

2025 Asian / Pacific / African Women's Equipped Bench Press Championships

Himeji / Japan, 6 – 13 July, 2025

Division «Open»

#	Name	Born	Team	BP
-47kg				
1.	Koseki Miki	1984	Japan	90.0
-52kg				
1.	Nishikawa Akiko	1976	Japan	105.0
2.	Takatsuto Mayuka	1992	Japan	100.0
-57kg				
1.	Ishibashi Akane	1993	Japan	140.0
-63kg				
1.	Akagawa Tomoko	1984	Japan	170.0
-84kg				
1.	Sakaguchi Airi	2003	Japan	183.5
84+kg				
1.	Altaibaeva Marina	1973	Kazakhstan	60.0
-69kg				
1.	Sakata Namiko	1988	Japan	140.0
2.	Basanjav Batkhishig	2000	Mongolia	125.0

In Division there are 9 Lifters

Division «Juniors»

#	Name	Born	Team	BP
-57kg				
1.	Kawahara Miu	2002	Japan	80.0

In Division there is 1 Lifter

Division «Masters I»

#	Name	Born	Team	BP
2.	Uehara Mai	1982	Japan	110.0
-84kg				
1.	Abe Yoriko	1977	Japan	87.5
-69kg				
1.	Ishii Maki	1977	Japan	107.5
2.	Sangeeta Sangeeta	1983	India	60.0
-76kg				
1.	Bat-Erdene Shinechimeg	1985	Mongolia	55.0

In Division there are 5 Lifters

Division «Masters II»

#	Name	Born	Team	BP
-47kg				
1.	Miyamoto Tomoko	1967	Japan	85.0
2.	Sato Mariko	1971	Japan	70.0
-52kg				
1.	Iwamoto Sachiko	1973	Japan	97.5
-57kg				
1.	Fujiyama Mikako	1970	Japan	75.0
2.	Yamamoto Yuki	1973	Japan	65.0

-84kg

1.	Dulamsuren Munkhtsetseg	1975	Mongolia	90.0
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-76kg

1.	Takatori Yuki	1969	Japan	75.0
2.	Sharma Sweety	1973	India	70.0

In Division there are 8 Lifters

Division «Masters III»

#	Name	Born	Team	BP
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-52kg

1.	Nagaya-Shirakawa Kaori	1963	Japan	105.0
2.	Osawa Sachiko	1956	Japan	80.0

-57kg

1.	Ando Hisako	1965	Japan	85.0
2.	Teramura Mika	1962	Japan	82.5

-69kg

1.	Tokutake Megumi	1964	Japan	137.5
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In Division there are 5 Lifters

Division «Masters IV»

#	Name	Born	Team	BP
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-47kg

1.	Matsuoka Machiko	1952	Japan	53.0
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-52kg

1.	Fukuda Suzuko	1953	Japan	60.0
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-57kg

1.	Nagao Yuko	1950	Japan	82.5
2.	Iida Noriko	1936	Japan	52.0

In Total there are 32 Lifters