

**Asian Men's Equipped Bench Press Championships****Hong Kong / Hong Kong, China, 8 – 12 October, 2025****The List of Teams****China {The Team in Total: 11}***Lifters: 10*

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. Liu Weiqiang	M Open	-66kg
7. Wu Cheong	M Open	-105kg
8. Li Zeru	M Open	-120kg

*Team Members: 1*

1. Li Hao	✓ Cat.II
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**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: 31}***Lifters: 24*

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. Ng Yat Hei Jason	M Subjuniors	-105kg

14. Chan Pak Chung Sam	M Open	-59kg
15. Chow Jar Yue Ernest	M Open	-59kg
16. Kam Chi Leung	M Open	-93kg
17. Yuen Chui Yu	F Open	-47kg
18. Luk Ching Yu	F Open	-63kg
19. Chan Sze Hei	F Open	84+kg
20. Wong Ying Chi	F Open	-69kg

*Team Members: 7*

1. Yu Sum Por	✓ Cat.I
2. Ho Wing Nga	✓ Cat.I
3. Wong Kung Him	✓ Cat.I
4. Wang Gable Ka Po	✓ Cat.I
5. Yip Andrew Siu-Leung	✓ Cat.I
6. Tong Kei Hin	✓ Cat.II
7. Hung Wing Fai	✓ Cat.II

**India {The Team in Total: 32}***Lifters: 32*

1. Singh Inderjeet	M Masters 4	-83kg
2. Srivastava Ruben	M Masters 2	-83kg
3. Anand Mandia	M Masters 2	-83kg
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	-52kg
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. Najoob Naila	F Juniors	-52kg
18. Najoob Naila	F Juniors	-52kg
19. Nimi Chanu Bramhacharimayum	F Juniors	-69kg
20. Saveo Dsouza Avniel	M Subjuniors	-53kg
21. Pal Rishabh	M Subjuniors	-93kg
22. Garg Tanish	M Subjuniors	120+kg
23. Sahu Ganesh	M Open	-66kg
24. Vats Gaurav	M Open	-105kg
25. Shah Bhaskar	M Open	-105kg
26. Ramakrishnan Amudhini	F Open	84+kg
27. Leima Chanu Thangjam	F Open	-76kg

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

1. Mesforoosh Amir	M Open	-66kg
2. Mesforoosh Amir	M Open	-74kg

**Iraq {The Team in Total: 43}***Lifters: 38*

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-Muslimawi Ahmed	M Juniors	-66kg
7. Al-Aridhee Mustafa	M Juniors	-66kg
8. Aljadooai Zaid	M Juniors	-74kg
9. Raad Ramithan	M Juniors	-74kg
10. Nikashuh Hasan	M Juniors	-83kg
11. Mohsin Atheer	M Juniors	-93kg
12. Al Kat Abdulrahman	M Juniors	-93kg
13. Al-Hussein Rian	M Juniors	-105kg
14. Nikashuh Hasan	M Juniors	-105kg
15. Mohan Hussein	M Juniors	-105kg
16. Al- Turfi Mustafa	M Juniors	120+kg
17. Awad Abbas	M Subjuniors	-53kg
18. Abed Hasan	M Subjuniors	-59kg
19. Hasan Abed	M Subjuniors	-59kg
20. Al-Sarray Murtadha	M Subjuniors	-59kg
21. Abooda Muqtada	M Subjuniors	-74kg
22. Alturfi Ali	M Subjuniors	-74kg
23. Al-Ghuraibawi Muqtada	M Subjuniors	-83kg
24. Hur Mohammed	M Subjuniors	-83kg
25. Al-Rubaiawi Mohammed	M Subjuniors	-93kg
26. Abed Mohammed	M Subjuniors	-105kg
27. Nidawi Baqer	M Subjuniors	-120kg
28. Al-Attar Mustafa	M Subjuniors	-120kg
29. Al-Turfi Hayder	M Open	-74kg
30. Ali Chalak	M Open	-105kg
31. Al-Gburi Dheyaa	M Open	-120kg
32. Al Mashhadani Mostafa	M Open	-120kg
33. Al-Bayati Abdulabbas	M Open	120+kg

