



2024 APF ANNUAL GENERAL ASSEMBLY

MINUTES

December, 4
Tashkent, Uzbekistan

APF General Assembly was started on December, 4 at the Le Grande Plaza Conference hall Winter Garden on 16.00 with the following Agenda:

- 1) Welcome Message
- 2) Roll call of nations, and delegates, presentation of credentials for each nation
Certification of Delegates
- 3) Minutes of the last General Assembly
- 4) President's report and approval
- 5) Vice-President's report and approval
- 6) Treasurer's & Auditors report and approval
- 7) Budget and Approval
- 8) Secretary General's Report and Approval
- 9) Technical Committee Chairwoman Report and Approval
- 10) Championship Secretary Report and approval
- 11) Sub Regional Reports and Approval
 - a) West Asia
 - b) East Asia
 - c) Central Asia
 - d) South Asia
 - e) South East Asia
- 12) Action on Proposed Amendments
- 13) New Member Applications
- 14) Action on Delinquent Nations
- 15) Hall of Fame
- 16) Any Other Business
- 17) Future Championships
- 18) Adjournment

1. WELCOME MESSAGE

Hello to all national powerlifting federations present in the general assembly. Thank you to all of you who came from far and near in this tournament and for giving importance to your annual meeting in the Asian Powerlifting Federation.

In fact, one of our main goals in the Asian Powerlifting Federation is to spread the sport of powerlifting in the form of its correct presentation in the minds of the audience of this sport, and only these gatherings in different forms and with your community (national powerlifting federations in the Asian continent) to share opinions. And your ideas will be realized. Of course, these opinions and ideas should be compatible with the hardware facilities and budget of the Asian Federation.

I wish you health and happiness and I hope your stay in Uzbekistan-Tashkent is full of good memories.

Farshid Soltani
APF President

IPF President Gaston Parage was honored guest at the 2024 APF General assembly and he welcomed all APF Member Nations and their representatives.

2. ROLL CALL OF NATIONS AND DELEGATES, PRESENTATION OF CREDENTIALS OF EACH NATION, CERTIFICATION OF DELEGATES.

APF Executive Committee Members

1. Farshid Soltani – APF President
2. Tatiana Romanova – APF Secretary General
3. Pok Kim Won – APF Vice President
4. Ip Wing Yuk – APF treasurer
5. Chen Yeh Chao – APF Technical Chair
6. PJ Joseph – South East Asia
7. Dayalan Jeevan – South Asia
8. Faisal Alzaabi – West Asia
9. Dash Battulga – East Asia

APF Member Nations Representatives

10. UAE – Mohammed Al Marri, Ebrahim Alali
 11. Kyrgyzstan – Abakirov Alim, Abakirov Adzhibek
 12. China – Wang Yan, Li Hao
 13. Chinese Hong Kong – Wong Honh Aih
 14. Kazakhstan – Pankrashev Alexey, Pischyaev Roman
 15. Uzbekistan – Islamov Islam, Samedinova Elvira
 16. Kuwait – Alhanouf Altamimi, Anuar Alavadi
 17. KSA – Abdulaziz Alwari
 18. Chinese Taipei – Lu Chai Chun
 19. Philippines – Willord Capulong
 20. Singapore – Clinton Lee
 21. Malaysia – Seun Wong
 22. Qatar – Firas Afani
 23. Thailand – Peter Lucy (no voting right)
 24. Mongolia – Dulamsuren Munkhtsetseg, Batzug
 25. South Korea – Seung Wanchoi, Veronica Kim
 26. Iraq – Salah Fatah, Nibras Ali
- 25 voting rights, 13 - majority**

3. MINUTES OF THE LAST GENERAL ASSEMBLY. **UNANIMOUSLY APPROVED**

4. PRESIDENT'S REPORT **UNANIMOUSLY APPROVED**

Before I turn to my annual report, I need to thank all my colleagues in the International Powerlifting Federation and the Asian Powerlifting Federation, surely these successes would not have been achieved without your help and cooperation.

The activities of the Asian Powerlifting Federation are generally summarized in the following sections:

- A- Educational activities
- B - Tournament activities
- C- Activities related to entering the Asian Student Games known as AUSF
- D - Activities related to entering the Asian Games
- E - Activities related to attracting sponsors
- F - Activities related to quality live broadcasting
- G- Activity regarding the training of the member countries regarding the integrity of the execution of the

competitions with single software and even digital tools and standards in the matter of judgment during the refereeing .

H - Important meetings

A- Educational activities

With the help of the coaching commission in the International Powerlifting Federation, in this commission Ms. Dr. Ip, as the representative of the Asian Federation, conveys our points of view, and in addition, the Asian Federation has 3 representatives in the board meetings, who after reviewing the points of view of the national federations in the Asian Federation will present it to this commission through their representatives.

At present, the Asian Federation has decided to hold its trainers' training in two parts of East and West Asia, the reason for this is to find places that have all the necessary standards and tools to hold these training courses.

Hong Kong is certainly one of the places that have these standards, but in the future, the decision is to develop it in other parts of West Asia, such as Qatar or the UAE.

Of course, due to the problems of travel expenses for coaches, we will try to hold these courses before the start of the competitions in East and West Asia, and this does not mean that we will not be active in the southern and middle parts, but in order to hold these courses, to time, place, the number of participants and the approval of the trainers' commission were also important.

B - Tournament activities

Fortunately, we are spending successful years in terms of hosting and as I have mentioned many times, the Asian Federation is not only limited to a few hosts and in a few specific countries as in the past, now Asian competitions are held separately in 5 regions of Asia every year and In the past, in the annual assembly, it was decided to hold the competitions in a more special way, to see the adjustment of the participants' attendance and to make it easier for the host.

C - Activities related to entering the Asian Student Games known as AUSF

Well, this issue is very easy and it is not very difficult to control. In fact, the IPF has already made this way easier by entering FISU, but this does not mean that we should sit back and be spectators.

In fact, all the national powerlifting federations in the Asian continent should contact and create this bridge with the national university sports federations; because university sports and of course powerlifting will have many audiences and this relationship can definitely help in entering the Asian Games. No effect.

Unfortunately, except for a few countries, this connection has remained as a single sentence, and most of the national powerlifting federations in the Asian continent ignore this point. The proper way to do this is to create forms and summary reports from each and every national powerlifting federation in the Asian continent.

D - Activities related to entering the Asian Games

One of the important issues that we have been working on for several years is the entry into the Asian Games, which has a detailed story in it. They can cover more than 50% of this road by themselves, while the national federations do not make any efforts in this regard. Various factors that play an essential role in this process:

- 1- The relationship between the International Federation and the Olympic Council of Asia
- 2- The relationship between the Asian Federation and the Olympic Council of Asia
- 3- The relationship between the national federations that are members of the Asian Federation and the National Olympic Committee in their own country
- 4- Communicating with influential people, politicians and using their positive power to communicate with their

counterparts in countries that have high-level executive members in the Olympic Council of Asia.

5- Detailed statistical reports from:

A - The number of annual athletes

B - the number of doping controls from them

C - The number and attraction of contacts by the media

D - Positive comments about powerlifting in the media and virtual spaces

E - activities related to attracting sponsors

The process of attracting sponsors in the Asian Federation is done through the International Powerlifting Federation, and usually the Asian Federation reaches a dead end and a negative balance at some points, which can lead to risks. In this regard, I will give suggestions in the ANY OTHER BUSINESS section.

