

**Asian Men's Equipped Bench Press Championships**

Ulaanbaatar / Mongolia, 7 – 11 September, 2022

**The List of Teams****Chinese Taipei {The Team in Total: 1}***Team Members: 1*

- |                  |   |       |
|------------------|---|-------|
| 1. Chao Chen-Yeh | ✓ | Cat.1 |
|------------------|---|-------|

**India {The Team in Total: 10}***Lifters: 6*

- |                  |   |           |       |
|------------------|---|-----------|-------|
| 1. K L Nicey     | F | Masters 2 | -52kg |
| 2. J N Srinivasa | M | Masters 1 | -83kg |
| 3. B Sunil       | M | Open      | -59kg |

*Team Members: 4*

- |                  |   |       |   |          |
|------------------|---|-------|---|----------|
| 1. Tiwari Rajesh | ✓ | Cat.1 | ✓ | Official |
| 2. P J Joseph    | ✓ | Cat.1 | ✓ | Official |
| 3. R Karthik     | ✓ | Cat.2 | ✓ | Official |
| 4. Peters Mohan  | ✓ | Cat.1 | ✓ | Coach    |

**Iran {The Team in Total: 2}***Team Members: 2*

- |                    |   |       |   |          |
|--------------------|---|-------|---|----------|
| 1. Asgari Rahim    | ✓ | Cat.1 |   |          |
| 2. Soltani Farshid | ✓ | Cat.1 | ✓ | Official |

**Japan {The Team in Total: 27}***Lifters: 14*

- |                      |   |           |        |
|----------------------|---|-----------|--------|
| 1. Yamamoto Tarou    | M | Masters 4 | -66kg  |
| 2. Nobuhara Hideyuki | M | Masters 4 | -74kg  |
| 3. Hashimoto Masato  | M | Masters 3 | -66kg  |
| 4. Sato Toshiyuki    | M | Masters 2 | 120+kg |
| 5. Goto Takashi      | M | Masters 1 | -83kg  |
| 6. Ohira Tomoharu    | M | Juniors   | -66kg  |
| 7. Noda Toshihiko    | M | Open      | -59kg  |
| 8. Katayama Toshiki  | M | Open      | -66kg  |
| 9. Yokoyama Kosei    | M | Open      | -74kg  |
| 10. Ishikawa Hiroshi | M | Open      | -74kg  |
| 11. Horiguchi Yosuke | M | Open      | -83kg  |
| 12. Yamashita Yasuki | M | Open      | -93kg  |
| 13. Kikuchi Miyabi   | F | Open      | -52kg  |

*Team Members: 13*

- |                     |   |            |
|---------------------|---|------------|
| 1. Yamashita Yasuki | ✓ | Head Coach |
| 2. Yamamoto Taro    | ✓ | Coach      |
| 3. Yokoyama Kosei   | ✓ | Coach      |
| 4. Hashimoto Masato | ✓ | Coach      |
| 5. Kikuchi Miyabi   | ✓ | Coach      |
| 6. Horiguchi Yosuke | ✓ | Coach      |
| 7. Goto Takashi     | ✓ | Coach      |
| 8. Katayama Toshiki | ✓ | Coach      |
| 9. Ishikawa Hiroshi | ✓ | Coach      |