*Team Members: 5*

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: 35}***Lifters: 33*

1. Kawakami Kyoji	M Masters 4	-59kg
2. Takahashi Jun	M Masters 3	-93kg

3.	Todoroki Shinobu	F	Masters 3	-52kg
4.	Fukuda Munenari	M	Masters 2	-66kg
5.	Fujimoto Yoshikazu	M	Masters 2	-83kg
6.	Okayama Miki	M	Masters 2	-120kg
7.	Sato Mariko	F	Masters 2	-47kg
8.	Yoshinaga Nanae	F	Masters 2	-63kg
9.	Tokumaru Yu	M	Masters 1	-66kg
10.	Amakawa Akinori	M	Masters 1	-66kg
11.	Watanabe Kunihiro	M	Masters 1	-74kg
12.	Goto Takashi	M	Masters 1	-83kg
13.	Mori Masato	M	Masters 1	-120kg
14.	Koseki Miki	F	Masters 1	-47kg
15.	Shoji Sanae	F	Masters 1	-57kg
16.	Ogawa Manato	M	Juniors	-66kg
17.	Miyamoto Mikihiro	M	Juniors	-74kg
18.	Araki Ryota	M	Juniors	-83kg
19.	Ito Takahiro	M	Juniors	-83kg
20.	Okayama Sora	M	Subjuniors	-74kg
21.	Todoroki Ryoma	M	Subjuniors	-74kg
22.	Okayama Sora	M	Subjuniors	-83kg
23.	Takahashi Yuji	M	Open	-66kg
24.	Ito Tatsuya	M	Open	-66kg
25.	Suzuki Yusuke	M	Open	-83kg
26.	Yamashita Yasuki	M	Open	-93kg
27.	Kadoma Kosuke	M	Open	-105kg

*Team Members: 2*

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

**Kazakhstan {The Team in Total: 72}***Lifters: 62*

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.	Senchilov Pavel	M	Juniors	-93kg
6.	Ismailov Paizakhmat	M	Juniors	-120kg
7.	Amanov Buned	M	Juniors	120+kg
8.	Romanova Nargiza	F	Juniors	-47kg
9.	Bastrykova Kamila	F	Juniors	-76kg
10.	Assetov Ilyas	M	Subjuniors	-53kg
11.	Abdurakhmanov Rustambek	M	Subjuniors	-53kg
12.	Shaukatov Mukhammad	M	Subjuniors	-59kg
13.	Kostromtsov Daniil	M	Subjuniors	-66kg
14.	Ulugbekov Sardar	M	Subjuniors	-66kg
15.	Yemsukhanov Nurlykhan	M	Subjuniors	-66kg
16.	Yeryomenko Tigran	M	Subjuniors	-83kg
17.	Yevdokimov Nikita	M	Subjuniors	-93kg
18.	Tolybay Aidan	M	Subjuniors	120+kg

19.	Pashkovskaya Anastassiya	F	Subjuniors	-52kg
20.	Alexeyeva Angelina	F	Subjuniors	-69kg
21.	Khe Anastassiya	F	Subjuniors	-69kg
22.	Magomedova Aminat	F	Subjuniors	-76kg
23.	Satybaldy Zhanat	M	Open	-59kg
24.	Orinbassarov Adilkhan	M	Open	-59kg
25.	Yelzhanov Shingis	M	Open	-66kg
26.	Karaman Abdulkarim	M	Open	-74kg
27.	Salmen Azat	M	Open	-74kg
28.	Yudchenko Sergey	M	Open	-83kg
29.	Sarsegalyev Yrysbek	M	Open	-83kg
30.	Tulegenov Kuanyshbay	M	Open	-83kg
31.	Shokhanov Askar	M	Open	-93kg
32.	Trifonov Igor	M	Open	-105kg
33.	Li Dimitriy	M	Open	-120kg
34.	Koshkarov Aidar	M	Open	120+kg
35.	Tsoy Kristina	F	Open	-52kg
36.	Lapteva Olga	F	Open	-57kg
37.	Lisnichenko Anastassiya	F	Open	-63kg
38.	Bermukhambetova Zhadyra	F	Open	-84kg
39.	Zhumasheva Olga	F	Open	84+kg
40.	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: 87}***Lifters: 65*