F - Activities related to quality live broadcasting

Now, after 2019, by purchasing and updating the equipment, the Asian Federation has demonstrated an acceptable live broadcast, and this is still not enough and needs to be improved. Buying new tools and equipment in the field of modern technology can create this transformation.

This problem can be solved in two ways:

1- The entry of new sponsors without the intervention of the International Powerlifting Federation

2- Increasing the budget from the International Powerlifting Federation regarding the special sponsors of that federation such as: SBD and ELEIKO

G- Activities regarding the training of the member countries regarding the integrity of the implementation of competitions with single software and even digital tools and standards in the matter of judging during the refereeing.

By examining the competitions of different countries in the Asian continent, I came to the conclusion that most countries do not use single software, and this problem has disadvantages such as:

A- Not knowing the results of national competitions and creating a detailed newsletter in the Asian Federation

B - lack of knowledge of statistical results and reports at the level of Asia

C- Not using the same refereeing tools and the referees getting mixed up after entering the world arenas

D - Lack of knowledge about the settings of arbitration tools even in very simple cases

H - Important meetings

Three important meetings:

1- Iran

2- Kyrgyzstan

3- Japan

Iran

Meeting with the Minister of Sports of Iran, Mr. Kiyomarth Hashemi, Meeting with the head of the National Olympic Committee of Iran. These meetings were held at two different times, and on the 6th, domestic and international powerlifting reports were mentioned and it was requested that through letters to the Olympic Council of Asia, Iran's request to enter these games was announced.



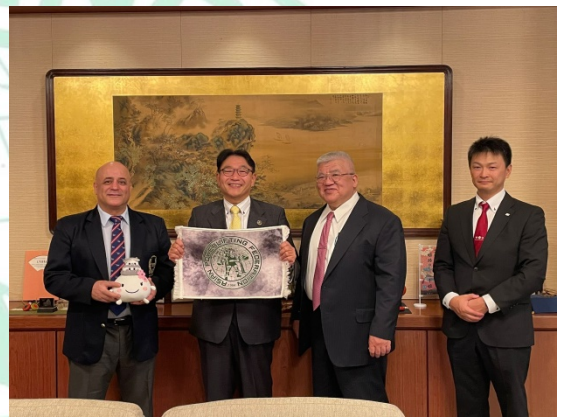
Kyrgyzstan

Meeting with the deputy of the Ministry of Sports of Kyrgyzstan. Gratitude to the President and Secretary of the Kyrgyzstan Powerlifting Federation and the excellent and quality holding of the Asian Bench Press Competition in Bishkek, as well as clarifying the entry and presence of independent and impartial athletes in the Asian competitions, hosted by Kyrgyzstan, and requesting the support of the Kyrgyzstan Powerlifting Federation, as well as sending A letter to the Olympic Council of Asia to enter the Asian Games.

Japan

Meeting with the head of the Japan Powerlifting Association Meeting with the mayor of Himeji, one of the mythical cities in Japan. Meeting with the former deputy of the Ministry of Sports of Japan

This meeting was held at the same time in the municipality of Himeji, during which the hosting of Japan in July 2025 from the Asia Pacific, Africa series was held with the approval of the mayor of Himeji and their support, and then the issue of the Asian Games in Nagoya was discussed and exchanged. It was agreed that they promised cooperation and assistance.



In the end, I feel it necessary to express my gratitude to my dear friend and colleague, Mr. Parage, the head of the International Powerlifting Federation, because without his support, this path would not have been paved in this way. I thank all my colleagues in the Asian Powerlifting Federation APF and the International Powerlifting Federation IPF.

Farshid Soltani
APF President

5. VICE-PRESIDENT’S REPORT **UNANIMOUSLY APPROVED**

It has been a challenging year for all of us in this field of Powerlifting. All Asian events were successfully organized as scheduled. Like the “Asian Equipped Powerlifting Championship cum Asian University Cup” in Hong Kong China, “Asian Equipped/Classic Benchpress Championships” in Kyrgyzstan, and at the time of writing this report, the “Asian Classic Powerlifting Championships” in Uzbekistan has everything ready and awaiting lifters to show their true talent and potential on the platform. Besides competition, it is also our great honour to co-organize the IPF trainer education coach course in Hong Kong China. APF has conduct this course in two consecutive years to give people who are passionate about Powerlifting sports a platform to improve their coaching skills. APF will continue to keep up the work to Powerlifting sports in Asia and help to drive this endeavor forward into the future.

Kim Won Pok
Vice-President

6. TREASURER'S & AUDITOR'S REPORT AND APPROVAL

To be approved at the 2025 General Assembly

APF financial report 1-12/2024

Balance sheet 1/1/-2024 to 31/12/2024

Income 1-12/2024		US\$	Expenses 1-12/2024		US\$
1	APF membership fee (28 members paid)	5585	1	Bank charge , re-registration , tax return filing	1488.65
2	Competition fee	92885	2	Competition expenses of officials	
2 -1	Asian Equipped	22740	2 -1	Asian Equipped	10366
2 -2	Asian Bench Press	26535	2 -2	Asian Pacific African Combined	2695
2 -3	Asian Classic	43610	2 -3	Asian Bench Press	9006
			2 -4	Asian Classic	16129
3	IPF development fund	30400	3	Equipment for live streaming	3263
			4	Traveling expenses and others	5255
			5	Purchase of IPF 50th anniversary books	962
			6	Stationery	429
			7	Antidoping fee to IPF	51520
Total		128870	Total		101113.7
Surplus of 2024	27756.35 US\$				
Left over at 12/2023	78293.4 US\$				
APF assets at 31/12/2024	106049.75 US\$				

S. Parvareth Rauls



7. BUDGET AND APPROVAL **UNANIMOUSLY APPROVED**

BUDGET 2025



	Budget	
	Income	Expenditure
01 Fees		
01.1 Membership fees	6 400,00	
01.2 Participation fees (500 entries x45+300x65)	42 000,00	
	48 400,00	0,00
02. Partners		
03.1 IPF Sponsor	22 600,00	
03.2 Equipment for Championships		22 600,00
	22 600,00	22 600,00
03 Administration		
03.1 Office expenses		200,00
03.2 Account fees, Tax		300,00
03.3 Stationery		400,00
03.4 Bank charge and auditor fee, business registration		400,00
03.5 live streaming equipment		1 000,00
	0,00	2 300,00
04 Travel & Honorarium		
05.1 4 Championships(President , Hon Secretary, Hon Treasurer, Championship Secretary, Tec		48 000,00
	0,00	48 000,00
05 Development Fund		
05.1 Food & expenses of tutors		3 000,00
05.2 Equipment/venue fee/Manpower		3 000,00
05.3 Course fee(Educational course)	6 000,00	
	6 000,00	6 000,00
06 Sponsor		
06.1 Equipment company	2 000,00	
	2 000,00	
Balance	79 000,00	78 900,00
Profit	100,00	

8. SECRETARY GENERAL REPORT **UNANIMOUSLY APPROVED**

Dear APF Members,

I'm honored to welcome you at the 2024 Asian Powerlifting Federation General assembly that takes part in Tashkent, Uzbekistan.

