

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

Toyako-cho Abuta-gun / Japan, 12 – 17 September, 2023

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

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

**Hong Kong {The Team in Total: 1}***Lifters: 1*

- |                       |   |           |       |
|-----------------------|---|-----------|-------|
| 1. Shiroyama Tomonori | M | Masters 1 | -66kg |
|-----------------------|---|-----------|-------|

**India {The Team in Total: 8}***Lifters: 8*

- |                       |   |            |        |
|-----------------------|---|------------|--------|
| 1. Chouhan Om Singh   | M | Masters 3  | -93kg  |
| 2. Nicey Mohan Peters | F | Masters 2  | -52kg  |
| 3. Sriramulu Vikram   | M | Juniors    | -74kg  |
| 4. Chakrawarty Monish | M | Subjuniors | -120kg |
| 5. J Rao Nishanth     | M | Open       | 120+kg |
| 6. Shrishti Chuhan    | F | Open       | -84kg  |
| 7. Chouhan Shrishti   | F | Open       | -84kg  |

**Iran {The Team in Total: 6}***Lifters: 4*

- |                       |   |      |       |
|-----------------------|---|------|-------|
| 1. Abdolahpour Parviz | M | Open | -66kg |
| 2. Parvardeh Mohammad | M | Open | -66kg |
| 3. Amiri Esmail       | M | Open | -93kg |

*Team Members: 2*

- |                    |   |       |                |
|--------------------|---|-------|----------------|
| 1. Amiri Esmail    | ✓ | Cat.2 |                |
| 2. Soltani Farshid | ✓ | Cat.1 | ✓ IPF Official |

**Japan {The Team in Total: 289}***Lifters: 139*

- |                      |   |           |       |
|----------------------|---|-----------|-------|
| 1. Shirakawa Takeshi | M | Masters 4 | -59kg |
| 2. Koyama Yoshio     | M | Masters 4 | -66kg |
| 3. Yamamoto Tarou    | M | Masters 4 | -66kg |
| 4. Ichikawa Tsutomu  | M | Masters 4 | -74kg |
| 5. Nobuhara Hideyuki | M | Masters 4 | -74kg |
| 6. Inami Eiji        | M | Masters 4 | -83kg |
| 7. Fukuda Suzuko     | F | Masters 4 | -47kg |
| 8. Matsuoka Machiko  | F | Masters 4 | -47kg |
| 9. Iida Noriko       | F | Masters 4 | -52kg |
| 10. Yokoyama Taeko   | F | Masters 4 | -52kg |
| 11. Nagao Yuko       | F | Masters 4 | -57kg |
| 12. Sawa Chiyomi     | F | Masters 4 | -76kg |
| 13. Kameda Tsukasa   | M | Masters 3 | -59kg |
| 14. Toyama Kazuhiko  | M | Masters 3 | -59kg |
| 15. Hashimoto Masato | M | Masters 3 | -66kg |
| 16. Hotta Takemasa   | M | Masters 3 | -66kg |
| 17. Mori Takashi     | M | Masters 3 | -66kg |

