

About: Statistics, history, results and medal tally on Singapore participation at the SEAP/SEA Games from 1959 to 2011.

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Singapore SEAP/SEA Games History (Athletics Only)

Team Singapore SEA Games Medal Tally by Year (From 1959 to 2011)

	Medal(s)	Gold	Silver	Bronze
1959 Bangkok, Thailand	10	4	2	4
1961 Rangoon, Burma	10	3	3	4
1965 Kuala Lumpur, Malaysia	14	4	5	5
1967 Bangkok, Thailand	22	5	8	9
1969 Rangoon, Burma	21	6	8	7
1971 Kuala Lumpur, Malaysia	21	2	12	7
1973 Singapore	29	6	16	7
1975 Bangkok, Thailand	15	5	8	2
1977 Kuala Lumpur, Malaysia	11	3	3	5
1979 Jakarta, Indonesia	12	2	6	4
1981 Manila, Philippines	7	0	1	6
1983 Singapore	10	1	2	7
1985 Bangkok, Thailand	2	0	0	2
1987 Jakarta, Indonesia	5	0	0	5
1989 Kuala Lumpur, Malaysia	9	0	3	6
1991 Manila, Philippines	1	0	0	1
1993 Singapore	12	1	3	8
1995 Chiangmai, Thailand	6	1	3	2
1997 Jakarta, Indonesia	5	2	0	3
1999 Bandar Seri Begawan, Brunei Darussalam	2	1	1	0
2001 Kuala Lumpur, Malaysia	4	1	2	1
2003 Hanoi, Vietnam	9	4	4	1
2005 Manila, Philippines	8	3	1	4
2007 Korat, Thailand	2	1	0	1
2009 Vientiane, Laos	3	2	1	0
2011 Palembang, Indonesia	8	2	3	3
	258	59	95	104

From 1959 to the recent Games of 2011, there has been 26th edition of the event.

1963 SEAP Games was cancelled due to instability of host nation then, Cambodia.

Since the Games inception, on average Singapore hauls home 10 medals per Games.

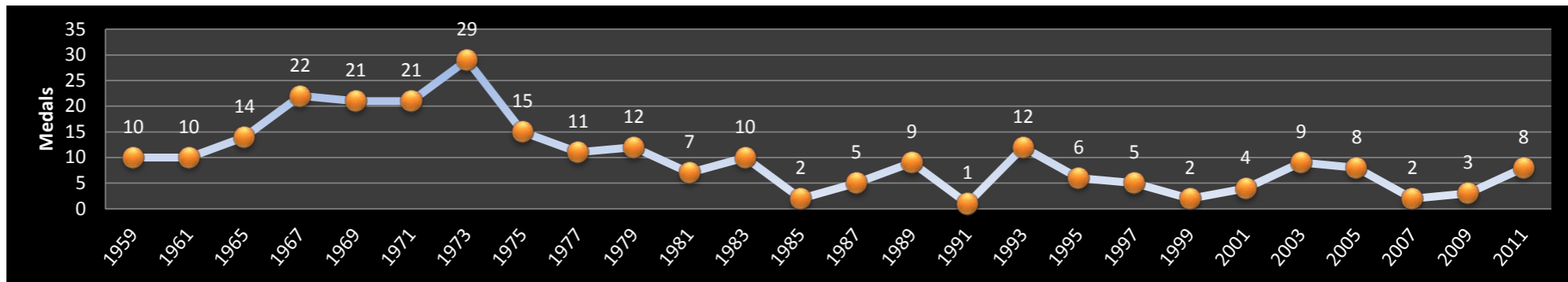
Singapore has hosted the Games 3 times only in 1973 SEAP and 1983/1993 SEA Games.

Last updated 10/11/2013 (1:00 PM)

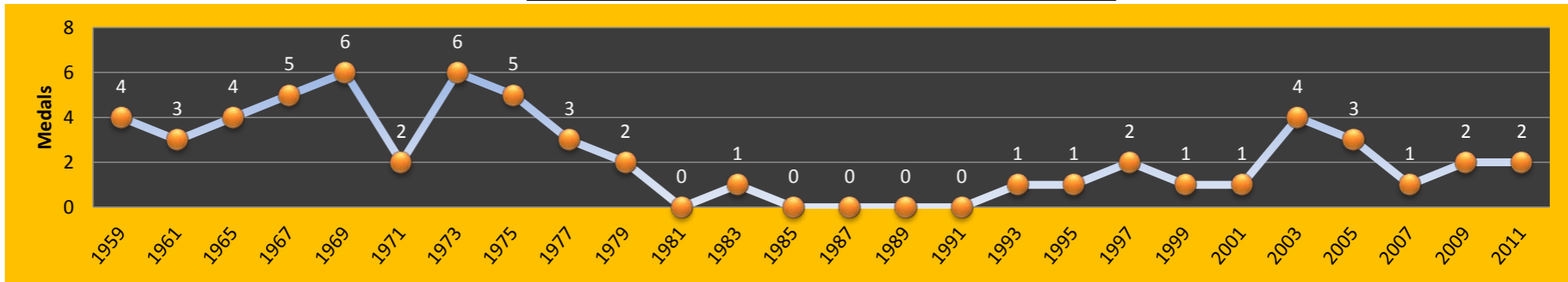
For any update, dispute or ratification, please contact records@singaporeathletics.org.sg with documentation.

Singapore SEAP/SEA Games History (Athletics Only)

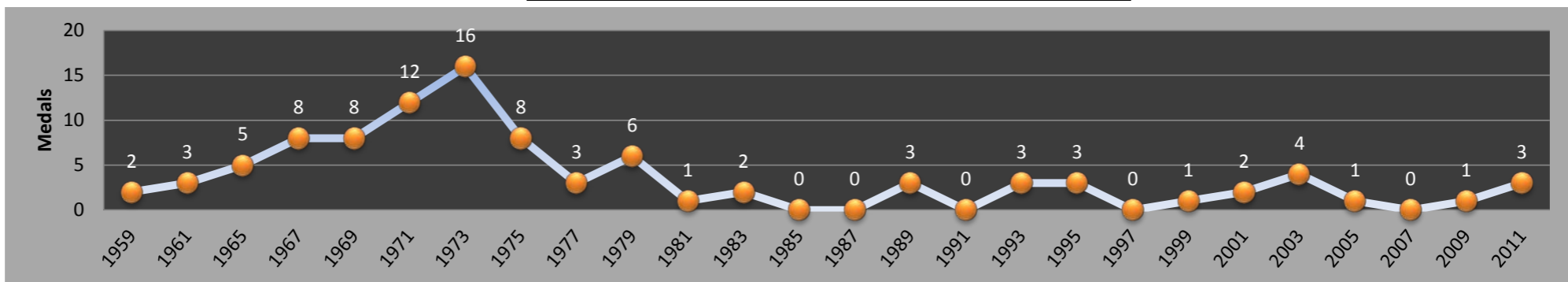
OVERALL SEA Games Medal Tally for Singapore (1959 to 2011)



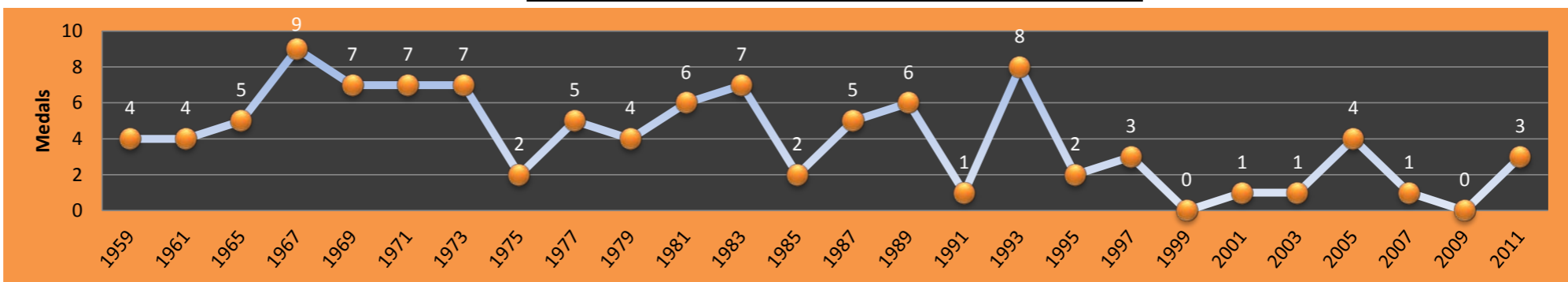
GOLD SEA Games Medal Tally for Singapore (1959 to 2011)



SILVER SEA Games Medal Tally for Singapore (1959 to 2011)



BRONZE SEA Games Medal Tally for Singapore (1959 to 2011)



Singapore SEAP/SEA Games History (Athletics Only)

More info on Team Singapore SEA Games Medal Tally & Stats

Color Legend

Gold Medal	Silver Medal	Bronze Medal	Total Medal Tally
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The above color indicates the medal significance.

Medal tally during SEAP Games period (1959 to 1979):

40	71	54	165
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The Republic garnered the most medal, 29 in total at the 1973 SEAP Games (Singapore) of which 6 are Gold, 16 are Silver, and 7 are Bronze.

1st to 10th edition are the SEAP Games. SEAP stands for 'Southeast Asian Peninsular' Games.

Thailand, Burma, Malaya, Laos, South Vietnam and Cambodia (with Singapore included thereafter) were the founding members.

Medal tally since SEA Games inception (1981 to 2011):

19	24	50	93
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We collected the most medal, 12 in total at 1993 SEA Games (Singapore) of which 8 Gold, 3 Silver, and 1 Bronze.

11th to 26th edition are the SEA Games. SEA stands for 'Southeast Asian' Games.

After the inclusion of Brunei, Indonesia, Philippines (1977) & East Timor (2003), it was renamed SEA Games.

Medal tally from SEA Games 1993 to 2011:

18	18	23	59
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The 1993 Games held at home ground was our biggest SEA Games medal haul (Note: Not referring to SEAP).

Our worst competition outing was at the 16th SEA Games in Manila, Philippines (1991), where we came back home with 1 bronze medal only.

Medal count in the 1960's:

18	24	25	67
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4 Games in all (1961, 1965, 1967, 1969)

Medal count in the 1970's:

18	45	25	88
----	----	----	----

5 Games in all (1971, 1973, 1975, 1977, 1979)

Medal count in the 1980's:

1	6	26	33
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5 Games in all (1981, 1983, 1985, 1987, 1989)

Medal count in the 1990's:

5	7	14	26
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5 Games in all (1991, 1993, 1995, 1997, 1999)

Medal count in the 2000's:

13	11	10	34
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6 Games in all (2001, 2003, 2005, 2007, 2009, 2011)

The Detailed Results by Edition

Singapore SEAP/SEA Games History (Athletics Only)

The Detailed Team Singapore SEA Games Results by Edition

Gold	Silver	Bronze	Event	Results	(m/s)	Name
1st SEAP Games - Bangkok, Thailand (1959)						
Gold			Men 110m Hurdles	15.2	-	Wong Fey Wan
Gold			Men 400m Hurdles	54.9	-	Tan Eng Yoon
Gold			Men Triple Jump	14.86	-	Tan Eng Yoon
Gold			Men Pole Vault	3.82	-	A Pal Singh
	Silver		Men 400m Hurdles	57.1	-	M Gunasena
	Silver		Men 4x100m	42.5	-	Ernest Frida Cedric Monteiro Chai Ling Fook Low Sin Cheok
		Bronze	Men 100m	10.7	-	Ernest Frida
		Bronze	Men 200m	22.1	-	Ernest Frida
		Bronze	Men 110m hurdles	16.0	-	Tan Eng Yoon
		Bronze	Men 4x400m Relay	3.26.4	-	M Gunasena Ernest Frida Ho Sim-lim Low Sin Cheok
4	2	4	(10 medals in total.)			

2nd SEAP Games - Rangoon, Burma (1961)						
Gold			Men 110m Hurdles	15.1	-	Wong Fey Wan
Gold			Men High Jump	1.83	-	A S Gill
Gold			Men Triple Jump	14.11	-	Tan Eng Yoon
	Silver		Men 400m Hurdles	55.0	-	Wong Fey Wan
	Silver		Women Long Jump	5.05	-	Evelyn Lee Yuet Yong
	Silver		Men 4x100m	43.0	-	Benjamin Gomes V K Nathan Low Sin Chock Tan Eng Yoon
		Bronze	Men 100m	10.9	-	Low Sin Chock
		Bronze	Women 80m hurdles	12.5	-	Evelyn Lee Yuet Yong
		Bronze	Men 110m hurdles	15.4	-	Tan Eng Yoon
		Bronze	Men Pole Vault	3.65	-	A Pal Singh
3	3	4	(10 medals in total.)			

Singapore SEAP/SEA Games History (Athletics Only)

3rd SEAP Games - Cambodia (1963)

It was cancelled, as the designated host Cambodia was not able to host the event due to unsettling in-country conditions, and a disagreement with the International Amateur Athletic Federation.

The 3rd SEAP Games then passed to Laos as hosts, but they begged off the 1965 event citing financial difficulties.

Fortunately though, Malaysia stepped in.

3rd SEAP Games - Kuala Lumpur, Malaysia (1965)

Gold		Men 110m Hurdles	14.5	-	Osman Merican
Gold		Men 400m Hurdles	53.8	-	M Gunasena
Gold		Men Hammer Throw	47.02	-	Eknath Mane
Gold		Women High Jump	1.52	-	Cheong Wai Hing
	Silver	Men 5000m	15:37.4	-	Pillai Peramliispran
	Silver	Men 3000m S/C	9.43.0	-	Major Singh
	Silver	Men 110m Hurdles	14.7	-	Wong Fey Wan
	Silver	Women 4x100m	50.2	-	Evelyn Tan Heather Siddons Chia Lee Meng Glory Varam C Kunalan
	Silver	Men 4x100m	41.5	-	Osman Marican Natahar Bava Wong Fey Wan
	Bronze	Men 200m	22.3	-	Natahar Bava
	Bronze	Men Marathon	3:25:47	-	Parameswaran Pillai
	Bronze	Men Pole Vault	3.67	-	A Pal Singh
	Bronze	Women Pentathlon	3499	-	Cheong Wai Hing
	Bronze	Men 4x400m Relay	3:22.9	-	Osman Marican A Saddayapan Kenneth Pereira M Gunasena
4	5	5	(14 medals in total.)		

Singapore SEAP/SEA Games History (Athletics Only)

4th SEAP Games - Bangkok, Thailand (1967)					
Gold		Women 80m Hurdles	11.8	-	Heather Siddons
Gold		Men 110m Hurdles	14.9	-	Osman Merican
Gold		Men Pole Vault	4.00	-	Mahmood Mansoor
Gold		Men Hammer Throw	45.08	-	Eknath Mane
Gold		Women Pentathlon	3853	-	Wai Hing Cheong
	Silver	Men 100m	10.6	-	C Kunalan
	Silver	Men 200m	21.8	-	C Kunalan
	Silver	Men 1500m	4:00.5	-	Avtar Singh
	Silver	Men 5000m	15:34.3	-	Pillai Peramispnan
	Silver	Women 80m Hurdles	12.3	-	Wai Hing Cheong
	Silver	Men 110m Hurdles	15.0	-	Wong Fey Wan
	Silver	Men 3000m S/C	9:39.0	-	Mirza M Namazie
	Silver	Men 4x100m	41.3	-	C Kunalan Yeo Kian Chye Wong Fey Wan Natahar Bava
	Bronze	Men 5000m	15:35.7	-	Mirza M Namazie
	Bronze	Men 10000m	33:35.1	-	Hari Singh
	Bronze	Women 100m	12.6	-	Glory Barnabas
	Bronze	Women 200m	26.0	-	Glory Barnabas
	Bronze	Men High Jump	1.91	-	Nor Azhar Hamid
	Bronze	Women High Jump	1.41	-	Wai Hing Cheong
	Bronze	Women 400m	62.5	-	Maimoon Abu Bakar Azlan
	Bronze	Women 4x100m Relay	50.3	-	Eng Chiew Guay Rosalind Chan Glory Barnabas Maimoon Abu Bakar Azlan
	Bronze	Men 4x400m Relay	3:20.5	-	Natahar Bava M Gunasena Ho Mun Cheong C Kunalan
5	8	9	(22 medals in total.)		

