

Hong Kong Powerlifting Association



Is very honored to host

**Asian Classic & Equipped Bench Press
Championships**

on

October 8-12, 2025

Previous Powerlifting/Bench Press Championships in Hong Kong



2008- Asian Bench Press Championship

2015- Asian Equipped Powerlifting Championship

2019- Asian Equipped Powerlifting Championship

2023- Asian/Pacific/African Combined Powerlifting & Bench Press
Championship

2024- Asian Equipped Powerlifting Championship



Where is Hong Kong?

- Small city in East Asia
- 7.5 million population
- Cosmopolitan city, financial center
- One of the safest cities in the world
- A touristic city, attracting millions of tourists worldwide, 34 million tourists to Hong Kong in 2023





Hong Kong is one of the safest city in the world

- Night views are fabulous
- No gun city
- Restaurants and shops are open till late night
- Lots of 24/7 services
- Night life is fascinating





Hong Kong Chap Lap Kwok international airport

- Rated as 5-star airport worldwide
- Public transport to city: 24 minutes
- Taxi, airport buses available 24 hours
- Efficient delivery of baggage
- Clean & comfortable





Currency and payment

- Money exchange is easily available
- Most credit cards are accepted
- Electronic payment is popular
- 1USD =7.75 HK\$



Competition venue Queen Elizabeth Stadium





Queen Elizabeth Stadium

- All the previous Asian Championships are held in this stadium
- 3500 seats for audience
- Located in town center, a financial & cultural region
- Next to Hong Kong Convention center





Main Hotel- Dorsett Wanchai Hotel

- 1-minute walk to the competition venue
- Various types of rooms
- Used as main hotel in previous competitions and coach courses
- Smaller hotels close to the main hotel at affordable price
- APF has fixed the twin room rate at US\$ 75/night/ person to ensure an affordable price for lifters
- HKWPA promises to find hotel room at this rate





Dorsett Wanchai Hotel

- Next to horse racing field-Happy Valley
- Signature activity of Hong Kong
- Horse racing every Wednesday
- Free ticket and free beer available for visitors to Hong Kong



Social activities close to hotel

- Free shuttle by hotel to shopping area
- Convenient public transportation by mass transit railway(MTR) to almost anywhere in Hong Kong





East meets west

- All kinds of food available in Hong Kong
- The main hotel restaurant is famous for Chinese food
- Fusion of culture
- Breakfast in restaurant serves international food



Competition venue



Opening ceremony with spectacular performance



Equipment and medals

- IPF approved racks and discs on platform and warm up area
- High quality participation medals and heavy weight award medals





Meals & cuisines

- Breakfast is included in room charge
- Meal boxes with drink included are available in venue at around US\$7
- Numerous restaurants are available around the venue at various costs, with different signature dishes



Have fun

Autumn time is best time of the year

temperature :20-30 degree C



- Scenic spots are within walking distance or readily accessible by MTR
- Various signature vehicles just fill you up with excitement



Welcome to Hong Kong!

