the efforts of budding artistes. In 2014, he made the effort to specially thank DominicSings - a local musician who composed a tribute song for him.
1997	Perseverance	Mr Lee quit drinking and smoking to pursue his aspirations.
1998	Spirit of Adventure	Mr and Mrs Lee Kuan Yew were academic rivals in Raffles College before dating. Mrs Lee topped the cohort for Economic Science and English, while Mr Lee came in second.
1999	Social Cohesion	The ethnic integration policy which ensures that a variety of races lives in each HDB block came about due to Mr Lee's concern that people would create ethnic enclaves and not interact with other races.
2000	The People's Voice	Mr Lee began his political career in the 1950s, giving a voice to the workers in his role as legal adviser to more than 50 unions.
2001	Vigilance in Counter-	Mr. Lee believed that using force to deal with terrorism only

YEAR	THEME	FACT
	Terrorism	tackles the tip of the problem.
2002	Partnership	Singapore and China are marking 2015 as the 25th year of diplomatic relations as part of the Sino-Singapore ties headed by Mr Lee Kuan Yew.
2003	Unity in Adversity	On the day Singapore separated from Malaysia, at the end of his speech, Mr Lee said "[Singaporeans] unite, regardless of race, language, religion, culture."
2004	Nurturing Sporting Talents	Mr Lee wrote a personal letter to former national hurdler Osman Merican after he won three medals at the 1965 South-east Asian Peninsular (Seap) Games, detailing his hopes on how athletes like Mr Merican will inspire other Singaporeans.
2005	Service Excellence	Mr Lee believed in improving and maintaining excellent service in Singapore.
2006	Preparedness & Trust	Mr Lee fulfilled the promise to the victims of the Bukit Ho Swee fire that in less than a year they would all have new flats to live in.
2007	The Pioneering Spirit	Mr Lee pledged to clean up Singapore River in 1977, so that we could even fish in it. The clean-up cost the government \$170 million.
2008	Inclusiveness	Mr Lee strongly believed in meritocracy and the Lee Kuan Yew scholarship fund, which acknowledges outstanding citizens with aptitude and inclination to contribute to Singapore, supports his belief.
2009	Vigilance	Mr Lee supported the Criminal Act which was used in serious crimes involving secret societies, drug trafficking and loan sharks. This was the start of making the streets of Singapore safer.
2010	Youth Engagement	Mr Lee once teased a student at an NTU-organized dialogue session by asking her "do you have a boyfriend?"
2011	From Vulnerability to Strength	Mr Lee established National Service as he believed in the importance of being able to defend our country from external threats.
2012	Our Dreams, Our Future	The idea to reclaim the land for Changi Airport was inspired by Mr Lee's visit to Boston's Logan Airport in 1968.
2013	Sustained Vigilance	Mr Lee frequently associated himself and his political party with the colour white, to signify anti-corruption.

**Go50: A Nation in Motion
Biography of Lead Team**

Lead Runner



**MR LIM NGHEE HUAT
EDITOR, CHINESE CURRENT AFFAIRS
MEDIACORP PTE LTD**

A pioneer at the age of 61 in the regional sports of triathlon and ultra-marathon, Mr Lim Nghee Huat has been setting records. In the year 2013, he became the first runner from South East Asia to complete the 217 km Badwater Ultra-marathon in Death Valley, USA, the world's toughest footrace in the hottest place on earth. He finished in 58th position out of 96 runners, with a time of 42 hours and 34 minutes. He was the first Asian runner to compete at the Brazil 217 km Ultra-Marathon in 2009, crowning his achievements of completing six ultramarathons with distance of 217 km or more.

Through each ultramarathon that Nghee Huat ran, he raised money for a good cause such as the NTU endowment fund, the Singapore Table Tennis Association, a rehabilitation centre and more. Since 2005, he raised more than \$800,000. Nghee Huat was also the Co-Founder of the Triathlon Association of Singapore and served as Chairman of the National Triathlon Training Squad from 1997 to 2000. In addition, he was the first Singaporean to be elected to serve as a Board Member in the Asian Triathlon Confederation Executive Board (1995-2003). He is actively involved in community service, of which he is the chairman of Mountbatten Citizens' Consultative Committee. Nghee Huat is currently the Editor of Chinese Current Affairs at MediaCorp.

Lead Runner



MR YONG YUEN CHENG
TEACHER
HWA CHONG INSTITUTION

Mr Yong Yuen Cheng has kayaked, climbed, cycled, swum and ran thousands of kilometres in aid of needy students and various other causes. Since graduating from the National Institute of Education in 1997 with a Post Graduate Diploma in Education, he has devoted his time to teaching physics, coaching young canoeists and training for his altruistic endeavours.

Yuen Cheng became one of the first two Southeast Asians to complete the "Death Valley Challenge" ultramarathon in California last July. Enduring temperatures of over 50 degrees Celsius in one of the hottest and driest places on Earth, Yuen Cheng persevered through 217 gruelling kilometres of perilous terrain, finishing in 46 hours and 30 minutes. The money raised went towards helping the NJC Student Development Fund, and the Mountbatten Citizens' Consultative Committee, where he is Vice-Chairman of the Constituency Sports Club.

Moreover, Yuen Cheng is known to be the fastest Singapore Ultra Marathon runner in the Singapore Book of Records after he completed the Ultra Marathon, Run Round Singapore in 2010, in 31 hours 28 minutes and 51 seconds. Over the years, this tireless fund-raiser's contributions to society have also helped the Down Syndrome Association, President's Challenge and Diabetic Society of Singapore.

Yuen Cheng is currently a Physical Education Teacher at Hwa Chong Institution (HCI).