Singapore SEAP/SEA Games History (Athletics Only)

5th SEAP Games - Rangoon, Burma (1969)					
Gold		Men 100m	10.5	-	C Kunalan
Gold		Men 200m	21.3	-	C Kunalan
Gold		Men High Jump	1.94	-	Nor Azhar Hamid
Gold		Men Pole Vault	4.10	-	Mahmood Mansoor
Gold		Women 100m Hurdles	15.2	-	Gan Bee Wah
Gold		Men 4x400m	3:15.4	-	Cheah Kim Teck A Sadayappan Ho Mun Cheong C Kunalan
	Silver	Men 5000m	15:20.2	-	Avtar Singh
	Silver	Men Long Jump	6.94	-	Lim Boh Hiang
	Silver	Men 110m Hurdles	14.9	-	Osman Merican
	Silver	Women 100m	12.5	-	Glory Barnabas
	Silver	Women 200m	26.0	-	Glory Barnabas
	Silver	Women 400m	60.1	-	Chee Swee Lee
	Silver	Men 400m	49.1	-	Ho Mun Cheong
	Silver	Women 4x100m	50.2	-	Eng Chiew Guay Madeline Teo Christine Chung Glory Barnabas
	Bronze	Women 800m	2:27.0	-	Lee Tai Jong
	Bronze	Men 400m Hurdles	55.4	-	A Sadayappan
	Bronze	Men 5000m	15:22.1	-	P Pillai
	Bronze	Men 3000m S/C	9:43.3	-	P Pillai
	Bronze	Women Pentathlon	3402	-	Gan Bee Wah
	Bronze	Men 50km Walk	5:07:02.6	-	Arumugam Kannan
	Bronze	Men 4x100m Relay	41.4	-	Andrew Chee Aminuddin Kassim Yeo Kian Chye C Kunalan
6	8	7	(21 medals in total.)		

Singapore SEAP/SEA Games History (Athletics Only)

6th SEAP Games - Kuala Lumpur, Malaysia (1971)					
Gold		Men 10000m	32:33.7	-	P C Suppiah
Gold		Men Long Jump	7.27	-	Lim Hong Kang
	Silver	Men 100m	10.8	-	Yeo Kian Chye
	Silver	Men 5000m	15.41.8	-	P C Suppiah
	Silver	Men 20km Walk	1:52.39.8	-	Francis Sengol
	Silver	Men High Jump	1.95	-	Nor Azhar Hamid
	Silver	Men Long Jump	7.03	-	Lim Boh Hiang
	Silver	Men Triple Jump	14.49	-	Leslie Shepherdson
	Silver	Men Hammer Throw	44.20	-	Eknath Mane
	Silver	Women Javelin Throw	35.72	-	Chua Kim Tee
	Silver	Women 800m	2:22.4	-	Lee Tai Jong
	Silver	Men 4x100m	41.4	-	Mohd Ilyas Aminudin Kassim Loh Chan Pew Yeo Kian Chye
	Silver	Women 4x100m	48.6	-	Eng Chiew Guay A Letchemay Maimoon Abu Bakar Azlan Sheila Fernando
	Silver	Women 4x400m	4:01.6	-	Chew Kim Hua A Letchemay Maimoon Abu Bakar Azlan Chee Swee lee
	Bronze	Men 200m	21.9	-	Yeo Kian Chye
	Bronze	Men Pole Vault	4.10	-	Wong Chong Sai
	Bronze	Women 100m	12.5	-	Eng Chiew Guay
	Bronze	Women 400m	58.9	-	Chee Swee Lee
	Bronze	Women 1500m	4:50.7	-	Mirnigar Begum
	Bronze	Women 200m Hurdles	32.0	-	Jeanette Gaffney
	Bronze	Men 4x400m Relay	3:18.1	-	Cheah Kim Teck Ong Yoke Phee Ho Mun Cheong Yeo Kian Chye
2	12	7	(21 medals in total.)		

Singapore SEAP/SEA Games History (Athletics Only)

7th SEAP Games - Singapore (1973)					
Gold		Men High Jump	2.12	-	Noor Azhar Hamid
Gold		Women 100m	12.5	-	Eng Chiew Guay
Gold		Women 200m	25.6	-	Glory Barnabas
Gold		Women 100m Hurdles	14.8	-	Heather Merican
Gold		Women 200m Hurdles	28.8	-	Heather Merican
Gold		Women 4x100m	47.5	-	Eng Chiew Guay Glory Barnabas Gan Bee Wah Sheila Fernando
	Silver	Men 5000m	15:10.6	-	P C Suppiah
	Silver	Men 3000m S/C	9:18.8	-	S A Kannu
	Silver	Men 20km Walk	1:46:54.2	-	Nadarajan Rengasamy
	Silver	Men Decathlon	6044	-	Tang Ngai Kin
	Silver	Women 400m	56.0	-	Chee Swee Lee
	Silver	Women 800m	2:12.8	-	Chee Swee Lee
	Silver	Women 200m Hurdles	29.1	-	Gan Bee Wah
	Silver	Men Long Jump	7.09	-	Lim Hong Kang
	Silver	Men Hammer Throw	43.62	-	Eknath Mane
	Silver	Women High Jump	1.56	-	Goh Li Kian
	Silver	Women Javelin Throw	35.80	-	Chua Kim Tee
	Silver	Women Pentathlon	2590	-	Jennifer Moss
	Silver	Men Pole Vault	4.20	-	Wong Chong Sai
	Silver	Men 4x100m	41.6	-	Andrew Chee Yeo Kian Chye Ong Yoke Phee Loh Chan Pew
	Silver	Men 4x400m	3:11.3	-	Ho Mun Cheong Cheah Kim Teck C Kunalan Godfrey Jalleh
	Silver	Women 4x400m	3:48.8	-	C. Madathi Chew Kim Hua Maimoon Azlan Chee Swee Lee
	Bronze	Men 800m	1:52.9	-	Sergit Singh
	Bronze	Men 5000m	15:15.8	-	A Mahalingam
	Bronze	Women 50km Walk	5:19.43.6	-	S Dorairaj
	Bronze	Women 1500m	4:41.8	-	Mirrigar Begum
	Bronze	Women Long Jump	5.53	-	Koh Hong Chow
	Bronze	Women Javelin Throw	33.56	-	Kok Yin Ping
	Bronze	Men Javelin Throw	60.48	-	Jaw Tee Jang
6	16	7	(29 medals in total. Biggest SEAP medal haul.)		

Singapore SEAP/SEA Games History (Athletics Only)

8th SEAP Games - Bangkok, Thailand (1975)						
Gold		Women 400m	56.5	-	Chee Swee Lee	
Gold		Women 800m	2:12.27	-	Chee Swee Lee	
Gold		Men High Jump	2.01	-	Noor Azhar Hamid	
Gold		Women 200m Hurdles	28.84	-	Heather Merican	
Gold		Men 4x400m	3:13.11	-	C Kunalan Jalleh Godfrey Quah Kim Tiong Cheam Kim Teck	
	Silver	Men 400m	48.35	-	Cheam Kim Teck	
	Silver	Men Long Jump	6.88	-	Lim Hong Kang	
	Silver	Men 20km Walk	1:42:27.6	-	Nadarajan Rengasamy	
	Silver	Men Decathlon	6334	-	Tang Ngai Kin	
	Silver	Women 100m Hurdles	14.8	-	Heather Merican	
	Silver	Men 4x100m	41.22	-	C Kunalan Ong Yeok Phee Mohd Ilyas Yeo Kian Chye	
	Silver	Men 4x200m	1:25.9	-	C Kunalan Quah Kim Tiong Ong Yeok Phee Yeo Kian Chye	
	Silver	Women 4x400m	3:57.16	-	Chee Swee Lee Chew Kim Hua Lee Tai Jong Low Yock Peng	
		Bronze	Women High Jump	1.53	-	Chia Swee Rim
		Bronze	Women 1500m	4:54.4	-	Lee Tai Jong
5	8	2	(15 medals in total.)			

9th SEAP Games - Kuala Lumpur, Malaysia (1977)						
Gold		Men Hammer Throw	42.64	-	Sankaran Gawade	
Gold		Women 1500m	4:50.7	-	Kandasamy Jayamani	
Gold		Women 3000m	10:16.7	-	Kandasamy Jayamani	
	Silver	Men 4x100m	41.42	-	C Kunalan Tang Ngai Kin Ong Yoke Phee Leslie Shepherdson	
	Silver	Women 200m Hurdles	29.41	-	Heather Merican	
	Silver	Women Javelin Throw	41.98	-	Chua Kim Tee	
		Bronze	Men 100m	10.91	-	C Kunalan
		Bronze	Men 10km Walk	51:41.0	-	R Nadarajah
		Bronze	Men 20km Walk	1:47:13.0	-	R Maniam
		Bronze	Men Marathon	2:40:32.2	-	S Kumaravelu
		Bronze	Women 800m	2:14.9	-	K Jeyamani
3	3	5	(11 medals in total.)			

Singapore SEAP/SEA Games History (Athletics Only)

10th SEAP Games - Jakarta, Indonesia (1979)					
Gold		Women 1500m	4:37.8	-	Kandasamy Jayamani
Gold		Women 3000m	10:20.6	-	Kandasamy Jayamani
	Silver	Men 10km Walk	49:28.0	-	Nadarajan Rengasamy
	Silver	Men 20km Walk	1:45.33.7	-	Nadarajan Rengasamy
	Silver	Men 110m Hurdles	17	-	Hamzah Barik
	Silver	Men Decathlon	6323	-	Tang Ngai Kin
	Silver	Men Hammer Throw	44.42	-	Gawade Sakaram
	Silver	Men 5km Walk	28:37.6	-	Krishnasamy Chandriga
	Bronze	Men 1500m	4:04.40	-	Surandra Subramaniam
	Bronze	Men Long Jump	7.07	-	Lim Hong Kong
	Bronze	Women 100m Hurdles	14.99	-	Heather Merican
	Bronze	Women Javelin Throw	36.78	-	Chua Kim Tee
2	6	4	(12 medals in total.)		

11th SEA Games - Manila, Philippines (1981)					
	Silver	Men 20km Walk	1:42.54.1	-	Nadarajan Rengasamy
	Bronze	Men 10km Walk	50:59.3	-	Nadarajan Rengasamy
	Bronze	Men High Jump	1.97	-	Nor Azhar Hamid
	Bronze	Men 100m	11.0	-	Tang Ngai Kin
	Bronze	Women 5km Walk	27:47.7	-	Margaret Tan
	Bronze	Women 10km Walk	57:43.1	-	Margaret Tan
	Bronze	Men 4x100m Relay	41.16	-	Ganesan Kasee Andrew Toh Tang Ngai Kin Harun Mudir
0	1	6	(7 medals in total.)		

12th SEA Games - Singapore (1983)					
Gold		Women Marathon	3:02.46	-	Kandasamy Jayamani
	Silver	Men 200m	21.76	-	Haron Mudir
	Silver	Women 10km Walk	55:41.70	-	Margaret Tan
	Bronze	Men 10000m	32:44.55	-	Jacter Singh
	Bronze	Men 3000m S/C	9:35.99	-	D Selvarajoo
	Bronze	Men 10km Walk	47:24.01	-	Nadarajan Rengasamy
	Bronze	Men 20km Walk	1:40:39.80	-	Nadarajan Rengasamy
	Bronze	Men Long Jump	7.20	-	Ng Yee Ming
	Bronze	Women 3000m	10:03.32	-	Kandasamy Jayamani
	Bronze	Men 4x100m Relay	41.17	-	Haron Mudir Ong Yeok Phee Alan Koh Tang Ngai Kin
1	2	7	(10 medals in total.)		

Singapore SEAP/SEA Games History (Athletics Only)

13th SEA Games - Bangkok, Thailand (1985)					
	Bronze	Men Pole Vault	4.45	-	Chan Chin Wah
	Bronze	Men Pole Vault	4.45	-	Ng Kean Mun
0	0	2	(2 medals in total.)		

14th SEA Games - Jakarta, Indonesia (1987)					
	Bronze	Men 100m	10.57	-	Haron Mundir
	Bronze	Men 200m	21.39	-	Haron Mundir
	Bronze	Men Discus Throw	44.82	-	Wong Tuck Yim James
	Bronze	Women 5km Walk	25:54.4	-	Low Guay Hoon, Helen
	Bronze	Men 4x100m Relay	41.43	-	Hong Jin Sheng Haron Mundir Francis Nathan Sandy Ang
0	0	5	(5 medals in total.)		

15th SEA Games - Kuala Lumpur, Malaysia (1989)					
	Silver	Men Pole Vault	4.55	-	Ng Kean Mun
	Silver	Men Discus	47.90	-	Wong Tuck Yim James
	Silver	Men 100m	10.57	-	Haron Mundir
	Bronze	Men 200m	21.37	-	Haron Mundir
	Bronze	Men 110m Hurdles	14.84	-	Pasupathy Parameswaran
	Bronze	Men 3000m S/C	9:11.24	-	Mathevan Maran
	Bronze	Women Long Jump	5.61	-	Foo Hwei Fen
	Bronze	Women Heptathlon	4385	-	Yu Long Nyu
	Bronze	Women 4x100m Relay	48.60	-	Govindan Prema Yu Long Nyu Mona Kunalan Khok Chiew Hoay
0	3	6	(9 medals in total.)		

Singapore SEAP/SEA Games History (Athletics Only)

16th SEA Games - Manila, Philippines (1991)					
		Bronze	Women Heptathlon	4831	- Yu Long Nyu
0	0	1	(1 medal in total.)		

17th SEA Games - Singapore (1993)					
Gold			Men Discus	49.02	- Wong Tuck Yim James
	Silver		Men Hammer	52.86	- Wong Tuck Yim James
	Silver		Men 200m	21.34	- Hamkah Moh. Bin Afik
	Silver		Women Marathon	2:58:2	- Toh Soh Liang
		Bronze	Women 10000m	38:41.6	- Toh Soh Liang
		Bronze	Men 20km Walk	1:42:5	- Khoo Ching Mong
		Bronze	Men 10km Walk	49:29.0	- Tan Kheik Tiong
		Bronze	Men Pole Vault	4.50	- Mok Hay Foo
		Bronze	Women 5km Walk	26:32.9	- Low Guay Hoon, Helen
		Bronze	Women 10km walk	-	- Low Guay Hoon, Helen
		Bronze	Women Heptathlon	5116	- Yu Long Nyu
		Bronze	Men 4x100m Relay	40.13	- Firdhouse Hassan Saiyat Mohd Yusof Alias Hamkah Mohd Afik Muhamad Hosni
1	3	8	(12 medals in total. Biggest SEA Games haul to date.)		

