

The Hong Kong Weightlifting and Powerlifting Association Limited
Hong Kong Powerlifting Championships 2019, Hong Kong (Hong Kong), 20.04.2019

SCORESHEET

PL.	Name	B.Date	Nation	Weight	WF	Squat	BENCH.	Deadlift	TOTAL	
Open										
-59kg										
1	Mow Ka-Ho	1/1/1994	APC	58.21		155	2	180	1	487.5
2	Siu Cheuk Hang	13.09.86	N/A	57.80	1.1478	120.0	1	140.0	2	330.0
-66kg										
1	Cheung Ho-Man	1/1/1986	APC	65.13		230	1	205	1	595
2	Hung Wing-Fai	1/1/1980	APC	63.73		165	2	175	2	480
3	Yeung Ka Chun	09.08.95	N/A	64.50	0.8004	120.0	3	167.5	3	382.5
-74kg										
1	Yu Wing Hong	03.07.91	RAW	72.90	0.7271	185.0	1	215.0	2	515.0
2	Choi Man Hon Ronny	27.04.94	N/A	70.45	0.7457	150.0	2	235.0	1	475.0
-83kg										
1	Kam Chi-Leung	1/1/1989	APC	79.40		252.5	1	262.5	2	725
2	Lee Chun Wing	27.10.92	N/A	81.05	0.6772	227.5	3	265.0	1	637.5
3	Chau Kwan-Lung	1/1/1982	APC	80.28		235	2	200	5	545
4	Yuen Pui Sing	08.02.92	N/A	79.35	0.6862	165.0	7	190.0	6	500.0
5	Yu Shui-Lun	1/1/1980	APC	79.10		165	6	202.5	3	495
6	Kieran Sherry	17.04.87	N/A	80.45	0.6803	170.0	5	190.0	7	460.0
7	Lam Shu Ping, Calvin	17.12.93	N/A	76.15	0.7051	170.0	4	165.0	8	442.5
8	Wan Hing Fung	10.08.93	N/A	80.70	0.6790	135.0	8	202.5	4	437.5
-93kg										
1	Kitsui Masahito	1/1/1978	APC	92.54		225	1	230	1	736.5
2	Wong Ho Hoi	26.07.86	N/A	90.30	0.6373	175.0	2	195.0	2	475.0
-120kg+										
1	Fong Chai-Chi	1/1/1982	APC	139.27		275	4	225	6	770

Nation (points)

Best Lifters of Open

Rnk	Lifter	IPF score
1	Kam Chi-Leung	616.86
2	Cheung Ho-Man	586.57
3	Kitsui Masahito	573.21

Sub-Juniors

-59kg												
1	Lee Pok Hin Alvin	1/1/2002	APC	58.30		110	1	70	1	125	1	305
-66kg												
1	Yeung Wai-Ho	1/1/2003	APC	64.21		155	1	80	2	160	2	395
2	Chan Nathan	08.03.02	N/A	63.72	0.8087	135.0	2	90.0	1	165.0	1	390.0
-74kg												
1	CARL THEODORE IVARSSON	03.07.02	N/A	72.29	0.7315	150.0	1	90.0	1	165.0	1	405.0
-83kg												
1	Peter Athanas	20.04.02	N/A	75.65	0.7083	117.5	1	100.0	1	155.0	2	372.5
2	RAJ MANISH, PATEL	25.04.02	N/A	75.41	0.7099	100.0	2	65.0	2	160.0	1	325.0
-93kg												
1	Hwong Nicholas Man-dong	26.04.01	N/A	85.02	0.6583	200.0	1	120.0	1	220.0	1	540.0

Nation (points)**Best Lifters of Subjuniors**

Rnk	Lifter	Nation	IPF score
1	Hwong Nicholas Man-dong	None	456.32
2	Yeung Wai-Ho	None	415.5
3	Chan Nathan	None	413.23

Juniors

-59kg												
1	Tam Sai kei	19.09.97	N/A	57.71	0.8843	145.0	1	85.0	1	225.0	1	455.0