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18.	Mishima Tadashi	M	Masters 3	-74kg
19.	Sekine Takanobu	M	Masters 3	-74kg
20.	Nakai Yutaka	M	Masters 3	-83kg
21.	Sakai Tomotaka	M	Masters 3	-83kg
22.	Tanita Shin	M	Masters 3	-83kg
23.	Miyagi Tadashi	M	Masters 3	-93kg
24.	Suyama Toshihiro	M	Masters 3	-93kg
25.	Akiyama Katsumi	M	Masters 3	-105kg
26.	Ono Kazuhisa	M	Masters 3	-105kg
27.	Terada Masuo	M	Masters 3	-120kg
28.	Arai Hiroko	F	Masters 3	-47kg
29.	Kiba Emiko	F	Masters 3	-52kg
30.	Nagaya-Shirakawa Kaori	F	Masters 3	-52kg
31.	Teramura Mika	F	Masters 3	-57kg
32.	Sekiguchi Tomoko	F	Masters 3	-84kg
33.	Ichikawa Ryuko	F	Masters 3	-69kg
34.	Arai Hidenori	M	Masters 2	-59kg
35.	Nakata Kazuo	M	Masters 2	-59kg
36.	Yoshino Koji	M	Masters 2	-59kg
37.	Fukuda Munenari	M	Masters 2	-66kg
38.	Kametani Mitsuo	M	Masters 2	-74kg
39.	Moriyama Tetsuo	M	Masters 2	-74kg
40.	Kushino Shigeki	M	Masters 2	-83kg
41.	Matsuoka Kiyoshi	M	Masters 2	-83kg
42.	Ogawa Mitsuhsa	M	Masters 2	-93kg
43.	Urushibata Naoki	M	Masters 2	-93kg
44.	Kim Songgi	M	Masters 2	-105kg
45.	Ito Satoshi	M	Masters 2	-105kg
46.	Nakamura Toshio	M	Masters 2	-105kg
47.	Takemura Akihisa	M	Masters 2	-105kg
48.	Ito Satoshi	M	Masters 2	-120kg
49.	Wada Kohei	M	Masters 2	-120kg
50.	Sato Mariko	F	Masters 2	-47kg
51.	Aikawa Satoko	F	Masters 2	-52kg
52.	Ando Hisako	F	Masters 2	-57kg
53.	Iwamoto Sachiko	F	Masters 2	-57kg
54.	Nakamura Sayuri	F	Masters 2	-57kg
55.	Kanagawa Naomi	F	Masters 2	-63kg
56.	Sakurai Miyuki	F	Masters 2	-63kg
57.	Yamamoto Hanayo	F	Masters 2	-63kg
58.	Tsugane Noriko	F	Masters 2	-69kg
59.	Harada Takashi	M	Masters 1	-59kg
60.	Ishikawa Takayasu	M	Masters 1	-59kg
61.	Amakawa Akinori	M	Masters 1	-66kg
62.	Takahashi Yuji	M	Masters 1	-66kg
63.	Matsuoka Yoshiaki	M	Masters 1	-74kg
64.	Miyata Yoshiaki	M	Masters 1	-74kg
65.	Saito Keita	M	Masters 1	-74kg
66.	Araki Kosuke	M	Masters 1	-83kg

67.	Goto Takashi	M	Masters 1	-83kg
68.	Yasuda Kazutomi	M	Masters 1	-83kg
69.	Sato Yuki	M	Masters 1	-93kg
70.	Takahashi Shinichiro	M	Masters 1	-93kg
71.	Kamiya Hidetaka	M	Masters 1	-105kg
72.	Mori Masato	M	Masters 1	-120kg
73.	Miyamoto Yoshiyuki	M	Masters 1	-120kg
74.	Shoji Sanae	F	Masters 1	-47kg
75.	Komuro Shizuka	F	Masters 1	-52kg
76.	Kawazoe Moe	F	Masters 1	-57kg
77.	Ito Yumiko	F	Masters 1	-63kg
78.	Ueda Saho	F	Masters 1	-63kg
79.	Yazawa Haruko	F	Masters 1	84+kg
80.	Shibata Akina	F	Masters 1	-69kg
81.	Suzuki Hideko	F	Masters 1	-69kg
82.	Iwai Tomoko	F	Masters 1	-76kg
83.	Hirakawa Yuki	M	Juniors	-59kg
84.	Goto Mahiro	M	Juniors	-59kg
85.	Kojima Hiromu	M	Juniors	-66kg
86.	Shiiba Kaito	M	Juniors	-74kg
87.	Suwa Keito	M	Juniors	-74kg
88.	Ito Takahiro	M	Juniors	-83kg
89.	Shinohara Sota	M	Juniors	-83kg
90.	Honda Futa	M	Juniors	-93kg
91.	Sano Taiyo	M	Juniors	-93kg
92.	Takeda Yamato	M	Juniors	-93kg
93.	Nishioka Kaito	M	Juniors	-105kg
94.	Takahashi Daniel Yuji	M	Juniors	-105kg
95.	Kinoshita Kanta	M	Juniors	-120kg
96.	Hori Momoka	F	Juniors	-57kg
97.	Kojima Yuki	M	Subjuniors	-74kg
98.	Harada Kotaro	M	Subjuniors	-93kg
99.	Yazawa Konosuke	M	Subjuniors	-93kg
100.	Iizuka Shogen	M	Subjuniors	-105kg
101.	Someya Shion	F	Subjuniors	-47kg
102.	Nishiyama Yuna	F	Subjuniors	-52kg
103.	Hashimoto Misaki	F	Subjuniors	-84kg
104.	Tsushima Ayane	F	Subjuniors	-69kg
105.	Tamura Yo	M	Open	-59kg
106.	Fukuda Masashi	M	Open	-66kg
107.	Kawashima Tatsuya	M	Open	-66kg
108.	Fukuda Masashi	M	Open	-74kg
109.	Ishikawa Hiroshi	M	Open	-74kg
110.	Yokoyama Kosei	M	Open	-74kg
111.	Kodama Daiki	M	Open	-83kg
112.	Kagei Hayato	M	Open	-83kg
113.	Daido Yuki	M	Open	-93kg
114.	Yamashita Yasuki	M	Open	-93kg
115.	Hasegawa Naoki	M	Open	-105kg