18th SEA Games - Chiangmai, Thailand (1995)					
Gold			Men Discus	49.88	- Wong Tuck Yim James
	Silver		Men Hammer	-	- Wong Tuck Yim James
	Silver		Men High Jump	2.22	- Yew Tong Wong
	Silver		Women 10,000m	36:27.39	- Yvonne Danson Tan
		Bronze	Women Marathon	2:34:41	- Yvonne Danson Tan
		Bronze	Men Pole Vault	-	- Chin Wah Chan
1	3	2	(6 medals in total.)		

Singapore SEAP/SEA Games History (Athletics Only)

19th SEA Games - Jakarta, Indonesia (1997)					
Gold		Men Discus	52.18	SGR	Wong Tuck Yim James
Gold		Men Hammer	58.00	-	Wong Tuck Yim James
	Bronze	Women Marathon	2:51:22	-	Toh So Liang
	Bronze	Men 4x100m Relay	40.445	-	Yusuf Alias Hamkah Afik UK Shyam Timothy Yeo
	Bronze	Women 4x100m Relay	-	-	Nurulaini Arifin Mona Kunalan Tan Shieh Li Hiranisha Rasimudin
2	0	3	(5 medals in total.)		

20th SEA Games - Bandar Seri Begawan, Brunei Darussalam (1999)					
Gold		Men Discus	59.50	SGR	Wong Tuck Yim James
	Silver	Men Hammer	54.66	-	Wong Tuck Yim James
1	1	0	(2 medals in total.)		

21st SEA Games - Kuala Lumpur, Malaysia (2001)					
Gold		Men Discus	56.98	-	Wong Tuck Yim James
	Silver	Men 100m	10.37	- 0.5 m/s	UK Shyam
	Silver	Men Shot Put	-	-	Dong Enxin
	Bronze	Men Discus	48.06	-	Dong Enxin
1	2	1	(4 medals in total.)		

22nd SEA Games - Hanoi, Vietnam (2003)					
Gold		Men Discus	56.49	-	Wong Tuck Yim James
Gold		Men Shot Put	17.28	-	Dong Enxin
Gold		Women Shot Put	18.20	-	Du Xianhui
Gold		Women Discus	49.91	-	Zhang Guirong
	Silver	Women Shot Put	17.96	-	Zhang Guirong
	Silver	Women Javelin	51.66	-	Zhang Guirong
	Silver	Women Discus	49.10	-	Du Xianhui
	Silver	Men 4x100m	40.86	-	Lin Jingze UK Shyam Hamkah Afik Poh Seng Song
	Bronze	Men 1500m	3:59.34	-	Chamkaur Dhaliwal Singh
4	4	1	(9 medals in total.)		

Singapore SEAP/SEA Games History (Athletics Only)

23rd SEA Games - Manila, Philippines (2005)					
Gold		Men Discus	55.11	-	Wong Tuck Yim James
Gold		Women Discus	49.48	-	Du Xianhui
Gold		Women Shot Put	17.40	-	Zhang Guirong
	Silver	Women Shot Put	17.37	-	Du Xianhui
		Bronze	Women Discus	48.62	- Zhang Guirong
		Bronze	Women Javelin	48.70	- Zhang Guirong
		Bronze	Men Shot Put	12.66	- Wong Tuck Yim James
		Bronze	Men 4x100m	40.59	- Mohd Shameer Erzalmaniq Fawy Rawi Poh Seng Song UK Shyam Alfred Sim
3	1	4	(8 medals in total.)		

24th SEA Games - Korat, Thailand (2007)					
Gold		Women Shot Put	17.21	-	Zhang Guirong
		Bronze	Women Discus	45.73	- Zhang Guirong
1	0	1	(2 medals in total.)		

25th SEA Games - Vientiane, Laos (2009)					
Gold		Men Discus	55.11	-	Wong Tuck Yim James
Gold		Women Shot Put	17.12	-	Zhang Guirong
	Silver	Men 4x100m	39.82	-	Gary Yeo Elfi Mustapa Lee Cheng Wei Amirudin Jamal
2	1	0	(3 medals in total.)		

26th SEA Games - Palembang, Indonesia (2011)					
Gold		Men Discus	51.32	-	Wong Tuck Yim James
Gold		Women Shot Put	16.96	-	Zhang Guirong
	Silver	Men 100m	10.46	2.1 m/s	Gary Yeo Foo Ee
	Silver	Women Shot Put	14.59	-	Wan Lay Chi
	Silver	Men 4x100m	39.91	-	Calvin Kang Muhammad Amiruddin Jamal Lee Cheng Wei Gary Yeo
		Bronze	Men Pole Vault	4.70	- Edwin Chong Ming Xung
		Bronze	Women Discus	48.22	- Zhang Guirong
		Bronze	Men 4x400m	3:18.50	- Zaki Sapari, Ng Chin Hui, Kenneth Khoo & Lance Tan
2	3	3	(8 medals in total.)		*Note, M'sia 4x400m gold DQ, SG upgrade to bronze

* SGR - SEA Games Record

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Medal Count of Events

Singapore SEAP/SEA Games History (Athletics Only)

Singapore SEA Games Medal Count per Events (From 1959 to 2011)

A total of 50 events.		Medal(s)	Gold	Silver	Bronze
1	Men 4x100m	18	0	11	7
2	Men Pole Vault	13	3	2	8
3	Men Discus Throw	12	9	1	2
4	Men 110m Hurdles	11	4	4	3
5	Men 100m	11	1	5	5
6	Men Hammer Throw	10	4	6	0
7	Men 200m	9	1	3	5
8	Women Shot Put	8	5	3	0
9	Men High Jump	8	4	2	2
10	Men 4x400m	8	2	1	5
11	Men 20kn Walk	8	0	5	3
11	Men 5000m	8	0	5	3
13	Men Long Jump	7	1	4	2
14	Women 4x100m	7	1	3	3
15	Women Javelin Throw	7	0	4	3
16	Women Discus Throw	6	2	1	3
17	Men 3000m S/C	6	0	3	3
18	Men 400m Hurdles	5	2	2	1
18	Women 200m Hurdles	5	2	2	1
20	Women 1500m	5	2	0	3
21	Women 400m	5	1	2	2
21	Women 800m	5	1	2	2
23	Men 10km Walk	5	0	1	4
24	Women 100m Hurdles	4	2	1	1
25	Women 100m	4	1	1	2
25	Women Marathon	4	1	1	2
25	Women High Jump	4	1	1	2
25	Women Pentathlon	4	1	1	2
29	Men Triple Jump	3	2	1	0
30	Women 3000m	3	2	0	1
31	Women 200m	3	1	1	1
31	Men Shot Put	3	1	1	1
31	Women 80m Hurdles	3	1	1	1
34	Men 10000m	3	1	0	2
35	Women 4x400m	3	0	3	0
35	Men Decathlon	3	0	3	0
37	Women Long Jump	3	0	1	2
37	Women 10km Walk	3	0	1	2
37	Men 1500m	3	0	1	2
40	Women Heptathlon	3	0	0	3
40	Women 5km Walk	3	0	0	3
42	Men 400m	2	0	2	0
43	Women 10000m	2	0	1	1
44	Men Marathon	2	0	0	2
45	Men 4x200m	1	0	1	0
45	Men 5km Walk	1	0	1	0
47	Men 800m	1	0	0	1
47	Women 50km Walk	1	0	0	1
47	Men 50km Walk	1	0	0	1
47	Men Javelin Throw	1	0	0	1
		258	59	95	104

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Singapore SEAP/SEA Games History (Athletics Only)

18 medals - Men 4x100m

0 Gold	11 Silver	7 Bronze			
Silver	Men 4x100m	42.5	-	Ernest Frida Cedric Monteiro Chai Ling Fook Low Sin Cheok	1959 Bangkok
Silver	Men 4x100m	43.0	-	Benjamin Gomes V K Nathan Low Sin Chock Tan Eng Yoon	1961 Rangoon
Silver	Men 4x100m	41.5	-	C Kunalan Osman Marican Natahar Bava Wong Fey Wan	1965 Kuala Lumpur
Silver	Men 4x100m	41.3	-	C Kunalan Yeo Kian Chye Wong Fey Wan Natahar Bava	1967 Bangkok
Silver	Men 4x100m	41.4	-	Mohd Ilyas Aminudin Kassim Loh Chan Pew Yeo Kian Chye	1971 Kuala Lumpur
Silver	Men 4x100m	41.6	-	Andrew Chee Yeo Kian Chye Ong Yoke Phee Loh Chan Pew	1973 Singapore
Silver	Men 4x100m	41.22	-	C Kunalan Ong Yeok Phee Mohd Ilyas Yeo Kian Chye	1975 Bangkok
Silver	Men 4x100m	41.42	-	C Kunalan Tang Ngai Kin Ong Yoke Phee Leslie Shepherdson	1977 Kuala Lumpur
Silver	Men 4x100m	40.86	-	Lin Jingze UK Shyam Hamkah Afik Poh Seng Song	2003 Hanoi
Silver	Men 4x100m	39.82	-	Gary Yeo Elfi Mustapa Lee Cheng Wei Amirudin Jamal	2009 Vientiane
Silver	Men 4x100m	39.91	-	Calvin Kang Muhammad Amiruddin Jamal Lee Cheng Wei Gary Yeo	2011 Palembang
Bronze	Men 4x100m	40.59	-	Mohd Shameer Erzalmaniq Fawy Rawi Poh Seng Song UK Shyam Alfred Sim	2005 Manila
Bronze	Men 4x100m	41.4	-	Andrew Chee Aminuddin Kassim Yeo Kian Chye C Kunalan	1969 Rangoon
Bronze	Men 4x100m	41.16	-	Ganesan Kasee Andrew Toh Tang Ngai Kin Harun Mundir	1981 Manila
Bronze	Men 4x100m	41.17	-	Haron Mundir Ong Yeok Phee Alan Koh Tang Ngai Kin	1983 Singapore
Bronze	Men 4x100m	41.43	-	Hong Jin Sheng Haron Mundir Francis Nathan Sandy Ang	1987 Jakarta
Bronze	Men 4x100m	40.13	-	Firdhouse Hassan Saiyat Mohd Yusof Alias Hamkah Mohd Afik Muhamad Hosni	1993 Singapore
Bronze	Men 4x100m	40.445	-	Yusuf Alias Hamkah Afik UK Shyam Timothy Yeo	1997 Jakarta

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Singapore SEAP/SEA Games History (Athletics Only)

13 medals - Men Pole Vault

3 Gold	2 Silver	8 Bronze				
Gold	Men Pole Vault	3.82	-	A Pal Singh	1959 Bangkok	
Gold	Men Pole Vault	4.00	-	Mahmood Mansoor	1967 Bangkok	
Gold	Men Pole Vault	4.10	-	Mahmood Mansoor	1969 Rangoon	
Silver	Men Pole Vault	4.20	-	Wong Chong Sai	1973 Singapore	
Silver	Men Pole Vault	4.55	-	Ng Kean Mun	1989 Kuala Lumpur	
Bronze	Men Pole Vault	3.65	-	A Pal Singh	1961 Rangoon	
Bronze	Men Pole Vault	3.67	-	A Pal Singh	1965 Kuala Lumpur	
Bronze	Men Pole Vault	4.10	-	Wong Chong Sai	1971 Kuala Lumpur	
Bronze	Men Pole Vault	4.45	-	Chan Chin Wah	1985 Bangkok	
Bronze	Men Pole Vault	4.45	-	Ng Kean Mun	1985 Bangkok	
Bronze	Men Pole Vault	4.50	-	Mok Hay Foo	1993 Singapore	
Bronze	Men Pole Vault	-	-	Chin Wah Chan	1995 Chiangmai	
Bronze	Men Pole Vault	4.70	-	Edwin Chong Ming Xung	2011 Palembang	

12 medals - Men Discus

9 Gold	1 Silver	2 Bronze				
Gold	Men Discus	49.02	-	Wong Tuck Yim James	1993 Singapore	
Gold	Men Discus	49.88	-	Wong Tuck Yim James	1995 Chiangmai	
Gold	Men Discus	52.18	SGR	Wong Tuck Yim James	1997 Jakarta	
Gold	Men Discus	59.50	SGR	Wong Tuck Yim James	1999 Brunei	
Gold	Men Discus	56.98	-	Wong Tuck Yim James	2001 Kuala Lumpur	
Gold	Men Discus	56.49	-	Wong Tuck Yim James	2003 Hanoi	
Gold	Men Discus	55.11	-	Wong Tuck Yim James	2005 Manila	
Gold	Men Discus	55.11	-	Wong Tuck Yim James	2009 Vientiane	
Gold	Men Discus	51.32	-	Wong Tuck Yim James	2011 Palembang	
Silver	Men Discus	47.90	-	Wong Tuck Yim James	1989 Kuala Lumpur	
Bronze	Men Discus	48.06	-	Dong Enxin	2001 Kuala Lumpur	
Bronze	Men Discus	44.82	-	Wong Tuck Yim James	1987 Jakarta	

Singapore SEAP/SEA Games History (Athletics Only)

11 medals - Men 110m Hurdles

4 Gold	4 Silver	3 Bronze			
Gold	Men 110m Hurdles	15.1	-	Wong Fey Wan	1961 Rangoon
Gold	Men 110m Hurdles	14.5	-	Osman Merican	1965 Kuala Lumpur
Gold	Men 110m Hurdles	15.2	-	Wong Fey Wan	1959 Bangkok
Gold	Men 110m Hurdles	14.9	-	Osman Merican	1967 Bangkok
Silver	Men 110m Hurdles	14.7	-	Wong Fey Wan	1965 Kuala Lumpur
Silver	Men 110m Hurdles	15.0	-	Wong Fey Wan	1967 Bangkok
Silver	Men 110m Hurdles	14.9	-	Osman Merican	1969 Rangoon
Silver	Men 110m Hurdles	17	-	Hamzah Barik	1979 Jakarta
Bronze	Men 110m hurdles	16.0	-	Tan Eng Yoon	1959 Bangkok
Bronze	Men 110m hurdles	15.4	-	Tan Eng Yoon	1961 Rangoon
Bronze	Men 110m Hurdles	14.84	-	Pasupathy Parameswaran	1989 Kuala Lumpur

11 medals - Men 100m

1 Gold	5 Silver	5 Bronze			
Gold	Men 100m	10.5	-	C Kunalan	1969 Rangoon
Silver	Men 100m	10.6	-	C Kunalan	1967 Bangkok
Silver	Men 100m	10.8	-	Yeo Kian Chye	1971 Kuala Lumpur
Silver	Men 100m	10.57	-	Haron Mundir	1989 Kuala Lumpur
Silver	Men 100m	10.37	- 0.5 m/s	UK Shyam	2001 Kuala Lumpur
Silver	Men 100m	10.46	2.1 m/s	Gary Yeo Foo Ee	2011 Palembang
Bronze	Men 100m	10.7	-	Ernest Frida	1959 Bangkok
Bronze	Men 100m	10.9	-	Low Sin Chock	1961 Rangoon
Bronze	Men 100m	10.91	-	C Kunalan	1977 Kuala Lumpur
Bronze	Men 100m	11.0	-	Tang Ngai Kin	1981 Manila
Bronze	Men 100m	10.57	-	Haron Mundir	1987 Jakarta

Singapore SEAP/SEA Games History (Athletics Only)

