

**Asian Women's Classic Powerlifting Championships**

Almaty / Kazakhstan, 2 – 8 December, 2019

**Division «Open»**

#	Name	Born	Team	SQ	BP	DL	Total
<b>-47kg</b>							
1.	Ensol Stephanie	1988	Malaysia	105.0	77.5	157.5	340.0
2.	Orazbekova Assiya	1987	Kazakhstan	110.0	75.0	115.0	300.0
<sup>R</sup> 3.	Nahelimage Gayanthiu Kumari Dilrukshi	1993	Sri Lanka	112.0	50.0	125.0	287.0
4.	Dil Vera	1979	Kazakhstan	95.0	60.0	125.0	280.0
5.	Choi Ji Hyun	1983	South Korea	100.0	45.0	130.0	275.0
6.	Tsoy Kristina	1991	Kazakhstan	95.0	60.0	115.0	270.0
7.	Sohail Sybil	1991	Pakistan	100.0	45.0	120.0	265.0
<b>-52kg</b>							
1.	Gulmurzayeva Bibidjan	1988	Turkmenistan	130.0	85.0	150.0	365.0
2.	Farid Farhanna	1992	Singapore	120.0	57.5	173.0	350.5
3.	Broner Veronika	1989	Kazakhstan	140.0	70.0	140.0	350.0
4.	Liu Mei-Xiang	1983	Chinese Taipei	115.0	62.5	150.0	327.5
5.	D. Kusuma	1994	India	110.0	72.5	132.5	315.0
<sup>R</sup> 6.	Ong Gerlyn Ruo Ting	1991	Singapore	122.5	62.5	127.5	312.5
7.	Urvi Ashar Chandwari	1987	India	112.5	60.0	125.0	297.5
8.	Azhikurmanova Kristina	1985	Kyrgyzstan	100.0	55.0	110.0	265.0
9.	Baidildina Viktoriya	1983	Kazakhstan	100.0	50.0	110.0	260.0
10.	Cheremissina Olga	1988	Kazakhstan	80.0	65.0	110.0	255.0
<b>-57kg</b>							
1.	Munkhbat Solongo	1988	Mongolia	100.0	45.0	130.0	375.0
2.	Lee Jung Hwa	1986	South Korea	130.0	70.0	170.0	370.0
3.	Kuryшева Olga	1967	Kazakhstan	130.0	65.0	155.0	350.0
4.	Tang Venus	1993	Singapore	120.0	77.5	147.5	345.0
5.	Neenu Varghese	1995	India	120.0	60.0	152.5	332.5
6.	Fyodorova Alexandra	1993	Kazakhstan	120.0	75.0	130.0	325.0
7.	Low Seraphina	1995	Singapore	127.5	57.5	137.5	322.5
8.	Chayada Chulopas	1992	Thailand	100.0	65.0	152.5	317.5
9.	Useinova Sultanie	1993	Uzbekistan	110.0	75.0	125.0	310.0
<b>-63kg</b>							
1.	Hung Hsiu-Ching	1995	Chinese Taipei	142.5	80.0	205.0	427.5
2.	Al Ajamy Mireille	1983	Lebanon	160.0	85.0	180.0	425.0
3.	Batkhisig Amartsengel	1989	Mongolia	140.0	70.0	175.0	385.0
<sup>R</sup> 4.	Porunova Julia	1991	Kazakhstan	137.5	97.5	150.0	385.0
5.	Nazarenko Svetlana	1965	Kazakhstan	130.0	90.0	160.0	380.0
6.	Tomazova Yuliya	1993	Kazakhstan	140.0	80.0	160.0	380.0
7.	Choo Alina Yui Hui	1994	Singapore	132.5	83.0	157.5	373.0
8.	Manjusha S	1982	India	125.0	80.0	132.5	337.5
9.	Oyuntungalag Bayartsetseg	1990	Mongolia	145.0	65.0	125.0	335.0
10.	Babaniyazova Malika	1983	Uzbekistan	120.0	60.0	135.0	315.0
11.	Randunu Gayani Geethika	1992	Sri Lanka	120.0	52.5	127.5	300.0
12.	Pylnik Valeriya	1993	Turkmenistan	105.0	60.0	130.0	295.0
<sup>R</sup> 13.	Wu Su Yuan	1994	Singapore	100.0	50.0	120.0	270.0
14.	Alturk Lara	1987	Syria	70.0	60.0	100.0	230.0

