

**The Hong Kong Weightlifting and Powerlifting Association Limited**  
**Hong Kong Benchpress Classic Championships 2019, Hong Kong (Hong Kong), 19.10.2019**

**SCORESHEET**

Rnk	Lifters	d.o.b.	Team	BWT	Lot	1 Att.	2 Att.	3 Att.	Result	IPF Pts	Pts
<b>Open</b>											
<b>-59kg</b>											
1	Lin Yiu Fai	07.04.76	NON	58.18	70	95.0	<del>400.0</del>	100.0	100.0	542.40	12
2	Siu Cheuk Hang	13.09.86	NON	58.97	5	65.0	70.0	75.0	75.0	400.77	9
<b>-66kg</b>											
1	Wong Kwok Sing	20.11.91	NON	63.94	19	100.0	110.0	<del>115.0</del>	110.0	548.07	12
2	Chow Chi Hong	16.11.95	NON	65.48	20	105.0	<del>115.0</del>	<del>115.0</del>	105.0	512.46	9
3	Wong Ming Cheun	12.02.89	NON	62.15	18	<del>100.0</del>	100.0	<del>105.0</del>	100.0	510.55	8
4	Pang Ji Yeung	27.01.88	Y Blood	64.15	25	92.5	97.5	<del>105.0</del>	97.5	484.10	7
5	Shih Wai Ching	12.03.95	NON	59.61	21	95.0	<del>100.0</del>	<del>102.5</del>	95.0	503.54	6
6	Leung Chin Ho	02.10.95	Raw Power	64.03	23	80.0	85.0	<del>90.0</del>	85.0	422.36	5
7	Sze Kai Chun	02.12.90	Raw Power	64.54	17	85.0	<del>90.0</del>	<del>90.0</del>	85.0	419.49	4
8	Au Ka Yiu	20.01.91	Raw Power	65.72	24	80.0	85.0	<del>90.0</del>	85.0	413.08	3
<b>-74kg</b>											
1	Law Kiu Wan	03.04.92	NON	73.69	37	140.0	150.5	<del>152.5</del>	150.5	668.39	12
2	Cheung Ho Man	21.11.86	Raw Power	73.50	35	125.0	132.5	<del>151.0</del>	132.5	589.44	9
3	Yu Wing Hong	03.07.91	Raw Power	73.62	36	110.0	120.0	125.0	125.0	555.28	8
4	Wong Siu Ming	07.12.92	Raw Power	71.30	34	110.0	117.5	<del>120.0</del>	117.5	535.08	7
5	Fang Yan Jin, Samuel	06.11.94	HKMA	67.65	22	105.0	115.0	<del>120.0</del>	115.0	546.38	6
6	Li Hao	08.03.94	NON	73.60	32	110.0	115.0	<del>117.5</del>	115.0	510.84	5
7	Centieiro Henrique	25.04.85	NON	71.98	39	102.5	107.5	112.5	112.5	508.42	4
8	Chow Yuen Siu, Dominic	24.01.90	Raw Power	68.92	40	90.0	100.0	102.5	102.5	479.39	3
9	Hung Wing Fai	07.08.80	NON	69.10	38	100.0	<del>122.5</del>	<del>151.0</del>	100.0	466.66	2
<b>-83kg</b>											
1	Treshunkin Sergey	17.06.83	NON	82.25	48	175.0	185.0	190.0	190.0	778.02	12
2	Yuen Pui Sing	08.02.92	NON	80.64	49	130.0	<del>140.0</del>	<del>140.0</del>	130.0	539.64	9
3	Cheng Hong	21.07.89	NON	80.97	46	110.0	120.0	122.5	122.5	506.96	8
4	Tan Jun Horng	30.01.89	HKMA	81.42	50	110.0	120.0	<del>125.0</del>	120.0	494.63	7
<b>-93kg</b>											
1	Kam Chi Leung	18.03.89	Raw Power	83.02	53	167.5	175.0	181.0	181.0	736.24	12
2	Li Ze Ru	19.05.94	NON	90.98	56	150.0	<del>155.0</del>	<del>155.0</del>	150.0	572.99	9
3	Zhao Yi Zhao, James	24.05.94	NON	84.20	54	132.5	<del>140.0</del>	<del>140.0</del>	132.5	533.45	8
4	Tam Shek Leung	26.10.92	NON	87.52	55	100.0	120.0	<del>142.5</del>	120.0	470.39	7
<b>-105kg</b>											
1	Wu Yi Rong	10.07.90	NON	103.62	57	150.0	155.0	160.0	160.0	562.73	12
2	Wong Chak Lun	17.11.93	Raw Power	96.82	58	90.0	95.0	<del>97.5</del>	95.0	348.58	9
3	Kwok Chun Ting	25.08.94	NON	100.12	59	90.0	95.0	<del>100.0</del>	95.0	341.38	8
<b>-120kg</b>											
1	Niu Si Yuan	09.09.94	NON	112.98	62	180.0	200.0	<del>222.5</del>	200.0	668.04	12
2	Law Wing Hong	10.12.88	NON	116.50	61	150.0	162.5	<del>175.0</del>	162.5	533.49	9

