

2023 Asian Women's Classic Powerlifting Championships**Johor Bahru / Malaysia, 11 – 18 December, 2023****Division «Open»**

#	Name	Born	Team	SQ	BP	DL	Total
-47kg							
1.	Altamimi Alhanouf	1993	Kuwait	127.5	72.5	156.0	355.5
2.	Bui Lan Anh	1999	Vietnam	115.0	77.5	155.0	347.5
3.	Khoo Sheue Yee	1994	Malaysia	120.0	65.0	146.0	331.0
4.	Liu Mei-Xiang	1983	Chinese Taipei	120.0	60.0	150.0	330.0
5.	Al Jundi Nour	1994	Thailand	110.0	82.5	122.5	315.0
6.	Gonzalvo Angela Aura	1997	Philippines	117.5	57.5	137.5	312.5
7.	Villasica Shiela Mae	1989	Philippines	112.5	60.0	135.0	307.5
8.	Kuan Natalie	1990	Singapore	105.0	65.0	140.0	305.0
9.	See Christy	1999	Malaysia	82.5	57.5	127.5	267.5
10.	Kokuzawa Shizue	1961	Japan	90.0	62.5	115.0	267.5
11.	Sohail Sybil	1991	Pakistan	80.0	45.0	95.0	220.0
-52kg							
1.	Farid Farhanna	1992	Singapore	127.5	67.5	195.0	390.0
2.	Lisnichenko Anastasiya	1999	Kazakhstan	125.0	100.0	150.0	375.0
3.	Stella Audrey Lee Yuen Ching	1993	Hong Kong, China	142.5	77.5	152.5	372.5
4.	Le Chau-Long	1993	Vietnam	120.0	77.5	135.0	332.5
5.	Nuwaboot Nattacha	1994	Thailand	117.5	62.5	150.0	330.0
6.	Abbas Mariam	1987	United Arab Emirates	107.5	70.0	145.0	322.5
7.	Orazbekova Assiya	1987	Kazakhstan	110.0	80.0	130.0	320.0
8.	Boumpouka Theodora	1990	Qatar	100.0	58.0	138.0	296.0
9.	Salazar Abigail	1992	Qatar	97.5	47.5	115.0	260.0
-57kg							
1.	Huang Zhiyin	1997	China	162.5	75.0	190.0	427.5
2.	Huang Yen-Tzu	1992	Chinese Taipei	140.0	107.5	162.5	410.0
3.	Alqassar Haya	1987	Kuwait	147.5	67.5	187.5	400.0
4.	Tania Meiske Dewi	1997	Indonesia	117.5	85.0	165.0	367.5
5.	Wararatchai Kaely	1990	Thailand	122.5	77.5	157.5	357.5
6.	Shahid Sarah	1988	Pakistan	125.0	75.0	150.0	350.0
7.	Fatrin Serlie	1995	Indonesia	122.5	67.5	145.0	335.0
8.	Inoue Eri	1992	Japan	100.0	55.0	120.0	275.0
-63kg							
1.	Seow Amanda	1990	Singapore	152.5	95.5	196.5	444.5
2.	Jheng Yu-Zih	1992	Chinese Taipei	165.0	87.5	180.0	432.5
3.	Tiong Natalie	1991	Singapore	160.5	75.0	196.0	431.5
4.	Al Ammar Zahra	1989	Saudi Arabia	150.0	75.0	190.0	415.0
5.	Fu Wenjing	1998	China	146.0	82.5	160.0	387.5
6.	Kusuma Donda	1994	India	140.0	80.0	160.0	380.0
7.	Nursaidah Amirah	1987	Malaysia	142.5	71.0	157.5	371.0
8.	Kamilla Inez Devina	1997	Indonesia	132.5	75.0	152.5	360.0
9.	Honda Mayumi	1984	Japan	122.5	70.0	155.0	347.5
10.	Luk Ho Yee	1995	Hong Kong, China	100.0	60.0	120.0	280.0
-84kg							
1.	Abouassi Nour	1989	Qatar	210.0	95.0	200.0	505.0

2.	Kalinkina Olessya	1985	Kazakhstan	180.0	120.0	180.0	480.0
3.	Xie Thuy Tien	1995	Singapore	182.5	77.5	180.0	440.0
4.	Figueroa Francis Nicole	1994	Philippines	155.0	77.5	206.0	438.5
5.	Widjaja Sarah	1994	Singapore	147.5	86.0	191.5	425.0
6.	Moulder Elzani	1992	Qatar	145.0	80.0	175.0	400.0
7.	Tanaya Panda	1997	India	135.0	75.0	150.0	360.0

