

# Amanda Ng

24, RS:X



Amanda has been sailing and windsurfing for 13 years, and she has competed in various international regattas and major games. Amanda is a Bronze medalist at the 2011 SEA Games and an Olympian at Rio in 2016.

*“Go hard or go home. I believe that if you want to achieve something, you have to commit your all to it. Going into something half-hearted isn’t going to make your time and effort worthwhile.”*

**Age:** 24

**Started sailing at age:** 11

**Started competing at age:** 12

**Classes of boat sailed:** Optimist, 470, RS:X,  
RS:One



ASIAN GAMES 2018

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