**Nation (points)**

**Best Lifters of Open by IPF Points System**

Rnk	Lifter	Nation	Bwt	Result	IPF Points	C.Rnk
1.	Treshunkin Sergey	NONE	82.25	190.0	778.0197	1
2.	Kam Chi Leung	Raw Power	83.02	181.0	736.2375	1
3.	Law Kiu Wan	NONE	73.69	150.5	668.3914	1

**Sub-Juniors**

<b>-66kg</b>											
1	Tam Ming Yik	03.01.03	NON	62.22	14	60.0	<del>62.5</del>	<del>65.0</del>	60.0	304.80	12
2	Law Ho Sing	26.08.01	Y Blood	64.71	15	50.0	55.0	<del>62.5</del>	55.0	269.88	9
<b>-74kg</b>											
1	Yeung Wai Ho	22.04.03	Raw Power	69.91	31	75.0	80.0	85.0	85.0	392.65	12

**Nation (points)**

**Best Lifters of Subjuniors by IPF Points System**

Rnk	Lifter	Nation	Bwt	Result	IPF Points	C.Rnk
1.	Yeung Wai Ho	Raw Power	69.91	85.0	392.6519	1
2.	Tam Ming Yik	NONE	62.22	60.0	304.7976	1
3.	Law Ho Sing	Y Blood	64.71	55.0	269.8765	2

**Juniors**

<b>-53kg</b>											
1	Law Ka Wai, Tom	11.11.99	Y Blood	52.03	1	47.5	52.5	57.5	57.5	346.58	12
<b>-59kg</b>											
1	Tsang Wai Yan	21.04.98	NON	56.88	4	77.5	80.0	85.0	85.0	470.50	12
<b>-66kg</b>											
1	Yi Ni Jun Wei	04.11.97	NON	63.65	13	115.0	<del>120.0</del>	<del>125.0</del>	115.0	575.38	12
2	Yeung Zi Ngai	25.03.97	NON	61.56	10	<del>90.0</del>	92.5	95.0	95.0	489.01	9
3	Lee King Chung, Kenneth	02.10.99	NON	64.90	16	87.5	90.0	<del>92.5</del>	90.0	442.22	8
4	Chu Lap Yin	25.03.98	Y Blood	61.92	11	65.0	75.0	80.0	80.0	409.17	7
5	Wong Ho Yin	23.03.99	Y Blood	61.72	12	60.0	<del>67.5</del>	<del>70.0</del>	60.0	306.97	6
<b>-74kg</b>											
1	Liew Ben	13.05.99	NON	72.05	33	<del>135.0</del>	140.0	145.0	145.0	655.31	12
2	Lu Yang Cheng	27.09.98	NON	72.18	28	112.5	117.5	<del>120.0</del>	117.5	529.94	9
3	Li Ka Chuen	12.04.96	Raw Power	72.40	29	110.0	115.0	<del>120.0</del>	115.0	517.39	8
4	Tsang Justin Horace	24.07.96	NON	71.35	30	105.0	110.0	<del>120.0</del>	110.0	500.53	7
5	Lee Cheuk Yin, Simon	23.09.00	NON	71.76	27	110.0	<del>120.0</del>	<del>122.5</del>	110.0	498.28	6
<b>-83kg</b>											
1	Chan Ching Kit	29.04.99	NON	80.34	44	90.0	100.0	105.0	105.0	436.85	12
2	Ma Man Ki	12.09.96	Raw Power	80.29	43	90.0	100.0	102.5	102.5	426.61	9
3	Lai Man Ho	24.08.99	Y Blood	79.60	45	90.0	95.0	<del>102.5</del>	95.0	397.79	8
<b>-120kg</b>											
1	Law Chun Hung	01.04.96	Raw Power	108.80	60	105.0	110.0	<del>115.0</del>	110.0	375.93	12