First of all it's my immense pleasure to the host country and the Uzbekistan Powerlifting Federation. I clearly remember 2015 Asia Oceania Powerlifting Championships that was held in Uzbekistan at the same time in December and the same venue Hotel Le grande plaza. It's great pleasure to see our constant and the most active APF member - Uzbekistan Powerlifting Federation that is working so hard to host our event and conducting this General Assembly.

One more year passed with great memories. We started in Hong Kong with Asian Equipped Powerlifting Championships, that's still gathering our Nations together despite the fact that the equipped division isn't popular anymore globally. I would like to appreciate all coaches that promote Equipped Powerlifting among their lifters. 2nd Asian University Cup was held in Hong Kong as well and we saw positive statistics and the growth of interest among our students. However there is always a room for the growth and great future is possible only if we work together to promote Powerlifting among the youth community.

I was delighted this year to host Asian Benchpress Championships in Kyrgyzstan, my home country and happy to state that 9 APF Members took part, together with neutral athletes. There were only 4 countries last year in Japan during 2023 Asian Benchpress Championships and this increase of nominated athletes is a great step forward.

As per my opinion the highest number of athletes is strictly depends on the different factors such as low rate of accommodation, visa application simplicity, location of the venue and affordable flight conditions. Based on this fact we, APF Executive Committee Members, made decision to set the maximum rate on accommodation at all locations that will host Asian Championships in future, 65\$ for triple and 75\$ for double and below. Additionally the Promoter Contract with the host country was updated with the all conditions stated.

This year we organize Asian Classic Powerlifting Championships that combine all age classes for the last time and next year our Powerlifting Championships will include both classic and equipped divisions at different age groups tournaments:

Subjuniors & Juniors will compete in India on May and Open & Masters will compete in Istanbul on December.

On the last note I would like to ask all our members to educate their team members not only in terms of training but also in terms of Discipline, Technical rules and Anti-Doping as well.

Anti-Doping is still a heartbreaking issue in Asia that may cause many problems on the world level.

Technical rules are strictly important, it's disappointing to see how our athletes and coaches are not aware about the referee card reasons and are not informed about the gear fake products that, unfortunately, are available on the market. Our booklet about the fake gear is available on the APF website so please be aware and make sure we are all on the right way.

My best wishes to the teams at our last event of 2024 the Asian Classic Powerlifting Championships in UZBEKISTAN and best wishes in the new 2025 competition year!

Best regards,

Tatiana Romanova
APF Secretary General

9. TECHNICAL COMMITTEE CHAIRWOMAN REPORT **UNANIMOUSLY APPROVED**

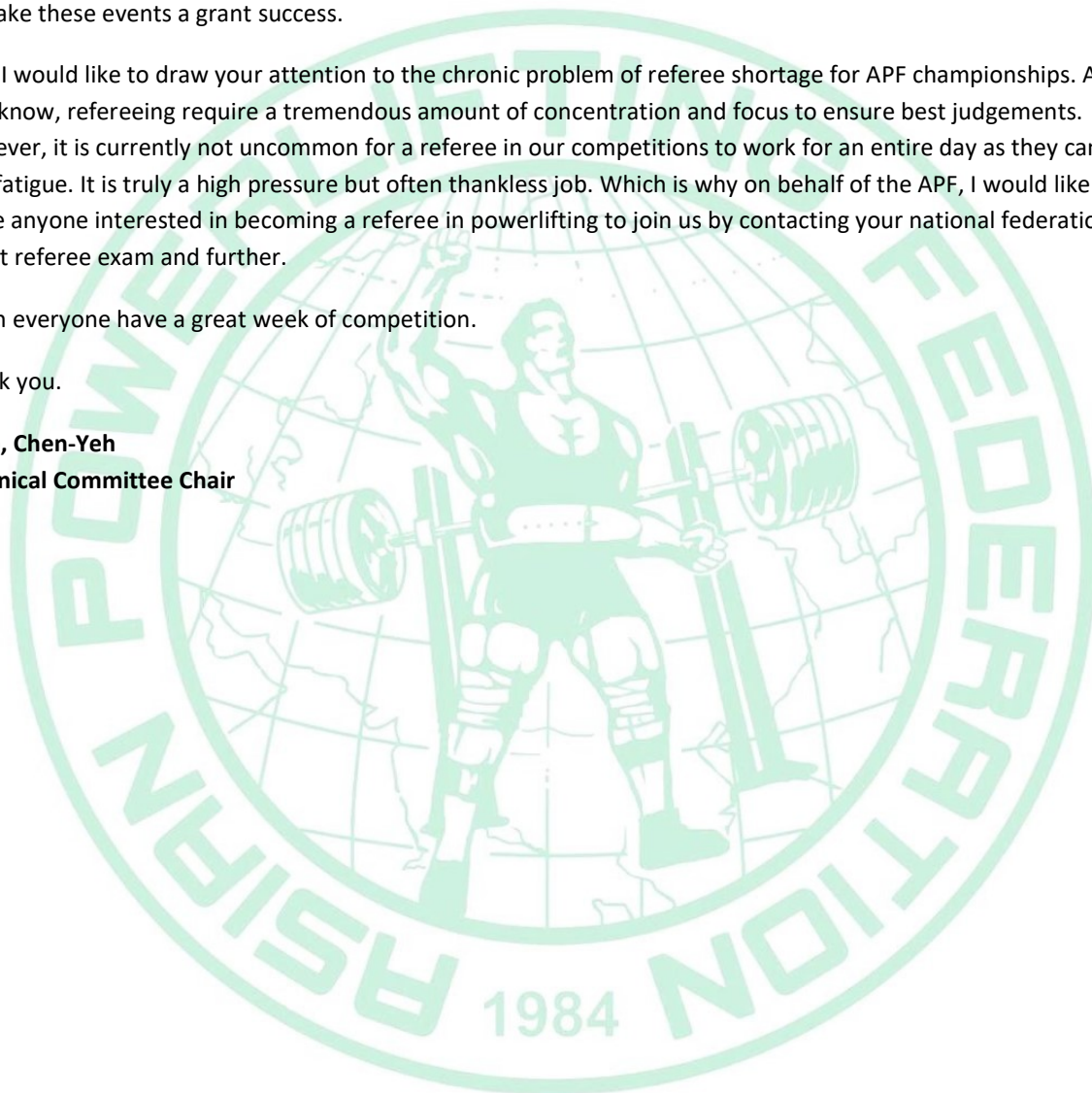
2023 was another extraordinary year for the APF, with four major championships being successfully hosted. Asian Equipped Powerlifting Championships held in India. Bench Press Championship held in Japan. The Asia/Oceania/Africa powerlifting and bench press championships were held in Hong Kong. The Asian Classic Powerlifting Championships were held in Malaysia. In 2024, 3 competitions were successfully held, and the Asian Equipped Powerlifting Championships were held in Hong Kong. Bench Press Championship held in Kyrgyzstan. The Asia/Oceania/Africa Powerlifting and Bench Press Championships were held in South Africa. I would like to take this opportunity to congratulate our colleagues from these member nations for hosting such a wonderful events and the sports lovers. I also like to say a big thanks to all the referees, coaches, athletes and all those who worked to make these events a grant success.

