



NATIONAL RECORDS

WOMEN as at **1 November 2017**

<u>48kg Category</u>	Weight (Kg)	Name	YOB	Date	Where
Snatch					
Clean & Jerk					
Total					
<u>53kg Category</u>					
Snatch	70	Helena Wong	1988	20 Nov 2011	SEA Games, INA
Clean & Jerk	83	Helena Wong	1988	20 Nov 2011	SEA Games, INA
Total	153	Helena Wong	1988	20 Nov 2011	SEA Games, INA
<u>58kg Category</u>					
Snatch	55	Yang YiFan	1974	6 Apr 2002	Penang Open
Clean & Jerk	70	Yang YiFan	1974	15 Jul 2002	Asian Inter-City, THA
Total	125	Yang YiFan	1974	6 Apr 2002	Penang Open
<u>63kg Category</u>					
Snatch	70	Yang YiFan	1974	16 Aug 2003	Ohio State Ch, USA
Clean & Jerk	87.5	Yang YiFan	1974	17 May 2003	USA Nationals Open
Total	155	Yang YiFan	1974	16 Aug 2003	Ohio State Ch, USA
<u>69kg Category</u>					
Snatch	70	Cheryl Foo	1992	18 Mar 2017	S'pore National Open
Clean & Jerk	78	Cheryl Foo	1992	18 Mar 2017	S'pore National Open
Total	148	Cheryl Foo	1992	18 Mar 2017	S'pore National Open
<u>75kg Category</u>					
Snatch	62	Tricia Tan	1988	18 Mar 2017	S'pore National Open
Clean & Jerk	80	Tricia Tan	1988	12 Mar 2016	S'pore National Open
Total	142	Tricia Tan	1988	18 Mar 2017	S'pore National Open
<u>90kg Category</u>					
Snatch					
Clean & Jerk					
Total					
<u>+90kg Category</u>					
Snatch					
Clean & Jerk					
Total					