**Nation (points)****Best Lifters of Juniors by IPF Points System**

Rnk	Lifter	Nation	Bwt	Result	IPF Points	C.Rnk
1.	Liew Ben	NONE	72.05	145.0	655.3064	1
2.	Yi Ni Jun Wei	NONE	63.65	115.0	575.3797	1
3.	Lu Yang Cheng	NONE	72.18	117.5	529.9399	2

**Masters 1**

<b>-59kg</b>											
1	Lin Yiu Fai	07.04.76	NON	58.18	6	95.0	<del>100.0</del>	100.0	100.0	542.40	12
2	Shiroyama Tomonori	07.06.78	NON	58.45	3	85.0	90.0	<del>95.5</del>	90.0	485.65	9
<b>-66kg</b>											
1	Hon Yun Man	06.05.71	NON	65.51	8	77.5	80.0	85.0	85.0	414.20	12
<b>-83kg</b>											
1	Lai Sze Wing, Terry	24.05.76	Raw Power	82.52	42	115.0	120.0	<del>125.0</del>	120.0	489.94	12
<b>-93kg</b>											
1	Ma Tak Chuen	01.08.75	NON	86.50	52	100.0	<del>102.5</del>	102.5	102.5	404.93	12

**Nation (points)****Best Lifters of Masters 1 by IPF Points System**

Rnk	Lifter	Nation	Bwt	Result	IPF Points	C.Rnk
1.	Lin Yiu Fai	NONE	58.18	100.0	542.3961	1
2.	Lai Sze Wing, Terry	Raw Power	82.52	120.0	489.9377	1
3.	Shiroyama Tomonori	NONE	58.45	90.0	485.6550	2

**Masters 2**

<b>-66kg</b>											
1	So Shun Kin Richard	13.05.62	NON	61.95	7	60.0	67.5	<del>70.0</del>	67.5	344.60	12
<b>-93kg</b>											
1	Chan Shun Wai, Ray	22.03.63	NON	86.02	51	110.0	117.5	122.5	122.5	485.89	12

**Nation (points)****Best Lifters of Masters 2 by IPF Points System**

Rnk	Lifter	Nation	Bwt	Result	IPF Points	C.Rnk
1.	Chan Shun Wai, Ray	NONE	86.02	122.5	485.8928	1
2.	So Shun Kin Richard	NONE	61.95	67.5	344.6004	1

**Masters 3**

<b>-74kg</b>											
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1 Yau Kwan Wai, Alfred 06.04.57 NON 66.61 26 50.0 55.0 57.5 55.0 263.44 12

**Nation (points)**

**Best Lifters of Masters 3 by IPF Points System**

Rnk	Lifter	Nation	Bwt	Result	IPF Points	C.Rnk
1.	Yau Kwan Wai, Alfred	NONE	66.61	55.0	263.4385	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 Raw Power = Raw Power  
NON = NONE Y Blood = Y Blood