10 medals - Men Hammer Throw

4 Gold	6 Silver	0 Bronze			
Gold	Men Hammer	58.00	-	Wong Tuck Yim James	1997 Jakarta
Gold	Men Hammer	47.02	-	Eknath Mane	1965 Kuala Lumpur
Gold	Men Hammer	45.08	-	Eknath Mane	1967 Bangkok
Gold	Men Hammer	42.64	-	Sankaran Gawade	1977 Kuala Lumpur
Silver	Men Hammer	52.86	-	Wong Tuck Yim James	1993 Singapore
Silver	Men Hammer	-	-	Wong Tuck Yim James	1995 Chiangmai
Silver	Men Hammer	54.66	-	Wong Tuck Yim James	1999 Brunei
Silver	Men Hammer	44.20	-	Eknath Mane	1971 Kuala Lumpur
Silver	Men Hammer	43.62	-	Eknath Mane	1973 Singapore
Silver	Men Hammer	44.42	-	Gawade Sakaram	1979 Jakarta

9 medals - Men 200m

1 Gold	3 Silver	5 Bronze			
Gold	Men 200m	21.3	-	C Kunalan	1969 Rangoon
Silver	Men 200m	21.8	-	C Kunalan	1967 Bangkok
Silver	Men 200m	21.76	-	Haron Mudir	1983 Singapore
Silver	Men 200m	21.34	-	Hamkah Moh. Bin Afik	1993 Singapore
Bronze	Men 200m	22.1	-	Ernest Frida	1959 Bangkok
Bronze	Men 200m	22.3	-	Natahar Bava	1965 Kuala Lumpur
Bronze	Men 200m	21.9	-	Yeo Kian Chye	1971 Kuala Lumpur
Bronze	Men 200m	21.39	-	Haron Mudir	1987 Jakarta
Bronze	Men 200m	21.37	-	Haron Mudir	1989 Kuala Lumpur

Singapore SEAP/SEA Games History (Athletics Only)

8 medals - Women Shot Put

5 Gold	3 Silver	0 Bronze			
Gold	Women Shot Put	18.20	-	Du Xianhui	2003 Hanoi
Gold	Women Shot Put	17.40	-	Zhang Guirong	2005 Manila
Gold	Women Shot Put	17.21	-	Zhang Guirong	2007 Korat
Gold	Women Shot Put	17.12	-	Zhang Guirong	2009 Vientiane
Gold	Women Shot Put	16.96	-	Zhang Guirong	2011 Palembang
Silver	Women Shot Put	17.96	-	Zhang Guirong	2003 Hanoi
Silver	Women Shot Put	17.37	-	Du Xianhui	2005 Manila
Silver	Women Shot Put	14.59	-	Wan Lay Chi	2011 Palembang

8 medals - Men High Jump

4 Gold	2 Silver	2 Bronze			
Gold	Men High Jump	1.83	-	A S Gill	1961 Rangoon
Gold	Men High Jump	1.94	-	Nor Azhar Hamid	1969 Rangoon
Gold	Men High Jump	2.12	-	Noor Azhar Hamid	1973 Singapore
Gold	Men High Jump	2.01	-	Noor Azhar Hamid	1975 Bangkok
Silver	Men High Jump	1.95	-	Nor Azhar Hamid	1971 Kuala Lumpur
Silver	Men High Jump	2.22	-	Yew Tong Wong	1995 Chiangmai
Bronze	Men High Jump	1.91	-	Nor Azhar Hamid	1967 Bangkok
Bronze	Men High Jump	1.97	-	Nor Azhar Hamid	1981 Manila

8 medals - Men 4x400m

2 Gold	1 Silver	4 Bronze			
Gold	Men 4x400m	3:15.4	-	Cheah Kim Teck A Sadayappan Ho Mun Cheong C Kunalan C Kunalan	1969 Rangoon
Gold	Men 4x400m	3:13.11	-	Jalleh Godfrey Quah Kim Tiong Cheam Kim Teck Ho Mun Cheong	1975 Bangkok
Silver	Men 4x400m	3:11.3	-	Cheah Kim Teck C Kunalan Godfrey Jalleh	1973 Singapore
Bronze	Men 4x400m	3:26.4	-	M Gunasena Ernest Frida Ho Sim-ilm	1959 Bangkok
Bronze	Men 4x400m	3:22.9	-	Low Sin Cheok Osman Marican A Saddayapan Kenneth Pereira	1965 Kuala Lumpur
Bronze	Men 4x400m	3:20.5	-	M Gunasena Natahar Bava Ho Mun Cheong C Kunalan	1967 Bangkok
Bronze	Men 4x400m	3:18.1	-	Cheah Kim Teck Ong Yoke Phee Ho Mun Cheong Yeo Kian Chye	1971 Kuala Lumpur
Bronze	Men 4x400m	3:18.50	-	Zaki Sapari Ng Chin Hui Kenneth Khoo Lance Tan	2011 Palembang

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Singapore SEAP/SEA Games History (Athletics Only)

8 medals - Men 20km Walk

0 Gold	5 Silver	3 Bronze			
Silver	Men 20km Walk	1:52:39.8	-	Francis Sengol	1971 Kuala Lumpur
Silver	Men 20km Walk	1:46:54.2	-	Nadarajan Rengasamy	1973 Singapore
Silver	Men 20km Walk	1:42:27.6	-	Nadarajan Rengasamy	1975 Bangkok
Silver	Men 20km Walk	1:45:33.7	-	Nadarajan Rengasamy	1979 Jakarta
Silver	Men 20km Walk	1:42:54.1	-	Nadarajan Rengasamy	1981 Manila
Bronze	Men 20km Walk	1:42:5	-	Khoo Ching Mong	1993 Singapore
Bronze	Men 20km Walk	1:47:13.0	-	R Maniam	1977 Kuala Lumpur
Bronze	Men 20km Walk	1:40:39.80	-	Nadarajan Rengasamy	1983 Singapore

8 medals - Men 5000m

0 Gold	5 Silver	3 Bronze			
Silver	Men 5000m	15:37.4	-	Pillai Peramispran	1965 Kuala Lumpur
Silver	Men 5000m	15:34.3	-	Pillai Peramispran	1967 Bangkok
Silver	Men 5000m	15:20.2	-	Avtar Singh	1969 Rangoon
Silver	Men 5000m	15:41.8	-	P C Suppiah	1971 Kuala Lumpur
Silver	Men 5000m	15:10.6	-	P C Suppiah	1973 Singapore
Bronze	Men 5000m	15:35.7	-	Mirza M Namazie	1967 Bangkok
Bronze	Men 5000m	15:22.1	-	P Pillai	1969 Rangoon
Bronze	Men 5000m	15:15.8	-	A Mahalingam	1973 Singapore

Singapore SEAP/SEA Games History (Athletics Only)

7 medals - Men Long Jump

1 Gold	4 Silver	2 Bronze			
Gold	Men Long Jump	7.27	-	Lim Hong Kang	1971 Kuala Lumpur
Silver	Men Long Jump	6.94	-	Lim Boh Hiang	1969 Rangoon
Silver	Men Long Jump	7.03	-	Lim Boh Hiang	1971 Kuala Lumpur
Silver	Men Long Jump	7.09	-	Lim Hong Kang	1973 Singapore
Silver	Men Long Jump	6.88	-	Lim Hong Kang	1975 Bangkok
Bronze	Men Long Jump	7.07	-	Lim Hong Kong	1979 Jakarta
Bronze	Men Long Jump	7.20	-	Ng Yee Ming	1983 Singapore

7 medals - Women 4x100m

1 Gold	3 Silver	3 Bronze			
Gold	Women 4x100m	47.5	-	Eng Chiew Guay Glory Barnabas Gan Bee Wah Sheila Fernando	1973 Singapore
Silver	Women 4x100m	50.2	-	Evelyn Tan Heather Siddons Chia Lee Meng Glory Varam	1965 Kuala Lumpur
Silver	Women 4x100m	50.2	-	Eng Chiew Guay Madeline Teo Christine Chung Glory Barnabas	1969 Rangoon
Silver	Women 4x100m	48.6	-	Eng Chiew Guay A Letchemay Maimoon Abu Bakar Azlan Sheila Fernando	1971 Kuala Lumpur
Bronze	Women 4x100m	50.3	-	Eng Chiew Guay Rosalind Chan Glory Barnabas Maimoon Abu Bakar Azlan	1967 Bangkok
Bronze	Women 4x100m	48.60	-	Govindan Prema Yu Long Nyu Mona Kunalan Khok Chiew Hoay	1989 Kuala Lumpur
Bronze	Women 4x100m	-	-	Nurulaini Arifin Mona Kunalan Tan Shieh Li Hiranisha Rasimudin	1997 Jakarta

7 medals - Women Javelin Throw

0 Gold	4 Silver	3 Bronze			
Silver	Women Javelin	51.66	-	Zhang Guirong	2003 Hanoi
Silver	Women Javelin	35.72	-	Chua Kim Tee	1971 Kuala Lumpur
Silver	Women Javelin	35.80	-	Chua Kim Tee	1973 Singapore
Silver	Women Javelin	41.98	-	Chua Kim Tee	1977 Kuala Lumpur
Bronze	Women Javelin	48.70	-	Zhang Guirong	2005 Manila
Bronze	Women Javelin	33.56	-	Kok Yin Ping	1973 Singapore
Bronze	Women Javelin	36.78	-	Chua Kim Tee	1979 Jakarta

Singapore SEAP/SEA Games History (Athletics Only)

6 medals - Women Discus Throw

2 Gold	1 Silver	3 Bronze			
Gold	Women Discus	49.91	-	Zhang Guirong	2003 Hanoi
Gold	Women Discus	49.48	-	Du Xianhui	2005 Manila
Silver	Women Discus	49.10	-	Du Xianhui	2003 Hanoi
Bronze	Women Discus	48.62	-	Zhang Guirong	2005 Manila
Bronze	Women Discus	45.73	-	Zhang Guirong	2007 Korat
Bronze	Women Discus	48.22	-	Zhang Guirong	2011 Palembang

6 medals - Men 3000m S/C

0 Gold	3 Silver	3 Bronze			
Silver	Men 3000m S/C	9.43.0	-	Major Singh	1965 Kuala Lumpur
Silver	Men 3000m S/C	9:39.0	-	Mirza M Namazie	1967 Bangkok
Silver	Men 3000m S/C	9:18.8	-	S A Kannu	1973 Singapore
Bronze	Men 3000m S/C	9:43.3	-	P Pillai	1969 Rangoon
Bronze	Men 3000m S/C	9:35.99	-	D Selvarajoo	1983 Singapore
Bronze	Men 3000m S/C	9:11.24	-	Mathevan Maran	1989 Kuala Lumpur

5 medals - Men 400m Hurdles

2 Gold	2 Silver	1 Bronze			
Gold	Men 400m Hurdles	54.9	-	Tan Eng Yoon	1959 Bangkok
Gold	Men 400m Hurdles	53.8	-	M Gunasena	1965 Kuala Lumpur
Silver	Men 400m Hurdles	57.1	-	M Gunasena	1959 Bangkok
Silver	Men 400m Hurdles	55.0	-	Wong Fey Wan	1961 Rangoon
Bronze	Men 400m Hurdles	55.4	-	A Sadayappan	1969 Rangoon

Singapore SEAP/SEA Games History (Athletics Only)

5 medals - Women 200m Hurdles

2 Gold	2 Silver	1 Bronze			
Gold	Women 200m Hurdles	28.8	-	Heather Merican	1973 Singapore
Gold	Women 200m Hurdles	28.84	-	Heather Merican	1975 Bangkok
Silver	Women 200m Hurdles	29.1	-	Gan Bee Wah	1973 Singapore
Silver	Women 200m Hurdles	29.41	-	Heather Merican	1977 Kuala Lumpur
Bronze	Women 200m Hurdles	32.0	-	Jeanette Gaffney	1971 Kuala Lumpur

5 medals - Women 1500m

2 Gold	0 Silver	3 Bronze			
Gold	Women 1500m	4:50.7	-	Kandasamy Jayamani	1977 Kuala Lumpur
Gold	Women 1500m	4:37.8	-	Kandasamy Jayamani	1979 Jakarta
Bronze	Women 1500m	4:50.7	-	Mirnigar Begum	1971 Kuala Lumpur
Bronze	Women 1500m	4:41.8	-	Mirnigar Begum	1973 Singapore
Bronze	Women 1500m	4:54.4	-	Lee Tai Jong	1975 Bangkok

5 medals - Women 400m

1 Gold	2 Silver	2 Bronze			
Gold	Women 400m	56.5	-	Chee Swee Lee	1975 Bangkok
Silver	Women 400m	60.1	-	Chee Swee Lee	1969 Rangoon
Silver	Women 400m	56.0	-	Chee Swee Lee	1973 Singapore
Bronze	Women 400m	62.5	-	Maimoon Abu Bakar Azlan	1967 Bangkok
Bronze	Women 400m	58.9	-	Chee Swee Lee	1971 Kuala Lumpur

Singapore SEAP/SEA Games History (Athletics Only)

5 medals - Women 800m

1 Gold	2 Silver	2 Bronze			
Gold	Women 800m	2:12.27	-	Chee Swee Lee	1975 Bangkok
Silver	Women 800m	2:22.4	-	Lee Tai Jong	1971 Kuala Lumpur
Silver	Women 800m	2:12.8	-	Chee Swee Lee	1973 Singapore
Bronze	Women 800m	2:14.9	-	K Jeyamani	1977 Kuala Lumpur
Bronze	Women 800m	2:27.0	-	Lee Tai Jong	1969 Rangoon

5 medals - Men 10km Walk

0 Gold	1 Silver	4 Bronze			
Silver	Men 10km Walk	49:28.0	-	Nadarajan Rengasamy	1979 Jakarta
Bronze	Men 10km Walk	49:29.0	-	Tan Kheik Tiong	1993 Singapore
Bronze	Men 10km Walk	51:41.0	-	R Nadarajah	1977 Kuala Lumpur
Bronze	Men 10km Walk	50:59.3	-	Nadarajan Rengasamy	1981 Manila
Bronze	Men 10km Walk	47:24.01	-	Nadarajan Rengasamy	1983 Singapore

4 medals - Women 100m Hurdles

2 Gold	1 Silver	1 Bronze			
Gold	Women 100m Hurdles	15.2	-	Gan Bee Wah	1969 Rangoon
Gold	Women 100m Hurdles	14.8	-	Heather Merican	1973 Singapore
Silver	Women 100m Hurdles	14.8	-	Heather Merican	1975 Bangkok
Bronze	Women 100m Hurdles	14.99	-	Heather Merican	1979 Jakarta

4 medals - Women 100m

1 Gold	1 Silver	2 Bronze			
Gold	Women 100m	12.5	-	Eng Chiew Guay	1973 Singapore
Silver	Women 100m	12.5	-	Glory Barnabas	1969 Rangoon
Bronze	Women 100m	12.6	-	Glory Barnabas	1967 Bangkok
Bronze	Women 100m	12.5	-	Eng Chiew Guay	1971 Kuala Lumpur

Singapore SEAP/SEA Games History (Athletics Only)

4 medals - Women Marathon

1 Gold	1 Silver	2 Bronze			
Gold	Women Marathon	3:02:46	-	Kandasamy Jayamani	1983 Singapore
Silver	Women Marathon	2:58:2	-	Toh Soh Liang	1993 Singapore
Bronze	Women Marathon	2:34:41	-	Yvonne Danson Tan	1995 Chiangmai
Bronze	Women Marathon	2:51:22	-	Toh So Liang	1997 Jakarta