116.	Horiguchi Yosuke	M Open	-105kg
117.	Kase Satoshi	M Open	-120kg
118.	Fujimoto Ryuki	M Open	120+kg
119.	Miyazaki Yuka	F Open	-47kg
120.	Sakura Yuki	F Open	-52kg
121.	Okamura Azusa	F Open	-52kg
122.	Ishibashi Akane	F Open	-57kg
123.	Akagawa Tomoko	F Open	-57kg
124.	Sakata Namiko	F Open	-57kg
125.	Ito Chiho	F Open	-63kg
126.	Ito Yumiko	F Open	-63kg
127.	Kaneko Shiori	F Open	-63kg
128.	Ikeda Misaki	F Open	-69kg
129.	Kaneko Shiori	F Open	-69kg
130.	Mizoguchi Kumi	F Open	-76kg

*Team Members: 150*

1.	Isagawa Hiroyuki	✓ Cat.1	
2.	Anan Yoshihiro	✓ Cat.1	
3.	Hada Masahiro	✓ Cat.2	
4.	Kitamura Mayumi	✓ Cat.2	
5.	Monoe Takeshi	✓ Cat.2	
6.	Omori Ryo	✓ Cat.2	
7.	Omori Seiko	✓ Cat.2	
8.	Sawa Chiyomi	✓ Cat.2	
9.	Ninomiya Masaharu	✓ Cat.2	
10.	Shiota Munehiro	✓ Cat.2	
11.	Teramura Mika	✓ Cat.1	
12.	Terakado Hiroyuki	✓ Cat.2	
13.	Honda Futa		✓ Assistant Coach
14.	Inami Eiji		✓ Assistant Coach
15.	Daido Yuki		✓ Assistant Coach
16.	Hirakawa Yuki		✓ Assistant Coach
17.	Hasegawa Naoki		✓ Assistant Coach
18.	Fujimoto Ryuki		✓ Assistant Coach
19.	Ichikawa Ryuko		✓ Assistant Coach
20.	Ishibashi Akane		✓ Assistant Coach
21.	Hashimoto Masato		✓ Assistant Coach
22.	Ando Hisako		✓ Assistant Coach
23.	Hashimoto Misaki		✓ Assistant Coach
24.	Ikeda Misaki		✓ Assistant Coach
25.	Harada Kotaro		✓ Assistant Coach
26.	Iizuka Shogen		✓ Assistant Coach
27.	Goto Mahiro		✓ Assistant Coach
28.	Iida Noriko		✓ Assistant Coach
29.	Hori Momoka		✓ Assistant Coach
30.	Akagawa Tomoko		✓ Assistant Coach
31.	Arai Hiroko		✓ Assistant Coach
32.	Aikawa Satoko		✓ Assistant Coach

