

SINGAPORE YOUTH AWARDS 2005
SPORTS AND ADVENTURE (INDIVIDUAL)

MS THERESA GOH RUI SI



"I do the same things able-bodied people do. I just do them differently."

National swimmer Ms Theresa Goh Rui Si is a true inspiration. Born with spina bifida, but with grit and determination, she has become one of Singapore's top athletes.

Introduced to swimming at the age of 5, Theresa began competing at the age of 12. In her first National Swimming Championships in 1999, she won two Gold Medals. Since then she has won 24 Gold Medals at the National Swimming Championships, bringing home a remarkable 10 Gold Medals in 2004.



She established herself as one of the top athletes in the region in the 2001 ASEAN Para-Games, where she garnered six Gold Medals and two Silver Medals, and was named Sports Woman of the Games. She followed this with three Gold Medals at the 2nd ASEAN Para Games, breaking three Games records. At the 10th Malaysian Paralympic Games & ASEAN Invitation Championships in 2000 she won four Gold Medals.

In the international arena, she has won many accolades. In the FESPIC Games in 2002, Theresa took home three Gold and one Silver Medal. At the Australian National Junior Disabled Games in 2001 she won five Gold and two Silver Medals, breaking four Games records along the way. At the ISMWSF World Wheelchair Games in 2003, Theresa won six Gold Medals. At the 2004 British Paralympic Trials, she came in first in the 200m Individual Medley and broke her personal best in six events. Theresa represented Singapore at the 2002 Commonwealth Games and the 2004 Athens Paralympics where she finished in 5th position in the 100m Breaststroke.

After being awarded the Sportsgirl of the Year for two years in a row in 2002 and 2003, Theresa was awarded Sportswoman of the Year by the Singapore Disability Sports Council in 2004.



Theresa also does her part for the community. She was the Poster Girl for the Ministry of Community Development and Sports in 2003. Theresa is also a member of Handicap Welfare Association (HWA) and Asian Women's Welfare Association (AWWA) Therapy and Educational Assistance for Children in Mainstream Education (TEACHME).

For her dedication and inspirational achievements, Ms Theresa Goh Rui Si is awarded the Singapore Youth Award 2005.