4 medals - Women High Jump

1 Gold	1 Silver	2 Bronze			
Gold	Women High Jump	1.52	-	Cheong Wai Hing	1965 Kuala Lumpur
Silver	Women High Jump	1.56	-	Goh Li Kian	1973 Singapore
Bronze	Women High Jump	1.41	-	Wai Hing Cheong	1967 Bangkok
Bronze	Women High Jump	1.53	-	Chia Swee Rim	1975 Bangkok

4 medals - Women Pentathlon

1 Gold	1 Silver	2 Bronze			
Gold	Women Pentathlon	3853	-	Wai Hing Cheong	1967 Bangkok
Silver	Women Pentathlon	2590	-	Jennifer Moss	1973 Singapore
Bronze	Women Pentathlon	3402	-	Gan Bee Wah	1969 Rangoon
Bronze	Women Pentathlon	3499	-	Cheong Wai Hing	1965 Kuala Lumpur

3 medals - Men Triple Jump

2 Gold	1 Silver	0 Bronze			
Gold	Men Triple Jump	14.86	-	Tan Eng Yoon	1959 Bangkok
Gold	Men Triple Jump	14.11	-	Tan Eng Yoon	1961 Rangoon
Silver	Men Triple Jump	14.49	-	Leslie Shepherdson	1971 Kuala Lumpur

Singapore SEAP/SEA Games History (Athletics Only)

3 medals - Women 3000m

2 Gold	0 Silver	1 Bronze			
Gold	Women 3000m	10:16.7	-	Kandasamy Jayamani	1977 Kuala Lumpur
Gold	Women 3000m	10:20.6	-	Kandasamy Jayamani	1979 Jakarta
Bronze	Women 3000m	10:03.32	-	Kandasamy Jayamani	1983 Singapore

3 medals - Women 200m

1 Gold	1 Silver	1 Bronze			
Gold	Women 200m	25.6	-	Glory Barnabas	1973 Singapore
Silver	Women 200m	26.0	-	Glory Barnabas	1969 Rangoon
Bronze	Women 200m	26.0	-	Glory Barnabas	1967 Bangkok

3 medals - Men Shot Put

1 Gold	1 Silver	1 Bronze			
Gold	Men Shot Put	17.28	-	Dong Enxin	2003 Hanoi
Silver	Men Shot Put	-	-	Dong Enxin	2001 Kuala Lumpur
Bronze	Men Shot Put	12.66	-	Wong Tuck Yim James	2005 Manila

3 medals - Women 80m Hurdles

1 Gold	1 Silver	1 Bronze			
Gold	Women 80m Hurdles	11.8	-	Heather Siddons	1967 Bangkok
Silver	Women 80m Hurdles	12.3	-	Wai Hing Cheong	1967 Bangkok
Bronze	Women 80m hurdles	12.5	-	Evelyn Lee Yuet Yong	1961 Rangoon

3 medals - Men 10000m

1 Gold	0 Silver	2 Bronze			
Gold	Men 10000m	32:33.7	-	P C Suppiah	1971 Kuala Lumpur
Bronze	Men 10000m	33:35.1	-	Hari Singh	1967 Bangkok
Bronze	Men 10000m	32:44.55	-	Jacter Singh	1983 Singapore

Singapore SEAP/SEA Games History (Athletics Only)

3 medals - Women 4x400m

0 Gold	3 Silver	0 Bronze			
Silver	Women 4x400m	4:01.6	-	Chew Kim Hua A Letchemay Maimoon Abu Bakar Azlan Chee Swee lee	1971 Kuala Lumpur
Silver	Women 4x400m	3:48.8	-	C. Madathi Chew Kim Hua Maimoon Azlan Chee Swee Lee	1973 Singapore
Silver	Women 4x400m	3:57.16	-	Chee Swee Lee Chew Kim Hua Lee Tai Jong Low Yock Peng	1975 Bangkok

3 medals - Men Decathlon

0 Gold	3 Silver	0 Bronze			
Silver	Men Decathlon	6044	-	Tang Ngai Kin	1973 Singapore
Silver	Men Decathlon	6334	-	Tang Ngai Kin	1975 Bangkok
Silver	Men Decathlon	6323	-	Tang Ngai Kin	1979 Jakarta

3 medals - Women Long Jump

0 Gold	1 Silver	2 Bronze			
Silver	Women Long Jump	5.05	-	Evelyn Lee Yuet Yong	1961 Rangoon
Bronze	Women Long Jump	5.53	-	Koh Hong Chow	1973 Singapore
Bronze	Women Long Jump	5.61	-	Foo Hwei Fen	1989 Kuala Lumpur

3 medals - Women 10km Walk

0 Gold	1 Silver	2 Bronze			
Silver	Women 10km Walk	55:41.70	-	Margaret Tan	1983 Singapore
Bronze	Women 10km Walk	57:43.1	-	Margaret Tan	1981 Manila
Bronze	Women 10km walk	-	-	Low Guay Hoon, Helen	1993 Singapore

Singapore SEAP/SEA Games History (Athletics Only)

3 medals - Men 1500m

0 Gold	1 Silver	2 Bronze			
Silver	Men 1500m	4:00.5	-	Avtar Singh	1967 Bangkok
Bronze	Men 1500m	4:04.40	-	Surandra Subramaniam	1979 Jakarta
Bronze	Men 1500m	3:59.34	-	Chamkaur Dhaliwal Singh	2003 Hanoi

3 medals - Women Heptathlon

0 Gold	0 Silver	3 Bronze			
Bronze	Women Heptathlon	4385	-	Yu Long Nyu	1989 Kuala Lumpur
Bronze	Women Heptathlon	4831	-	Yu Long Nyu	1991 Manila
Bronze	Women Heptathlon	5116	-	Yu Long Nyu	1993 Singapore

3 medals - Women 5km Walk

0 Gold	0 Silver	3 Bronze			
Bronze	Women 5km Walk	25:54.4	-	Low Guay Hoon, Helen	1987 Jakarta
Bronze	Women 5km Walk	26:32.9	-	Low Guay Hoon, Helen	1993 Singapore
Bronze	Women 5km Walk	27:47.7	-	Margaret Tan	1981 Manila

2 medals - Men 400m

0 Gold	2 Silver	0 Bronze			
Silver	Men 400m	49.1	-	Ho Mun Cheong	1969 Rangoon
Silver	Men 400m	48.35	-	Cheam Kim Teck	1975 Bangkok

2 medals - Women 10000m

0 Gold	1 Silver	1 Bronze			
Silver	Women 10000m	36:27.39	-	Yvonne Danson Tan	1995 Chiangmai
Bronze	Women 10000m	38:41.6	-	Toh Soh Liang	1993 Singapore

Singapore SEAP/SEA Games History (Athletics Only)

2 medals - Men Marathon

0 Gold	0 Silver	2 Bronze			
Bronze	Men Marathon	3:25:47	-	Parameswaran Pillai	1965 Kuala Lumpur
Bronze	Men Marathon	2:40:32.2	-	S Kumaravelu	1977 Kuala Lumpur

1 medal - Men 800m

0 Gold	0 Silver	1 Bronze			
Bronze	Men 800m	1:52.9	-	Sergit Singh	1973 Singapore

1 medal - Men 5km Walk

0 Gold	1 Silver	0 Bronze			
Silver	Men 5km Walk	28:37.6	-	Krishnasamy Chandrigo	1979 Jakarta

1 medal - Men 4x200m

0 Gold	1 Silver	0 Bronze			
Silver	Men 4x200m	1:25.9	-	C Kunalan Quah Kim Tiong Ong Yeok Phee Yeo Kian Chye	1975 Bangkok

1 medal - Women 50km Walk

0 Gold	0 Silver	1 Bronze			
Bronze	Women 50km Walk	5:19.43.6	-	S Dorairaj	1973 Singapore

1 medal - Men 50km Walk

0 Gold	0 Silver	1 Bronze			
Bronze	Men 50km Walk	5:07:02.6	-	Arumugam Kannan	1969 Rangoon

1 medal - Men Javelin Throw

0 Gold	0 Silver	1 Bronze			
Bronze	Men Javelin Throw	60.48	-	Jaw Tee Jang	1973 Singapore

Most Bemedalled Athlete

Most Bemedalled Singapore SEA Games Athletes (From 1959 to 2011)

A total of 142 athletes.		Medal(s)	Gold	Silver	Bronze	Event(s)
1	Wong Tuck Yim James	16	10	4	2	Men Discus, Hammer, Shot Put
2	C Kunalan	15	4	8	3	Men 100m, 200m, 4x100m, 4x200m, 4x400m
3	Zhang Guirong	11	5	2	4	Women Discus, Javelin, Shot Put
4	Chee Swee Lee	9	2	6	1	Women 400m, 800m, 4x400m
5	Yeo Kian Chye	9	0	6	3	Men 100m, 200m, 4x100m, 4x200m, 4x400m
6	Nadarajan Rengasamy	9	0	5	4	Men 10km & 20km Walk
7	Heather Merican/Heather Siddons	8	4	3	1	Women 80m Hurdles, 100m Hurdles, 200m Hurdles, 4x100m
8	Glory Barnabas	8	2	3	3	Women 100m, 200m, 4x100m
9	Haron Mundir	8	2	6	0	Men 100m, 200m, 4x100m
10	Kandasamy Jayamani	7	5	0	2	Women 800m, 1500m, 3000m, Marathon
11	Wong Fey Wan	7	2	5	0	Men 110m Hurdles, 400m Hurdles, 4x100m
12	Tang Ngai Kin	7	0	4	3	Men 100m, Decathlon, 4x100m
13	Tan Eng Yoon	6	3	1	2	Men 110m Hurdles, 400m Hurdles, 4x100m, Triple Jump
13	Noor Azhar Hamid	6	3	1	2	Men High Jump
15	Eng Chiew Guay	6	2	2	2	Women 100m, 4x100m
16	Ong Yeok Phee	6	0	4	2	Men 4x100, 4x200m, 4x400m
17	Osman Marican	5	2	2	1	Men 110m Hurdles, 4x100m, 4x400m
17	Cheah Kim Teck	5	2	2	1	Men 400m, 4x400m
19	Ho Mun Cheong	5	1	2	2	Men 400m, 4x400m
20	M Gunasena	5	1	1	3	Men 400m Hurdles, 4x400m
21	Maimoon Abu Bakar Azlan	5	0	3	2	Women 400m, 4x100m, 4x400m
22	Parameswaran Pillai	5	0	2	3	Men 5000m, 3000 S/C, Marathon
23	Du Xianhui	4	2	2	0	Women Shot Put, Discus Throw
23	Natahar Bava	4	2	2	0	Men 200m, 4x100m, 4x400m
23	Eknath Mane	4	2	2	0	Men Hammer Throw
26	Gan Bee Wah	4	2	1	1	Women Pentathlon, 100m Hurdles, 200m Hurdles, 4x100m
27	Lim Hong Kang	4	1	2	1	Men Long Jump
28	Chua Kim Tee	4	0	3	1	Women Javelin Throw
29	Lee Tai Jong	4	0	2	2	Women 800m, 1500m, 4x400m
29	UK Shyam	4	0	2	2	Men 100m, 4x100m
29	Low Sin Cheok	4	0	2	2	Men 100m, 4x100m
29	Hamkah Afik	4	0	2	2	Men 200m, 4x100m
33	Ernest Frida	4	0	1	3	Men 100m, 200m, 4x100m, 4x400m
34	Yu Long Nyu	4	0	0	4	Women Heptathlon, 4x100m
35	P C Suppiah	3	1	2	0	Men 5000m, 10000m
36	Wai Hing Cheong	3	1	1	1	Women 80m Hurdles, High Jump, Pentathlon
36	Dong Enxin	3	1	1	1	Men Shot Put, Discus Throw
38	A Pal Singh	3	1	0	2	Men Pole Vault
38	A Sadayappan	3	1	0	2	Men 400m Hurdles, 4x400m
40	Gary Yeo	3	0	3	0	Men 100m, 4x100m
40	Chew Kim Hua	3	0	3	0	Women 4x400m

42	Toh Soh Liang	3	0	1	2	Women 10000m, Marathon
42	Margaret Tan	3	0	1	2	Women 5km & 10km Walk
44	Low Guay Hoon, Helen	3	0	0	3	Women 5km & 10km Walk
45	Mahmood Mansoor	2	0	0	0	Men Pole Vault
46	Sheila Fernando	2	1	1	0	Women 4x100m
47	Quah Kim Tiong	2	1	1	0	Men 4x200m, 4x400m
47	Godfrey Jalleh	2	1	1	0	Men 4x400m
49	Cheong Wai Hing	2	1	0	1	Women High Jump, Pentathlon
50	A Letchemay	2	0	2	0	Women 4x100m, 4x400m
50	Avtar Singh	2	0	2	0	Men 1500m, 5000m
50	Leslie Shepherdson	2	0	2	0	Men Triple Jump, 4x100m
50	Muhammad Amiruddin Jamal	2	0	2	0	Men 4x100m
50	Loh Chan Pew	2	0	2	0	Men 4x100m
50	Lee Cheng Wei	2	0	2	0	Men 4x100m
50	Mohd Ilyas	2	0	2	0	Men 4x100m
50	Lim Boh Hiang	2	0	2	0	Men Long Jump
58	Yvonne Danson Tan	2	0	1	1	Women 10000m, Marathon
58	Evelyn Lee Yuet Yong	2	0	1	1	Women Long Jump, 80m Hurdles
58	Mirza M Namazie	2	0	1	1	Men 3000m S/C, 5000m
58	Wong Chong Sai	2	0	1	1	Men Pole Vault
58	Poh Seng Song	2	0	1	1	Men 4x100m
58	Aminuddin Kassim	2	0	1	1	Men 4x100m
58	Andrew Chee	2	0	1	1	Men 4x100m
58	Ng Kean Mun	2	0	1	1	Men Pole Vault
66	Mona Kunalan	2	0	0	2	Women 4x100m
66	Mohd Yusof Alias	2	0	0	2	Men 4x100m
66	Mirnigar Begum	2	0	0	2	Women 1500m
66	Chan Chin Wah	2	0	0	2	Men Pole Vault
70	Sankaran Gawade	1	1	0	0	Men Hammer Throw
70	A S Gill	1	1	0	0	Men High Jump
72	Jennifer Moss	1	0	1	0	Women Pentathlon
72	Yew Tong Wong	1	0	1	0	Men High Jump
72	Goh Li Kian	1	0	1	0	Women High Jump
72	Low Yock Peng	1	0	1	0	Women 4x400m
72	C. Madathi	1	0	1	0	Women 4x400m
72	Christine Chung	1	0	1	0	Women 4x100m
72	Glory Varam	1	0	1	0	Women 4x100m
72	Madeline Teo	1	0	1	0	Women 4x100m
72	Evelyn Tan	1	0	1	0	Women 4x100m
72	Chia Lee Meng	1	0	1	0	Women 4x100m
72	Gawade Sakaram	1	0	1	0	Men Hammer Throw
72	S A Kannu	1	0	1	0	Men 3000m S/C
72	Major Singh	1	0	1	0	Men 3000m S/C
72	Krishnasamy Chandriga	1	0	1	0	Men 5km Walk
72	Francis Sengol	1	0	1	0	Men 20km Walk
72	Hamzah Barik	1	0	1	0	Men 110m Hurdles
72	Wan Lay Chi	1	0	1	0	Women Shot Put
72	Lin Jingze	1	0	1	0	Men 4x100m
72	Benjamin Gomes	1	0	1	0	Men 4x100m
72	Calvin Kang	1	0	1	0	Men 4x100m
72	Cedric Monteiro	1	0	1	0	Men 4x100m
72	Chai Ling Fook	1	0	1	0	Men 4x100m
72	Elfi Mustapa	1	0	1	0	Men 4x100m
72	V K Nathan	1	0	1	0	Men 4x100m
96	Andrew Toh	1	0	0	1	Men 4x100m