84+kg

1.	Okatenko Xeniya	1994	Kazakhstan	205.0	140.0	180.0	525.0
2.	Satoh Minami	1992	Japan	195.0	92.5	180.0	467.5
3.	Lee Nathalia Orelida	1997	Malaysia	170.0	90.5	200.0	460.5
4.	Tugade Charlene Raye	1998	Philippines	162.5	77.5	177.5	417.5
5.	Oandasan Trina Krizelda	1997	Philippines	167.5	65.0	162.5	395.0

-69kg

1.	Nurkenova Asel	2000	Kazakhstan	170.0	125.0	190.0	485.0
2.	Ghahremani Shahla	1992	Iran	172.5	85.0	177.5	430.0
3.	Khwang Hayley	1997	Singapore	145.0	88.5	173.0	406.5
4.	Yang Chuanmei	1992	China	147.5	82.5	172.5	402.5
5.	Alejandro Christine Erine	1992	Philippines	137.5	75.0	167.5	380.0
6.	Alenezi Rabab	1997	Kuwait	135.0	85.0	160.0	380.0
7.	Lam Pui Kwan	1999	Hong Kong, China	135.0	77.5	165.0	377.5
8.	Nurazifah Pg Ali Siti	1994	Brunei	130.0	57.5	167.5	355.0
9.	Liang Yim Chee	1995	Hong Kong, China	120.0	65.0	140.0	325.0

-76kg

1.	Reboton Joyce Gail	1992	Philippines	203.0	110.5	207.5	515.0
2.	Batgerel Maral	1997	Mongolia	190.0	100.0	200.0	490.0
3.	Salimiyan Rizi Elham	1986	Iran	180.0	80.0	200.0	460.0
4.	Zulazmi Shehana	1990	Singapore	175.0	80.0	175.0	430.0
5.	Yong Celine	1999	Malaysia	150.0	75.5	170.0	395.5

In Division there are 64 Lifters**Division «Subjuniors»**

#	Name	Born	Team	SQ	BP	DL	Total
-43kg							
1.	Leonova Darya	2007	Kazakhstan	90.0	55.0	100.0	245.0
-47kg							
1.	Trempolets Arina	2006	Kazakhstan	92.5	52.5	110.0	255.0
2.	Husain Fatima	2007	Bahrain	90.0	47.5	100.0	237.5
-52kg							
1.	Hussain Sherine	2005	Bahrain	115.0	52.5	156.5	324.5
2.	Chan Abrienda	2006	Malaysia	85.0	50.0	120.0	255.0
3.	Gantogtokh Nandintsetseg	2005	Mongolia	90.0	55.0	110.0	255.0
-57kg							
1.	Tang Chloe	2005	Singapore	155.0	80.0	173.0	408.0
2.	Bondareva Yekaterina	2008	Kazakhstan	115.0	65.0	130.0	310.0
-63kg							
1.	Kao Yu-Chen	2005	Chinese Taipei	140.0	55.0	135.0	330.0
2.	Guryeva Margarita	2009	Kazakhstan	115.0	70.0	135.0	320.0
3.	Yong Shermaine Kye Tinn	2005	Singapore	120.0	45.0	150.0	315.0
-84kg							

1.	Santos Sabina Mae	2007	Philippines	135.0	55.0	147.5	327.5
2.	Shestakova Yekaterina	2007	Kazakhstan	120.0	60.0	120.0	300.0
3.	Pilli Vandana	2006	India	120.0	45.0	110.0	275.0
84+kg							
1.	Gu Sin-Wei	2006	Chinese Taipei	190.5	78.0	165.0	433.5
2.	Li Hsin-Ying	2005	Chinese Taipei	175.0	80.0	165.0	420.0
-69kg							
1.	Makaryan Izabella	2005	Kazakhstan	100.0	80.0	120.0	300.0
-76kg							
1.	Jumabayeva Barno	2007	Kazakhstan	160.0	120.0	170.0	450.0
2.	Litvin Viktoria	2006	Kazakhstan	110.0	70.0	120.0	300.0

