INTERNATIONAL POWERLIFTING FEDERATION

Cross-Strait, Hong Kong and Macau SARs Combined Classic & Equipped Powerlifting & Bench Press Championships 2026, 10.10.2026

Special Olympics Bench Press (Men)

SCORESHEET

Rnk	Name	d.o.b.	Team	Bwt	IPF GL Cf.	Lot	Bench Press			Total	IPF GL	Pts
Open												
-74kg												
1	Ng Ming Kei	2000	HKG	69.71	0.4110	2	25.0	~~30.0~~	30.0	30.0	12.33	12
-83kg												
1	Lau Ka Chun	2000	HKG	80.34	0.3645	3	30.0	35.0	40.0	40.0	14.58	12
Juniors												
-74kg												
1	Ho Man Fung	2000	HKG	68.82	0.4161	1	25.0	30.0	35.0	35.0	14.56	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.