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.	Galyamin Nikita	M	Juniors	-74kg
6.	Kuzdubaev Denislav	M	Juniors	-74kg
7.	Shchipanov Aleksandr	M	Juniors	-74kg

8.	Narozhniy Stepan	M Juniors	-83kg
9.	Shlenev Vladislav	M Juniors	-83kg
10.	Papikian Danis	M Juniors	-93kg
11.	Sevriukov Aleksei	M Juniors	-93kg
12.	Ergin Victor	M Juniors	-105kg
13.	Bochkarev Arslan	M Juniors	-120kg
14.	Kabanov Ruslan	M Juniors	-120kg
15.	Petrov Nikita	M Juniors	-120kg
16.	Mnatsakanyan Rima	F Juniors	-47kg
17.	Morozova Alisa	F Juniors	-47kg
18.	Zhurbenko Olga	F Juniors	-47kg
19.	Kostrubii Irina	F Juniors	-52kg
20.	Podkorytova Veronika	F Juniors	-52kg
21.	Filippova Diana	F Juniors	-57kg
22.	Malygina Svetlana	F Juniors	-57kg
23.	Valiakhmetova Daria	F Juniors	-57kg
24.	Filimonova Maiia	F Juniors	-63kg
25.	Sokusheva Nadezhda	F Juniors	-63kg
26.	Bykova Tatiana	F Juniors	-84kg
27.	Sysoeva Daria	F Juniors	84+kg
28.	Gvagvalia Diana	F Juniors	-76kg
29.	Gafarova Evelina	F Subjuniors	-52kg
30.	Khosroeva Milena	F Subjuniors	-76kg
31.	Smirnov Oleg	M Open	-59kg
32.	Urusov Ian	M Open	-66kg
33.	Khutorov Egor	M Open	-74kg
34.	Luchkin Dmitrii	M Open	-74kg
35.	Urusov Stanislav	M Open	-74kg
36.	Golovachuk Semen	M Open	-83kg
37.	Talko Andrei	M Open	-83kg
38.	Vorotilin Valerii	M Open	-83kg
39.	Abbasov Raman	M Open	-93kg
40.	Belkov Iurii	M Open	-93kg
41.	Malchikov Denis	M Open	-105kg
42.	Iakush Sergei	M Open	-105kg
43.	Khodykin Aleksandr	M Open	-120kg
44.	Sykmenev Aleksandr	M Open	-120kg
45.	Konovalov Andrei	M Open	120+kg
46.	Usov Sergey	M Open	120+kg
47.	Zadorina Iana	F Open	-47kg
48.	Sitdikova Aigul	F Open	-52kg
49.	Kotkova Larisa	F Open	-57kg
50.	Kolesnik Daniela	F Open	-57kg
51.	Lorenz Anastasia	F Open	-57kg
52.	Lomatskaia Daria	F Open	-63kg
53.	Demidova Arina	F Open	-63kg
54.	Maksimova Uliana	F Open	-84kg
55.	Sindikis Nadezhda	F Open	-84kg
56.	Pugovkina Alla	F Open	84+kg

57. Vasileva Anna	F Open	-69kg
58. Yultsova Viktoria	F Open	-69kg
59. Dediulia Svetlana	F Open	-76kg
60. Riabova Mariia	F Open	-76kg
61. Nemets Ekaterina	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. Alferenko Maksim		✓ Coach
10. Morozov Viktor		✓ Coach
11. Lukianov Aleksei		✓ Coach
12. Leshchenko Nikolai		✓ Coach
13. Abramov Dmitriy		✓ Coach
14. Kolomenskii Vladislav		✓ Coach
15. Matuk Stanislav		✓ Coach
16. Filimonov Viacheslav		✓ Coach
17. Rafikov Marat		✓ Coach
18. Solodov Anton		✓ Coach
19. Stepanenko Sergey		✓ Coach
20. Mosharov Nikita		✓ 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	53
	Asian Men's Classic Bench Press Championships	103
	Asian Women's Equipped Bench Press Championships	39
	Asian Men's Equipped Bench Press Championships	90
Persons as ...	Referee	12
	Representative	34
	Referee & Representative	3

	All Together	334
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