Now I would like to draw your attention to the chronic problem of referee shortage for APF championships. As you may know, refereeing require a tremendous amount of concentration and focus to ensure best judgements. However, it is currently not uncommon for a referee in our competitions to work for an entire day as they can fall into fatigue. It is truly a high pressure but often thankless job. Which is why on behalf of the APF, I would like to invite anyone interested in becoming a referee in powerlifting to join us by contacting your national federation about referee exam and further.

I wish everyone have a great week of competition.

Thank you.

Chao, Chen-Yeh
Technical Committee Chair



10. CHAMPIONSHIP SECRETARY REPORT **UNANIMOUSLY APPROVED**

Morale boosting hectic Powerlifting activities were witnessed across the member federations of the Asian Powerlifting Federation in the Asian Continent and the highlights of the same can be seen in the events illustrated below –

Asia - Pacific – African Powerlifting Championship 2024.

The event was very successfully organized in Potchefstroom city of South Africa during 06th to 13th July 2024, with participation from India, Chinese Taipei, Kazakhstan, Japan and China, Pakistan representing Asian Continent.

Asian Sub Junior, Junior, Open & Masters Equipped Powerlifting Championship 2024:

The Championship was hosted by Hong Kong from 6th to 11th May 2024. There were a total participation of 128 including 71 Men and 57 Women competitors from Chinese Taipei, India, Hong Kong, Kazakhstan, Philippines, Uzbekistan, Japan and China and it was a total success.

Asian University Cup Classic & Equipped Powerlifting & Bench Press Championship 2024:

This championship was held in Hong Kong during 6th to 11th May 2024. 53 competitors representing 30 Universities in Asia took part. It will definitely help popularize Powerlifting in more and more universities in the year ahead.

Asian Sub Junior, Junior, Open & Master's Classic & Equipped Bench Press Championship 2024:

Kyrgyzstan Powerlifting Federation hosted the championship very successfully where in a total of 4 Competitors participated from 9 Countries.

Asian Classic Sub Junior, Junior, Open & Masters Powerlifting Championship 2024:

Tashkent city of Uzbekistan is all set to host the event during 01st to 10th of December 2024. Confirmed information reveals that a total of 337 competitors including 217 Men and 120 Women competitors will participate from Uzbekistan, Malaysia, Sri Lanka, Japan, Mongolia, Singapore, Philippines, Thailand, Chinese Taipei, Saudi Arabia, South Korea, China, Kuwait, Hong Kong, Qatar, Indonesia, Pakistan, Iraq, Kazakhstan, Lebanon, Kyrgyzstan, Bahrain and Neutral Athletes also.

This is going to be a great Powerlifting event that will create ripples and script a reverberating success story for the Powerlifting fraternity across Asian countries for both Asian Powerlifting Federation member -nations and non-member nations.

As the year 2024 closes with lot of achievements for Asian Powerlifting Federation, the year ahead 2025 will be full of promises to accomplish.

Wishing you all a Happy & Prosperous New year 2025.

P. J. Joseph

APF Championship Secretary.

NOTES BY THE IPF PRESIDENT GASTON PARAGE:

- **To be more responsible with nomination datelines such as: reserve lifters cancellation, to check the status of nomination (approved/not approved), to download all files in time**
- **To be more responsible with room cancellation in time as host county makes prepayment for rooms**

11. SUB-REGIONAL REPORTS

a) West Asia **UNANIMOUSLY APPROVED**

- we organized 4 local championships .
- 16 athletes been tested for doping
- we support Kuwait and Qatar for organizing competitions with our referees to make sure that they follow the IPF rules
- we create a committee under west Asia with dr . Adnan from Kuwait, and Firas from Qatar to for cooperation UAE Special Olympic and powerlifting
- We planning for west Asia to be done in Qatar 2025
- We plan to organize training course for IPF coaches & to organize World Championship 2026

Faisal Al Zaabi

APF EC Member (West Asia)

UNANIMOUSLY APPROVED

b) East Asia

We did not have anything special happen in this area and all national activities were carried out at the appropriate time.

We only had changes in the management system of the South Korean Federation.

Also, China will host the World Games.

Mongolia will also host the 2026 Powerlifting Classic.

Dash Batulga

APF EC board member (East Asia)

Additionaly (provided by Dr. IP).

Activities in Hong Kong

20/1/2024 International Powerlifting Qualification Event I

13/4/2024 International Powerlifting Qualification Event II

5-11/5/2024 Asian Equipped Powerlifting Championship cum Asian University Cup 2024

15/6/2024 67th Festival of Sport – Hong Kong Powerlifting Championships 2024

5/10/2024 Hong Kong Benchpress Championships 2024

15-21/11/2024 IPF Trainer Education Course (Level 1 & 2) (Tentative)

c) Central Asia UNANIMOUSLY APPROVED

Uzbekistan:

In March: All age categories equipped powerlifting Uzbekistan Republic National Championship (total number of participants 100 people)

In June: All age categories classic bench press Uzbekistan Republic National Championship (total number of participants 120 people)

In July: Open commercial bench press tournament

In September: All age categories classic powerlifting Uzbekistan Republic National Cup (total number of participants 120 people)

In December: Asian classic powerlifting Championships

Were held 2 antidoping seminars by Fotiev Sergey on the National Championships, information work is also being carried out in social networks regarding the IPF rules, equipment, correctness of performing exercises, rehabilitation exercises etc.

Kyrgyzstan:

9-10 March All age categories classic powerlifting Kyrgyzstan Republic (National Championship) – 50 athletes

1 June qualifying competitions to the Asian bench press championship. National Anti-Doping Seminar organized by Nado, 5 national doping test (2 positive urine), Sponsors support – equipment for best lifters all age categories – 60 athletes

21-28 September Asian Classic and Equip bench press championship (organized by National Federation), 7 athletes competed: 3 gold medals, 2 silver medals, 1 bronze medal.

5 October – National Classic Powerlifting Championships, sponsors support - equipment for best lifters all age categories – 70 athletes

IPF referees: cat 1-1, cat - 3 (exam in Tashkent), National – 6. Referee seminars during a year – 4.

Kazakhstan:

08-15 March All age categories Kazakhstan Republic National classic and equip bench press championship in Shimkent city, also were held antidoping seminar from KazNADC with Bakasheva Mayra.

01-09 April Open age category Kazakhstan Republic National classic powerlifting championship, and also all age categories Kazakhstan Republic National equip powerlifting championship in Kokshetau city

01-07 July Subjunior and junior Kazakhstan Republic National classic and equip powerlifting championship in Uralsk city, also were held antidoping seminar from KazNADC with Galiya Djumabayeva.

