

KELVIN LOW JEAOK CHAI (JC)

Profile & Accomplishments

Kelvin Low is a certified Lifeguard and Swimming Instructor with the Singapore Sports Council. JC is very active in both water and land-based sports and was first introduced to triathlon by Dr Kua Harn Wei and his triathlete friends. In 1997, he completed his very first Olympic Distance triathlon. In 1998, he completed his very first long distance race in the International Triathlon Union (ITU) Long Distance Triathlon World Championship in Japan. In 2001, he added his first Half-Ironman in Desaru to his resume. With hard work and dedication, 3 years later, he did his personal best timing for Olympic Distance triathlon race (2hr 37min) in the Osim Triathlon in Singapore. To date, JC has raced in at least 10 local and international triathlons and many more swimming and road running (including marathons) races. The most memorable and best race he has ever taken part so far is the Langkawi Ironman Triathlon Malaysia, on the Feb 24th 2007.

JC is one of the first few triathletes who started TriZEN as a club. He played a very important role in helping new triathletes learn the skills of swimming. His very personable and patient approach

has earned him many accolades from his trainees and fellow triathlons. In fact, when Dr Kua Harn trained for the swimming sections of his ultra triathlon, JC offered many helpful and practical swimming tips that Dr Kua applied with much success in his exploits. On why he joined TriZEN, JC said "...why I joined TriZEN [is] because we all share the same visions that are: family bonding, friendship, care for community and the environment where we live in. The most recent activity which I was actively involved in was training the physically challenged athlete!s for the Half-Ironman event in Singapore."

Indeed; JC!s systematic and dedicated imparting of swim skills to the physically-challenged athletes helped them to finish the swim in the 70.3 with confidence and relative ease.

What are his aspirations for TriZEN Sports Pte Ltd? "To help and guide people who wish to complete a triathlon or biathlon [or aquathlon] race which many people say is impossible. All this above would not be accomplish without my family members and friends especially Harn Wei who also my Trainer for all triathlon

races". A humble gentleman, JC is without doubt an asset to TriZEN Sports Pte Ltd. As a volunteer, he helped a great deal in mapping the overall direction of the company as well as planning the detailed activities of the company (including the training programs for future members and the coming ZERO-Carbon Family Aquathon 2008 – a clear indication of his thorough and indepth understanding of the dynamics of the company and its underlying principles and mission.