

**Asian Women's Classic Bench Press Championships****Hong Kong / Hong Kong, China, 8 – 12 October, 2025****The List of Teams****China {The Team in Total: 11}***Lifters: 11*

1. Xu Jiang	M Masters 2	-105kg
2. Chen Suijing	M Masters 1	-83kg
3. Kuang Junhao	M Juniors	-59kg
4. Wu Zixuan	M Juniors	-93kg
5. Huang Junru	M Juniors	-120kg
6. Qiu Tian	M Open	-66kg
7. Liu Weiqiang	M Open	-66kg
8. Li Zeru	M Open	-105kg
9. Wu Cheong	M Open	-105kg

**Chinese Taipei {The Team in Total: 16}***Lifters: 14*

1. Lin Li-Min	F Masters 2	-57kg
2. Chi Chia-Chi	F Masters 2	-69kg
3. Hsu Chih-Ming	M Masters 1	-59kg
4. Chen Yu-Chi	M Juniors	-66kg
5. Sun Fan-Chun	M Juniors	-93kg
6. Chang Yi	M Juniors	120+kg
7. Lin Cheng Hsi	M Subjuniors	-59kg
8. Ke Guan-Ting	M Subjuniors	120+kg
9. Gu Dong-Le	F Subjuniors	-47kg
10. Yu Pei-Ying	F Subjuniors	-69kg
11. Lin Ting-An	M Open	-105kg

*Team Members: 2*

1. Chao Chen-Yeh	✓ Cat.I	✓ Official
2. Chan I-Jan		✓ Head Coach

**Hong Kong, China {The Team in Total: 23}***Lifters: 23*

1. Wong Amelia Wai Yu	F Masters 3	-47kg
2. Lee Lai Ling	F Masters 3	-57kg
3. Ip Wing-Yuk	F Masters 3	-63kg
4. Lau Yuen Kwan Winnie	F Masters 2	-47kg
5. Yim Hoi Shan	F Masters 2	-63kg
6. Hung Wing Fai	M Masters 1	-74kg
7. Wen Yuk Ming	M Juniors	-59kg
8. Chan Man Ine Nakos	M Juniors	-74kg
9. Yu Man Nok	M Juniors	-83kg
10. Pang Kai Tung	M Juniors	-83kg
11. Yeung Chin Wai	F Juniors	-47kg
12. Yiu Pak Kiu	M Subjuniors	-66kg
13. Chan Pak Chung Sam	M Open	-59kg
14. Chow Jar Yue Ernest	M Open	-59kg
15. Kam Chi Leung	M Open	-93kg

16.	Yuen Chui Yu	F	Open	-47kg
17.	Luk Ching Yu	F	Open	-63kg
18.	Chan Sze Hei	F	Open	84+kg
19.	Wong Ying Chi	F	Open	-69kg

**India {The Team in Total: 29}***Lifters: 29*

1.	Singh Inderjeet	M	Masters 4	-83kg
2.	Srivastava Ruben	M	Masters 2	-83kg
3.	Anand Mandia	M	Masters 2	-93kg
4.	Kumar Sharma Deepak	M	Masters 2	-93kg
5.	Yagna Prasad Annadata	M	Masters 2	-93kg
6.	Dhulipalla Ramu	M	Masters 2	120+kg
7.	Sharma Deepak	M	Masters 2	120+kg
8.	Bai Geetha	F	Masters 2	-84kg
9.	Bai Geetha	F	Masters 2	84+kg
10.	Kaur Vireen	F	Masters 2	-69kg
11.	Kumar R Vinay	M	Masters 1	120+kg
12.	Galia Hetal	F	Masters 1	-47kg
13.	Doshi Dipti	F	Masters 1	-63kg
14.	Sameer Soham	M	Juniors	-105kg
15.	Vats Arjun	M	Juniors	120+kg
16.	Singh Roma	F	Juniors	-43kg
17.	Nimi Chanu Bramhacharimayum	F	Juniors	-69kg
18.	Saveo Dsouza Avniel	M	Subjuniors	-53kg
19.	Pal Rishabh	M	Subjuniors	-93kg
20.	Garg Tanish	M	Subjuniors	120+kg
21.	Sahu Ganesh	M	Open	-66kg
22.	Vats Gaurav	M	Open	-105kg
23.	Shah Bhaskar	M	Open	-105kg
24.	Ramakrishnan Amudhini	F	Open	84+kg
25.	Leima Chanu Thangjam	F	Open	-76kg

