INTERNATIONAL POWERLIFTING FEDERATION

Cross-Strait, Hong Kong and Macau SARs Combined Classic & Equipped Powerlifting & Bench Press Championships 2026, 11.10.2026

Classic Bench Press (Women)

SCORESHEET

Rnk	Lifters	d.o.b.	Team	BWT	IPF GL Cf.	Lot	1 Att.	2 Att.	3 Att.	Result	IPF GL	Pts
Masters 2												
-52kg												
1	Lau Yuen Kwan Winnie	1972	HKG	50.13	0.9905	7	40.0	45.0	~~47.5~~	45.0	44.57	12
-63kg												
1	Yim Hoi Shan	1974	HKG	59.15	0.8670	9	30.0	35.0	37.5	37.5	32.51	12
Masters 3												
-57kg												
1	Lee Lai Ling	1963	HKG	52.05	0.9565	8	57.5	62.5	65.0	65.0	62.17	12
Open												
-62kg												
1	Chan Choi Kuen Aya	1991	HKG	61.80	0.8437	10	60.0	65.0	~~70.0~~	65.0	54.84	12
84kg+												
1	Chan Sze Hei	1993	HKG	93.92	0.7290	11	70.0	77.5	~~80.0~~	77.5	56.50	12

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.