

## ASIAN / PACIFIC / AFRICAN POWERLIFTING FEDERATION

## 2025 Asian / Pacific / African Women's Classic Bench Press Championships, Himeji (Japan), 06-13.07.2025

## SCORESHEET

Rnk	Lifters	d.o.b.	Team	BWT	IPF GL Cf.	Lot	1 Att.	2 Att.	3 Att.	Result	IPF GL	Pts
<b>Open</b>												
<b>-47kg</b>												
1	Kobayashi Naoko	09.03.70	JPN	46.30	1.0783	4	<del>85.0</del>	85.0	<del>403.5</del>	85.0	91.65	12
<b>-52kg</b>												
1	Okamura Azusa	19.03.85	JPN	51.60	0.9640	10	85.0	90.0	95.0	95.0	91.58	12
2	Moulin Courtney	12.02.96	NZL	51.60	0.9640	11	65.0	70.0	75.0	75.0	72.30	9
3	Roach Emily	01.01.01	AUS	50.80	0.9780	9	57.5	62.5	65.0	65.0	63.57	8
<b>-57kg</b>												
1	Sugiyama Yuki	19.05.80	JPN	56.40	0.8962	19	100.0	105.0	<del>110.0</del>	105.0	94.10	12
<b>-63kg</b>												
1	Lai Emily	01.10.92	AUS	61.50	0.8461	25	87.5	<del>92.5</del>	92.5	92.5	78.27	12
<b>-69kg</b>												
1	Teale-Russ Waveney	16.10.98	NZL	68.50	0.8000	41	95.0	100.0	102.5	102.5	82.00	12
2	Shibata Akina	04.05.81	JPN	66.00	0.8142	39	97.5	<del>100.0</del>	<del>102.5</del>	97.5	79.38	9
3	Iosia Stephanie	19.02.92	AUS	68.70	0.7989	40	90.0	95.0	<del>100.0</del>	95.0	75.90	8
<b>-76kg</b>												
1	Bonifacio Marah	06.08.96	AUS	74.70	0.7727	48	92.5	97.5	100.0	100.0	77.27	12
2	Liebeck Chloe	27.05.89	AUS	73.60	0.7768	49	87.5	90.0	92.5	92.5	71.86	9
<b>-84kg</b>												
1	Sakaguchi Airi	10.07.03	JPN	81.60	0.7517	27	100.0	115.0	<del>125.5</del>	115.0	86.45	12
<b>84+kg</b>												
1	Lafaele Luseane	07.02.94	AUS	126.60	0.7078	31	130.0	137.5	145.0	145.0	102.63	12
2	Altaibaeva Marina	25.12.73	KAZ	124.80	0.7083	30	45.0	50.0	52.5	52.5	37.18	9

## Team (points)

1	Japan	57	[12+12+12+12+9]	143.16	IPF GL
2	Australia	53	[12+12+12+9+8]	105.92	IPF GL
3	New Zealand	21	[12+9]	154.29	IPF GL
4	Kazakhstan	9	[9]	37.18	IPF GL

## Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Lafaele Luseane	Australia	126.60	145.0	102.6290	1
2.	Sugiyama Yuki	Japan	56.40	105.0	94.0995	1
3.	Kobayashi Naoko	Japan	46.30	85.0	91.6546	1

## Sub-Juniors

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1	Tsushima Ayane	JPN	68.60	65.0	51.9649	12
2	Loubser Stephene	RSA	69.00	62.5	49.8371	9

## Team (points)

1	Japan	12	[12]	51.96	IPF GL
2	South Africa	9	[9]	49.84	IPF GL

## Best Lifters of Subjuniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Tsushima Ayane	Japan	68.60	65.0	51.9649	1
2.	Loubser Stephene	South Africa	69.00	62.5	49.8371	2