In Division there are 19 Lifters

Division «Juniors»

#	Name	Born	Team	SQ	BP	DL	Total
-43kg							
1.	Ompod Veronica	2000	Philippines	112.5	52.5	130.0	295.0
2.	Ain Duratul	2000	Brunei	90.0	50.5	125.0	265.5
3.	Mochiyama Hoshika	2001	Singapore	90.0	42.5	120.0	252.5
-47kg							
1.	Tabuan Jessa Mae	2002	Philippines	102.5	67.5	142.5	312.5
2.	Ahmed Arifa Zahoor	2000	Pakistan	100.0	60.0	140.0	300.0
3.	Man Chun Yu	2000	Hong Kong, China	105.0	47.5	142.5	295.0
4.	Tan Faith Suzanna	2003	Singapore	100.0	47.5	137.5	285.0
5.	Choy Yui Quan	2000	Malaysia	85.5	35.0	100.0	220.5
-52kg							
1.	Alrehaili Lina	2000	Saudi Arabia	120.0	67.5	172.5	360.0
2.	Lee Shu Wei	2000	Malaysia	135.0	65.0	147.5	347.5
3.	Decock Charlotte	2000	Thailand	110.0	62.5	147.5	320.0
4.	Gladkova Alena	2001	Kazakhstan	90.0	80.0	120.0	300.0
5.	Alhosani Shamma	2002	United Arab Emirates	92.5	67.5	130.0	290.0
6.	Lau Sarah	2001	Singapore	102.5	62.5	122.5	287.5
7.	Chou Yu-Hsin	2001	Chinese Taipei	102.5	45.0	127.5	275.0
-57kg							
1.	Chan Day Yun	2000	Singapore	142.5	65.0	183.0	390.5
2.	Yap Natasha	2000	Singapore	125.0	65.0	165.0	355.0
3.	Erasmus Jane	2003	Philippines	120.0	77.5	150.0	347.5
4.	Sakamane Jiravan	2000	Thailand	122.5	55.0	140.0	317.5
-63kg							
1.	Korat Hency	2001	India	165.0	95.0	150.0	410.0
2.	Ektanopokai Tantanat	2000	Thailand	105.0	62.5	162.5	330.0
3.	Chua Yu Hui	2000	Singapore	117.5	55.0	155.0	327.5
4.	Sofri Ardini	2001	Brunei	87.5	47.5	105.0	240.0
-84kg							
1.	Shen Ti-Ni	2000	Chinese Taipei	170.0	80.0	160.0	410.0
2.	Chong Ean Qi	2000	Singapore	117.5	57.5	140.0	312.5
3.	Shevoni Gunawardena	2002	Sri Lanka	100.0	50.0	135.0	285.0
84+kg							
1.	Malykhina Diana	2003	Kazakhstan	210.0	100.0	180.0	490.0

-69kg

1.	Abdyrova Nigara	2002	Kazakhstan	120.0	90.0	150.0	360.0
2.	Lee Jia Ying	2002	Singapore	135.0	77.5	137.5	350.0
3.	Tahir Maha	2000	Pakistan	135.0	65.0	145.0	340.0

-76kg

1.	Gaas Regina	2004	Kazakhstan	150.0	85.0	160.0	395.0
2.	Abdyrova Iroda	2001	Kazakhstan	130.0	90.0	170.0	390.0
3.	Atmadikoesoemah Safira Audria	2000	Indonesia	107.5	82.5	147.5	337.5
4.	Lim Tanya Michelle	2000	Singapore	115.0	70.0	137.5	322.5
5.	Kitami Nanaka	2000	Japan	117.5	62.5	120.0	300.0

