

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

Himeji / Japan, 6 – 13 July, 2025

Division «Open»

#	Name	Born	Team	BP
-47kg				
1.	Kobayashi Naoko	1970	Japan	90.0
-52kg				
1.	Okamura Azusa	1985	Japan	90.0
2.	Moulin Courtney	1996	New Zealand	70.0
3.	Roach Emily	2001	Australia	62.5
-57kg				
1.	Sugiyama Yuki	1980	Japan	105.0
-63kg				
1.	Lai Emily	1992	Australia	92.5
-84kg				
1.	Sakaguchi Airi	2003	Japan	90.0
84+kg				
1.	Lafaele Luseane	1994	Australia	145.0
2.	Altaibaeva Marina	1973	Kazakhstan	60.0
-69kg				
1.	Shibata Akina	1981	Japan	101.0
2.	Teale-Russ Waveney	1998	New Zealand	92.5
3.	Iosia Stephanie	1992	Australia	92.5
-76kg				
1.	Bonifacio Marah	1996	Australia	95.0
2.	Liebeck Chloe	1989	Australia	87.5

In Division there are 14 Lifters

Division «Subjuniors»

#	Name	Born	Team	BP
-69kg				
1.	Loubser Stephene	2007	South Africa	60.0
2.	Tsushima Ayane	2008	Japan	55.0

In Division there are 2 Lifters

Division «Juniors»

#	Name	Born	Team	BP
-57kg				
1.	Hori Momoka	2004	Japan	75.0
-63kg				
1.	Khan Basira	2002	Australia	80.0
-69kg				
1.	Keep Nyah	2005	Australia	97.6

In Division there are 3 Lifters

Division «Masters I»

#	Name	Born	Team	BP
-47kg				
1.	Koseki Miki	1984	Japan	67.5
2.	Kelkar Varsha	1978	India	50.0

-52kg

1.	Ihara Manami	1978	Japan	85.0
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-57kg

1.	Nishikawa Akiko	1976	Japan	80.0
2.	Furuhashi Ayako	1982	Japan	80.0

-63kg

1.	Trovato Meaghan	1979	Australia	87.0
2.	Kamemoto Mayuko	1985	Japan	80.0

-84kg

1.	Gowda Annette	1984	India	75.0
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-69kg

1.	Ajay Deepa	1979	India	85.0
2.	Sangeeta Sangeeta	1983	India	50.0

-76kg

1.	Kobayashi Kazusa	1983	Japan	80.0
2.	Mayani Hemant Kamble	1983	India	80.0

In Division there are 12 Lifters

Division «Masters II»

#	Name	Born	Team	BP
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-47kg

1.	Sato Mariko	1971	Japan	57.5
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-52kg

1.	Fujiyama Mikako	1970	Japan	65.0
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-57kg

1.	Iwamoto Sachiko	1973	Japan	90.0
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-63kg

1.	Yoshinaga Nanae	1973	Japan	65.0
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84+kg

1.	Mishra Ranjita	1969	India	80.0
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-69kg

1.	Sakurai Miyuki	1969	Japan	77.5
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-76kg

1.	Fordyce Christina	1974	New Zealand	82.5
2.	Sharma Sweety	1973	India	60.0

In Division there are 8 Lifters

Division «Masters III»

#	Name	Born	Team	BP
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-52kg

1.	Kiba Emiko	1962	Japan	77.5
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-57kg

1.	Ishida Midori	1963	Japan	77.5
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84+kg

1.	Chipping Tracy	1961	New Zealand	78.0
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-69kg

1.	Tokutake Megumi	1964	Japan	95.0
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-76kg

1.	Condon Carole	1965	Australia	78.0
2.	Evans Delwyn	1964	New Zealand	77.0

In Division there are 6 Lifters

Division «Masters IV»

#	Name	Born	Team	BP
-52kg				
1.	Ishibashi Aiko	1953	Japan	58.5
-57kg				
1.	Nagao Yuko	1950	Japan	57.0
2.	Iida Noriko	1936	Japan	52.0
-63kg				
1.	Kato Yoshiko	1952	Japan	62.5

In Total there are 49 Lifters