

**Hong Kong Weightlifting and Powerlifting Association**  
**20th Hong Kong Bench Press Championships 2021(Classic), Hong Kong (Hong Kong), 04.09.2021**

**DETAILED SCORESHEET**

Rnk	Name	d.o.b.	Team	Bwt	GL Coef	Lot	All Squat			All Bench Press				All Deadlift			Total	GL Pts	Pts
<b>Open</b>																			
<b>-59kg</b>																			
1	Chow Jor Yue	17.06.92	Raw	57.12	0.6144	3	-	-	-	95.0	100.0	102.5	102.5	-	-	-	1	62.978	?
2	Shih Wai Ching	12.03.95	None	58.30	0.6074	1	-	-	-	87.5	90.0	<del>100.0</del>	90	-	-	-	2	54.669	?
3	Mo Tik Kan	03.12.95	Raw	58.41	0.6068	2	-	-	-	<del>70.0</del>	75.0	<del>80.0</del>	75	-	-	-	3	45.510	?
<b>-66kg</b>																			
6	Ho Wai Lok	27.09.69	None	62.18	0.5861	6	-	-	-	97.5	<del>102.5</del>	<del>102.5</del>	97.5	-	-	-	6	57.143	?
3	Wong Ming Cheun	12.02.89	None	62.99	0.5819	8	-	-	-	107.5	110.0	112.5	112.5	-	-	-	3	65.466	?
1	Chung Siu Po	07.09.87	Raw	63.81	0.5778	5	-	-	-	125.0	127.5	<del>130.0</del>	127.5	-	-	-	1	73.668	?
4	Chan Ka Chung	01.04.97	None	64.24	0.5757	7	-	-	-	95.0	100.0	<del>105.0</del>	100	-	-	-	4	57.566	?
2	Chow Chi Hong	16.11.95	None	65.07	0.5716	4	-	-	-	125.0	<del>130.0</del>	<del>130.0</del>	125	-	-	-	2	71.453	?
5	Yeung Ka Chun	09.08.95	None	65.86	0.5679	9	-	-	-	100.0	<del>105.0</del>	<del>105.0</del>	100	-	-	-	5	56.786	?
<b>-74kg</b>																			
3	Chiu Chun Yin	08.09.92	None	71.24	0.5442	2	-	-	-	<del>125.0</del>	132.5	<del>137.5</del>	132.5	-	-	-	3	72.110	?
5	Li Ka Chuen	12.04.96	Raw	71.63	0.5426	5	-	-	-	115.0	120.0	<del>122.5</del>	120	-	-	-	5	65.117	?
1	Tse Yiu Ki	20.09.93	None	72.61	0.5387	3	-	-	-	157.5	162.5	165.0	165	-	-	-	1	88.887	?
2	Chung Sheung Wai Open	08.11.00	None	73.09	0.5368	4	-	-	-	150.0	155.0	<del>160.0</del>	155	-	-	-	2	83.207	?
4	Yu Wing Hong	03.07.91	Raw	73.49	0.5353	1	-	-	-	127.5	<del>132.5</del>	<del>135.0</del>	127.5	-	-	-	4	68.246	?
<b>-83kg</b>																			
6	Li Sau Chuk	14.08.95	Raw	76.07	0.5256	10	-	-	-	110.0	120.0	<del>130.0</del>	120	-	-	-	6	63.069	?
4	Choi Chak Ming	23.07.89	None	76.49	0.5241	11	-	-	-	115.0	120.0	122.5	122.5	-	-	-	4	64.197	?
9	Lee Kwun Ming	10.02.95	None	79.64	0.5131	12	-	-	-	<del>92.5</del>	100.0	<del>105.0</del>	100	-	-	-	9	51.312	?
7	Chik Chun Wing	12.12.93	Raw	79.89	0.5123	14	-	-	-	110.0	120.0	<del>130.0</del>	120	-	-	-	7	61.474	?
5	Siu Hau Yuen	27.05.93	None	79.95	0.5121	9	-	-	-	122.5	<del>130.0</del>	<del>130.0</del>	122.5	-	-	-	5	62.730	?
2	Cheng Hong	31.07.89	None	80.38	0.5107	6	-	-	-	127.5	132.5	<del>140.0</del>	132.5	-	-	-	2	67.662	?
8	Yip Yat King	15.06.88	None	81.25	0.5078	8	-	-	-	110.0	115.0	<del>120.0</del>	115	-	-	-	8	58.400	?
3	Tang Kwok Keung Open	22.08.78	Raw	81.70	0.5064	7	-	-	-	120.0	<del>128.0</del>	128.0	128	-	-	-	3	64.817	?
1	Yuen Pui Sing	08.02.92	None	82.41	0.5041	13	-	-	-	150.0	160.0	<del>170.5</del>	160	-	-	-	1	80.661	?
<b>-93kg</b>																			
1	Kam Chi Leung	18.03.89	Raw	83.01	0.5023	1	-	-	-	175.0	180.0	185.0	185	-	-	-	1	92.918	?
2	Tan Jun Horng	30.01.89	HKMA	89.06	0.4847	2	-	-	-	110.0	120.0	<del>125.0</del>	120	-	-	-	2	58.165	?
<b>-105kg</b>																			
2	Tam Shek Leung	26.10.92	None	93.21	0.4739	3	-	-	-	140.0	145.0	147.5	147.5	-	-	-	2	69.903	?
1	Kitsui Masahito	03.04.78	None	98.61	0.4612	5	-	-	-	170.0	175.0	180.0	180	-	-	-	1	83.013	?
3	Chui Zhi Yeung	20.10.91	Raw	101.29	0.4554	4	-	-	-	120.0	125.0	130.0	130	-	-	-	3	59.196	?
<b>120+kg</b>																			
1	Fong Chai Chi	01.12.82	None	146.00	0.3900	6	-	-	-	175.0	185.5	190.0	190	-	-	-	1	74.107	?