10. Nobuhara Hideyuki	✓ Coach
11. Ohira Tomoharu	✓ Coach
12. Noda Toshihiko	✓ Coach
13. Sato Toshiyuki	✓ Coach

**Kazakhstan {The Team in Total: 40}***Lifters: 40*

1. Sadvakasov Shariphan	M Masters 2	-83kg
2. Altaibaev Andrey	M Masters 2	-120kg
3. Sarsenov Yerlan	M Masters 1	-105kg
4. Amanov Azizbek	M Juniors	-105kg
5. Altaybayev Andrey	M Juniors	-120kg
6. Gladkova Alena	F Juniors	-52kg
7. Abdyrova Iroda	F Juniors	-84kg
8. Saitmuratova Diyora	F Juniors	-76kg
9. Temirov Polat	M Subjuniors	-53kg
10. Zaitov Alisher	M Subjuniors	-53kg
11. Mominov Mansurbek	M Subjuniors	-53kg
12. Nigmanov Tokhirzhon	M Subjuniors	-59kg
13. Toilybay Arman	M Subjuniors	-66kg
14. Gapurzhanov Shavkatbek	M Subjuniors	-74kg
15. Oleinikov Yegor	M Subjuniors	-93kg
16. Ablayeva Ninel	F Subjuniors	-57kg
17. Yakusheva Veronika	F Subjuniors	-57kg
18. Nassiriddinova Sarvinoz	F Subjuniors	84+kg
19. Jumabayeva Barno	F Subjuniors	-76kg
20. Marif Toirzhan	M Open	-66kg
21. Butenko Oleg	M Open	-83kg
22. Abdurakhmanov Gafur	M Open	-93kg
23. Lukhmenyov Alexey	M Open	-93kg
24. Tsoy Vyacheslav	M Open	-93kg
25. Maslov Ilya	M Open	-105kg
26. Trifonov Igor	M Open	-105kg
27. Rybka Denis	M Open	-105kg
28. Li Dimitriy	M Open	-120kg
29. Pichshayev Roman	M Open	120+kg
30. Bolkovadze Shirin	M Open	120+kg
31. Verkhovykh Mariya	F Open	-63kg
32. Nikolayeva Alevtina	F Open	-84kg
33. Altaibaeva Marina	F Open	84+kg

**Mongolia {The Team in Total: 151}***Lifters: 150*

1. Shagdar Perenlei	M Masters 4	-66kg
2. Dash Namkhaidorj	M Masters 4	-74kg
3. Tseveendorj Maamchuluun	M Masters 4	-83kg
4. Sugar Bogd-Ochir	M Masters 3	-66kg
5. Purev Bayar	M Masters 3	-74kg
6. Shagdarsuren Bat-Erdene	M Masters 3	-83kg
7. Zundui Dorj	M Masters 3	-93kg