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33. Araki Kosuke	√ Assistant Coach
34. Horiguchi Yosuke	√ Assistant Coach
35. Fukuda Suzuko	√ Assistant Coach
36. Harada Takashi	√ Assistant Coach
37. Goto Takashi	√ Assistant Coach
38. Fukuda Masashi	√ Assistant Coach
39. Amakawa Akinori	√ Assistant Coach
40. Akiyama Katsumi	√ Assistant Coach
41. Ichikawa Tsutomu	√ Assistant Coach
42. Arai Hidenori	√ Assistant Coach
43. Hotta Takemasa	√ Assistant Coach
44. Fukuda Munenari	√ Assistant Coach
45. Matsutani Masanori	√ Official
46. Kojo Motohisa	√ Official
47. Kawazoe Moe	√ Assistant Coach
48. Miyazaki Yuka	√ Assistant Coach
49. Kojima Yuki	√ Assistant Coach
50. Mizoguchi Kumi	√ Assistant Coach
51. Ito Chiho	√ Assistant Coach
52. Kodama Daiki	√ Assistant Coach
53. Kiba Emiko	√ Assistant Coach
54. Kanagawa Naomi	√ Assistant Coach
55. Karube Ayumi	√ Assistant Coach
56. Kinoshita Kanta	√ Assistant Coach
57. Mori Masato	√ Assistant Coach
58. Kagei Hayato	√ Assistant Coach
59. Kim Songgi	√ Assistant Coach
60. Koyama Yoshio	√ Assistant Coach
61. Ito Yumiko	√ Assistant Coach
62. Kaneko Shiori	√ Assistant Coach
63. Iwai Tomoko	√ Assistant Coach
64. Kojima Hiromu	√ Assistant Coach
65. Kametani Mitsuo	√ Assistant Coach
66. Miyagi Tadashi	√ Assistant Coach
67. Mishima Tadashi	√ Assistant Coach
68. Mori Takashi	√ Assistant Coach
69. Kushino Shigeki	√ Assistant Coach
70. Matsuoka Machiko	√ Assistant Coach
71. Iwamoto Sachiko	√ Assistant Coach
72. Kameda Tsukasa	√ Assistant Coach
73. Ishikawa Hiroshi	√ Assistant Coach
74. Kase Satoshi	√ Assistant Coach
75. Ito Satoshi	√ Assistant Coach
76. Matsuoka Kiyoshi	√ Assistant Coach
77. Kawashima Tatsuya	√ Assistant Coach
78. Ito Tatsuya	√ Assistant Coach
79. Komuro Shizuka	√ Assistant Coach
80. Ito Takahiro	√ Assistant Coach
81. Ishikawa Takayasu	√ Assistant Coach

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82. Kamiya Hidetaka	√ Assistant Coach
83. Matsuoka Yoshiaki	√ Assistant Coach
84. Miyata Yoshiaki	√ Assistant Coach
85. Miyamoto Yoshiyuki	√ Assistant Coach
86. Saito Keita	√ Head Coach
87. Nakata Kazuo	√ Head Coach
88. Suzuki Ko	√ Official
89. Sugimoto Koji	√ Official
90. Sasaki Yoichi	√ Official
91. Oki Mitsunori	√ Official
92. Nishiyama Yuna	√ Assistant Coach
93. Shinohara Sota	√ Assistant Coach
94. Sato Yuki	√ Assistant Coach
95. Sakura Yuki	√ Assistant Coach
96. Nagao Yuko	√ Assistant Coach
97. Shoji Sanae	√ Assistant Coach
98. Shibata Akina	√ Assistant Coach
99. Someya Shion	√ Assistant Coach
100. Nagaya-Shirakawa Kaori	√ Assistant Coach
101. Okamura Azusa	√ Assistant Coach
102. Shiiba Kaito	√ Assistant Coach
103. Nishioka Kaito	√ Assistant Coach
104. Suwa Keito	√ Assistant Coach
105. Sano Taiyo	√ Assistant Coach
106. Nakai Yutaka	√ Assistant Coach
107. Suzuki Hideko	√ Assistant Coach
108. Nakamura Toshio	√ Assistant Coach
109. Sakata Namiko	√ Assistant Coach
110. Sato Mariko	√ Assistant Coach
111. Sekiguchi Tomoko	√ Assistant Coach
112. Moriyama Tetsuo	√ Assistant Coach
113. Saito Megumi	√ Assistant Coach
114. Nakamura Sayuri	√ Assistant Coach
115. Sakurai Miyuki	√ Assistant Coach
116. Someya Kazuki	√ Assistant Coach
117. Shirakawa Takeshi	√ Assistant Coach
118. Sawa Chiyomi	√ Assistant Coach
119. Sekine Takanobu	√ Assistant Coach
120. Nobuhara Hideyuki	√ Assistant Coach
121. Someya Shigeaki	√ Assistant Coach
122. Sakai Tomotaka	√ Assistant Coach
123. Ono Kazuhisa	√ Assistant Coach
124. Suyama Toshihiro	√ Assistant Coach
125. Ogawa Mitsuhsa	√ Assistant Coach
126. Takahashi Shinichiro	√ Assistant Coach
127. Takahashi Daniel Yuji	√ Assistant Coach
128. Tamura Yo	√ Assistant Coach
129. Teramura Mika	√ Assistant Coach
130. Yoshino Koji	√ Assistant Coach