### Team(IPF GL Points)

#### Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team				Bwt	Result	GL Points	C.Rnk									
<b>Sub-Juniors</b>																		
<b>-53kg</b>																		
1	Shum Ming Yau	04.03.08	None	50.60	0.6579	1	- - -	25.0	27.5	30.0	30	- - -	1	19.736	?			
<b>-66kg</b>																		
1	Wong Tsun Huen	28.07.03	None	62.44	0.5847	2	- - -	55.0	60.0	62.5	62.5	- - -	1	36.546	?			
<b>-74kg</b>																		
2	Lau Daniel	28.12.04	None	68.90	0.5541	4	- - -	72.5	<del>77.5</del>	77.5	77.5	- - -	2	43.045	?			
1	Yeung Wai Ho	22.04.03	Raw	69.12	0.5532	3	- - -	100.0	<del>108.0</del>	<del>108.0</del>	100	- - -	1	55.315	?			
<b>-83kg</b>																		
1	Pang Kai Tung	20.11.03	None	81.60	0.5067	5	- - -	100.0	110.0	120.0	120	- - -	1	60.804	?			
<b>-120kg</b>																		
1	Kam Hung Wan	18.10.05	None	108.45	0.4412	6	- - -	50.0	<del>75.0</del>	<del>82.5</del>	50	- - -	1	22.059	?			