**-72kg**

1.	Looi Abigail Sze Yun	1995	Singapore	170.5	92.0	188.0	450.5
2.	Hsu Hsiao-Li	1981	Chinese Taipei	160.0	77.5	185.0	422.5
3.	Wang Veron Zhixuan	1991	Singapore	175.0	60.0	170.0	405.0
4.	Kryukova Ekaterina	1985	Kazakhstan	142.5	110.0	140.0	392.5
5.	Rajimol P	1994	India	155.0	76.0	160.0	391.0
6.	De Soyza Meriane Shanika	1984	Sri Lanka	137.5	67.5	162.5	367.5
7.	Platova Anzhelika	1988	Kyrgyzstan	110.0	70.0	120.0	300.0
8.	Boldbaatar Munkhzul	1992	Mongolia	100.0	50.0	110.0	260.0

**-84kg**

1.	Bermukhametova Zhadyra	1986	Kazakhstan	150.0	120.0	150.0	420.0
2.	Nurbieva Asem	1993	Kazakhstan	140.0	100.0	150.0	390.0
3.	Libas P. Bava	1984	India	152.5	65.0	145.0	362.5
4.	Yang Yunie	1981	Singapore	120.0	70.0	170.0	360.0
5.	Dahanayake Adhisha Harshani	1982	Sri Lanka	125.0	70.0	165.0	360.0
6.	Nithya S	1989	India	132.5	70.0	152.5	355.0
7.	Zhumaniyazova Mahriban	1988	Turkmenistan	120.0	100.0	130.0	350.0

**84+kg**

1.	Su Fang-Yun	1992	Chinese Taipei	242.5	128.0	210.0	580.5
2.	Okatenko Xeniya	1994	Kazakhstan	220.0	150.0	200.0	570.0
3.	Disanayake Disanayake Mudiyanseilage Hasika Piumi	1991	Sri Lanka	170.0	65.0	165.0	400.0
4.	Shrutika Abhay Raut	1996	India	142.5	65.0	155.0	362.5
5.	K. Tulasi	1986	India	125.0	82.5	152.5	360.0

**In Division there are 60 Lifters ( In Teams:56 In Reserve:4 )**

**Division «Subjuniors»**

#	Name	Born	Team	SQ	BP	DL	Total
<b>-43kg</b>							
1.	Atakishieva Sevil	2005	Kazakhstan	75.0	40.0	85.0	200.0
2.	Tychkova Karina	2004	Kazakhstan	70.0	35.0	80.0	185.0
<b>-47kg</b>							
1.	Krasnyk Elizaveta	2004	Kazakhstan	90.0	50.0	100.0	240.0
2.	Bass Elizaveta	2003	Kazakhstan	80.0	45.0	100.0	225.0
3.	Alyoshkina Violeta	2003	Kazakhstan	70.0	45.0	100.0	215.0
<sup>R</sup> 4.	Namazova Darya	2003	Kazakhstan	65.0	45.0	90.0	200.0
5.	Sitnikova Irina	2003	Kazakhstan	70.0	35.0	90.0	195.0
<b>-52kg</b>							
1.	Doskul Adelya	2003	Kazakhstan	100.0	65.0	120.0	285.0
2.	Kalinka Valeriya	2004	Kazakhstan	100.0	55.0	120.0	275.0
3.	Shalu Shaji	2001	India	90.0	45.0	130.0	265.0
<sup>R</sup> 4.	Tyan Amina	2001	Kazakhstan	100.0	55.0	105.0	260.0
5.	Sohail Veronika	2002	Pakistan	90.0	45.0	110.0	245.0
<sup>R</sup> 6.	Yudkina Svetlana	2002	Kazakhstan	90.0	55.0	100.0	245.0
7.	Liaw Shannon Yu Han	2001	Singapore	70.0	50.0	85.0	205.0
<sup>R</sup> 8.	Ilina Olga	2004	Kazakhstan	70.0	35.0	90.0	195.0
9.	Tan Gracia Jia En	2005	Singapore	72.5	40.0	77.5	190.0
<b>-57kg</b>							