01-09 October Open age category Kazakhstan Republic National equip powerlifting championship, and also all age categories Kazakhstan Republic National classic powerlifting championship in Semey city

Best regards,

Starkov Vyacheslav

APF EC Member (Central Asia)

d) South Asia UNANIMOUSLY APPROVED

It gives me immense pleasure to present the brief report on the various powerlifting activities in South Asia for the year 2024 under the South Asian regional Board of the Asian Powerlifting Federation in which India, Bangladesh, Pakistan and Sri Lanka are the member nations. While powerlifting grows well in India under Powerlifting India, activities in other nations need to be stepped up and new federations in other countries in the region are to be promoted for membership in APF/IPF. Nation-wise reports are summarised below

Report on Activities of Powerlifting India during 2024

Our national federation, Powerlifting India has been very active with domestic championships for all age categories from district level to state and national levels and thereafter with participation of Indian team in various Asian Powerlifting Championships, Asia–Pacific–Africa Powerlifting Championships, Commonwealth Powerlifting Championships and World Powerlifting Championships. Our presence is felt and ensured in all International Powerlifting Championships this year too, as in the past, with remarkable achievements.

In tune with the IPF/APF Calendar of international championships and events, we in India have also a calendar to follow for domestic championships. This makes our federation pro-active and vibrant.

We report below participation and achievements of Team India in international Powerlifting Championships during the year 2024.

Achievements of Indian Team.

a. Asian Open, Sub Junior, Junior & Masters (Men & Women) Equipped Powerlifting Championship & University Cup 2024 held in Hong Kong from 05th to 11th May 2024.

The Indian delegates comprised of 49 competitors and officials who took part in this prestigious Asian Championship & University Cup hosted in Hong Kong from 05th to 11th May 2024. 49 competitors took part in competitions and many of whom got medals, positions and titles, the details of which are given below.

Gold - 25, Silver - 20, Bronze - 6

b. World Open, Sub-Junior, Junior & Master (Men & Women) Classic & Equipped Bench Press Championships held in Austin, Texas, USA from 21st May to 01st June 2024.

Achievements and medal tally of India were as under:

Silver - 1, Bronze - 3

c. Asia- Pacific – African Sub Junior, Junior, Open and Masters (Men & Women) Classic & Equipped Powerlifting & Bench Press Championship held in Potchefstroom, South Africa during 05 - 13 July 2024.

Team India Secured Various Team Championships with 13 Gold Medals with sterling performance.

d. World Sub Junior & Junior Classic & Equipped Powerlifting Championship held in Malta from 28th August to 08th September 2024 In Malta at World Sub Junior & Junior Equipped Powerlifting Championship team India clinched Team Championship in Junior Equipped competitions and created history with 49 points including 3 Gold Medals.

Team India created history in World Sub Junior & Junior Powerlifting Championship at Malta.

e. Asian Open, Sub Junior, Junior & Masters (Men & Women) Classic & Equipped Bench Press Championships held in Kyrgyzstan from 21st to 28th September 2024.

It was absolutely a sterling performance of Indians @ Asian Equipped Bench Press Championship 2024 in Bishkek, Kyrgyzstan with 2 Gold, 1 Silver & 1 Bronze.

f. Commonwealth Equipped & Classic Sub Junior-Junior Powerlifting and Equipped and Classic Sub Junior, Junior, Senior & Masters Bench Press Championship held in Sun City, South Africa from 04th to 13th October 2024.

The Indian achievements were:

43 – Gold, 9 – Silver, 3 Bronze

Total 52 Lifters Participated in Powerlifting & Bench Press Championship. National Championships conducted by Powerlifting India in 2024.

Powerlifting India has conducted national championships for all age categories during 2024 and selected our national teams for various international championships.

The following were the national championships:

a. National Senior (Men & Women) Classic Powerlifting Championship 2024 was held in Hyderabad, Telangana during 08th to 12th April 2024. 274 Competitors and officials took part.

b. XIII National Sub Junior & Junior (Men & Women) Classic Powerlifting

Championship was held in Sri Ganganagar, Rajasthan during 06th to 09th June 2024. 550 Competitors and officials participated.

c. National Sub Junior & Junior (Men & Women) Equipped Powerlifting Championship was held in Patiala, Punjab during 16th to 21st June 2024. 433 Competitors and officials participated.

d. National Masters (Men & Women) Equipped & Classic Powerlifting Championship 2024 was held in Indore, Madhya Pradesh during 21st to 26th July 2024. 487 Competitors and officials participated.

e. National Senior 50th Men & 42nd Women Equipped Powerlifting Championship 2024 & Powerlifting Special Olympics for Special Children was held in Kolkata, West Bengal during 20th to 25th August 2024. 259 Competitors and officials participated.

f. 33rd National Sub Junior, Junior, Senior & Masters (Men & Women) Classic & Equipped Bench Press Championships 2024 was held in Goa during 14th to 18th October 2024. 1457 Competitors and officials participated.

g. Federation cup championship 2024 to be held at New Delhi From 16-19 December in which 200 lifters are nominated till date. Zonal Championships of Powerlifting India

All our affiliated state associations are grouped into four zones, North zone, South zone, West zone and East zone and their Zonal Championships are also conducted regularly.

We have 32 state associations and 7 central government sports boards affiliated to us, who conduct their state championship/internal championship on an annual basis.

Our federation has conducted its Annual General Body Meetings, Special General Body Meetings and Executive Committee meetings during this period.

We have also conducted Orientation and Refresher Courses for Coaches and Referees along with our various national championships. We have also conducted during the year 2024, Anti-Doping Awareness

Programmes along with all the national championships. Attendance was made compulsory for all competitors, Referees, Coaches and supporting officials. All such programs were conducted with help of our National Anti-Doping Agency.

Our athletes are regularly being subjected to dope tests both on competition and off competition. We have a testing pool for competitors and those in the testing pool are under regular surveillance by NADA. Our federation is very keen on implementing the policy of “zero tolerance towards doping”.

Report on Activities of Bangladesh during 2024

2024 we introduced dedicated Women’s Powerlifting Championships called Girl Power and University Championships to encourage youths. Also for the first time we started doing professional LIVE broadcasts of the championships to spread out the sports, which will help us to grow further.

Currently we are working on our website, which we will launch before January’25.

Also we are planning to bid for the Asian Powerlifting Championship 2027 and working towards achieving the goal.

Membership:

Men’s: 72 | Women’s: 32 | Sub Junior: 32 | Junior: 57

Referee:

International: IPF Cat 2: 1

National: BPA Cat 1: 6

BPA Cat 2: 9

2024 Events:

Metal War 2024 (Open Powerlifting Championships) **NOTE: WAS REQUESTED BY THE APF PRESIDENT FARSHID SOLTANI TO CHANGE THE NAME OF THE CHAMPIONSHIP**

Girl Power 2024 (Dedicated Women’s Powerlifting Championships)

Fit Guru 2024 (SJR & JR Powerlifting Championships)

Rajshahi Powerlifting Championships 2024 (Divisional Championship)

University Powerlifting Championships 2024

Bangladesh Powerlifting Championships 2024 (National Championship)

2025 Events (Tentative):

Metal War 2025

Girl Power 2025 (Dedicated Women’s Powerlifting Championships)

Fit Guru 2025

Chittagong Powerlifting Championships 2025 (Divisional Championship)

Rajshahi Powerlifting Championships 2025 (Divisional Championship)

Sylhet Powerlifting Championships 2025 (Divisional Championship)

School & College Powerlifting Championships 2025

University Powerlifting Championships 2025

Bangladesh Powerlifting Championships 2025 (National Championship)

Report on Activities of Pakistan during 2024

Activity Report of Pakistan Powerlifting Federation 2024 International Participation;

