



BRITISH
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1960's: Wonderful Weng Wins Gold for Wales

For today's classic Commonwealth moment we are highlighting Welsh Weightlifting hero Chung Kum Weng who won Gold under the Cymru banner at the 1964 Commonwealth Games.



Weng was born in Ipoh, Malaysia on 15 May 1934 and he quickly formed a reputation as a talented featherweight weightlifter in his birth country.

He made his Commonwealth debut at the 1958 Games representing Malaysia and won a Silver medal lifting 306kg to place second behind Singapore's Tan Ser Cher who totalled 310.5kg

The competition was held in Cardiff and would go on to have a huge impact on Weng's life.

He formed such a strong connection to Wales during his time there that he settled in the country after the event and took up a job as a bus driver to fund his training.



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He was forced to miss the 1962 Commonwealth Games but continued to compete Internationally for Malaysia, representing them at the 1960 and 1964 Olympics where he finished 10th and 11th.

However, he was keen to support his new home where possible and he played a part in the Great Britain versus Bulgaria International friendly match hosted in Tottenham on December 3rd 1963.

The event which was set up by IWF General Secretary Oscar State and featured some of the best up-and-coming lifters from across both nations.

Weng entered the 1964 British Championships held at the Crystal Palace National Sports Centre which also served as Great Britain's Tokyo Olympic Trials.

While only competing in the domestic division, he found himself sharing the platform with 4x World Champion Louis Martin and fellow Commonwealth Medallists Mike Pearman, Sylvanus Blackman and George Manners.

Once eligible to represent Wales he made up for lost time by winning Gold at the 1966 Commonwealth Games lifting 337kg.

He later competed for Great Britain in the World Championships and finished 7th in 1970 with an all-time career total of 340kg to sign off in style.