In Division there are 35 Lifters**Division «Masters I»**

#	Name	Born	Team	SQ	BP	DL	Total
-47kg							
1.	Huang Chih-Ying	1979	Chinese Taipei	60.0	35.0	110.0	205.0
2.	Choo Lee Nha	1976	Malaysia	75.0	31.5	92.5	199.0
-52kg							
1.	Pham Thao	1983	Australia	107.5	67.5	142.5	317.5
2.	Sritao Kingthong	1979	Thailand	107.5	45.0	140.0	292.5
-57kg							
1.	Inamdar Dr Sharvari	1983	India	130.0	70.0	150.0	350.0
2.	McCombie Jenifer	1982	Hong Kong, China	92.5	80.0	160.0	332.5
-63kg							
1.	Sharma Meena	1974	India	132.5	75.0	140.0	347.5
2.	Ong Berni	1982	Singapore	110.0	67.5	142.5	320.0
3.	May Lim Hsiao Wei	1978	Malaysia	112.5	50.0	140.5	303.0
4.	Cofino Kim	1977	Thailand	102.5	57.5	130.0	290.0
5.	Ng Joon Lian	1976	Malaysia	107.5	47.5	125.0	280.0
6.	Nasrin Shammi	1975	Bangladesh	100.0	50.0	120.0	270.0
7.	Chen Hsi-Yu	1981	Chinese Taipei	90.0	50.0	125.0	265.0
8.	How Eveline	1974	Singapore	72.5	42.5	102.5	217.5
-84kg							
1.	Yang Yunie	1981	Singapore	127.5	82.5	170.0	380.0
2.	Hussin Norleila	1983	Malaysia	140.0	70.0	162.5	372.5
3.	Wang Lu	1983	China	150.0	70.0	150.0	370.0
84+kg							
1.	Abdul Razak Rozana	1981	Singapore	130.0	50.0	165.5	345.5
2.	Nabeel Sana	1983	Pakistan	120.0	55.0	145.0	320.0
3.	Bharati Mahapatra	1981	India	100.0	65.0	120.0	285.0
-69kg							
1.	Rohni Bansal	1976	India	137.5	70.0	160.0	367.5
2.	Tan Sze Yin Saudi	1980	Singapore	125.0	75.0	155.5	355.5
3.	Parvathi Sriram	1978	India	120.0	55.0	140.0	315.0
4.	Chi Chia-Chi	1975	Chinese Taipei	80.0	82.5	135.0	297.5
-76kg							
1.	Mayani Hemant Kamble	1983	India	145.0	80.0	160.0	385.0
2.	Nayeb Mahdi Abadi Fatemeh	1979	Iran	130.0	80.0	140.0	350.0

In Division there are 26 Lifters**Division «Masters II»**

#	Name	Born	Team	SQ	BP	DL	Total
-47kg							
1.	Tsai Shu-Min	1967	Chinese Taipei	92.5	47.5	110.0	250.0
-63kg							
1.	Soto Guzman Sara	1966	Thailand	115.0	65.0	176.0	353.5
2.	Cheam Michelle	1964	Singapore	65.0	35.0	90.0	190.0
-84kg							
1.	Sujata Kaul	1973	India	100.0	45.0	120.0	265.0
2.	Khardina Elena	1971	Uzbekistan	70.0	50.0	110.0	230.0
84+kg							
1.	Altaibaeva Marina	1973	Kazakhstan	100.0	60.0	120.0	280.0
2.	Urauchi Yumiko	1964	Japan	80.0	50.0	90.0	220.0
-69kg							
1.	Gitanjali Dastoor	1971	India	120.0	67.5	130.0	317.5
2.	Price Alicia	1970	Australia	115.0	65.0	135.0	315.0
3.	Yu Yi-Chen	1973	Chinese Taipei	112.5	52.5	125.5	290.5
-76kg							
1.	Condon Carole	1965	Australia	122.5	70.0	152.5	345.0
2.	Rodrigues Alison Agnes	1965	Malaysia	110.0	65.0	127.5	302.5

In Division there are 12 Lifters**Division «Masters III»**

#	Name	Born	Team	SQ	BP	DL	Total
-47kg							
1.	Pascoe Pranee	1958	Thailand	85.0	50.5	125.0	260.5
-52kg							
1.	Imai Shigemi	1962	Japan	85.0	52.5	120.0	257.5
-63kg							
1.	Ip Wing-Yuk	1961	Hong Kong, China	65.0	55.0	85.0	205.0
84+kg							
1.	Day Peta	1959	Australia	132.5	67.5	165.0	365.0
-69kg							
1.	Lee Tsai-Wei	1961	Chinese Taipei	108.0	51.0	116.5	275.5
-76kg							
1.	Hsu Mei-Yun	1960	Chinese Taipei	90.0	40.0	110.0	240.0

In Division there are 6 Lifters**Division «Masters IV»**

#	Name	Born	Team	SQ	BP	DL	Total
-52kg							
1.	Toews Bea	1944	Thailand	45.0	30.0	75.0	150.0

In Total there are 163 Lifters