2022: Pakistan Participated at Asian University cup at Sharjah,
2023: Pakistan Men and Women team participated at Asian Classic Powerlifting Championships at Johar Bahru, Malaysia and won medals for Pakistan.
2024: Pakistan Participated at Asian Championships at Hong Kong.
2024: Three Sister Power lifters participated at Asian- Pacific- African Classic and Equipped Powerlifting Championships at Potchefstroom, South Africa and Won Gold Medals for Pakistan. Pakistan Women team first time participated at this mega event.
2024: Men & Women Team participated at Commonwealth Classic & Equipped Powerlifting Championships Sun City 03-11 October and team Pakistan won Gold, Silver & Bronze Medals there in. It is worth mentioning here, that 2022 Birmingham Commonwealth Games Weightlifting Gold Medalist fist time Participated at 2024 Commonwealth Powerlifting in both (Classic & Equipped Powerlifting) in +120 Kg Category and won altogether (07) Gold and (1) Bronze Medal for Pakistan. Mr. Haider Ali & Muhammad Abdul Jabar Adnan participated in +120 Kg and won Gold and Silver Medals in Masters-2 & Masters -1 categories respectively. Women Team participated first time at Commonwealth Powerlifting and won 15 Gold medals for the country.

National Championships:

2023: Organized National Men & Women Powerlifting Championships March 2023 at Lahore. Teams from all leading departments and provinces took part.

2023: Organized Independence day Men & Women Powerlifting 14 August at Karachi.

2024: National Men & Women Powerlifting March 2024 at University of the Punjab Lahore.

2024: Sind Open Powerlifting is scheduled for 29 Nov-01 Dec, at Karachi.

(Muhammad Rashed Malik)
General Secretary

Report on Activities of Sri Lanka during 2024

Being the Member of the Asian Regional Board of APF, I requested Sri Lanka Federation to give details and on receipt of the same, it will be incorporated in our report.

Powerlifting is deep rooted in Asia with India in the forefront, it is really satisfying that the fame of powerlifting as a sporting event is gaining more and more acceptability in Asia. APF is standing high among other continental federations of International Powerlifting Federation.

With Regards,

PJ Joseph
APF Executive Committee member (South Asia region)

e) South East Asia UNANIMOUSLY APPROVED

*South East Asia Subregional Report – 18/11/2024
Prepared by Dato’ Dayalan Jeevan*

APF Executive Board Member – South East Asia Representative

To APF Family,

Countries – Malaysia, Singapore, Indonesia, Philippines, Brunei, Thailand and Vietnam

First and foremost I would like to thank APF and IPF for the continuous support to this subregion. Its been nothing short of exciting to be part of the APF board. With that being said, it gives me great pride and honour to have been selected to head this strong subregion. 2024 was a great year for South East Asia with Kasemsand Senumong, whom is fondly Opor in this subregion, becoming World Champion and securing an invite to Sheffield 2025. Along with that , this subregion showed an increase in participation for World and Regional Championships in 2024. All member nations showed great growth in number of meets and increase in participation proving that South East Asia is the fastest growing subregion in Powerlifting

Sharing the great camaraderie we always do, we, the South East Asian nations, have pledged to work together to grow our sport in this subregion collectively, whereby we will work together to share resources, technical expertise and concurrently work with our NOC and SEA-OC to include Powerlifting in SEA Games 2027 which will be hosted in Malaysia. We are very excited for the future of this subregion. We would like to express our heartfelt gratitude to IPF and APF esp Mr Gaston, Mr Hannie Smith, Dr Keller, Mr Farshid, Ms Tatiana , Mr PJ Joseph, Mr Pok, Ms Josephine Ip and Ms Chen among others for the unparalleled enormous support this subregion has received from them.

Below are each nations Report for the year 2024

Malaysia (39.04% growth)

Male 226, Female 91	Junior 71, Subjunior 36
National Athletes	MALE 33 FEMALE 26

2024 Events

Date	Event	No. of Athletes
20-21 January 2024 (Pearl Shopping Mall)	National Qualifier II 2024 – Strength Academy Classic 2024	135
27 January 2024 (Strength Asylum Kuching)	Sarawak Powerlifting Closed 2024	27
9th & 10th March 2024 (SET Hall, Sunway University)	MAP Bench Press Championships AGM 2024/2025	118
24-26 May 2024 (Da Men Mall, Subang USJ)	MAP National Powerlifting Championships 2024	135
24-25 August 2024 (Borneo Convention Center Kuching, Sarawak)	Sarawak Powerlifting Open 2024	72
26-27 October 2024 (Komtar JBCC, Johor Bahru)	Johor Powerlifting Open Vol. II 2024	100

2025 Provisional Events

Date	Event
18-20 January 2025	Strength Academic Novice Cup 2025 (18 January 2025) Strength Academic Classic 2025 (19-20 January 2025)
11-12 January 2025	Sarawak Powerlifting Closed 2025
21 February 2025	MAP Bench Press Championships 2025
22-23 February 2025	SBD Malaysia Open 2025

23 February 2025	Annual General Meeting 2025/2026
23-25 May 2025	MAP National Powerlifting Championships 2025
23-24 August 2025	Sarawak Powerlifting Open 2025 (NQ 1 2026)
25-26 October 2025	Johor Powerlifting Open Vol. III 2025 (NQ 2 2026)

International Referee: 5 National Referee: 69

No	Athlete (Last name, first)	Sample Code	Sample Type	Sport	Sample Collection Date	Sport Nationality	Dilute Sample	Analysis Result
1	CHEAH, YEE HANG	1188203	Urine	Powerlifting	21/1/2024	MAS	No	Negative
2	ALFIYAN, ZAROLINZAM	1188407	Urine	Powerlifting	21/1/2024	MAS	No	Negative
3	ONG, WEN SHIAN	1188200	Urine	Powerlifting	20/01/2024	MAS	No	Negative
4	WAJIDI, HUSNUL KHATIMAH	1188414	Urine	Powerlifting	20/01/2024	MAS	No	Negative
5	Ahmad Azman, Ahmad Hariz	1288821	Urine	Powerlifting	09/03/2024	MAS	No	Negative
6	Liew, Darlene May Wan	1188210	Urine	Powerlifting	09/03/2024	MAS	No	Negative
7	Wong, Jonathan	1288573	Urine	Powerlifting	25/05/2024	MAS	No	Negative
8	Jeffery @ Mohd Jeffery, Mohammad Daniel	1288906	Urine	Powerlifting	25/05/2024	MAS	No	Negative
9	Branavasoban, Indran	1288741	Urine	Powerlifting	28/05/2024	MAS	No	Negative
10	Kho, Glenn Minnon	1288901	Urine	Powerlifting	28/05/2024	MAS	No	Negative
11	Abdullah, Nur Fadzlah	1465107	Urine	Powerlifting	24/08/2024	MAS	No	Negative
12	Ma, Jing Yang	1465092	Urine	Powerlifting	24/08/2024	MAS	No	Negative
13	Eu Gene, Chong	1465108, 1465102, 1465093	Urine	Powerlifting	24/08/2024	MAS	Yes	Negative
16	Chong, Zhou Yi	1288911	Urine	Powerlifting	28/10/2024	MAS	No	
17	Kemink, Daniel Robert	1288492	Urine	Powerlifting	28/10/2024	AUS	No	

Anti doping report Malaysia : 15 tested , 13 Negative , 2 awating results

SINGAPORE (15.84% Growth)

Membership – Male 362 , Female 128 (Junior 76, Subjunior 42)

National Team – Male 22, Female 17

Anti doping report:

In competition tests – 46, 9 conducted in NQ events, 15 conducted during Open Nationals 2023, 22 conducted during Junior Nationals 2023

International Referee -10, National Referee - 59

BRUNEI

Membership – Male 49 (J15 Sj 6), Female 16 (J6 Sjr0) National Team – 15 athletes

Anti-Doping We have no anti-doping report as of 2023 for our first national event due to restricted procedures with our National Anti-Doping Committee. No sports federation in Brunei has requested to self-fund their anti-doping before, and so there is no available procedure for us to proceed with such tests.