### Team(IPF GL Points)

#### Best Lifters of Subjuniors by IPF GL Formula

Rnk	Lifter	Team				Bwt	Result	GL Points	C.Rnk									
<b>Juniors</b>																		
<b>-59kg</b>																		
1	Lau Chung Shing	01.03.99	Raw	56.83	0.6162	2	- - -	90.0	<del>97.5</del>	<del>100.0</del>	90	- - -	1	55.455	?			
2	Yip Wing Sing	12.09.00	None	56.96	0.6154	1	- - -	70.0	80.0	<del>85.0</del>	80	- - -	2	49.231	?			
<b>-66kg</b>																		
4	Pang Kin Ho	05.07.01	None	62.57	0.5841	3	- - -	95.0	102.5	<del>107.5</del>	102.5	- - -	4	59.692	?			
1	Yang Chung Chai	18.10.99	None	64.41	0.5748	7	- - -	110.0	115.0	<del>120.0</del>	115	- - -	1	66.105	?			
5	Cheng Tsz Pok	08.03.00	None	64.43	0.5747	4	- - -	<del>85.0</del>	95.0	<del>100.0</del>	95	- - -	5	54.599	?			
3	Lau Chun Hong	25.02.00	None	64.70	0.5734	6	- - -	107.5	<del>115.0</del>	<del>115.0</del>	107.5	- - -	3	61.642	?			
2	Lee King Chung	02.10.99	None	65.20	0.5710	5	- - -	110.0	<del>118.0</del>	<del>118.0</del>	110	- - -	2	62.810	?			
<b>-74kg</b>																		
4	Wong Wai Kei	02.04.00	Raw	70.13	0.5488	3	- - -	120.0	<del>125.0</del>	<del>125.0</del>	120	- - -	4	65.861	?			
5	Lao Cheuk Nang	13.05.98	Raw	71.75	0.5422	1	- - -	107.5	<del>115.0</del>	<del>115.0</del>	107.5	- - -	5	58.281	?			
3	Lee Cheuk Yin	23.09.00	Raw	71.93	0.5414	5	- - -	135.0	140.0	142.5	142.5	- - -	3	77.153	?			
2	Chan Pui Lam	11.07.99	None	72.41	0.5395	4	- - -	130.0	137.5	145.0	145	- - -	2	78.228	?			
1	Chung Sheung Wai Junior	08.11.00	None	73.09	0.5368	2	- - -	150.0	155.0	<del>160.0</del>	155	- - -	1	83.207	?			

<b>-83kg</b>																			
2	Yeung Yip Cheuk	20.09.98	None	78.08	0.5184	7	-	-	-	125.0	132.5	140.0	132.5	-	-	-	2	68.692	?
3	Tsoi Kin Ho	24.12.02	None	79.35	0.5141	6	-	-	-	80.0	85.0	90.0	85	-	-	-	3	43.698	?
1	Chu Pui Fung	12.09.98	None	81.03	0.5085	8	-	-	-	127.5	135.0	142.5	135	-	-	-	1	68.653	?
<b>-105kg</b>																			
1	Hui Ho Cheung	07.11.99	Raw	93.94	0.4721	9	-	-	-	116.0	120.0	127.5	120	-	-	-	1	56.653	?
2	Lui Kwok Hei	13.01.02	Raw	97.69	0.4633	10	-	-	-	110.0	120.0	127.5	120	-	-	-	2	55.591	?
<b>-120kg</b>																			
1	Liu Peter	26.09.01	Raw	105.06	0.4476	11	-	-	-	105.0	115.0	120.0	120	-	-	-	1	53.718	?

#### Team(IPF GL Points)

#### Best Lifters of Juniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	GL Points	C.Rnk
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#### Masters 1

<b>-59kg</b>																			
1	Tong Kei Hin	10.07.81	None	58.81	0.6045	1	40.0	-	-	107.5	112.5	113.0	113	-	-	-	1	68.308	?
<b>-74kg</b>																			
1	Takahiro Kiho	29.06.75	None	72.40	0.5395	3	50.0	-	-	87.5	90.0	90.0	90	-	-	-	1	48.559	?
<b>-83kg</b>																			
2	Yu Shui Lun	21.09.80	None	77.53	0.5204	5	60.0	-	-	75.0	85.0	87.5	87.5	-	-	-	2	45.531	?
1	Tang Kwok Keung M1	22.08.78	Raw	81.70	0.5064	4	70.0	-	-	120.0	128.0	128.0	128	-	-	-	1	64.817	?

#### Team(IPF GL Points)

#### Best Lifters of Masters 1 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	GL Points	C.Rnk
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#### Masters 4

<b>-74kg</b>																			
1	Tsang Pak Ho	01.03.51	HKMA	73.25	0.5362	2	40.0	-	-	95.0	105.0	110.0	110	-	-	-	1	58.982	?

#### Team(IPF GL Points)

#### Best Lifters of Masters 4 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	GL Points	C.Rnk
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#### 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  
None = None

Raw = Raw Power