8.	Khuujii Amarsanaa	M	Masters 2	-74kg
9.	Nasanbuyan Baatar	M	Masters 2	-83kg
10.	Gongorjav Batbayar	M	Masters 2	-83kg
11.	Purevsukh Purevdorj	M	Masters 2	-83kg
12.	Ijiidaa Batbayar	M	Masters 2	-93kg
13.	Sodov Enkhjargal	M	Masters 2	-93kg
14.	Ichinnorov Teskhoo	M	Masters 2	-105kg
15.	Nyamsuren Otgonbayar	M	Masters 2	-105kg
16.	Lkhanaa Jargalsaikhan	M	Masters 2	-120kg
17.	Lkhagvasuren Erdenetsogt	M	Masters 2	120+kg
18.	Alyeksandr Tserensodnom	M	Masters 1	-66kg
19.	Bayaraa Odon	M	Masters 1	-66kg
20.	Baljinnyam Batsaikhan	M	Masters 1	-74kg
21.	Lkhagva Jamyant	M	Masters 1	-74kg
22.	Sukhbaatar Bayasgalan	M	Masters 1	-74kg
23.	Tavanjin Munkhjargal	M	Masters 1	-74kg
24.	Ganjuur Gantugs	M	Masters 1	-83kg
25.	Damba Munkhtuul	M	Masters 1	-83kg
26.	Damdotsuren Altankhuyag	M	Masters 1	-83kg
27.	Badгаа Naranbaatar	M	Masters 1	-93kg
28.	Baasandorj Munkhbaatar	M	Masters 1	-93kg
29.	Purevjav Enkhnasan	M	Masters 1	-93kg
30.	Tsend-Ayush Otgondalai	M	Masters 1	-93kg
31.	Damdin Uuganbayar	M	Masters 1	-105kg
32.	Sereenendorj Natsagdorj	M	Masters 1	-105kg
33.	Lantuu Baldantseren	M	Masters 1	-105kg
34.	Lkhagvajav Barkhasbaatar	M	Masters 1	-105kg
35.	Ayush Otgonbayar	M	Masters 1	-120kg
36.	Sanjsuren Bayartugs	M	Masters 1	-120kg
37.	Batbold Hash-Erdene	M	Masters 1	-120kg
38.	Shagdarsuren Batzul	M	Masters 1	-120kg
39.	Damdin Ankhbayar	M	Masters 1	120+kg
40.	Damdinbal Otgonbaatar	M	Masters 1	120+kg
41.	Chuluun Ganchimeg	F	Masters 1	-52kg
42.	Ayurzana Battsengel	F	Masters 1	-63kg
43.	Nyamsuren Bayarjargal	F	Masters 1	-84kg
44.	Khulgana Enkhtuvshin	F	Masters 1	-69kg
45.	Tumurbaatar Sarnai	F	Masters 1	-76kg
46.	Baatarkhuu Uchralbold	M	Juniors	-59kg
47.	Munkhbayar Uuganbayar	M	Juniors	-59kg
48.	Lonjidjargal Otgon-Erdene	M	Juniors	-59kg
49.	Dugarsuren Batnyam	M	Juniors	-66kg
50.	Jargalsaikhan Altansukh	M	Juniors	-66kg
51.	Munkh-Ochir Baljinnyam	M	Juniors	-74kg
52.	Chuluunbat Tserenbat	M	Juniors	-83kg
53.	Lkhagvasuren Namnansuren	M	Juniors	-83kg
54.	Batzaya Bayartogtokh	M	Juniors	-83kg
55.	Sukhbaatar Sukhbat	M	Juniors	-83kg

56.	Davaadorj Dagvadorj	M Juniors	-105kg
57.	Divabaljir Davaadalai	M Juniors	-105kg
58.	Javkhanbayar Bilguun	M Juniors	120+kg
59.	Munkhbat Enkhmaa	F Juniors	-52kg
60.	Batdalai Anardelger	F Juniors	-52kg
61.	Nyamdash Naranzaya	F Juniors	-57kg
62.	Basanjav Batkhishig	F Juniors	-63kg
63.	Batsukh Tsenguun	F Juniors	-63kg
64.	Oyunbold Oyunjargal	F Juniors	-76kg
65.	Davaa-Ochir Jigmed	M Subjuniors	-59kg
66.	Baatar Ganbold	M Subjuniors	-66kg
67.	Battsengel Erdenebat	M Subjuniors	-66kg
68.	Tsolmon Bayarbayasgalant	M Subjuniors	-66kg
69.	Munkhjargal Ankhbaatar	M Subjuniors	-74kg
70.	Byambajargal Sodbaatar	M Subjuniors	-83kg
71.	Tsogbayar Otgonbayar	M Subjuniors	-83kg
72.	Byambatugs Erkhemjargal	M Subjuniors	-93kg
73.	Buyandelger Lkhamjin	F Subjuniors	-57kg
74.	Altangerel Michidmaa	F Subjuniors	-63kg
75.	Ganbaatar Sumiyasuren	F Subjuniors	-63kg
76.	Dagvadorj Michidmaa	F Subjuniors	-69kg
77.	Chuluunbat Khaliunaa	F Subjuniors	-76kg
78.	Purevsuren Bat-Amgalan	M Open	-59kg
79.	Lkhagvasuren Byambakhishig	M Open	-59kg
80.	Amgalanbaatar Amartaivan	M Open	-66kg
81.	Batsukh Janlav	M Open	-66kg
82.	Erdenebold Nanzaddorj	M Open	-66kg
83.	Manaljav Davaatseren	M Open	-66kg
84.	Batbold Byamba-Ochir	M Open	-74kg
85.	Gerelbadrakh Ganbold	M Open	-74kg
86.	Batmagnai Amarnbat	M Open	-74kg
87.	Erdenesuren Uurtsaikh	M Open	-74kg
88.	Batbold Dulguun	M Open	-83kg
89.	Ganbaatar Ariunbold	M Open	-83kg
90.	Sukhbaatar Sukhbat	M Open	-83kg
91.	Sodnomdorj Khurelbaatar	M Open	-83kg
92.	Batsukh Gansukh	M Open	-93kg
93.	Khumuugul Battumur	M Open	-93kg
94.	Galdan Orgilbold	M Open	-93kg
95.	Ganbold Batbold	M Open	-105kg
96.	Bayarsaikhan Byambasuren	M Open	-105kg
97.	Gankhuu Tserentogtokh	M Open	-105kg
98.	Bataa Chimidtseren	M Open	-120kg
99.	Danzan Tuvshintugs	M Open	-120kg
100.	Enkhbayar Sodnompiljee	M Open	-120kg
101.	Tilyeubiyerd Saifolla	M Open	-120kg
102.	Buyandalai Khadbaatar	M Open	120+kg
103.	Batmunkh Battuvshin	M Open	120+kg