International Referees – Nil, National Referees – 15

INDONESIA (200% growth)

Male 300 Female 300

Junior 200 Sub junior 200

National team - Women 21 lifters, Men 24 lifters

2024 event :

1. February 2024 - sub junior & Junior classic champs
2. Sept 2024 - national multi event
3. Dec 2024 - national Congress

Provisional calendar 2025:

1. Tbd - national equipped champs
2. Tbd - national classic champs
3. May - sub junior & junior asian equipped champs
4. Sept - asian equipped champs

Anti doping - 10

International ref – 2, National ref - 68

PHILIPPINES (71.56% growth)

2024 Membership – 935 (from 545)

- Male 734 (from 410), Female 201 (from 135)

- Junior 205 (from 113), Subjunior 107 (from 57)

2024 National Team Member Lifters: 21 (Male 10, Female 11)

2024 Referees:

- International: 10, with 3 as Cat I and 7 as Cat II, with 3 newly certified Cat II Referees this year
- National: 67, with 8 newly certified National Referees this year

2024 Events

- February 20-24: National Classic Powerlifting Championships (Novice, Open, Age-group, Interschool)
- March 9-10: National Equipped Bench Press Championships (Novice, Open, Age-group & Interschool)
- June 1-2: Luzon Classic Powerlifting Championships (Novice, Open, Age-group & Interschool)
- June 15-17: Visayas Classic Powerlifting Championships (Novice, Open, Age-group & Interschool)
- August 8-11: National Equipped Powerlifting Championships (Novice, Open, Age-group & Interschool)
- August 24: PAP General Assembly Meeting
- September 28-29: Central and Northern Luzon Equipped Powerlifting Championships (Novice, Open, Age-group & Interschool)
- November 7-10: Luzon Equipped Powerlifting Championships (Novice, Open, Age-group & Interschool)
- November 23-24: Mindanao Equipped Powerlifting Championships (Novice, Open, Age-group & Interschool)
- December 15: National Classic Bench Press Championships (Novice, Open, Age-group & Interschool)

2025 Provisional Calendar

- January 17-19: Interschool Nationals & Novice Cup (Classic PL)
- February 21-23: SBD Raw Nationals (Classic PL)
- March 1-2: Equipped BP Nationals (Equipped BP)
- April 9-13: Luzon Regionals (Equipped/Classic PL)
- June 14-15: Mindanao Regionals (Equipped/Classic PL)
- August 20-24: Equipped Nationals (Equipped PL)
- October 23-26: Visayas Regionals (Equipped/Classic PL)
- December 13-14: Raw BP Nationals (Classic BP)

2024 Anti-doping: 14 Tests conducted by NADO. As of November 2024, so far no positive results. This summary report is being submitted for the year-end APF General Assembly. Thank you very much.

THAILAND (68% growth in National Team)

On October 20, 2023, the Sports Authority of Thailand (SAT) officially designated the Powerlifting Association of Thailand (PAT) as the sole governing body for powerlifting in Thailand, as mandated by Article 67 of the Sports Authority of Thailand Act 2015 (B.E. 2558). As a result, PAT is now the only organization permitted to use "of Thailand" in its title.

This development has significant implications for TAAP's operations. Additionally, foreign athletes will be prohibited from representing Thailand through TAAP, and local competitions organized by TAAP will no longer be able to use the term "National" without approval from PAT.

Male	Female
Open - 57	Open - 29
Junior - 26	Junior - 4
Sub Junior - 14	Sub Junior - 2
Master I - 3	Master I - 7
Master II - 3	Master II - 1
Master III - 2	Master III - 1
Master IIII - 0	Master IIII - 0
Total male : 105	Total female : 44

Sub Junior total	16
Junior total	30
Member total	149

National athletes (Qualified)

Male	Female
Open - 29 Junior - 8 Sub Junior - 8 Master I - 3 Master II - 3 Master III - 1 Master IIII - 0	Open - 17 Junior - 0 Sub Junior - 1 Master I - 7 Master II - 1 Master III - 1 Master IIII - 0
Total male : 52	Total female : 27
Total	79

Events calendar 2024 National competitions

- 22nd February, TAAP Invitational Championships; 32 athletes
- 11th February, TAAP Bench press only; 18 athletes
- 20th May, TAAP Qualifier 1; 33 athletes
- 12th August, TAAP Qualifier 2; 38 athletes
- 11th November, TAAP Qualifier 3; 56 athletes

International competitions

- 16th-23th June, World Classic Open Powerlifting Championships, Vilnius; 1 athlete
- 28th August- 8th September, World Classic & Equipped Sub-Junior & Junior Powerlifting Championships, Malta; 4athletes
- 13th-20th October, World Classic & Equipped Masters Powerlifting Championships, South Africa; 3 athletes
- 2nd-10th December, Asian Classic Powerlifting Championships, Uzbekistan; 3 athletes

Provisional calendar 2025

National competitions

- 22nd February, TAAP Championships
- 15th March, TAAP Bench press only + General Assembly
- 17th May, TAAP Qualifier 1
- 23rd August, TAAP Qualifier 2
- 8th November, TAAP Qualifier 3

Anti-doping report 2023

TAAP is currently in the process of collaborating with the Sports Authority of Thailand to secure funds for anti-doping initiatives. Our partnership extends to working closely with the Thai National Anti-Doping Organization (NADO), focusing on testing two samples per competition strictly during in-competition events. This proactive approach underscores our commitment to maintaining the integrity and fairness of powerlifting within the national sports arena.

