



1 TAN HOWE LIANG

Weightlifting, 1960 Rome Olympics

What he did

Undaunted by his ninth-place finish at the 1956 Melbourne Olympics, Tan showed tremendous resolve four years later in Rome to become Singapore's first Olympic medalist. Hours before the final round, he suffered acute cramps in his legs and was advised by doctors to withdraw. But Tan refused and fought through the pain, setting a new lightweight Olympic record in the clean-and-jerk and clinching a historic silver medal for Singapore.

What he said

"I'm no hero. At that time, I was just a keen young man eager to win for my country in the Olympics."



2 JOSEPH SCHOOLING

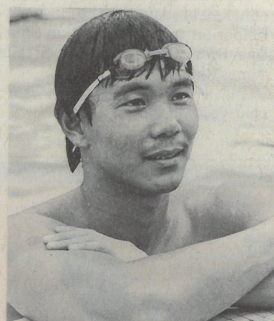
Swimming, 2015 World Championships in Kazan, Russia

What he did

The first Asian man to go below 51sec in the 100m butterfly also delivered Singapore's first medal at a world championships, finishing third behind Olympic champion Chad le Clos and multiple-Olympic medalist Laszlo Cseh on Aug 8.

What he said

"I couldn't be happier to have won a medal on the eve of Singapore's 50th birthday, and would like to dedicate this win to everyone who has supported and believed in me."



3 ANG PENG SIONG

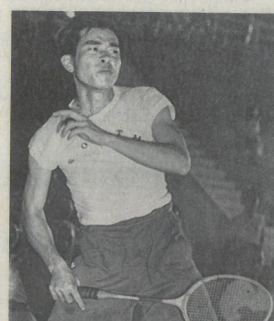
Swimming, 1982 US Swimming Championships in Indianapolis

What he did

Ang's blistering 22.69sec in the 50m freestyle final was the year's fastest time. In recognition of his momentous feat, he was later presented with the "World's Fastest Swimmer" award for that year.

What he said

"It was my ultimate level of performance."



4 WONG PENG SOON

Badminton, 1950 All-England Championships in London

What he did

His victory over Denmark's Poul Holm in the final was a triumph not just for Singapore, but also for the entire continent as he became the first Asian winner of one of badminton's oldest and most prestigious tournaments.

What he said

"Badminton has given me everything, taken me places and given me the chance to meet kings and queens, presidents and prime ministers."



5 CHEE SWEE LEE

Athletics, 1974 Asian Games in Tehran

What she did

Just 19, Chee stormed to a sensational victory in the 400m final, becoming the first Singaporean woman to win an Asian Games athletics gold. Not only did she beat her arch-rival Nobuko Kawano of Japan, but she also set a new Games record with a time of 55.08sec. That mark remains Singapore's national record.

What she said

"It was the proudest moment when I stood on that rostrum in Tehran - for the gold was mine and for Singapore."



6 YIP PIN XIU

Para-swimming, 2008 Beijing Paralympics

What she did

She broke the world record in the 50m backstroke (S3) in the morning heats and carried that form into the final, capturing Singapore's first gold at the Paralympic Games.

What she said

"I'm only 16, yet I have already got a Paralympic gold medal, which has been my dream for some time."



7 FENG TIawei, LI JIAWEI, WANG YUEGU

Table tennis, 2008 Beijing Olympics

What they did

A 48-year wait for a second Olympic medal was ended thanks to the women's team which finished second behind China. Feng was the heroine in the semi-final, earning the decisive point in the 3-2 victory over South Korea to guarantee a medal for Singapore.

What Li said

"I have never cried after any victory before. But I cried because we led this team to victory and we have fulfilled Singapore's expectations of a medal."



8 LI JIAWEI, WANG YUEGU, FENG TIANWEI, SUN BEIBEI, YU MENGYU

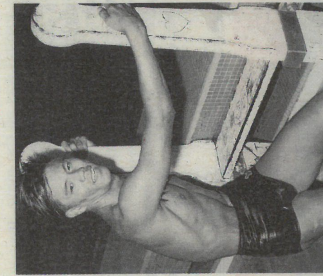
Table tennis, 2010 World Team Table Tennis Championships, Moscow

What they did

The Chinese had been almost unbeatable in the sport, and were the overwhelming favourites having won the last eight editions of the competition. Yet, in what was billed later as the Miracle in Moscow, they were stunned 3-1 by Singapore in the final. Feng was pivotal, winning both her matches, including the decider against world No. 1 Liu Shiwen.

What Feng said

"Winning an Olympic silver medal was historic. Winning the world championships is a miracle. This is the best day of my life."



9 NEO CHWEE KOK

Swimming, 1951 Asian Games in Delhi

What he did

The 19-year-old schoolboy captured gold medal at the Asian Games with a masterful performance in the 1,500m freestyle, winning by a staggering margin of almost 50m. He eventually finished the inaugural Games in India with three more golds (400m, 800m, 4x100m free relay).

What he said

"They used to laugh at the way I swam in those days. This made me all the more determined to be a good swimmer, and I trained hard."



10 LAURENTIA TAN

Para-equestrian, 2012 London Paralympics

What she did

Born with cerebral palsy and profound deafness, Tan won a bronze (Grade 1a individual dressage championship test) and silver (Grade 1a individual dressage freestyle) to become Singapore's most bemedalled Paralympian.

What she said

"Keep trying, you don't know what you can achieve."