96	Alan Koh	1	0	0	1	Men 4x100m
96	Erzalmaniq Fawy Rawi	1	0	0	1	Men 4x100m
96	Firdhouse Hassan Saiyat	1	0	0	1	Men 4x100m
96	Ganesan Kasee	1	0	0	1	Men 4x100m
96	Francis Nathan	1	0	0	1	Men 4x100m
96	Hong Jin Sheng	1	0	0	1	Men 4x100m
96	Muhamad Hosni	1	0	0	1	Men 4x100m
96	Mohd Shameer	1	0	0	1	Men 4x100m
96	Sandy Ang	1	0	0	1	Men 4x100m
96	Timothy Yeo	1	0	0	1	Men 4x100m
96	Ho Sim-lim	1	0	0	1	Men 4x400m
96	Kenneth Pereira	1	0	0	1	Men 4x400m
96	Nurulaini Arifin	1	0	0	1	Women 4x100m
96	Govindan Prema	1	0	0	1	Women 4x100m
96	Khok Chiew Hoay	1	0	0	1	Women 4x100m
96	Hiranisha Rasimudin	1	0	0	1	Women 4x100m
96	Rosalind Chan	1	0	0	1	Women 4x100m
96	Tan Shieh Li	1	0	0	1	Women 4x100m
96	Sergit Singh	1	0	0	1	Men 800m
96	Chamkaur Dhaliwal Singh	1	0	0	1	Men 1500m
96	Surandra Subramaniam	1	0	0	1	Men 1500m
96	D Selvarajoo	1	0	0	1	Men 3000m S/C
96	Mathevan Maran	1	0	0	1	Men 3000m S/C
96	S Dorairaj	1	0	0	1	Women 50km Walk
96	Arumugam Kannan	1	0	0	1	Men 50km Walk
96	Khoo Ching Mong	1	0	0	1	Men 20km Walk
96	R Maniam	1	0	0	1	Men 20km Walk
96	Tan Kheik Tiong	1	0	0	1	Men 10km Walk
96	Ng Yee Ming	1	0	0	1	Men Long Jump
96	Koh Hong Chow	1	0	0	1	Women Long Jump
96	Foo Hwei Fen	1	0	0	1	Women Long Jump
96	Chia Swee Rim	1	0	0	1	Women High Jump
96	Kok Yin Ping	1	0	0	1	Women Javelin Throw
96	Jaw Tee Jang	1	0	0	1	Men Javelin Throw
96	Mok Hay Foo	1	0	0	1	Men Pole Vault
96	Edwin Chong Ming Xung	1	0	0	1	Men Pole Vault
96	Pasupathy Parameswaran	1	0	0	1	Men 110m Hurdles
96	Jeanette Gaffney	1	0	0	1	Women 200m Hurdles
96	S Kumaravelu	1	0	0	1	Men Marathon
96	Jacter Singh	1	0	0	1	Men 10000m
96	Hari Singh	1	0	0	1	Men 10000m
96	A Mahalingam	1	0	0	1	Men 5000m
96	Md. Zaki Sapari	1	0	0	1	Men 4x400m
96	Ng Chin Hui	1	0	0	1	Men 4x400m
96	Kenneth Khoo	1	0	0	1	Men 4x400m
96	Lance Tan	1	0	0	1	Men 4x400m
		369	70	156	141	

16 medals - Wong Tuck Yim James

10 Gold	4 Silver	2 Bronze			
Gold	Men Discus	49.02	-	Wong Tuck Yim James	1993 Singapore
Gold	Men Discus	49.88	-	Wong Tuck Yim James	1995 Chiangmai
Gold	Men Discus	52.18	SGR	Wong Tuck Yim James	1997 Jakarta
Gold	Men Hammer	58.00	-	Wong Tuck Yim James	1997 Jakarta
Gold	Men Discus	59.50	SGR	Wong Tuck Yim James	1999 Brunei
Gold	Men Discus	56.98	-	Wong Tuck Yim James	2001 Kuala Lumpur
Gold	Men Discus	56.49	-	Wong Tuck Yim James	2003 Hanoi
Gold	Men Discus	55.11	-	Wong Tuck Yim James	2005 Manila
Gold	Men Discus	55.11	-	Wong Tuck Yim James	2009 Vientiane
Gold	Men Discus	51.32	-	Wong Tuck Yim James	2011 Palembang
Silver	Men Discus	47.90	-	Wong Tuck Yim James	1989 Kuala Lumpur
Silver	Men Hammer	52.86	-	Wong Tuck Yim James	1993 Singapore
Silver	Men Hammer	-	-	Wong Tuck Yim James	1995 Chiangmai
Silver	Men Hammer	54.66	-	Wong Tuck Yim James	1999 Brunei
Bronze	Men Discus	44.82	-	Wong Tuck Yim James	1987 Jakarta
Bronze	Men Shot Put	12.66	-	Wong Tuck Yim James	2005 Manila

15 medals - C Kunalan

4 Gold	8 Silver	3 Bronze			
Gold	Men 100m	10.5	-	C Kunalan	1969 Rangoon
Gold	Men 200m	21.3	-	C Kunalan	1969 Rangoon
Gold	Men 4x400m	3:15.4	-	C Kunalan	1969 Rangoon
Gold	Men 4x400m	3:13.11	-	C Kunalan	1975 Bangkok
Silver	Men 100m	10.6	-	C Kunalan	1967 Bangkok
Silver	Men 200m	21.8	-	C Kunalan	1967 Bangkok
Silver	Men 4x100m	41.3	-	C Kunalan	1967 Bangkok
Silver	Men 4x400m	3:11.3	-	C Kunalan	1973 Singapore
Silver	Men 4x100m	41.22	-	C Kunalan	1975 Bangkok
Silver	Men 4x200m	1:25.9	-	C Kunalan	1975 Bangkok
Silver	Men 4x100m	41.42	-	C Kunalan	1977 Kuala Lumpur
Silver	Men 4x100m	41.5	-	C Kunalan	1965 Kuala Lumpur
Bronze	Men 4x400m	3:20.5	-	C Kunalan	1967 Bangkok
Bronze	Men 4x100m	41.4	-	C Kunalan	1969 Rangoon
Bronze	Men 100m	10.91	-	C Kunalan	1977 Kuala Lumpur

11 medals - Zhang Guirong

5 Gold	2 Silver	4 Bronze			
Gold	Women Discus	49.91	-	Zhang Guirong	2003 Hanoi
Gold	Women Shot Put	17.40	-	Zhang Guirong	2005 Manila
Gold	Women Shot Put	17.21	-	Zhang Guirong	2007 Korat
Gold	Women Shot Put	17.12	-	Zhang Guirong	2009 Vientiane
Gold	Women Shot Put	16.96	-	Zhang Guirong	2011 Palembang
Silver	Women Shot Put	17.96	-	Zhang Guirong	2003 Hanoi
Silver	Women Javelin	51.66	-	Zhang Guirong	2003 Hanoi
Bronze	Women Discus	48.62	-	Zhang Guirong	2005 Manila
Bronze	Women Javelin	48.70	-	Zhang Guirong	2005 Manila
Bronze	Women Discus	45.73	-	Zhang Guirong	2007 Korat
Bronze	Women Discus	48.22	-	Zhang Guirong	2011 Palembang

9 medals - Chee Swee Lee

2 Gold	6 Silver	1 Bronze			
Gold	Women 400m	56.5	-	Chee Swee Lee	1975 Bangkok
Gold	Women 800m	2:12.27	-	Chee Swee Lee	1975 Bangkok
Silver	Women 400m	60.1	-	Chee Swee Lee	1969 Rangoon
Silver	Women 4x400m	4:01.6	-	Chee Swee lee	1971 Kuala Lumpur
Silver	Women 400m	56.0	-	Chee Swee Lee	1973 Singapore
Silver	Women 800m	2:12.8	-	Chee Swee Lee	1973 Singapore
Silver	Women 4x400m	3:48.8	-	Chee Swee Lee	1973 Singapore
Silver	Women 4x400m	3:57.16	-	Chee Swee Lee	1975 Bangkok
Bronze	Women 400m	58.9	-	Chee Swee Lee	1971 Kuala Lumpur

9 medals - Yeo Kian Chye

0 Gold	6 Silver	3 Bronze			
Silver	Men 4x100m	41.3	-	Yeo Kian Chye	1967 Bangkok
Silver	Men 100m	10.8	-	Yeo Kian Chye	1971 Kuala Lumpur
Silver	Men 4x100m	41.4	-	Yeo Kian Chye	1971 Kuala Lumpur
Silver	Men 4x100m	41.22	-	Yeo Kian Chye	1975 Bangkok
Silver	Men 4x200m	1:25.9	-	Yeo Kian Chye	1975 Bangkok
Silver	Men 4x100m	41.6	-	Yeo Kian Chye	1973 Singapore
Bronze	Men 4x100m	41.4	-	Yeo Kian Chye	1969 Rangoon
Bronze	Men 200m	21.9	-	Yeo Kian Chye	1971 Kuala Lumpur
Bronze	Men 4x400m	3:18.1	-	Yeo Kian Chye	1971 Kuala Lumpur

9 medals - Nadarajan Rengasamy

0 Gold	5 Silver	4 Bronze			
Silver	Men 20km Walk	1:46:54.2	-	Nadarajan Rengasamy	1973 Singapore
Silver	Men 20km Walk	1:42:27.6	-	Nadarajan Rengasamy	1975 Bangkok
Silver	Men 10km Walk	49:28.0	-	Nadarajan Rengasamy	1979 Jakarta
Silver	Men 20km Walk	1:45:33.7	-	Nadarajan Rengasamy	1979 Jakarta
Silver	Men 20km Walk	1:42:54.1	-	Nadarajan Rengasamy	1981 Manila
Bronze	Men 10km Walk	50:59.3	-	Nadarajan Rengasamy	1981 Manila
Bronze	Men 10km Walk	47:24.01	-	Nadarajan Rengasamy	1983 Singapore
Bronze	Men 20km Walk	1:40:39.80	-	Nadarajan Rengasamy	1983 Singapore
Bronze	Men 10km Walk	51:41.0	-	Nadarajan Rengasamy	1977 Kuala Lumpur

8 medals - Heather Merican/Heather Siddons

4 Gold	3 Silver	1 Bronze			
Gold	Women 100m Hurdles	14.8	-	Heather Merican	1973 Singapore
Gold	Women 200m Hurdles	28.8	-	Heather Merican	1973 Singapore
Gold	Women 200m Hurdles	28.84	-	Heather Merican	1975 Bangkok
Gold	Women 80m Hurdles	11.8	-	Heather Siddons	1967 Bangkok
Silver	Women 100m Hurdles	14.8	-	Heather Merican	1975 Bangkok
Silver	Women 200m Hurdles	29.41	-	Heather Merican	1977 Kuala Lumpur
Silver	Women 4x100m	50.2	-	Heather Siddons	1965 Kuala Lumpur
Bronze	Women 100m Hurdles	14.99	-	Heather Merican	1979 Jakarta

8 medals - Glory Barnabas

2 Gold	3 Silver	3 Bronze			
Gold	Women 200m	25.6	-	Glory Barnabas	1973 Singapore
Gold	Women 4x100m	47.5	-	Glory Barnabas	1973 Singapore
Silver	Women 100m	12.5	-	Glory Barnabas	1969 Rangoon
Silver	Women 200m	26.0	-	Glory Barnabas	1969 Rangoon
Silver	Women 4x100m	50.2	-	Glory Barnabas	1969 Rangoon
Bronze	Women 100m	12.6	-	Glory Barnabas	1967 Bangkok
Bronze	Women 200m	26.0	-	Glory Barnabas	1967 Bangkok
Bronze	Women 4x100m	50.3	-	Glory Barnabas	1967 Bangkok

8 medals - Haron Mundir

0 Gold	2 Silver	6 Bronze			
Silver	Men 200m	21.76	-	Haron Mundir	1983 Singapore
Silver	Men 100m	10.57	-	Haron Mundir	1989 Kuala Lumpur
Bronze	Men 4x100m	41.17	-	Haron Mundir	1983 Singapore
Bronze	Men 100m	10.57	-	Haron Mundir	1987 Jakarta
Bronze	Men 200m	21.39	-	Haron Mundir	1987 Jakarta
Bronze	Men 200m	21.37	-	Haron Mundir	1989 Kuala Lumpur
Bronze	Men 4x100m	41.43	-	Haron Mundir	1987 Jakarta
Bronze	Men 4x100m	41.16	-	Haron Mundir	1981 Manila

7 medals - Kandasamy Jayamani

5 Gold	0 Silver	2 Bronze			
Gold	Women 1500m	4:50.7	-	Kandasamy Jayamani	1977 Kuala Lumpur
Gold	Women 3000m	10:16.7	-	Kandasamy Jayamani	1977 Kuala Lumpur
Gold	Women 1500m	4:37.8	-	Kandasamy Jayamani	1979 Jakarta
Gold	Women 3000m	10:20.6	-	Kandasamy Jayamani	1979 Jakarta
Gold	Women Marathon	3:02.46	-	Kandasamy Jayamani	1983 Singapore
Bronze	Women 800m	2:14.9	-	Kandasamy Jayamani	1977 Kuala Lumpur
Bronze	Women 3000m	10:03.32	-	Kandasamy Jayamani	1983 Singapore

7 medals - Wong Fey Wan

2 Gold	5 Silver	0 Bronze			
Gold	Men 110m Hurdles	15.1	-	Wong Fey Wan	1961 Rangoon
Gold	Men 110m Hurdles	15.2	-	Wong Fey Wan	1959 Bangkok
Silver	Men 400m Hurdles	55.0	-	Wong Fey Wan	1961 Rangoon
Silver	Men 110m Hurdles	14.7	-	Wong Fey Wan	1965 Kuala Lumpur
Silver	Men 4x100m	41.5	-	Wong Fey Wan	1965 Kuala Lumpur
Silver	Men 110m Hurdles	15.0	-	Wong Fey Wan	1967 Bangkok
Silver	Men 4x100m	41.3	-	Wong Fey Wan	1967 Bangkok

7 medals - Tang Ngai Kin

0 Gold	4 Silver	3 Bronze			
Silver	Men Decathlon	6044	-	Tang Ngai Kin	1973 Singapore
Silver	Men Decathlon	6334	-	Tang Ngai Kin	1975 Bangkok
Silver	Men 4x100m	41.42	-	Tang Ngai Kin	1977 Kuala Lumpur
Silver	Men Decathlon	6323	-	Tang Ngai Kin	1979 Jakarta
Bronze	Men 100m	11.0	-	Tang Ngai Kin	1981 Manila
Bronze	Men 4x100m	41.16	-	Tang Ngai Kin	1981 Manila
Bronze	Men 4x100m	41.17	-	Tang Ngai Kin	1983 Singapore