1.	Bille Regina	2002	Kazakhstan	160.0	85.0	140.0	385.0
2.	Tortayeva Zarina	2002	Kazakhstan	120.0	60.0	130.0	310.0
3.	Nuriddinova Diana	2001	Kazakhstan	120.0	70.0	120.0	310.0
<sup>R</sup> 4.	Zhilyaeva Olesya	2004	Kazakhstan	110.0	70.0	110.0	290.0
5.	Lau Sarah Shan Ping	2001	Singapore	97.5	60.0	128.0	285.5
<sup>R</sup> 6.	Gladkova Alena	2001	Kazakhstan	90.0	70.0	110.0	270.0
7.	Anjana Boban	2001	India	82.5	47.5	115.0	245.0
8.	Krishna Varna	2002	India	100.0	40.0	100.0	240.0
<sup>R</sup> 9.	Aitasova Sara	2001	Kazakhstan	90.0	45.0	100.0	235.0
10.	Ankhubayar Narangerel	2003	Mongolia	60.0	50.0	100.0	210.0
<b>-63kg</b>							
1.	Butenko Anastassiya	2003	Kazakhstan	140.0	80.0	140.0	360.0
2.	Nagashree Nagashree	2001	India	130.0	65.0	150.0	345.0
3.	Karimova Amina	2005	Kazakhstan	140.0	65.0	135.0	340.0
4.	Bagno Alexandra	2001	Kazakhstan	120.0	70.0	140.0	330.0
5.	Sedova Anastasya	2001	Kazakhstan	110.0	55.0	135.0	300.0
6.	Wu Pei-Chen	2004	Chinese Taipei	122.5	45.0	120.0	287.5
7.	G. Naga Sai Geetika	2004	India	90.0	42.5	107.5	240.0
<b>-72kg</b>							
1.	Nandana R	2001	India	150.0	70.0	150.0	420.0
2.	Chichmarenko Vitalina	2003	Kazakhstan	140.0	80.0	140.0	360.0
3.	Abdyrova Nigara	2002	Kazakhstan	120.0	75.0	115.0	310.0
4.	Sedova Valerya	2001	Kazakhstan	110.0	55.0	130.0	295.0
5.	Rishika Roy	2003	India	110.0	45.0	137.5	292.5
6.	Shatko Diana	2002	Kazakhstan	105.0	70.0	115.0	290.0
<b>-84kg</b>							
1.	Abdyrova Iroda	2001	Kazakhstan	140.0	90.0	130.0	360.0
2.	Bovkun Mariya	2001	Kazakhstan	120.0	80.0	150.0	350.0
3.	Peng Hsin-Hsuan	2004	Chinese Taipei	120.0	70.0	145.0	335.0
4.	Kazakova Alisa	2002	Kazakhstan	115.0	60.0	135.0	310.0
5.	Aneesha Augustine	2001	India	100.0	40.0	122.5	262.5
<b>84+kg</b>							
1.	Malykhina Diana	2003	Kazakhstan	210.0	110.0	180.0	500.0
2.	Li Hsin-Ying	2005	Chinese Taipei	162.5	70.0	167.5	400.0
3.	Archana Surendran	2001	India	147.5	77.5	140.0	365.0
4.	Ovezdurdyeva Akgozel	2001	Turkmenistan	107.5	77.5	130.0	315.0

**In Division there are 48 Lifters ( In Teams:41 In Reserve:7 )**

### Division «Juniors»

#	Name	Born	Team	SQ	BP	DL	Total
<b>-43kg</b>							
1.	Jheng Ya-Syuan	1999	Chinese Taipei	92.5	45.0	122.5	260.0
2.	Claudia Witono Cindy	1996	Singapore	73.0	45.5	111.5	230.0
3.	K. Sreelakshmi	1996	India	52.5	35.0	92.5	180.0
<b>-47kg</b>							
1.	Huang Hui-Chuan	1996	Chinese Taipei	92.5	57.5	140.0	290.0
2.	Chu Shirley Xin Jin	1999	Singapore	100.0	50.5	105.0	255.5
3.	Sona Benny	1999	India	80.0	45.0	105.0	230.0
4.	Jenifa J L	2000	India	72.5	30.0	110.0	212.5

