

**SINGAPORE NATIONAL OPEN WEIGHTLIFTING CHAMPIONSHIPS
9 - 10 MARCH 2019**

WOMEN 49KG

| RANK | NAME | YOB | NATION | SNATCH | C & J | TOTAL |
|------|---------------------|------|--------|--------|-------|-------|
| 1 | Devina Pronolo | 1988 | INA | 52 | 65 | 117 |
| 2 | Grace Yeo Swee Hoon | 1987 | MAS | 51 | 57 | 108 |
| 3 | Sarah Ang Su En | 2002 | SGP | 40 | 45 | 85 |
| 4 | Hazel Yong En Li | 1995 | SGP | 30 | 45 | 75 |

WOMEN 55KG

| RANK | NAME | YOB | NATION | SNATCH | C & J | TOTAL |
|------|---------------|------|--------|--------|-------|-------|
| 1 | Yu Chien Lan | 1989 | SGP | 54 | 63 | 117 |
| 2 | Rabia Shahzad | 1998 | PAK | 44 | 62 | 106 |
| 3 | Lam Lok Yee | 1988 | HKG | 41 | 50 | 91 |

WOMEN 59KG

| RANK | NAME | YOB | NATION | SNATCH | C & J | TOTAL |
|------|------------------------------|------|--------|--------|-------|-------|
| 1 | Sophie Louise Dunnet | 1996 | GBR | 68 | 80 | 148 |
| 2 | Supawon Hui | 1992 | HKG | 61 | 78 | 139 |
| 3 | Melissa Ho | 1994 | SGP | 61 | 75 | 136 |
| 4 | Rachel Haslam | 1991 | GBR | 54 | 67 | 121 |
| 5 | Felicia Lee Wan Ling | 1994 | SGP | 52 | 57 | 109 |
| 6 | Foo Mei Kuen | 1989 | MAS | 45 | 60 | 105 |
| 7 | Samantha Tan yin Fang | 1997 | MAS | 40 | 55 | 95 |
| 8 | Nur Hidayah Binei Abd Rahman | 1990 | MAS | 40 | 53 | 93 |

WOMEN 64KG

| RANK | NAME | YOB | NATION | SNATCH | C & J | TOTAL |
|------|-------------------------|------|--------|--------|-------|-------|
| 1 | Nicole Heng Lin Li | 1995 | SGP | 55 | 68 | 123 |
| 2 | Clarrisa Chew Chen Chen | 1993 | MAS | 43 | 57 | 100 |

WOMEN 71KG

| RANK | NAME | YOB | NATION | SNATCH | C & J | TOTAL |
|------|------------------------------|------|--------|--------|-------|-------|
| 1 | Sasheladevi D/O Elangeswaran | 1991 | MAS | 62 | 76 | 138 |

WOMEN 76KG

| RANK | NAME | YOB | NATION | SNATCH | C & J | TOTAL |
|------|-----------------|------|--------|--------|-------|-------|
| 1 | Khabibah Munir | 1993 | MAS | 61 | 75 | 136 |
| 2 | Jayce Ling Sili | 1991 | SGP | 51 | 67 | 118 |

WOMEN 87KG

| RANK | NAME | YOB | NATION | SNATCH | C & J | TOTAL |
|------|---------------------|------|--------|--------|-------|-------|
| 1 | Cassandra Lau Yi En | 1992 | SGP | 70 | 94 | 164 |

WOMEN +87KG

| RANK | NAME | YOB | NATION | SNATCH | C & J | TOTAL |
|------|-----------------------|------|--------|--------|-------|-------|
| 1 | Rachel Wong Wing Suet | 1994 | HKG | 60 | 79 | 139 |