104.	Tsend Batzorig	M Open	120+kg
105.	Tumurbaatar Erdenekhuu	M Open	120+kg
106.	Jamiyan Baigalmaa	F Open	-43kg
107.	Magvan Demberel	F Open	-47kg
108.	Enkhjargal Nyamsuren	F Open	-52kg
109.	Erdenesukh Narantsetseg	F Open	-52kg
110.	Badam Altansuvd	F Open	-57kg
111.	Narantuya Anujin	F Open	-57kg
112.	Bazarsad Dulmaa	F Open	-84kg
113.	Oyunbold Oyunjargal	F Open	-84kg
114.	Nyamsuren Bayarjargal	F Open	-84kg
115.	Sukhee Oyun	F Open	84+kg
116.	Ochirbat Orkhontuul	F Open	-69kg
117.	Batkhisig Amartsengel	F Open	-69kg
118.	Tuvnaimanjin Uranbaigali	F Open	-69kg
119.	Bat-Erdene Shinechimeg	F Open	-76kg
120.	Batgerel Maral	F Open	-76kg
121.	Nyamsuren Myagmarsuren	F Open	-76kg

Team Members: 1

1. Dash Battulga ✓ Cat.2

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### Philippines {The Team in Total: 2}

Lifters: 1

1. Torres Merwin M Masters 1 -74kg

Team Members: 1

1. Debuque Ramon ✓ Cat.1 ✓ Head Coach

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### Syria {The Team in Total: 5}

Lifters: 3

1. Mohamad Ziad M Masters 2 -120kg  
2. Sukar Shaimaa F Subjuniors -69kg

Team Members: 2

1. Mohamad Ziad ✓ Cat.2 ✓ Official  
2. Issa Samer ✓ Coach

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### United Arab Emirates {The Team in Total: 10}

Lifters: 8

1. Alzabi Feisal M Masters 1 -83kg  
2. Alkhanboli Mohammad M Masters 1 -105kg  
3. Almazami Ali M Juniors -93kg  
4. Alhammadi Abdullah M Juniors 120+kg  
Hussein  
5. Alredha Majed M Subjuniors -74kg  
6. Ali Essa Rashed M Subjuniors -105kg  
7. Abbas Mariam F Open -52kg  
8. Al Qerain Fatima F Open 84+kg

Team Members: 2

1. Al Ali Ebrahim ✓ Cat.2
2. Almarrie Mohammad ✓ Official

**Summary Table**

Number of Lifters	Asian Women's Equipped Bench Press Championships	25
	Asian Men's Equipped Bench Press Championships	73
	Asian Women's Classic Bench Press Championships	37
	Asian Men's Classic Bench Press Championships	87
Persons as ...	Referee	4
	Representative	15
	Referee & Representative	7
All Together		248