Number by Quarter

Quarter	Test	Samples
Q1	2	Urine
Q2	2	Urine
Q3	2	Urine
Q4	2	Urine
Total	8	

Referee

International referee -

3National referee - 12

VIETNAM (29.36% growth)

Membership – Male 363, Female 104 (Junior 147, Sub Junior 53)

2024 Events list:

Amateur Invitational 1: Apr 2024 Danang Qualifier:

Jun 2024 Hanoi Qualifier: July 2024

Last Chance Qualifier: Sept 2024 Amateur

Invitational 2: Oct 2024 National Championship:

Dec 2024 Amateur Invitational 3: Jan 2025

Provisional Calendar 2025

Amateur Invitational 1: Apr 2025 Bench only: May 2025

Hanoi Qualifier: July 2025 HCMC Qualifier: Aug 2025

Amateur Invitational 2: Sept 2025 Intermediate: Oct 2025

(projected)

National Championship: Dec 2025

Amateur Invitational 3/Intermediate 2 (on discussion): Jan 2026

Anti doping report:

International Referee: 2, National Referee: 4

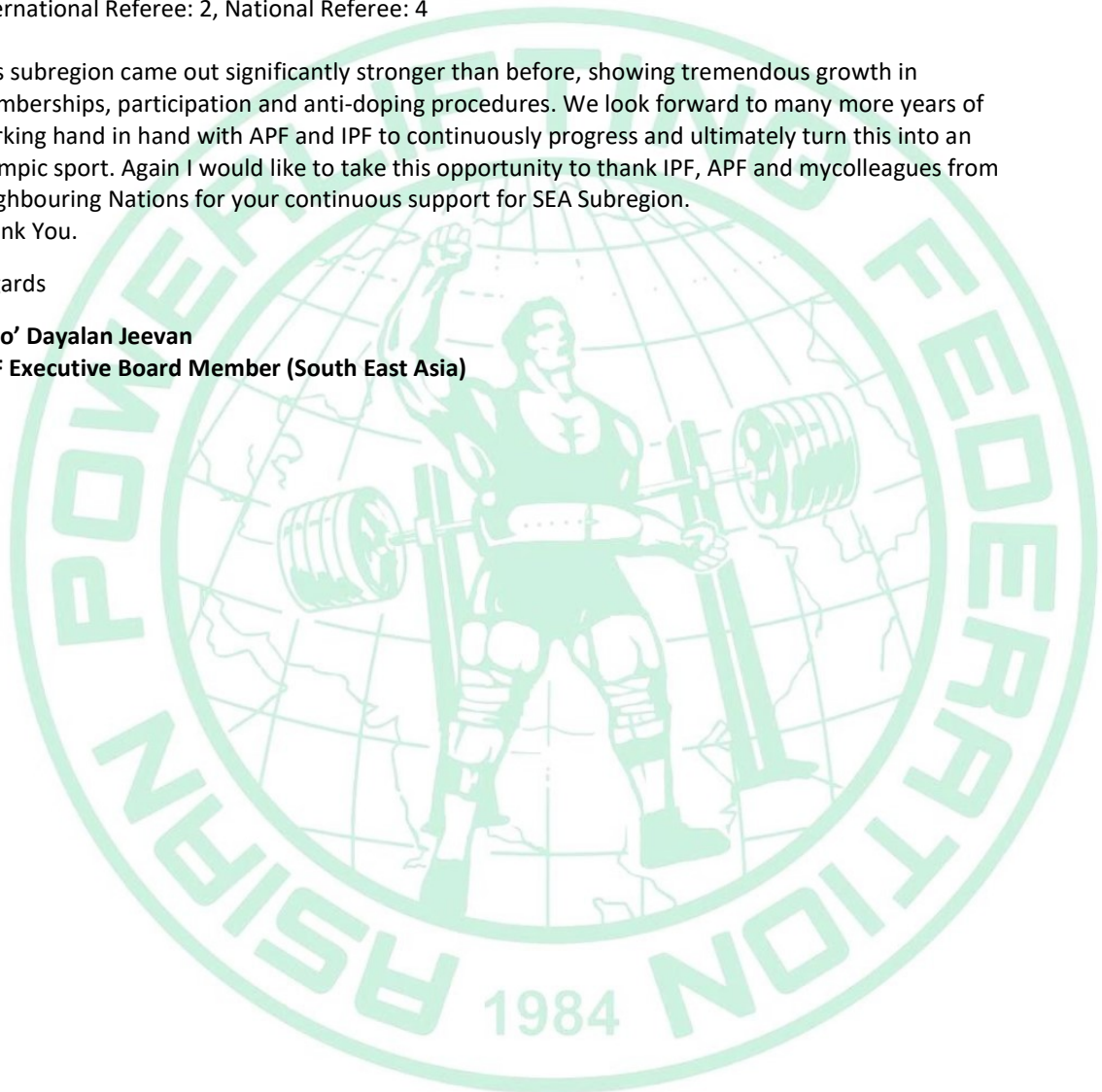
This subregion came out significantly stronger than before, showing tremendous growth in memberships, participation and anti-doping procedures. We look forward to many more years of working hand in hand with APF and IPF to continuously progress and ultimately turn this into an Olympic sport. Again I would like to take this opportunity to thank IPF, APF and mycolleagues from neighbouring Nations for your continuous support for SEA Subregion.

Thank You.

Regards

Dato' Dayalan Jeevan

APF Executive Board Member (South East Asia)



12. ACTION ON PROPOSED AMMENDMENTS NO

13. NEW MEMBER APPLICATIONS NO

14. ACTION ON DELINQUENT NATIONS NO

15. HALL OF FAME NO

16. ANY OTHER BUSINESS NO

17. FUTURE CHAMPIONSHIPS

2025

05. - 11. May	Asian Juniors & SubJuniors Equipped & Classic Powerlifting Championship	India, Alleppey
05. - 11. May	Asian University Cup	India, Alleppey
05. - 13. July	Asian African Pacific Powerlifting & Benchpress Championships (Classic & Equipped)	Himeji Japan PRESENTATION WAS PROVIDED BY Ms. MISATO OKAMURA
8-12 October	Asian Equipped/Classic Bench Press Championships	Hong Kong PRESENTATION WAS PROVIDED BY Ms. IP WING YUK
01. - 10. December	Asian Masters & Open Classic & Equipped Powerlifting Championships	Istanbul Turkey

2026 – the final dates and host countries will be discussed after the final changes in the IPF & APF calendars

05. - 11. May	Asian SubJuniors & Juniors Classic and Equipped Powerlifting Championships and University Cup	Hainan China
05. - 13. July	APA Benchpress and Powerlifting Championships	tbd
21. - 28. September	Asian Classic and Equipped Benchpress Championships	Doha Qatar
01. - 10. December	Asian Open & Masters Classic and Equipped Powerlifting Championships	Ulaanbaatar Mongolia

18. ADJOURNMENT

NOTES BY THE IPF PRESIDENT GASTON PARAGE:

- 1. INVITED TO THE IPF GENERAL ASSEMBLY 2025 OFFLINE IN GERMANY AND ONLINE AS WELL**
- 2. IOC RECOGNITION IMPPRTANT STEPS WERE DISCUSSED:**
 - FISU RECONGITION, AUSF CONNECTION IMPORTANCE**
 - CONNECTION TO SOI NATIONAL FEDERATIONS**
- 3. IPC HAS SEND A BID TO BE CONNECTED BY THE IPF**
- 4. THANKED ASIAN NATIONS FOR SUPPORT OF NEUTRAL ATHLETES IN ASIA**
- 5. ASKED TO BE CAREFUL WITH FAKE APPAREL THAT WILL NEVER PASS THE EQUIPMENT CHECK**
- 6. ASKED TO FOLLOW DISCIPLINARY RULES ESPECIALLY REGARDING WOMEN**
- 7. INFORMED THAT IPF WILL INCREASE SPONSORSHIP TO THE APF DEVELOPMENT FUND**

The General assembly was finished at 19.00

Report prepared by: Tatiana Romanova (APF Secretary General)