131. Takahashi Yuji	✓ Assistant Coach
132. Tanita Shin	✓ Assistant Coach
133. Ueda Saho	✓ Assistant Coach
134. Yamamoto Taro	✓ Assistant Coach
135. Wada Kohei	✓ Assistant Coach
136. Yokoyama Kosei	✓ Assistant Coach
137. Yokoyama Taeko	✓ Assistant Coach
138. Urushibata Naoki	✓ Assistant Coach
139. Tsushima Ayane	✓ Assistant Coach
140. Terada Masuo	✓ Assistant Coach
141. Takeda Yamato	✓ Assistant Coach
142. Yamamoto Hanayo	✓ Assistant Coach
143. Tsugane Noriko	✓ Assistant Coach
144. Yazawa Haruko	✓ Assistant Coach
145. Yamashita Yasuki	✓ Assistant Coach
146. Takemura Akihisa	✓ Assistant Coach
147. Tsushima Mitsumi	✓ Assistant Coach
148. Yazawa Konosuke	✓ Assistant Coach
149. Yasuda Kazutomi	✓ Assistant Coach
150. Toyama Kazuhiko	✓ Assistant Coach

**Kyrgyzstan {The Team in Total: 1}***Team Members: 1*

- |                     |         |
|---------------------|---------|
| 1. Tatiana Romanova | ✓ Cat.1 |
|---------------------|---------|

**Mongolia {The Team in Total: 20}***Lifters: 17*

1. Purev Bayar	M Masters 3	-74kg
2. Zundui Dorj	M Masters 3	-93kg
3. Khuujii Amarsanaa	M Masters 2	-74kg
4. Alyeksandr Tserensodnom	M Masters 2	-74kg
5. Nyamsuren Otgonbayar	M Masters 2	-105kg
6. Khulgana Enkhtuvshin	F Masters 2	-69kg
7. Tavanjin Munkhjargal	M Masters 1	-74kg
8. Damba Munkhtuul	M Masters 1	-83kg
9. Ganbaatar Sumiyasuren	F Subjuniors	-63kg
10. Galdan Orgilbold	M Open	-93kg
11. Bataa Chimidtseren	M Open	-120kg
12. Enkhbayar Sodnompiljee	M Open	-120kg
13. Damdin Ankhbayar	M Open	120+kg

*Team Members: 3*

- |                   |         |                   |
|-------------------|---------|-------------------|
| 1. Dash Battulga  | ✓ Cat.2 |                   |
| 2. Dorj Ariunzaya |         | ✓ Official        |
| 3. Gansukh OdkhUU |         | ✓ Assistant Coach |

**Summary Table**

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

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Number of Lifters	Asian Women's Classic Bench Press Championships	35
	Asian Men's Classic Bench Press Championships	56
	Asian Women's Equipped Bench Press Championships	24
	Asian Men's Equipped Bench Press Championships	54
Persons as ...	Referee	16
	Representative	140
	Referee & Representative	1
All Together		326