

SINGAPORE YOUTH AWARDS 2004
MEDAL OF COMMENDATION

SPORTS AND ADVENTURE (INDIVIDUAL)

DR BENEDICT TAN CHI'-LOONG



“Better to be 10th in a world-class fleet than to be first in a mediocre fleet. Don’t be afraid of competition. Welcome it, face it, enjoy it.”

A renowned sailor who brought glory to Singapore with his stellar performances in sailing at local and international competitions, Dr Benedict Tan, or Ben Tan as he is more popularly known, was conferred the Singapore Youth Award (SYA) in 1995.



Today, Dr Tan plays a pivotal role in developing and promoting sports medicine in Singapore. He is the President of the Sports Medicine Association of Singapore and the first sports physician to practise in Singapore’s restructured hospitals, thus allowing active members of the public easy access to sports medicine services. Dr Tan was also instrumental in building up Singapore’s sports science services to the comprehensive level that our top athletes currently enjoy.

Dr Tan’s expertise in sailing and sports medicine has earned him international recognition. He holds a coveted seat in the Medical Commission of the International Sailing Federation and has presented his research papers at various prestigious conferences, such as the International Olympic Committee’s World Congress on Sports Sciences, the Human Performance in Sailing Conference, and European College of Sports Sciences Congress.



Ranked 10th in The Straits Times' Millennium Series on Singapore's Sporting Greats in 1999, Dr Tan continues to coach and spar with young sailors locally and overseas. His book, "The Complete Introduction to Laser Racing", has been hailed the best laser racing book ever by Yachts and Yachting magazine. The book has been translated to Polish, Japanese, and Chinese, and is considered a sailing "bible" by sailors throughout the world.

After retiring from competitive sailing in 1996, Dr Tan continues to contribute to Singapore sports. Dr Tan has been working with disabled athletes as the Sports Patron of the Singapore Disability Sports Council since 1996, and is a National Classifier for disabled sailing. He serves on the Singapore National Olympic Council as Chairman of the Athletes' Commission and as an executive committee member. He is the Vice President (Dinghies) of the Singapore Sailing Federation and chairs its High Performance Sailing Committee.

For achieving, contributing and inspiring youths at significantly higher levels after being awarded the SYA, Dr Benedict Tan is conferred the Medal of Commendation 2004.