## Juniors

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
<b>-57kg</b>						
1	Hori Momoka	JPN	56.70	85.0	75.88	12
<b>-63kg</b>						
1	Khan Basira	AUS	62.50	85.0	71.25	12
<b>-69kg</b>						
1	Keep Nyah	AUS	67.70	107.5	86.46	12

**Team (points)**

1 Australia	24 [12+12]	157.71 IPF GL
2 Japan	12 [12]	75.88 IPF GL

**Best Lifters of Juniors by IPF GL Formula**

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Keep Nyah	Australia	67.70	107.5	86.4619	1
2.	Hori Momoka	Japan	56.70	85.0	75.8809	1
3.	Khan Basira	Australia	62.50	85.0	71.2489	1

**Masters 1**

<b>-47kg</b>												
1	Koseki Miki	16.11.84	JPN	46.50	1.0729	3	55.0	60.0	<del>67.5</del>	60.0	64.37	12
2	Kelkar Varsha	05.03.78	IND	46.50	1.0729	2	45.0	47.5	50.0	50.0	53.64	9
<b>-52kg</b>												
1	Ihara Manami	05.09.78	JPN	51.50	0.9657	8	<del>82.5</del>	82.5	<del>87.5</del>	82.5	79.67	12
<b>-57kg</b>												
1	Furuhashi Ayako	31.05.82	JPN	56.70	0.8927	16	80.0	85.0	<del>87.5</del>	85.0	75.88	12
2	Nishikawa Akiko	30.12.76	JPN	53.30	0.9370	17	80.0	<del>85.0</del>	<del>85.0</del>	80.0	74.96	9
<b>-63kg</b>												
1	Trovato Meaghan	17.05.79	AUS	62.90	0.8352	22	77.5	82.5	85.0	85.0	70.99	12
2	Kamemoto Mayuko	27.05.85	JPN	60.10	0.8582	23	70.0	75.0	77.5	77.5	66.51	9
<b>-69kg</b>												
1	Ajay Deepa	18.12.79	IND	68.50	0.8000	35	80.0	<del>87.5</del>	87.5	87.5	70.00	12
2	Sangeeta Sangeeta	04.07.83	IND	69.00	0.7974	34	60.0	65.0	67.5	67.5	53.82	9
<b>-76kg</b>												
1	Mayani Hemant Kamble	20.06.83	IND	74.60	0.7730	47	75.0	80.0	82.5	82.5	63.78	12
2	Kobayashi Kazusa	17.10.83	JPN	74.90	0.7719	46	70.0	77.5	<del>85.0</del>	77.5	59.83	9
<b>-84kg</b>												
1	Gowda Annette	24.01.84	IND	81.80	0.7512	26	70.0	75.0	<del>80.0</del>	75.0	56.34	12

**Team (points)**

1 Japan	54 [12+12+12+9+9]	361.39 IPF GL
2 India	54 [12+12+12+9+9]	297.58 IPF GL
3 Australia	12 [12]	70.99 IPF GL

**Best Lifters of Masters 1 by IPF GL Formula**

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Ihara Manami	Japan	51.50	82.5	79.6666	1
2.	Furuhashi Ayako	Japan	56.70	85.0	75.8809	1
3.	Nishikawa Akiko	Japan	53.30	80.0	74.9602	2

**Masters 2**

<b>-47kg</b>												
1	Sato Mariko	23.04.71	JPN	46.80	1.0650	1	55.0	57.5	<del>60.0</del>	57.5	61.24	12
<b>-52kg</b>												
1	Fujiyama Mikako	29.07.70	JPN	52.00	0.9573	7	57.5	62.5	65.0	65.0	62.22	12
<b>-57kg</b>												
1	Iwamoto Sachiko	08.02.73	JPN	52.10	0.9556	15	92.5	100.0	105.5	105.5	100.82	12
<b>-63kg</b>												
1	Yoshinaga Nanae	26.03.73	JPN	61.50	0.8461	21	40.0	50.0	62.5	62.5	52.88	12
<b>-69kg</b>												
1	Sakurai Miyuki	26.02.69	JPN	68.60	0.7995	33	62.5	67.5	70.0	70.0	55.96	12
<b>-76kg</b>												
1	Fordyce Christina	22.09.74	NZL	74.40	0.7738	45	77.5	82.5	<del>87.5</del>	82.5	63.84	12
2	Sharma Sweety	28.12.73	IND	75.90	0.7684	44	65.0	70.0	<del>75.0</del>	70.0	53.79	9
<b>84+kg</b>												
1	Mishra Ranjita	01.02.69	IND	87.00	0.7400	29	65.0	70.0	<del>72.5</del>	70.0	51.80	12