6 medals - Tan Eng Yoon

3 Gold	1 Silver	2 Bronze			
Gold	Men 400m Hurdles	54.9	-	Tan Eng Yoon	1959 Bangkok
Gold	Men Triple Jump	14.86	-	Tan Eng Yoon	1959 Bangkok
Gold	Men Triple Jump	14.11	-	Tan Eng Yoon	1961 Rangoon
Silver	Men 4x100m	43.0	-	Tan Eng Yoon	1961 Rangoon
Bronze	Men 110m hurdles	16.0	-	Tan Eng Yoon	1959 Bangkok
Bronze	Men 110m hurdles	15.4	-	Tan Eng Yoon	1961 Rangoon

6 medals - Noor Azhar Hamid

3 Gold	1 Silver	2 Bronze			
Gold	Men High Jump	2.12	-	Noor Azhar Hamid	1973 Singapore
Gold	Men High Jump	2.01	-	Noor Azhar Hamid	1975 Bangkok
Gold	Men High Jump	1.94	-	Noor Azhar Hamid	1969 Rangoon
Silver	Men High Jump	1.95	-	Noor Azhar Hamid	1971 Kuala Lumpur
Bronze	Men High Jump	1.91	-	Noor Azhar Hamid	1967 Bangkok
Bronze	Men High Jump	1.97	-	Noor Azhar Hamid	1981 Manila

6 medals - Eng Chiew Guay

2 Gold	2 Silver	2 Bronze			
Gold	Women 100m	12.5	-	Eng Chiew Guay	1973 Singapore
Gold	Women 4x100m	47.5	-	Eng Chiew Guay	1973 Singapore
Silver	Women 4x100m	48.6	-	Eng Chiew Guay	1971 Kuala Lumpur
Silver	Women 4x100m	50.2	-	Eng Chiew Guay	1969 Rangoon
Bronze	Women 4x100m	50.3	-	Eng Chiew Guay	1967 Bangkok
Bronze	Women 100m	12.5	-	Eng Chiew Guay	1971 Kuala Lumpur

6 medals - Ong Yeok Phee

0 Gold	4 Silver	2 Bronze			
Silver	Men 4x100m	41.22	-	Ong Yeok Phee	1975 Bangkok
Silver	Men 4x200m	1:25.9	-	Ong Yeok Phee	1975 Bangkok
Silver	Men 4x100m	41.42	-	Ong Yeok Phee	1977 Kuala Lumpur
Silver	Men 4x100m	41.6	-	Ong Yeok Phee	1973 Singapore
Bronze	Men 4x100m	41.17	-	Ong Yeok Phee	1983 Singapore
Bronze	Men 4x400m	3:18.1	-	Ong Yeok Phee	1971 Kuala Lumpur

5 medals - Osman Marican

2 Gold	2 Silver	1 Bronze			
Gold	Men 110m Hurdles	14.5	-	Osman Marican	1965 Kuala Lumpur
Gold	Men 110m Hurdles	14.9	-	Osman Marican	1967 Bangkok
Silver	Men 4x100m	41.5	-	Osman Marican	1965 Kuala Lumpur
Silver	Men 110m Hurdles	14.9	-	Osman Marican	1969 Rangoon
Bronze	Men 4x400m	3:22.9	-	Osman Marican	1965 Kuala Lumpur

5 medals - Cheah Kim Teck

2 Gold	2 Silver	1 Bronze			
Gold	Men 4x400m	3:15.4	-	Cheah Kim Teck	1969 Rangoon
Gold	Men 4x400m	3:13.11	-	Cheah Kim Teck	1975 Bangkok
Silver	Men 4x400m	3:11.3	-	Cheah Kim Teck	1973 Singapore
Silver	Men 400m	48.35	-	Cheah Kim Teck	1975 Bangkok
Bronze	Men 4x400m	3:18.1	-	Cheah Kim Teck	1971 Kuala Lumpur

5 medals - Ho Mun Cheong

1 Gold	2 Silver	2 Bronze			
Gold	Men 4x400m	3:15.4	-	Ho Mun Cheong	1969 Rangoon
Silver	Men 400m	49.1	-	Ho Mun Cheong	1969 Rangoon
Silver	Men 4x400m	3:11.3	-	Ho Mun Cheong	1973 Singapore
Bronze	Men 4x400m	3:20.5	-	Ho Mun Cheong	1967 Bangkok
Bronze	Men 4x400m	3:18.1	-	Ho Mun Cheong	1971 Kuala Lumpur

5 medals - M Gunasena

1 Gold	1 Silver	3 Bronze			
Gold	Men 400m Hurdles	53.8	-	M Gunasena	1965 Kuala Lumpur
Silver	Men 400m Hurdles	57.1	-	M Gunasena	1959 Bangkok
Bronze	Men 4x400m	3:26.4	-	M Gunasena	1959 Bangkok
Bronze	Men 4x400m	3:22.9	-	M Gunasena	1965 Kuala Lumpur
Bronze	Men 4x400m	3:20.5	-	M Gunasena	1967 Bangkok

5 medals - Maimoon Abu Bakar Azlan

0 Gold	3 Silver	2 Bronze			
Silver	Women 4x400m	3:48.8	-	Maimoon Abu Bakar Azlan	1973 Singapore
Silver	Women 4x100m	48.6	-	Maimoon Abu Bakar Azlan	1971 Kuala Lumpur
Silver	Women 4x400m	4:01.6	-	Maimoon Abu Bakar Azlan	1971 Kuala Lumpur
Bronze	Women 400m	62.5	-	Maimoon Abu Bakar Azlan	1967 Bangkok
Bronze	Women 4x100m	50.3	-	Maimoon Abu Bakar Azlan	1967 Bangkok

5 medals - Parameswaran Pillai

0 Gold	2 Silver	3 Bronze			
Silver	Men 5000m	15:37.4	-	Parameswaran Pillai	1965 Kuala Lumpur
Silver	Men 5000m	15:34.3	-	Parameswaran Pillai	1967 Bangkok
Bronze	Men 3000m S/C	9:43.3	-	Parameswaran Pillai	1969 Rangoon
Bronze	Men 5000m	15:22.1	-	Parameswaran Pillai	1969 Rangoon
Bronze	Men Marathon	3:25:47	-	Parameswaran Pillai	1965 Kuala Lumpur

4 medals - Du Xianhui

2 Gold	2 Silver	0 Bronze			
Gold	Women Shot Put	18.20	-	Du Xianhui	2003 Hanoi
Gold	Women Discus	49.48	-	Du Xianhui	2005 Manila
Silver	Women Discus	49.10	-	Du Xianhui	2003 Hanoi
Silver	Women Shot Put	17.37	-	Du Xianhui	2005 Manila

4 medals - Eknath Mane

2 Gold	2 Silver	0 Bronze			
Gold	Men Hammer Throw	47.02	-	Eknath Mane	1965 Kuala Lumpur
Gold	Men Hammer Throw	45.08	-	Eknath Mane	1967 Bangkok
Silver	Men Hammer Throw	44.20	-	Eknath Mane	1971 Kuala Lumpur
Silver	Men Hammer Throw	43.62	-	Eknath Mane	1973 Singapore

4 medals - Gan Bee Wah

2 Gold	1 Silver	1 Bronze			
Gold	Women 100m Hurdles	15.2	-	Gan Bee Wah	1969 Rangoon
Gold	Women 4x100m	47.5	-	Gan Bee Wah	1973 Singapore
Silver	Women 200m Hurdles	29.1	-	Gan Bee Wah	1973 Singapore
Bronze	Women Pentathlon	3402	-	Gan Bee Wah	1969 Rangoon

4 medals - Lim Hong Kang

1 Gold	2 Silver	1 Bronze			
Gold	Men Long Jump	7.27	-	Lim Hong Kang	1971 Kuala Lumpur
Silver	Men Long Jump	7.09	-	Lim Hong Kang	1973 Singapore
Silver	Men Long Jump	6.88	-	Lim Hong Kang	1975 Bangkok
Bronze	Men Long Jump	7.07	-	Lim Hong Kong	1979 Jakarta

4 medals - Chua Kim Tee

0 Gold	3 Silver	1 Bronze			
Silver	Women Javelin Throw	35.72	-	Chua Kim Tee	1971 Kuala Lumpur
Silver	Women Javelin Throw	35.80	-	Chua Kim Tee	1973 Singapore
Silver	Women Javelin Throw	41.98	-	Chua Kim Tee	1977 Kuala Lumpur
Bronze	Women Javelin Throw	36.78	-	Chua Kim Tee	1979 Jakarta

4 medals - Natahar Bava

0 Gold	2 Silver	2 Bronze			
Silver	Men 4x100m	41.3	-	Natahar Bava	1967 Bangkok
Silver	Men 4x100m	41.5	-	Natahar Bava	1965 Kuala Lumpur
Bronze	Men 200m	22.3	-	Natahar Bava	1965 Kuala Lumpur
Bronze	Men 4x400m	3:20.5	-	Natahar Bava	1967 Bangkok

4 medals - Lee Tai Jong

0 Gold	2 Silver	2 Bronze			
Silver	Women 800m	2:22.4	-	Lee Tai Jong	1971 Kuala Lumpur
Silver	Women 4x400m	3:57.16	-	Lee Tai Jong	1975 Bangkok
Bronze	Women 800m	2:27.0	-	Lee Tai Jong	1969 Rangoon
Bronze	Women 1500m	4:54.4	-	Lee Tai Jong	1975 Bangkok

4 medals - Hamkah Afik

0 Gold	2 Silver	2 Bronze			
Silver	Men 4x100m	40.86	-	Hamkah Afik	2003 Hanoi
Silver	Men 200m	21.34	-	Hamkah Afik	1993 Singapore
Bronze	Men 4x100m	40.445	-	Hamkah Afik	1997 Jakarta
Bronze	Men 4x100m	40.13	-	Hamkah Afik	1993 Singapore

4 medals - UK Shyam

0 Gold	2 Silver	2 Bronze			
Silver	Men 100m	10.37	- 0.5 m/s	UK Shyam	2001 Kuala Lumpur
Silver	Men 4x100m	40.86	-	UK Shyam	2003 Hanoi
Bronze	Men 4x100m	40.445	-	UK Shyam	1997 Jakarta
Bronze	Men 4x100m	40.59	-	UK Shyam	2005 Manila

4 medals - Low Sin Cheok

0 Gold	2 Silver	2 Bronze			
Silver	Men 4x100m	42.5	-	Low Sin Cheok	1959 Bangkok
Silver	Men 4x100m	43.0	-	Low Sin Cheok	1961 Rangoon
Bronze	Men 4x100m	3.26.4	-	Low Sin Cheok	1959 Bangkok
Bronze	Men 100m	10.9	-	Low Sin Cheok	1961 Rangoon

4 medals - Ernest Frida

0 Gold	1 Silver	3 Bronze			
Silver	Men 4x100m	42.5	-	Ernest Frida	1959 Bangkok
Bronze	Men 100m	10.7	-	Ernest Frida	1959 Bangkok
Bronze	Men 200m	22.1	-	Ernest Frida	1959 Bangkok
Bronze	Men 4x400m	3.26.4	-	Ernest Frida	1959 Bangkok

4 medals - Yu Long Nyu

0 Gold	0 Silver	4 Bronze			
Bronze	Women Heptathlon	4385	-	Yu Long Nyu	1989 Kuala Lumpur
Bronze	Women 4x100m	48.60	-	Yu Long Nyu	1989 Kuala Lumpur
Bronze	Women Heptathlon	4831	-	Yu Long Nyu	1991 Manila
Bronze	Women Heptathlon	5116	-	Yu Long Nyu	1993 Singapore

3 medals - P C Suppiah

1 Gold	2 Silver	0 Bronze			
Gold	Men 10000m	32:33.7	-	P C Suppiah	1971 Kuala Lumpur
Silver	Men 5000m	15.41.8	-	P C Suppiah	1971 Kuala Lumpur
Silver	Men 5000m	15:10.6	-	P C Suppiah	1973 Singapore

3 medals - Wai Hing Cheong

1 Gold	1 Silver	1 Bronze			
Gold	Women Pentathlon	3853	-	Wai Hing Cheong	1967 Bangkok
Silver	Women 80m Hurdles	12.3	-	Wai Hing Cheong	1967 Bangkok
Bronze	Women High Jump	1.41	-	Wai Hing Cheong	1967 Bangkok

3 medals - Dong Enxin

1 Gold	1 Silver	1 Bronze			
Gold	Men Shot Put	17.28	-	Dong Enxin	2003 Hanoi
Silver	Men Shot Put	-	-	Dong Enxin	2001 Kuala Lumpur
Bronze	Men Discus	48.06	-	Dong Enxin	2001 Kuala Lumpur

3 medals - A Pal Singh

1 Gold	0 Silver	2 Bronze			
Gold	Men Pole Vault	3.82	-	A Pal Singh	1959 Bangkok
Bronze	Men Pole Vault	3.65	-	A Pal Singh	1961 Rangoon
Bronze	Men Pole Vault	3.67	-	A Pal Singh	1965 Kuala Lumpur

3 medals - A Sadayappan

1 Gold	0 Silver	2 Bronze			
Gold	Men 4x400m	3:15.4	-	A Sadayappan	1969 Rangoon
Bronze	Men 400m Hurdles	55.4	-	A Sadayappan	1969 Rangoon
Bronze	Men 4x400m	3:22.9	-	A Saddayapan	1965 Kuala Lumpur

3 medals - Gary Yeo

0 Gold	3 Silver	0 Bronze			
Silver	Men 4x100m	39.82	-	Gary Yeo	2009 Vientiane
Silver	Men 4x100m	39.91	-	Gary Yeo	2011 Palembang
Silver	Men 100m	10.46	2.1 m/s	Gary Yeo	2011 Palembang

3 medals - Chew Kim Hua

0 Gold	3 Silver	0 Bronze			
Silver	Women 4x400m	3:48.8	-	Chew Kim Hua	1973 Singapore
Silver	Women 4x400m	3:57.16	-	Chew Kim Hua	1975 Bangkok
Silver	Women 4x400m	4:01.6	-	Chew Kim Hua	1971 Kuala Lumpur

3 medals - Toh Soh Liang

0 Gold	1 Silver	2 Bronze			
Silver	Women Marathon	2:58:2	-	Toh Soh Liang	1993 Singapore
Bronze	Women Marathon	2:51:22	-	Toh Soh Liang	1997 Jakarta
Bronze	Women 10000m	38:41.6	-	Toh Soh Liang	1993 Singapore

3 medals - Margaret Tan

0 Gold	1 Silver	2 Bronze			
Silver	Women 10km Walk	55:41.70	-	Margaret Tan	1983 Singapore
Bronze	Women 5km Walk	27:47.7	-	Margaret Tan	1981 Manila
Bronze	Women 10km Walk	57:43.1	-	Margaret Tan	1981 Manila

3 medals - Low Guay Hoon, Helen

0 Gold	0 Silver	3 Bronze			
Bronze	Women 5km Walk	25:54.4	-	Low Guay Hoon, Helen	1987 Jakarta
Bronze	Women 5km Walk	26:32.9	-	Low Guay Hoon, Helen	1993 Singapore
Bronze	Women 10km walk	-	-	Low Guay Hoon, Helen	1993 Singapore

2 medals - Mahmood Mansoor

2 Gold	0 Silver	0 Bronze			
Gold	Men Pole Vault	4.10	-	Mahmood Mansoor	1969 Rangoon
Gold	Men Pole Vault	4.00	-	Mahmood Mansoor	1967 Bangkok

2 medals - Sheila Fernando

1 Gold	1 Silver	0 Bronze			
Gold	Women 4x100m	47.5	-	Sheila Fernando	1973 Singapore
Silver	Women 4x100m	48.6	-	Sheila Fernando	1971 Kuala Lumpur