-66kg												
1	Yue Chon In Daryl	21.08.96	N/A	65.83	0.7869	165.0	2	92.5	2	225.0	1	482.5
2	Chow Yiu Man	14.06.96	RAW	65.16	0.7936	145.0	4	95.0	1	180.0	3	420.0
3	Chan Chi Fung	07.12.96	N/A	63.20	0.8144	155.0	3	85.0	3	175.0	4	415.0
4	Au Sheung Ho	08.08.98	N/A	63.90	0.8067	115.0	5	67.5	4	140.0	5	322.5
?	Li King Him	02.10.97	N/A	64.32	0.8023	165.0	1	?	?	210.0	2	DSQ

-74kg												
1	Liew Kin Yu, Benjamin	13.05.99	N/A	73.25	0.7246	165.0	2	135.0	1	200.0	2	500.0
2	Li Ka Chuen	12.04.96	RAW	71.63	0.7365	165.0	1	110.0	2	215.0	1	490.0
3	Akria Basa Okabe	03.07.02	N/A	77.04	0.6996	135.0	3	85.0	3	165.0	3	385.0

-83kg												
1	Chang Jia-Lun	1/1/1997	APC	76.90		217.5	4	160	3	160	4	537.5
2	Kwok Lai Ting, Boris	18.05.00	N/A	74.43	0.7164	167.5	1	105.0	1	200.0	1	472.5

-105kg												
1	Law Chun Hung	01.04.96	N/A	0.00	1.3354	145.0	1	105.0	1	190.0	1	440.0

Nation (points)**Best Lifters of Juniors**

Rnk	Lifter	IPF score
1	Tam Sai kei	505.51
2	Yue Chon In Daryl	484.6
3	Chang Jia-Lun	482.05

Masters 1**-59kg**

1	Lin Yiu Fai	07.04.76	N/A	57.71	0.8843	125.0	1	85.0	1	155.0	1	365.0
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-66kg

1	Alexander Hose	07.02.75	N/A	64.83	0.7969	170.0	1	107.5	1	207.5	1	485.0
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-74kg

1	Lo Thomas	10/4/1977	APC	73.31		175.0	1	132,5	1	190,0	1	497,5
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-83kg

1.	Lai Sze-Wing	1/1/1976	APC	80.58		200,0	1	120,0	1	240,0	1	560,0
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Nation (points)**Best Lifters of Masters 1**

Rnk	Lifter	Nation	B.Weight	Total	IPF score	C.Rnk.
1	Alexander Hose	None	64.83	485.0	491.83	1
2	Lai Sze-Wing	None	80.58	560,0	485,91	1

Masters 2**-59kg**

1.	Wong Shut-Ming	1/1/2064	APC	57.44		132,5	1	85,0	2	140,0	1	357,5
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-74kg

1	Leung Shing Fan	11.12.66	N/A	67.81	0.7682	65.0	1	60.0	1	80.0	1	205.0
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-83kg

3.	Chan Shun-Wai Ray	1/1/2063	HKG	81.22		155,0	3	120,0	3	192,5	3	467,5
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Nation (points)**Best Lifters of Masters 2**

Rnk	Lifter	Nation	B.Weight	Total	IPF score	C.Rnk.
1	Wong Shut-Ming		57.44	357,5	413,64	1
2	Chan Shun-Wai Ray		81.22	467,5	413,61	1
1	Leung Shing Fan	None	67.81	205.0	239.01	1

Masters 3**-83kg**

1	Wang Ka-Bo Gable	1/1/2059	APC	77.41	120,0	2	102,5	2	160,0	2	382,5
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-93kg

1	Yuen Tai Lok	02.06.57	N/A	88.72	0.6431	120.0	1	85.0	1	122.5	1	327.5
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Nation (points)**Best Lifters of Masters 3**

Rnk	Lifter	Nation	B.Weight	WF	Total	IPF score	C.Rnk.
1	Wang Ka-Bo Gable	APC	77.41		382,5	359.21	1
2	Yuen Tai Lok	None	88.72		327.5	292.87	1

Masters 4**-59kg**

1.	Wong Kung-Him	1/1/2047	APC	52.39	127,5	1	92,5	1	145,0	1	365,0
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Best Lifters of Masters 4

Rnk	Lifter	Nation	B.Weight	WF	Total	IPF score	C.Rnk.
	Wong Kung-Him	APC	52.39		365	451,62	1

Abbreviations:

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record; 1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt. DSQ - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

N/A = None

RAW = RAW