



WEIGHT LIFTING





HELENA WONG KAR MUN (黃嘉汶)

“

To me, the Singapore Spirit is the dedication and perseverance to working hard and never giving up on our dreams. Just like our forefathers who ventured here to seek out a new and better life. It is this relentless spirit that makes Singapore the global city that it is today.

”

11 Apr 1988 | 158 cm | 53 kg

Event(s)

Women's Weightlifting (53kg)

Latest Sporting Achievements

2011 British Colleges and Universities Championships

Women 53kg - Gold

2010 British Under 23 Championships Women 53kg

- Gold

2010 19th Commonwealth Games Delhi

Women 53kg - 8th

2010 British Seniors Weightlifting Championships

Women 53kg - Silver

2010 English Weightlifting Championships

Women 53kg - Silver

Current School / Employer

Institute of Technical Education (ITE)

348

About Me

I picked up weightlifting about two years ago during my overseas studies. I first stepped on a weightlifting platform when I was working out in England's Loughborough University's gym, Powerbase. The Head Coach of the English Institute of Sport saw me and commented that my physique was ideal for weightlifting. Keeping his suggestion in mind, I plunged into what I thought was a rather wild idea. I touched my very first bar and lifted 15 kg on my first attempt. And well, as they often say, the rest is history. I was selected to represent Singapore in the 2010 Commonwealth Games within a year of picking up the sport.

OFFICIALS



Wu Chuanfu

Coach