



CONTACT

EMAIL:
cyril@cyclingwithoutage.sg

HOBBIES

Cycling
Gardening

CYRIL ONG

ABOUT CYRIL

Cyril Ong is 73 years old and a member of Joyriders, the largest amateur cycling club in Singapore. He retired nearly 20 years ago but is now gainfully employed by SG Digital Office as a digital ambassador to educate senior citizens on the use of smartphone technology.

The desire to stay fit and healthy was the reason why Cyril fell in love with cycling. It also allows him to share fun and laughter with fellow cyclists from all ages and walks of life. He joined Joyriders 5 years ago and was eventually approached by Joyce Leong, the founder, to start a new category for the senior riders who pride themselves as the "Golden Snail". He is truly an inspiration for both the old and young in staying fit and healthy.

COMMUNITY SERVICE

Vice Treasurer and Director, Cycling Without Age Singapore

May 2021 – present

Member, Programmes Sub-committee, Cycling Without Age Singapore

November 2020 – May 2021