2 medals - Quah Kim Tiong

1 Gold	1 Silver	0 Bronze			
Gold	Men 4x400m	3:13.11	-	Quah Kim Tiong	1975 Bangkok
Silver	Men 4x200m	1:25.9	-	Quah Kim Tiong	1975 Bangkok

2 medals - Godfrey Jalleh

1 Gold	1 Silver	0 Bronze			
Gold	Men 4x400m	3:13.11	-	Godfrey Jalleh	1975 Bangkok
Silver	Men 4x400m	3:11.3	-	Godfrey Jalleh	1973 Singapore

2 medals - Cheong Wai Hing

1 Gold	0 Silver	1 Bronze			
Gold	Women High Jump	1.52	-	Cheong Wai Hing	1965 Kuala Lumpur
Bronze	Women Pentathlon	3499	-	Cheong Wai Hing	1965 Kuala Lumpur

2 medals - Lim Boh Hiang

0 Gold	2 Silver	0 Bronze			
Silver	Men Long Jump	6.94	-	Lim Boh Hiang	1969 Rangoon
Silver	Men Long Jump	7.03	-	Lim Boh Hiang	1971 Kuala Lumpur

2 medals - Leslie Shepherdson

0 Gold	2 Silver	0 Bronze			
Silver	Men 4x100m	41.42	-	Leslie Shepherdson	1977 Kuala Lumpur
Silver	Men Triple Jump	14.49	-	Leslie Shepherdson	1971 Kuala Lumpur

2 medals - A Letchemay

0 Gold	2 Silver	0 Bronze			
Silver	Women 4x100m	48.6	-	A Letchemay	1971 Kuala Lumpur
Silver	Women 4x400m	4:01.6	-	A Letchemay	1971 Kuala Lumpur

2 medals - Loh Chan Pew

0 Gold	2 Silver	0 Bronze			
Silver	Men 4x100m	41.4	-	Loh Chan Pew	1971 Kuala Lumpur
Silver	Men 4x100m	41.6	-	Loh Chan Pew	1973 Singapore

2 medals - Lee Cheng Wei

0 Gold	2 Silver	0 Bronze			
Silver	Men 4x100m	39.91	-	Lee Cheng Wei	2011 Palembang
Silver	Men 4x100m	39.82	-	Lee Cheng Wei	2009 Vientiane

2 medals - Mohd Illyas

0 Gold	2 Silver	0 Bronze			
Silver	Men 4x100m	41.4	-	Mohd Illyas	1971 Kuala Lumpur
Silver	Men 4x100m	41.22	-	Mohd Illyas	1975 Bangkok

2 medals - Muhammad Amiruddin Jamal

0 Gold	2 Silver	0 Bronze			
Silver	Men 4x100m	39.82	-	Muhammad Amiruddin Jamal	2009 Vientiane
Silver	Men 4x100m	39.91	-	Muhammad Amiruddin Jamal	2011 Palembang

2 medals - Avtar Singh

0 Gold	2 Silver	0 Bronze			
Silver	Men 1500m	4:00.5	-	Avtar Singh	1967 Bangkok
Silver	Men 5000m	15:20.2	-	Avtar Singh	1969 Rangoon

2 medals - Yvonne Danson Tan

0 Gold	1 Silver	1 Bronze			
Silver	Women 10000m	36:27.39	-	Yvonne Danson Tan	1995 Chiangmai
Bronze	Women Marathon	2:34:41	-	Yvonne Danson Tan	1995 Chiangmai

2 medals - Wong Chong Sai

0 Gold	1 Silver	1 Bronze			
Silver	Men Pole Vault	4.20	-	Wong Chong Sai	1973 Singapore
Bronze	Men Pole Vault	4.10	-	Wong Chong Sai	1971 Kuala Lumpur

2 medals - Poh Seng Song

0 Gold	1 Silver	1 Bronze			
Silver	Men 4x100m	40.86	-	Poh Seng Song	2003 Hanoi
Bronze	Men 4x100m	40.59	-	Poh Seng Song	2005 Manila

2 medals - Ng Kean Mun

0 Gold	1 Silver	1 Bronze			
Silver	Men Pole Vault	4.55	-	Ng Kean Mun	1989 Kuala Lumpur
Bronze	Men Pole Vault	4.45	-	Ng Kean Mun	1985 Bangkok

2 medals - Andrew Chee

0 Gold	1 Silver	1 Bronze			
Silver	Men 4x100m	41.6	-	Andrew Chee	1973 Singapore
Bronze	Men 4x100m	41.4	-	Andrew Chee	1969 Rangoon

2 medals - Evelyn Lee Yuet Yong

0 Gold	1 Silver	1 Bronze			
Silver	Women Long Jump	5.05	-	Evelyn Lee Yuet Yong	1961 Rangoon
Bronze	Women 80m hurdles	12.5	-	Evelyn Lee Yuet Yong	1961 Rangoon

2 medals - Mirza M Namazie

0 Gold	1 Silver	1 Bronze			
Silver	Men 3000m S/C	9:39.0	-	Mirza M Namazie	1967 Bangkok
Bronze	Men 5000m	15:35.7	-	Mirza M Namazie	1967 Bangkok

2 medals - Aminuddin Kassim

0 Gold	1 Silver	1 Bronze			
Silver	Men 4x100m	41.4	-	Aminuddin Kassim	1971 Kuala Lumpur
Bronze	Men 4x100m	41.4	-	Aminuddin Kassim	1969 Rangoon

2 medals - Mona Kunalan

0 Gold	0 Silver	2 Bronze			
Bronze	Women 4x100m Relay	48.60	-	Mona Kunalan	1989 Kuala Lumpur
Bronze	Women 4x100m Relay	-	-	Mona Kunalan	1997 Jakarta

2 medals - Mohd Yusof Alias

0 Gold	0 Silver	2 Bronze			
Bronze	Men 4x100m	40.13	-	Mohd Yusof Alias	1993 Singapore
Bronze	Men 4x100m	40.445	-	Mohd Yusof Alias	1997 Jakarta

2 medals - Mirnigar Begum

0 Gold	0 Silver	2 Bronze			
Bronze	Women 1500m	4:50.7	-	Mirnigar Begum	1971 Kuala Lumpur
Bronze	Women 1500m	4:41.8	-	Mirnigar Begum	1973 Singapore

2 medals - Chan Chin Wah

0 Gold	0 Silver	2 Bronze			
Bronze	Men Pole Vault	4.45	-	Chan Chin Wah	1985 Bangkok
Bronze	Men Pole Vault	-	-	Chan Chin Wah	1995 Chiangmai

1 medal - Gold medalists

Gold	Men High Jump	1.83	-	A S Gill	1961 Rangoon
Gold	Men Hammer Throw	42.64	-	Sankaran Gawade	1977 Kuala Lumpur

1 medal - Silver medalists

Silver	Men 4x100m	43.0	-	Benjamin Gomes	1961 Rangoon
Silver	Women 4x400m	3:48.8	-	C. Madathi	1973 Singapore
Silver	Men 4x100m	39.91	-	Calvin Kang	2011 Palembang
Silver	Men 4x100m	42.5	-	Cedric Monteiro	1959 Bangkok
Silver	Men 4x100m	42.5	-	Chai Ling Fook	1959 Bangkok
Silver	Women 4x100m	50.2	-	Chia Lee Meng	1965 Kuala Lumpur
Silver	Women 4x100m	50.2	-	Christine Chung	1969 Rangoon
Silver	Men 4x100m	39.82	-	Elfi Mustapa	2009 Vientiane
Silver	Women 4x100m	50.2	-	Evelyn Tan	1965 Kuala Lumpur
Silver	Men 20km Walk	1:52.39.8	-	Francis Sengol	1971 Kuala Lumpur
Silver	Men Hammer Throw	44.42	-	Gawade Sakaram	1979 Jakarta
Silver	Women 4x100m	50.2	-	Glory Varam	1965 Kuala Lumpur
Silver	Women High Jump	1.56	-	Goh Li Kian	1973 Singapore
Silver	Men 110m Hurdles	16.52	-	Hamzah Barik	1979 Jakarta
Silver	Women Pentathlon	2590	-	Jennifer Moss	1973 Singapore
Silver	Men 3000m S/C	9:18.8	-	S A Kannu	1973 Singapore
Silver	Men 5km Walk	28:37.6	-	Krishnasamy Chandriga	1979 Jakarta
Silver	Men 4x100m	40.86	-	Lin Jingze	2003 Hanoi
Silver	Women 4x400m	3:57.16	-	Low Yock Peng	1975 Bangkok
Silver	Women 4x100m	50.2	-	Madeline Teo	1969 Rangoon
Silver	Men 3000m S/C	9.43.0	-	Major Singh	1965 Kuala Lumpur
Silver	Men 4x100m	43.0	-	V K Nathan	1961 Rangoon
Silver	Women Shot Put	14.59	-	Wan Lay Chi	2011 Palembang
Silver	Men High Jump	2.22	-	Yew Tong Wong	1995 Chiangmai

1 medal - Bronze medalists

Bronze	Men 5000m	15:15.8	-	A Mahalingam	1973 Singapore
Bronze	Men 4x100m	41.17	-	Alan Koh	1983 Singapore
Bronze	Men 4x100m	41.16	-	Andrew Toh	1981 Manila
Bronze	Men 50km Walk	5:07:02.6	-	Arumugam Kannan	1969 Rangoon
Bronze	Men 1500m	3:59.34	-	Chamkaur Dhaliwal Singh	2003 Hanoi
Bronze	Women High Jump	1.53	-	Chia Swee Rim	1975 Bangkok
Bronze	Men 3000m S/C	9:35.99	-	D Selvarajoo	1983 Singapore
Bronze	Men Pole Vault	4.70	-	Edwin Chong Ming Xung	2011 Palembang
Bronze	Men 4x100m	40.59	-	Erzalmaniq Fawy Rawi	2005 Manila
Bronze	Men 4x100m Relay	40.13	-	Firdhouse Hassan Saiyat	1993 Singapore
Bronze	Women Long Jump	5.61	-	Foo Hwei Fen	1989 Kuala Lumpur
Bronze	Men 4x100m Relay	41.43	-	Francis Nathan	1987 Jakarta
Bronze	Men 4x100m Relay	41.16	-	Ganesan Kasee	1981 Manila
Bronze	Women 4x100m	48.60	-	Govindan Prema	1989 Kuala Lumpur
Bronze	Men 10000m	33:35.1	-	Hari Singh	1967 Bangkok
Bronze	Women 4x100m Relay	-	-	Hiranisha Rasimudin	1997 Jakarta
Bronze	Men 4x400m	3:26.4	-	Ho Sim-lim	1959 Bangkok
Bronze	Men 4x100m	41.43	-	Hong Jin Sheng	1987 Jakarta
Bronze	Men 10000m	32:44.55	-	Jacter Singh	1983 Singapore
Bronze	Men Javelin Throw	60.48	-	Jaw Tee Jang	1973 Singapore
Bronze	Women 200m Hurdles	32.0	-	Jeanette Gaffney	1971 Kuala Lumpur
Bronze	Men 4x400m	3:22.9	-	Kenneth Pereira	1965 Kuala Lumpur
Bronze	Women 4x100m	48.60	-	Khok Chiew Hoay	1989 Kuala Lumpur
Bronze	Men 20km Walk	1:42:5	-	Khoo Ching Mong	1993 Singapore
Bronze	Women Long Jump	5.53	-	Koh Hong Chow	1973 Singapore
Bronze	Women Javelin Throw	33.56	-	Kok Yin Ping	1973 Singapore
Bronze	Men 3000m S/C	9:11.24	-	Mathevan Maran	1989 Kuala Lumpur
Bronze	Men 4x100m	40.59	-	Mohd Shameer	2005 Manila
Bronze	Men Pole Vault	4.50	-	Mok Hay Foo	1993 Singapore
Bronze	Men 4x100m	40.13	-	Muhamad Hosni	1993 Singapore
Bronze	Men Long Jump	7.20	-	Ng Yee Ming	1983 Singapore
Bronze	Women 4x100m	-	-	Nurulaini Arifin	1997 Jakarta
Bronze	Men 110m Hurdles	14.84	-	Pasupathy Parameswaran	1989 Kuala Lumpur
Bronze	Men 20km Walk	1:47:13.0	-	R Maniam	1977 Kuala Lumpur
Bronze	Women 4x100m	50.3	-	Rosalind Chan	1967 Bangkok
Bronze	Women 50km Walk	5:19:43.6	-	S Dorairaj	1973 Singapore
Bronze	Men Marathon	2:40:32.2	-	S Kumaravelu	1977 Kuala Lumpur
Bronze	Men 4x100m	41.43	-	Sandy Ang	1987 Jakarta
Bronze	Men 800m	1:52.9	-	Sergit Singh	1973 Singapore
Bronze	Men 1500m	4:04.40	-	Surandra Subramaniam	1979 Jakarta
Bronze	Men 10km Walk	49:29.0	-	Tan Kheik Tiong	1993 Singapore
Bronze	Women 4x100m	-	-	Tan Shieh Li	1997 Jakarta
Bronze	Men 4x100m	40.445	-	Timothy Yeo	1997 Jakarta
Bronze	Men 4x400m	3:18.50	-	Md. Zaki Sapari	2011 Palembang
Bronze	Men 4x400m	3:18.50	-	Ng Chin Hui	2011 Palembang
Bronze	Men 4x400m	3:18.50	-	Kenneth Khoo	2011 Palembang
Bronze	Men 4x400m	3:18.50	-	Lance Tan	2011 Palembang

Medal Table

Singapore SEAP/SEA Games History (Athletics Only)

SEA Games Medal Table (From 2003 to 2011)

2003 Hanoi, Vietnam	Gold	Silver	Bronze	Medal(s)
Thailand	13	14	12	39
Vietnam	8	15	8	31
Philippines	8	3	5	16
Malaysia	8	2	6	16
Singapore	4	4	1	9
Indonesia	4	3	7	14
Myanmar	0	2	4	6
	44	44	42	130

2005 Manila, Philippines	Gold	Silver	Bronze	Medal(s)
Thailand	11	11	18	40
Philippines	9	10	7	26
Vietnam	7	9	4	20
Malaysia	7	3	3	13
Myanmar	4	3	1	8
Singapore	3	1	4	8
Indonesia	1	5	5	11
	42	42	42	126

2007 Korat, Thailand	Gold	Silver	Bronze	Medal(s)
Thailand	17	19	9	45
Vietnam	8	4	5	17
Indonesia	7	7	5	19
Malaysia	7	3	9	19
Philippines	5	7	9	21
Singapore	1	0	1	2
Myanmar	0	4	5	9
Cambodia	0	1	1	2
Brunei	0	0	1	1
	45	45	45	135

Singapore SEAP/SEA Games History (Athletics Only)

2009 Vientiane, Laos

	Gold	Silver	Bronze	Medal(s)
Thailand	14	20	14	48
Indonesia	7	7	7	21
Vietnam	7	4	11	22
Philippines	7	3	4	14
Malaysia	6	6	4	16
Myanmar	2	5	2	9
Singapore	2	1	0	3
Cambodia	0	0	1	1
Laos	0	0	1	1
	45	46	44	135

2011 Palembang, Indonesia

	Gold	Silver	Bronze	Medal(s)
Thailand	14	8	10	32
Indonesia	13	12	11	36
Vietnam	9	9	14	32
Malaysia	6	2	3	11
Philippines	2	9	5	16
Singapore	2	3	3	8
Myanmar	0	3	1	4
	46	46	47	139