ATHLETE PROFILE

PATRICIA PAIGE ONG

Singaporean freediver · PFI instructor · competition organiser

8 of 8
AIDA disciplines in which Pat has set the Singapore women's record

5th
in the world, AIDA women's overall ranking 2026 (3rd in 2024)

34
AIDA competitions in six countries since 2021

10+
AIDA competitions organised in Singapore

ABOUT PAT

Patricia Paige Ong (Pat) is a Singaporean freediver, PFI freediving instructor and competition organiser. She has set the Singapore women's national record in all eight AIDA disciplines, in the pool and at depth, and holds six of them today.

Since 2021 she has competed at 34 AIDA competitions in six countries, with 54 white cards from 66 starts. She set a national record at each of her two World Championships: a 6:12 static in Jeju in 2023, and 206 m dynamic in Wakayama in 2025. On National Day 2026 she dived to 85 m in Manado, at the time the deepest dive by a Singaporean.

In AIDA's women's overall ranking she was 3rd in the world in 2024 and is 5th in 2026, 2nd in Asia both years. She is the only South-East Asian woman in Asia's top ten.

Pat has organised more than ten AIDA competitions in Singapore and co-organised the AIDA Singapore Pool Freediving Open 2026. She teaches through her school, Freedive with Pat, where she has certified 38 students.



85 m, National Day 2026. Photo: Andrey Desayli

NATIONAL RECORDS

Singapore women's records (AIDA) that Pat holds today. She has set the record in all eight disciplines.

STA

7:06

Static apnea

Johor, Malaysia · Mar 2026

DYN

206 m

Dynamic with fins

World Championship, Wakayama · Jul 2025

DYNB

202 m

Dynamic with bifins

Singapore · Aug 2024

DNF

153 m

Dynamic no fins

Singapore · Aug 2024

FIM

73 m

Free immersion

Cebu, Philippines · Jul 2026

CNF

53 m

Constant weight no fins

Mabini, Philippines · Nov 2024

RANKINGS

AIDA International, women's overall ranking (all eight disciplines), 7 November 2026.

5th

World, 2026 season

Women's overall

2nd

Asia, 2026 season

Women's overall

3rd

World, 2024 season

Women's overall

10th

Asia, all years

The only South-East Asian woman in the top 10

COMPETITION RECORD

Since March 2021, in Singapore, Malaysia, Indonesia, the Philippines, Korea and Japan.

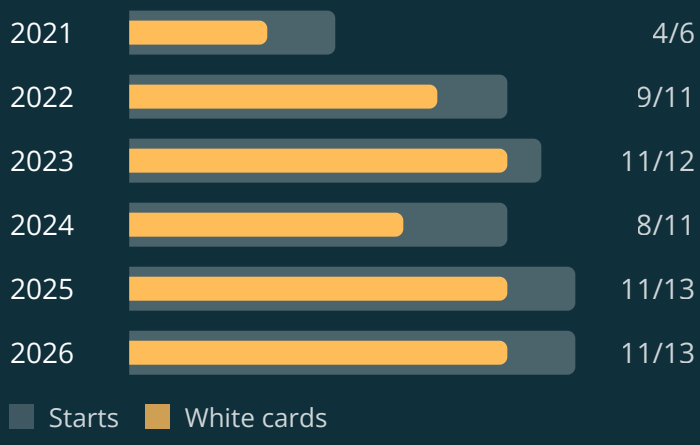
66 competition starts

54 white cards

30 gold medals (plus 11 silver, 4 bronze)

2 World Championships, a national record at each

Starts and white cards per year



PRESS AND MEDIA

Jom	Singapore This Week	Aug 2026
Mothership	Instagram reel: the 85 m National Day dive	Aug 2026
The Straits Times	Singapore freediver Patricia Ong sets national record on National Day	Aug 2026
Rice Media	A national record-breaking freediver's unfiltered World Championship diary	Jul 2025
The Straits Times	Patricia Ong weathers storm to set two national freediving records in the Philippines	Nov 2024
Molchanovs	The 30th AIDA World Championship	Jun 2023
DeeperBlue	Seven new women's national static records set on day 3 of the AIDA Pool World Championship	Jun 2023
AIDA International	World Championship Jeju: event news	Jun 2023
Women's Weekly	Want to start an endurance workout routine? 4 female athletes share their tips	Apr 2023
Her World	4 female athletes share tips on how to start an endurance fitness regime	Apr 2023
Her World (magazine)	Pushing the Limits	Mar 2023
Adreno	Australian Freediving Championships 2023	Feb 2023
CNA	Singapore freediver sets new national record in women's bifin event	May 2022
Mothership	S'porean woman, 32, sets new national record with 174m freedive	May 2022

TALKS, RADIO AND PODCASTS

Class 95	The Muttons, "People In Our Neighbourhood": Patricia, freediving instructor (video)	2026
ADEX 2026	Main stage: "Freediving: A Journey Beyond One Breath"	Apr 2026
PechaKucha Night Singapore	Speaker	Nov 2026
Between Breaths (podcast)	The 7:06 training cycle	2026

PRESS, PARTNERSHIPS AND TALKS

For interviews, sponsorship, speaking or workshops, get in touch.

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