



Glasgow 2026: Singapore's Weightlifters Step Onto The Commonwealth Stage As Day 5 Action Intensifies

Description

Singapore's campaign at the **Glasgow 2026 Commonwealth Games** enters a new phase today as the Republic's weightlifters step onto the competition platform at the **SEC Armadillo** for Day 5 of the Games. For a sport that demands years of disciplined preparation and offers few glamorous moments in the spotlight, today represents the culmination of exactly that kind of quiet dedication.



Team Singapore march at the Opening Ceremony of the Glasgow 2026 Commonwealth Games. Â© Sport Singapore / ActiveSG Circle

Singapore sent eight weightlifters to Scotland as part of a 55-strong contingent competing across Glasgow. The team arrives with genuine ambition, led by two athletes whose journeys through the national system have brought them to this moment on one of Commonwealth sportâ??s biggest stages.

Meet The Athletes

Kester Loy has been one of the most consistent performers in Singaporeâ??s weightlifting programme over recent seasons. Building steadily through the national circuit, he has earned his place at the Games through measured improvement, technical precision, and the composure under competition conditions that coaches prize. Todayâ??s event at the SEC Armadillo is the culmination of years of work within the Singapore Weightlifting Federationâ??s development pathway.

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Kester Loy represents Singapore in weightlifting at the Glasgow 2026 Commonwealth Games. Â© Team Singapore / Sport Singapore

David Mok Pingwei brings complementary qualities â?? raw power, athleticism, and a mental resilience that has distinguished him through the regional competition circuit. Mokâ??s road to Glasgow has been marked by determination, and his qualification for the Games speaks to an athlete who has not allowed setbacks to define him. Competing at a Commonwealth Games for the first time marks a significant milestone in a career still very much in development.



David Mok Pingwei competes for Singapore in weightlifting at the Glasgow 2026 Commonwealth Games. Â© Team Singapore / Sport Singapore

Both athletes train within Singaporeâ??s national high-performance system, which has increasingly emphasised not just technical proficiency in the snatch and clean-and-jerk â?? the two disciplines that constitute the competitive total â?? but also sport-specific strength and conditioning, recovery protocols, and performance psychology.

Singaporeâ??s Campaign So Far

The Glasgow 2026 Commonwealth Games opened on **23 July** with a vibrant ceremony at Hampden Park, where Singaporeâ??s flag bearers led the contingent into the arena. Since then, Team Singapore athletes have been in action across swimming, gymnastics, lawn bowls, and 3Ã?3 basketball, with positive performances building momentum heading into the middle days of competition.

These Games carry a different complexion for Singapore fans compared to past editions. Sports like **badminton, table tennis, and shooting** — traditional medal-hunting strongholds for Singapore — are absent from the pared-down Glasgow programme of 15 sports. That absence places added significance on the disciplines that are present, including weightlifting, where Singapore has competitive depth that rarely receives the attention it deserves.

The Venue And Format

Weightlifting at Glasgow 2026 takes place at the **Scottish Event Campus (SEC) Armadillo**, a striking riverside venue on the banks of the Clyde and one of Glasgow's most recognisable architectural landmarks. The intimate arena creates an energetic atmosphere — a factor that can work powerfully in the favour of athletes who draw energy from a crowd.

Competition follows the standard format of bodyweight categories. Athletes receive three attempts at each of the snatch and clean-and-jerk, and the final ranking is based on the combined best total from both disciplines. Consistency across all six attempts is as crucial as outright strength, making strategy and nerve as important as preparation.

The Broader Picture

Singapore's weightlifters face strong competition from the formidable squads of **India, Malaysia, and Samoa**, which have traditionally dominated Commonwealth weightlifting. But the purpose of today's competition extends well beyond medal tallies alone. For Kester Loy and David Mok Pingwei, every lift at the SEC Armadillo adds to their experience base in a sport where athletes often peak in their mid-to-late twenties.

Their presence on the platform today is a point of national pride — a reminder that Singapore's sporting ambition extends far beyond the headline disciplines, into sports where progress is measured in kilograms lifted and personal bests broken, year after patient year. [Singapore Lawn Bowls at Glasgow 2026: Team Singapore's Historic Indoor Commonwealth Challenge](#) | [Singapore Swimmers Dive Into Glasgow 2026: Teong Tzen Wei And Gan Ching Hwee Lead Pool Charge At Commonwealth Games](#) | [Singapore's Gymnasts Head to Glasgow 2026: Everything You Need to Know](#)

What's Still To Come For Team Singapore

The Glasgow campaign is far from over. **Track cycling** begins on 30 July, a discipline where Singapore has been quietly developing talent. The **athletics** programme also awaits later in the Games, offering further chances for the Republic to make its mark. Follow LBRD for continued coverage of Team Singapore at Glasgow 2026.

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