

SINGAPORE NATIONAL OPEN WEIGHTLIFTING CHAMPIONSHIP - 9 & 10 MARCH 2019

START LIST

OPEN

No	Category	Name	Nation	Entry Total
1	M55KG	Cliff Wong Jia Hui	SGP	155
2	M61KG	Thong Weng Sheng	MAS	185
3	M61KG	Benjamin Loo Jun Bin	SGP	140
4	M61KG	Ben Goh Zuo Fu	SGP	180
5	M67KG	Howie Lee	SGP	158
6	M67KG	Keith Koh Jia Jie	SGP	210
7	M67KG	Calvan Saw Kai Wen	SGP	160
8	M67KG	Casper Leong Zhi Quan	MAS	140
9	M67KG	Noah Ng Yi En	SGP	140
10	M73KG	Saw Teck Wai	MAS	125
11	M73KG	Matthew Sim Min Aun	MAS	200
12	M73KG	Lim Tze Wei	SGP	186
13	M73KG	Phor Yuen Soon	MAS	160
14	M73KG	Chua Jinhan	SGP	155
15	M73KG	Jaybee Ng Jin Bin	SGP	131
16	M73KG	Adolphus Lee Jun Xing	SGP	145
17	M81KG	Ivan Ng Wen Xiong	MAS	190
18	M81KG	Alexander Teoh Wei Jiang	MAS	160
19	M81KG	Aidi Amin Bin Yazid	MAS	160

20	M81KG	Richard Wenshen Kwan	CAN	205
21	M81KG	Ooi Fei Hoong	MAS	230
22	M81KG	Sue Yung Jen	MAS	240
23	M81KG	Leung Wing Chung	HKG	210
24	M81KG	Lim Kang Yin	SGP	230
25	M81KG	Ben Ong Seng Hean	MAS	110
26	M81KG	Clive Lim Jia Yuan	SGP	115
27	M81KG	Gan Tiong Wee	MAS	200
28	M81KG	Dinaarharan s/o Muniandy	MAS	120
29	M81KG	Eow Chen Zhi	SGP	155
30	M81KG	Ong Wei Guang	SGP	140
31	M89KG	Benjamin Goh Ming-Wen	MAS	180
32	M89KG	Lucas Lau Hui Li	MAS	180
33	M89KG	Ho Jia Wei	MAS	195
34	M89KG	Lum U Jin	MAS	170
35	M89KG	Kai Lim	AUS	165
36	M96KG	Nelson Khor Chuan Nam	MAS	165
37	M96KG	Joshua Su Weiming	SGP	245
38	M96KG	John Cheah En Wei	SGP	270
39	M102KG	Elisha Louis Tan Kim Ho	MAS	230
40	M102KG	Genki Fukaya	JPN	180
41	M102KG	Amir Zikrifudin Bin Abdul Ghaffar	MAS	160
42	M109KG	Charles Tan	SGP	110
43	M+109KG	Lewis Chua Yong Hwee	SGP	240

1	W49KG	Grace Yeo Swee Hoon	MAS	90
2	W49KG	Sarah Ang Su En	SGP	93
3	W49KG	Devina Pronolo	INA	110
4	W49KG	Hazel Yong En Li	SGP	70
5	W55KG	Lam Lok Yee	HKG	83
6	W55KG	Rabia Shahzad	PAK	100
7	W55KG	Yu Chien Lan	SGP	104
8	W59KG	Samantha Tan Yin Fang	MAS	80
9	W59KG	Nur Hidayah Bte Abd Rahman	MAS	75
10	W59KG	Melissa Ho	SGP	130
11	W59KG	Foo Mei Kuen	MAS	85
12	W59KG	Rachel Haslam	GBR	115
13	W59KG	Sophie Louise Dunnett	GBR	150
14	W59KG	Felicia Lee Wan Ling	SGP	102
15	W59KG	Supawon Hui	HKG	130
16	W64KG	Clarissa Chew Chen Chen	MAS	90
17	W64KG	Nicole Heng Lin Li	SGP	110
18	W71KG	Sasheladevi D/O Elangeswaran	MAS	115
19	W76KG	Jayce Ling Sili	SGP	110
20	W76KG	Khabibah Munir	MAS	130
21	W81KG	Cassandra Lau Yi En	SGP	155
22	W+87KG	Rachael Wong Wing Suet	HKG	135

MASTERS

	M(35-39 Yrs)			
1	61KG	Eugene Wong Hung Chih	MAS	120
2	67KG	Jonathan Gabriel Wong Hou Keet	MAS	190
3	81KG	Lim Chze Hong	MAS	150
4	81KG	Prakash Bisuvaliggam	MAS	140
5	96KG	Famararz Ghanbari Adivi	IRI	250
6	+109KG	Ali Jahangiri Someeh	IRI	230
7	+109KG	Amir Heidari	IRI	300
	M(40-44 Yrs)			
8	61KG	Yukiyoshi Oguri	JPN	160
9	73KG	Witsaran Pungthongkum	THA	185
10	81KG	Wong Chee Teng	MAS	155
11	81KG	Goi Si Han	SGP	200
12	96KG	Mohamad Izham Bin Haji Othman	MAS	130
13	96KG	Jordan R. Hanauer	USA	100
14	+109KG	Morteza Nemati	IRI	260
	M(45-49 Yrs)			
15	61KG	Mohamad Rizal Bin Abdol Aziz	SGP	95
16	67KG	Heng Lih Hooi	SGP	52
17	73KG	Hidetoshi Kubota	JPN	200
18	81KG	Namboodiri Naraynan Manoj	SGP	90
19	81KG	Phang Moon Seng	MAS	160
20	89KG	Shunichiro Yasui	JPN	200
21	96KG	Javad Samieematin	IRI	220
22	96KG	Masaru Imoto	JPN	190
	M(50-54 Yrs)			

23	73KG	Gholam Asadi	IRI	160
24	73KG	Syed Alwee Bin Shekh Alsagoff	MAS	80
25	73KG	Ong Yu-Phing	SGP	100
26	89KG	Ali Reza Sheikholeslami Kandelousi	IRI	190
	M(55-59 Yrs)			
27	61KG	Asghar Jahari Damami	IRI	140
28	73KG	Aliasghar Ebadi	IRI	155
29	73KG	Bouachanh Thongilvu	AUS	154
30	73 KG	Chui Kan Yuen	SGP	118
31	89KG	Seyed Saeid Arshvazan	IRI	160
	M(60-64 Yrs)			
32	96KG	Yukio Fukaya	JPN	160
	M(65-69 Yrs)			
33	81KG	Ryoji Furukawa	JPN	140
	M80+			
34	81KG	Ebrahim Azimian Moghaddam	IRI	60

	W(35-39 Yrs)			
1	76KG	Cheng Chun Ting	SGP	100
2	81KG	Jacelyn Chan Jia Hui	SGP	110
	W(40-44 Yrs)			
3	64KG	Sally Neo Li Peng	SGP	96
4	71KG	Susan Marie Gallagher	CAN	85
	W(55-59 Yrs)			
5	+87KG	Oyunchimeg Tserendorj	MGL	125