**Team (points)**

1 Japan	60 [12+12+12+12+12]	333.13 IPF GL
2 India	21 [12+9]	105.59 IPF GL
3 New Zealand	12 [12]	63.84 IPF GL

**Best Lifters of Masters 2 by IPF GL Formula**

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Iwamoto Sachiko	Japan	52.10	105.5	100.8197	1
2.	Fordyce Christina	New Zealand	74.40	82.5	63.8371	1
3.	Fujiyama Mikako	Japan	52.00	65.0	62.2227	1

**Masters 3**

<b>-52kg</b>												
1	Kiba Emiko	03.05.62	JPN	49.40	1.0050	6	70.0	75.0	80.5	80.5	80.90	12
<b>-57kg</b>												
1	Ishida Midori	28.10.63	JPN	55.60	0.9058	14	80.0	82.5	85.0	85.0	76.99	12
<b>-69kg</b>												
1	Tokutake Megumi	21.03.64	JPN	69.00	0.7974	32	80.0	85.0	90.0	90.0	71.77	12
<b>-76kg</b>												
1	Condon Carole	20.06.65	AUS	74.30	0.7742	43	75.0	77.5	82.5	82.5	63.87	12
2	Evans Delwyn	01.01.64	NZL	72.70	0.7804	42	75.0	77.5	80.0	80.0	62.43	9
<b>84+kg</b>												
1	Chipping Tracy	06.05.61	NZL	85.00	0.7439	28	72.5	77.5	80.0	80.0	59.51	12

**Team (points)**

1	Japan	36	[12+12+12]	229.66	IPF GL
2	New Zealand	21	[12+9]	121.95	IPF GL
3	Australia	12	[12]	63.87	IPF GL

**Best Lifters of Masters 3 by IPF GL Formula**

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Kiba Emiko	Japan	49.40	80.5	80.9003	1
2.	Ishida Midori	Japan	55.60	85.0	76.9949	1
3.	Tokutake Megumi	Japan	69.00	90.0	71.7654	1

**Masters 4**

<b>-52kg</b>												
1	Ishibashi Aiko	27.07.53	JPN	48.90	1.0154	5	55.0	60.0	63.5	63.5	64.48	12
<b>-57kg</b>												
1	Nagao Yuko	15.10.50	JPN	55.50	0.9071	12	50.0	52.5	<del>55.0</del>	52.5	47.62	12
2	Iida Noriko	15.07.36	JPN	53.00	0.9415	13	47.5	50.0	<del>52.5</del>	50.0	47.07	9
<b>-63kg</b>												
1	Kato Yoshiko	03.02.52	JPN	62.00	0.8421	20	52.5	57.5	<del>60.0</del>	57.5	48.42	12

**Team (points)**

1	Japan	45	[12+12+12+9]	207.60	IPF GL
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**Best Lifters of Masters 4 by IPF GL Formula**

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Ishibashi Aiko	Japan	48.90	63.5	64.4802	1
2.	Kato Yoshiko	Japan	62.00	57.5	48.4219	1
3.	Nagao Yuko	Japan	55.50	52.5	47.6211	1

**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record; wg - World Games Record;

1.4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.

DSQ - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

AUS = Australia

KAZ = Kazakhstan

IND = India

NZL = New Zealand

JPN = Japan

RSA = South Africa