



## NATIONAL RECORDS

**WOMEN** as at 15 March 2018

<b><u>48Kg</u></b>	<b>Wt (Kg)</b>	<b>Name</b>	<b>YOB</b>	<b>Date</b>	<b>Where</b>
Snatch					
Clean & Jerk					
Total					
<b><u>53Kg</u></b>					
Snatch	70	Helena Wong	1988	20-Nov-11	SEA Games, INA
Clean & Jerk	83	Helena Wong	1988	20-Nov-11	SEA Games, INA
Total	153	Helena Wong	1988	20-Nov-11	SEA Games, INA
<b><u>58Kg</u></b>					
Snatch	67	Hayden Ong	1990	10-Mar-18	S'pore National Open
Clean & Jerk	79	Hayden Ong	1990	10-Mar-18	S'pore National Open
Total	146	Hayden Ong	1990	10-Mar-18	S'pore National Open
<b><u>63Kg</u></b>					
Snatch	70	Yang Yifan	1974	16-Aug-03	Ohio State Ch, USA
Clean & Jerk	87.5	Yang Yifan	1974	17-May-03	USA National Open
Total	155	Yang Yifan	1974	23-Mar-14	Ohio State Ch, USA
<b><u>69Kg</u></b>					
Snatch	70	Cheryl Foo	1992	18-Mar-17	S'pore National Open
Clean & Jerk	78	Cheryl Foo	1992	18-Mar-17	S'pore National Open
Total	148	Cheryl Foo	1992	18-Mar-17	S'pore National Open
<b><u>75Kg</u></b>					
Snatch	62	Tricia Tan	1988	18-Mar-17	S'pore National Open
Clean & Jerk	80	Tricia Tan	1988	12-Mar-16	S'pore National Open
Total	142	Tricia Tan	1988	18-Mar-17	S'pore National Open
<b><u>90Kg</u></b>					
Snatch					
Clean & Jerk					
Total					
<b><u>+90Kg</u></b>					
Snatch					
Clean & Jerk					
Total					