INTERNATIONAL POWERLIFTING FEDERATION

Hong Kong Bench Press Championships 2026 (Men Classic), Hong Kong, 08.08.2026

SCORESHEET

Rnk	Lifters	d.o.b.	Team	BWT	IPF GL Cf.	Lot	1 Att.	2 Att.	3 Att.	Result	IPF GL	Pts
Open												
-59kg												
1	Tse Li Kei	29.02.00	Ind.	56.47	0.6184	2	75.0	~~80.0~~	~~85.0~~	75.0	46.38	12
-66kg												
1	Wong Lok	23.10.96	Raw P	65.05	0.5717	7	120.0	~~127.5~~	~~130.0~~	120.0	68.61	12
-74kg												
1	Wong Kwok Sing	20.11.91	Ind.	71.70	0.5424	12	140.0	145.0	~~147.5~~	145.0	78.64	12
2	Luk Wing Chung Tony	08.10.88	Raw P	71.87	0.5417	13	95.0	~~102.5~~	~~102.5~~	95.0	51.46	9
-93kg												
1	Yuen Tsz Wing	09.07.98	Raw P	90.65	0.4805	20	~~130.0~~	140.0	150.0	150.0	72.07	12
-105kg												
1	Wu Cheong	22.10.88	Ind.	103.46	0.4509	21	170.0	175.0	181.0	181.0	81.60	12
2	Chan Chun Ki	15.03.89	Raw P	103.42	0.4509	23	125.0	132.5	~~140.0~~	132.5	59.75	9
Sub-Juniors												
-66kg												
1	Chan Chun Yu	31.10.09	Ind.	62.16	0.5862	6	105.0	110.0	~~117.5~~	110.0	64.48	12
2	Qiu Chi Ho	05.08.09	Ind.	64.56	0.5741	15	72.5	77.5	~~82.5~~	77.5	44.49	9
3	Shum Ming Yau Ian	04.03.08	Ind.	59.19	0.6023	5	35.0	40.0	42.5	42.5	25.60	8
-74kg												
1	Matthew Advani	24.04.08	Ind.	70.95	0.5454	9	~~82.5~~	90.0	92.5	92.5	50.45	12
2	Ling Kin Hei	18.06.12	Ind.	71.96	0.5413	11	85.0	87.5	~~90.0~~	87.5	47.36	9
-93kg												
1	Tsang Hou Ching	11.02.11	Ind.	85.00	0.4962	19	130.0	140.0	150.0	150.0	74.43	12
Juniors												
-66kg												
1	Cheung Lok Tung	03.08.04	Raw P	62.70	0.5834	4	95.0	102.5	~~110.0~~	102.5	59.80	12

Masters 1

-66kg												
1	Ng Tsz Ching	06.02.85	Raw P	63.95	0.5771	3	80.0	85.0	90.0	90.0	51.94	12
-74kg												
1	Wong Ka Chun Brian	21.11.81	Raw P	66.30	0.5658	8	~~80.0~~	85.0	90.0	90.0	50.92	12
-83kg												
1	Lau Chun Hing	18.02.86	Ind.	80.61	0.5099	14	131.0	140.0	145.0	145.0	73.94	12
2	Patrick William Towe Woo	11.09.85	Ind.	80.85	0.5091	16	135.0	~~140.0~~	~~140.0~~	135.0	68.73	9
-93kg												
1	Yang Ling	11.10.77	Ind.	89.77	0.4828	18	135.0	142.5	~~145.5~~	142.5	68.80	12

Masters 2

-93kg												
1	Fan On Tik Andy	06.02.74	Ind.	88.34	0.4867	17	~~90.0~~	90.0	97.5	97.5	47.45	12

Overall Best Lifters IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Wu Cheong	Individual	103.46	181.0	81.6038	1
2.	Wong Kwok Sing	Individual	71.70	145.0	78.6413	1
3.	Tsang Hou Ching	Individual	85.00	150.0	74.4343	1

Abbreviations:

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record; wg - World Games 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.

Ind. = Individual

Raw P = Raw Power