

The Hong Kong Weightlifting and Powerlifting Association Limited
Hong Kong Powerlifting Championships 2019, Hong Kong (Hong Kong), 20.04-11.06.2019

SCORESHEET

PL.	Name	B.Date	Nation	Weight	WF	Squat	BENCH.	Deadlift	TOTAL
Open									
-47kg									
1	Siu Luen Yee Sylvia	28.12.68	HKMA	46.18	1.3619	50.0 1	42.5 1	75.0 1	167.5
-52kg									
1	Yip Rebecca	1/1/1976	APC	49.73		90 1	75 1	110 1	275
-57kg									
1	Yu Weilli	1/1/1983	APC	56.24		165 1	77.5 1	137.5 1	380
2	Wan Zi Yu, Freda	14.05.81	N/A	56.18	1.1736	105.0 2	50.0 2	132.5 2	287.5
3	Lau Wing Yee Valerie	13.06.93	HKMA	52.29	1.2413	60.0 3	57.5 3	82.5 3	200.0
-63kg									
1	So Wai Ching 72kg	27.07.82	N/A	61.96	1.0876	120.0 1	70.0 1	115.0 1	305.0
2	Chan Pui Yee	1/1/1994	APC	60.35		102.5 2	42.5 2	107.5 2	252.5
-72kg									
1	Chan So Yin	10.07.91	N/A	69.64	0.9984	150.0 1	90.0 1	145.0 1	385.0
2	Abraham Lauren	14.04.82	N/A	67.54	1.0202	97.5 2	62.5 2	112.5 2	272.5
-84kg									
1	Ho Florence	1/1/1979	APC	83.10		135 1	105 1	145 1	385

Nation (points)

Best Lifters of Open

Rnk	Lifter	Total
1	Yu Weilli	549
2	Chan So Yin	509.44
3	Ho Florence	478.71

Juniors

-72kg									
1	Shen Michelle	1/1/1997	APC	68.25		127.5 1	52.5 1	137.5 1	317.5

Best Lifters of Juniors

1	Shen Michelle	1/1/1997	APC	68.25		127.5 1	52.5 1	137.5 1	317.5
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Sub-Juniors

-63kg									
1	Kirra Cameron	09.04.04	N/A	62.48	1.0807	80.0 1	35.0 1	90.0 1	205.0

Nation (points)

Best Lifters of Subjuniors

Rnk	Lifter	Nation	B.Weight	WF	Total	W.Points	C.Rnk.
1	Kirra Cameron	None	62.48	1.0807	205.0	221.54	1

Masters 1**-57kg**

1	Vanina Revuelta Brown	15.12.77	N/A	56.68	1.1655	85.0	1	52.5	1	112.5	1	250.0
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-72kg

1	Ho Wing-Nga	1/1/1973	APC	69.40		115	2	80	1	110	2	305
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Nation (points)**Best Lifters of Masters 1****Rnk Lifter****Total**

1	Ho Wing-Nga	426.26
2	Vanina Revuelta Brown	395.33

Masters 2**-47kg**

1.	Wong Wai-Yu	1/1/2060	APC	46.30		75	1	47.5	1	102.5	1	225
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-63kg

1.	Ip Wing-Yuk	1/1/2061	APC	61.83		110	1	70	1	115	1	295
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-72kg

1.	Chan Mei-Mei	1/1/2068	APC	63.36		140	1	84.5	1	145	1	369.5
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Best Lifters of Masters 2**Rnk Lifter****Nation****Bwt****Total****IPF Points****C.Rnk**

1.	Chan Mei-Mei	Hong Kong	63.36	369,5	511,2225	1
2.	Ip Wing-Yuk	Hong Kong	61.83	295,0	433,2413	1
3.	Wong Wai-Yu	Hong Kong	46.30	225,0	395,9388	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.

HKMA = HKMA

N/A = None