**Iraq {The Team in Total: 50}***Lifters: 45*

1.	Limi Husam	M	Masters 1	-59kg
2.	Omar Omar	M	Masters 1	-74kg
3.	Jirjees Salah	M	Masters 1	-105kg
4.	Hasan Halo	M	Juniors	-53kg
5.	Al-Abboodi Ali	M	Juniors	-59kg
6.	Al-Aridhee Mustafa	M	Juniors	-66kg
7.	Al-Muslimawi Ahmed	M	Juniors	-66kg
8.	Abooda Hayder	M	Juniors	-74kg
9.	Aljadooai Zaid	M	Juniors	-74kg
10.	Raad Ramithan	M	Juniors	-74kg
11.	Al-Khafaji Murtadha	M	Juniors	-83kg
12.	Nikashuh Hasan	M	Juniors	-83kg
13.	Al Kat Abdulrahman	M	Juniors	-93kg
14.	Mohsin Atheer	M	Juniors	-93kg

15.	Al-Hussein Rian	M Juniors	-105kg
16.	Nikashuh Hasan	M Juniors	-105kg
17.	Mohan Hussein	M Juniors	-105kg
18.	Al-Hussein Rian	M Juniors	-120kg
19.	Al- Turfi Mustafa	M Juniors	120+kg
20.	Awad Abbas	M Subjuniors	-53kg
21.	Alturfi Ali	M Subjuniors	-74kg
22.	Al-Ghuraibawi Muqtada	M Subjuniors	-83kg
23.	Hur Mohammed	M Subjuniors	-83kg
24.	Omairi Hussein	M Subjuniors	-93kg
25.	Mashhol Basil	M Subjuniors	-105kg
26.	Al-Attar Mustafa	M Subjuniors	-120kg
27.	Nidawi Baqer	M Subjuniors	-120kg
28.	Al-Rubaiawi Hayder	M Open	-59kg
29.	Al-Rubaiawi Hayder	M Open	-66kg
30.	Al-Turfi Hayder	M Open	-74kg
31.	Al -Sowadi Khalid	M Open	-83kg
32.	Al-Khrayfawee Mohammed	M Open	-83kg
33.	Al-Bayati Abdulabbas	M Open	-93kg
34.	Kadhim Raad	M Open	-93kg
35.	Kadhim Raad	M Open	-105kg
36.	Ali Chalak	M Open	-105kg
37.	Al-Gburi Dheyaa	M Open	-120kg
38.	Al Mashhadani Mostafa	M Open	-120kg
39.	Almashhadani Mostafa	M Open	-120kg
40.	Hussein Zaid	M Open	120+kg

*Team Members: 5*

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|----|-------------------|----------|------------|
| 1. | Al -Badri Salah   | ✓ Cat.II |            |
| 2. | Al-Zuhairi Nibras | ✓ Cat.II |            |
| 3. | Obaid Ali         |          | ✓ Official |
| 4. | Al-Tameemi Jaafar |          | ✓ Coach    |
| 5. | Hamzah Hussein    |          | ✓ Coach    |

**Japan {The Team in Total: 40}***Lifters: 38*

1.	Kawakami Kyoji	M Masters 4	-59kg
2.	Kameda Tsukasa	M Masters 3	-59kg
3.	Takahashi Jun	M Masters 3	-93kg
4.	Todoroki Shinobu	F Masters 3	-52kg
5.	Ashizaki Takashi	M Masters 2	-66kg
6.	Fukuda Munenari	M Masters 2	-66kg
7.	Fujimoto Yoshikazu	M Masters 2	-83kg
8.	Ametani Shigeaki	M Masters 2	-93kg
9.	Okayama Miki	M Masters 2	-120kg
10.	Sato Mariko	F Masters 2	-47kg
11.	Yoshinaga Nanae	F Masters 2	-63kg
12.	Tokumar Yu	M Masters 1	-66kg
13.	Amakawa Akinori	M Masters 1	-66kg
14.	Watanabe Kunihiro	M Masters 1	-74kg

15.	Goto Takashi	M Masters 1	-83kg
16.	Mori Masato	M Masters 1	-120kg
17.	Koseki Miki	F Masters 1	-47kg
18.	Shoji Sanae	F Masters 1	-47kg
19.	Ogawa Manato	M Juniors	-66kg
20.	Araki Ryota	M Juniors	-74kg
21.	Miyamoto Mikihiro	M Juniors	-74kg
22.	Ito Takahiro	M Juniors	-83kg
23.	Okayama Sora	M Subjuniors	-74kg
24.	Okayama Sora	M Subjuniors	-83kg
25.	Todoroki Ryoma	M Subjuniors	-83kg
26.	Takahashi Yuji	M Open	-66kg
27.	Ito Tatsuya	M Open	-66kg
28.	Suzuki Yusuke	M Open	-83kg
29.	Yamashita Yasuki	M Open	-93kg
30.	Kadoma Kosuke	M Open	-93kg
31.	Horiguchi Yosuke	M Open	-105kg
32.	Koseki Miki	F Open	-47kg
33.	Sakaguchi Airi	F Open	-84kg

