



NATIONAL RECORDS

MEN as at 1 October 2019

55Kg	Wt (Kg)	Name	YOB	Date	Where
Snatch	75	Cliff Wong Jia Hui	1990	9-Mar-19	SG National Open
Clean & Jerk	95	National Standard	1990	9-Mar-19	SG National Open
Total	170	National Standard	1990	9-Mar-19	SG National Open
61Kg					
Snatch	92	Ben Goh	1994	27-Apr-19	Arafura Games, Darwin
Clean & Jerk	111	Ben Goh	1994	27-Apr-19	Arafura Games, Darwin
Total	203	Ben Goh	1994	27-Apr-19	Arafura Games, Darwin
67Kg					
Snatch	98	National Standard			
Clean & Jerk	127	Keith Koh	1996	9-Mar-19	SG National Open
Total	220	National Standard			
73Kg					
Snatch	108	National Standard			
Clean & Jerk	131	National Standard			
Total	239	National Standard			
81Kg					
Snatch	120	National Standard			
Clean & Jerk	140	Lim Kang Yin	1996	27-Apr-19	Arafura Games, Darwin
Total	252	National Standard			
89Kg					
Snatch	125	National Standard			
Clean & Jerk	152	National Standard			
Total	277	National Standard			
96Kg					
Snatch	133	John Cheah	1991	24-Sep-19	World Championship, Pattaya
Clean & Jerk	162	John Cheah	1991	24-Sep-19	World Championship, Pattaya
Total	295	John Cheah	1991	24-Sep-19	World Championship, Pattaya
102Kg					
Snatch	136	National Standard			
Clean & Jerk	161	National Standard			
Total	297	National Standard			
109Kg					
Snatch	143	National Standard			
Clean & Jerk	170	National Standard			
Total	313	National Standard			
+109Kg					
Snatch	148	National Standard			
Clean & Jerk	180	National Standard			
Total	328	National Standard			