*Team Members: 2*

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|----|---------------|--------------|
| 1. | Sawa Chiyomi  | ✓ Cat.I Reg. |
| 2. | Hada Masahiro | ✓ Cat.I Reg. |

**Kazakhstan {The Team in Total: 65}***Lifters: 55*

1.	Bekov Kairat	M Masters 2	-120kg
2.	Pekuchshev Oleg	M Masters 1	-83kg
3.	Pismak Danil	M Juniors	-74kg
4.	Dyadov Maxim	M Juniors	-93kg
5.	Ismailov Paizakhmat	M Juniors	-120kg
6.	Amanov Buned	M Juniors	120+kg
7.	Romanova Nargiza	F Juniors	-47kg
8.	Bastrykova Kamila	F Juniors	-76kg
9.	Assetov Ilyas	M Subjuniors	-53kg
10.	Abdurakhmanov Rustambek	M Subjuniors	-53kg
11.	Shaukatov Mukhammad	M Subjuniors	-59kg
12.	Kostromtsov Daniil	M Subjuniors	-66kg
13.	Ulugbekov Sardar	M Subjuniors	-66kg
14.	Yemsukhanov Nurlykhan	M Subjuniors	-66kg
15.	Yevdokimov Nikita	M Subjuniors	-93kg
16.	Tolybay Aidan	M Subjuniors	120+kg
17.	Pashkovskaya Anastassiya	F Subjuniors	-52kg
18.	Alexeyeva Angelina	F Subjuniors	-69kg
19.	Magomedova Aminat	F Subjuniors	-76kg
20.	Satybaldy Zhanat	M Open	-59kg
21.	Orinbassarov Adilkhan	M Open	-59kg
22.	Yelzhanov Shingis	M Open	-66kg
23.	Karaman Abdulkarim	M Open	-74kg
24.	Salmen Azat	M Open	-74kg

25.	Yudchenko Sergey	M	Open	-83kg
26.	Sarsegalyev Yrysbeke	M	Open	-83kg
27.	Tulegenov Kuanyshbay	M	Open	-83kg
28.	Shokhanov Askar	M	Open	-93kg
29.	Trifonov Igor	M	Open	-105kg
30.	Li Dimitriy	M	Open	-120kg
31.	Koshkarov Aidar	M	Open	120+kg
32.	Tsoy Kristina	F	Open	-52kg
33.	Lapteva Olga	F	Open	-57kg
34.	Lisnichenko Anastassiya	F	Open	-63kg
35.	Bermukhambetova Zhadyra	F	Open	-84kg
36.	Zhumasheva Olga	F	Open	84+kg
37.	Okatenko Xeniya	F	Open	84+kg

*Team Members: 10*

1.	Nurzhanov Madiyar	✓	Coach
2.	Novosselov Vladimir	✓	Coach
3.	Prokopenko Ivan	✓	Coach
4.	Pichshayev Roman	✓	Coach
5.	Rashidov Sergey	✓	Coach
6.	Yakovlev Andrey	✓	Coach
7.	Prokopenko Andrey	✓	Coach
8.	Yevdokimov Yevgeniy	✓	Coach
9.	Sadykov Kakhroman	✓	Coach
10.	Zhakypbekov Zhakhrizat	✓	Coach

**Malaysia {The Team in Total: 3}***Lifters: 3*

1.	Howard Andrew	M	Masters 2	-105kg
2.	Darlene Liew May Wan	F	Masters 1	-57kg
3.	Kok Man Wai	M	Juniors	-83kg

**Neutral Athlete {The Team in Total: 86}***Lifters: 64*

1.	Milovanov Pavel	M	Masters 1	-120kg
2.	Rybka Oleg	M	Juniors	-59kg
3.	Kudryavtsev Arseniy	M	Juniors	-66kg
4.	Selianin Dmitrii	M	Juniors	-66kg
5.	Kuzdubaev Denislav	M	Juniors	-74kg
6.	Shchipanov Aleksandr	M	Juniors	-74kg
7.	Narozhniy Stepan	M	Juniors	-83kg
8.	Shlenev Vladislav	M	Juniors	-83kg
9.	Papikian Danis	M	Juniors	-93kg
10.	Sevriukov Aleksei	M	Juniors	-93kg
11.	Ergin Victor	M	Juniors	-105kg
12.	Bochkarev Arslan	M	Juniors	-120kg
13.	Kabanov Ruslan	M	Juniors	-120kg
14.	Petrov Nikita	M	Juniors	-120kg
15.	Mnatsakanyan Rima	F	Juniors	-47kg
16.	Morozova Alisa	F	Juniors	-47kg

17.	Zhurbenko Olga	F Juniors	-47kg
18.	Kostrubii Irina	F Juniors	-52kg
19.	Podkorytova Veronika	F Juniors	-52kg
20.	Filippova Diana	F Juniors	-57kg
21.	Malygina Svetlana	F Juniors	-57kg
22.	Valiakhmetova Daria	F Juniors	-57kg
23.	Filimonova Maiia	F Juniors	-63kg
24.	Sokusheva Nadezhda	F Juniors	-63kg
25.	Bykova Tatiana	F Juniors	-84kg
26.	Sysoeva Daria	F Juniors	84+kg
27.	Gvagvalia Diana	F Juniors	-76kg
28.	Gafarova Evelina	F Subjuniors	-52kg
29.	Khosroeva Milena	F Subjuniors	-76kg
30.	Smirnov Oleg	M Open	-59kg
31.	Urusov Ian	M Open	-66kg
32.	Khutorov Egor	M Open	-74kg
33.	Luchkin Dmitrii	M Open	-74kg
34.	Urusov Stanislav	M Open	-74kg
35.	Golovachuk Semen	M Open	-83kg
36.	Talko Andrei	M Open	-83kg
37.	Vorotilin Valerii	M Open	-83kg
38.	Abbasov Raman	M Open	-93kg
39.	Belkov Iurii	M Open	-93kg
40.	Malchikov Denis	M Open	-105kg
41.	Iakush Sergei	M Open	-105kg
42.	Khodykin Aleksandr	M Open	-120kg
43.	Sykmenev Aleksandr	M Open	-120kg
44.	Konovalov Andrei	M Open	120+kg
45.	Usov Sergey	M Open	120+kg
46.	Zadorina Iana	F Open	-47kg
47.	Sitdikova Aigul	F Open	-52kg
48.	Kotkova Larisa	F Open	-57kg
49.	Kolesnik Daniela	F Open	-57kg
50.	Lorenz Anastasia	F Open	-57kg
51.	Lomatskaia Daria	F Open	-63kg
52.	Demidova Arina	F Open	-63kg
53.	Maksimova Uliana	F Open	-84kg
54.	Sindikis Nadezhda	F Open	-84kg
55.	Pugovkina Alla	F Open	84+kg
56.	Vasileva Anna	F Open	-69kg
57.	Yultsova Viktoria	F Open	-69kg
58.	Dediulia Svetlana	F Open	-76kg
59.	Nemets Ekaterina	F Open	-76kg
60.	Riabova Mariia	F Open	-76kg

*Team Members: 22*

1.	Kostriukov Viacheslav	✓ Cat.II	✓ Head Coach - Referee [NFR]
2.	Valetskii Igor	✓ Cat.II	✓ Coach - Referee [NFR]
3.	Krysin Ivan		✓ Head Coach

4. Butusov Igor	✓ Official
5. Mikrykova Anna	✓ Coach
6. Apenkin Ivan	✓ Coach
7. Brovko Vitaly	✓ Coach
8. Bykov Eduard	✓ Coach
9. Mosharov Nikita	✓ Coach
10. Alferenko Maksim	✓ Coach
11. Morozov Viktor	✓ Coach
12. Lukianov Aleksei	✓ Coach
13. Leshchenko Nikolai	✓ Coach
14. Abramov Dmitriy	✓ Coach
15. Kolomenskii Vladislav	✓ Coach
16. Matuk Stanislav	✓ Coach
17. Filimonov Viacheslav	✓ Coach
18. Rafikov Marat	✓ Coach
19. Solodov Anton	✓ Coach
20. Stepanenko Sergey	✓ Coach
21. Sobolev Aleksei	✓ Coach
22. Okhlyuev Okhlyuev	✓ Coach

**Philippines {The Team in Total: 1}***Lifters: 1*

1. Hung Nathan	M Subjuniors	-120kg
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**Singapore {The Team in Total: 1}***Lifters: 1*

1. Giles Wayne	M Masters 3	-120kg
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**Summary Table**

Number of Lifters	Asian Women's Classic Bench Press Championships	51
	Asian Men's Classic Bench Press Championships	110
	Asian Women's Equipped Bench Press Championships	37
	Asian Men's Equipped Bench Press Championships	86
Persons as ...	Referee	4
	Representative	34
	Referee & Representative	3
All Together		325