5.	Pirriyeva Diana	1998	Turkmenistan	70.0	50.0	90.0	210.0
<b>-52kg</b>							
1.	Thor Qian	1999	Singapore	135.0	65.0	157.5	357.5
2.	Chong Kathryn Siew Li	1996	Malaysia	110.0	57.5	150.0	317.5
<sup>R</sup> 3.	Solopova Alyona	1998	Kazakhstan	100.0	50.0	150.0	300.0
4.	Nazir Zulfia	1999	Pakistan	110.0	60.0	120.0	290.0
5.	Kiskimbayeva Aliya	2000	Kazakhstan	105.0	75.0	110.0	290.0
6.	Kamzina Rushaniya	1999	Uzbekistan	105.0	65.0	110.0	280.0
<b>-57kg</b>							
1.	Zhurbina Anastassiya	1999	Kazakhstan	120.0	100.0	150.0	370.0
2.	Narantuya Anujin	2000	Mongolia	130.0	75.0	135.0	340.0
3.	Ong Kelly Siew Chan	1999	Singapore	115.0	72.5	142.5	330.0
4.	Ghafoor Saniha	1996	Pakistan	125.0	65.0	125.0	315.0
5.	Lai Yu-Hsuan	1998	Chinese Taipei	105.0	50.0	155.0	310.0
6.	Lin Chih-Yi	1996	Chinese Taipei	110.0	70.0	130.0	310.0
<sup>R</sup> 7.	Rudenko Angelina	1998	Kazakhstan	100.0	55.0	130.0	285.0
<sup>R</sup> 8.	Akhperova Kamila	1998	Kazakhstan	90.0	50.0	120.0	260.0
<b>-63kg</b>							
1.	Ochirbat Orkhontuul	1997	Mongolia	140.0	87.5	160.0	387.5
2.	Khwang Jing Chun	1997	Singapore	130.0	80.0	150.0	360.0
3.	Napasab Flo	1996	Thailand	115.0	60.0	150.0	325.0
4.	Wongkhasum Pornchita	1997	Thailand	115.5	60.0	130.0	305.5
5.	Venizeia Annie Carlo	2000	India	100.0	67.5	125.0	292.5
6.	Raigambandarage Chalani Kaushalya	1998	Sri Lanka	110.0	45.0	120.0	275.0
7.	Voyevoda Svetlana	1997	Kazakhstan	90.0	52.5	120.0	262.5
<b>-72kg</b>							
1.	Nurkenova Asel	2000	Kazakhstan	150.0	100.0	160.0	410.0
2.	Razzaq Rabbia	1997	Pakistan	150.0	70.0	150.0	370.0
3.	Lai Si Ying	1999	Chinese Taipei	130.0	80.0	140.0	350.0
4.	Shama Parveen	1997	India	120.0	70.0	142.5	332.5
5.	Kuspekova Kamila	1997	Kazakhstan	100.0	100.0	100.0	300.0
<b>-84kg</b>							
1.	Zhu Yi-Ci	1999	Chinese Taipei	150.0	80.0	160.0	390.0
2.	Vandhana Shaji	1997	India	155.0	65.0	157.5	377.5
3.	Zhelezkova Darya	1999	Kazakhstan	125.0	85.0	145.0	355.0
4.	Almadani Mai	2001	United Arab Emirates	120.0	60.0	170.0	350.0
5.	Sohail Twinkle	1996	Pakistan	130.0	65.0	130.0	325.0
6.	Kulakova Polina	1998	Kazakhstan	100.0	100.0	100.0	300.0
<sup>R</sup> 7.	Ivannikova Anna	2000	Kazakhstan	100.0	50.0	140.0	290.0
8.	Boboqulova Bogdagul	1998	Uzbekistan	110.0	65.0	110.0	285.0
<b>84+kg</b>							
1.	Meier Regina	1999	Kazakhstan	200.0	120.0	160.0	480.0
2.	Chuluunbat Anujin	1999	Mongolia	192.5	65.0	160.0	417.5
3.	Arshana V V	1999	India	142.5	60.0	162.5	365.0
<sup>R</sup> 4.	Shlynd Yekaterina	2000	Kazakhstan	120.0	50.0	120.0	290.0

**In Division there are 46 Lifters ( In Teams:41 In Reserve:5 )**

### Division «Masters I»

#	Name	Born	Team	SQ	BP	DL	Total
<b>-47kg</b>							
1.	Takeuchi Hiromi	1974	Singapore	90.0	40.0	110.5	240.5
2.	Tskhay Natalya	1975	Kazakhstan	80.0	50.0	90.0	220.0
3.	Sapna Jain	1976	India	60.0	42.5	107.5	210.0
<b>-57kg</b>							
1.	Neeta Mehta	1977	India	100.0	50.0	110.0	260.0
2.	Chang Shu-Hui	1972	Chinese Taipei	103.0	47.5	105.0	255.5
3.	Zhumanova Aida	1970	Kazakhstan	60.0	50.0	70.0	180.0
<b>-63kg</b>							
1.	Nair Vanaja	1972	United Arab Emirates	120.0	60.0	150.0	330.0
2.	Sulochana C	1975	India	107.5	47.5	122.5	277.5
<b>-72kg</b>							
1.	Krylova Natalya	1977	Kazakhstan	140.0	80.0	170.0	390.0
2.	Renjita Mishra	1972	India	125.0	62.5	145.0	332.5
3.	Deepa . K.s.	1978	India	95.0	50.0	120.0	265.0
<b>84+kg</b>							
1.	Shtrosherer Alla	1970	Kazakhstan	110.0	80.0	130.0	325.0
2.	Kudinova Swetlana	1974	Kyrgyzstan	110.0	65.0	110.0	285.0
3.	Aruna Borkar	1976	India	75.0	35.0	92.5	202.5

**In Division there are 14 Lifters**

#### Division «Masters II»

#	Name	Born	Team	SQ	BP	DL	Total
<b>-57kg</b>							
1.	Vinutha Raghunath	1968	India	125.0	57.5	132.5	315.0
<b>-63kg</b>							
1.	Vilma Saldanha	1969	India	100.0	52.5	132.5	285.0
2.	Ip Wing-Yuk	1961	Hong Kong	90.0	55.0	105.0	250.0
<b>-72kg</b>							
1.	Shivakanya Gupta	?	India	85.0	52.5	110.0	247.5
2.	Easwary N K	1966	India	70.0	32.5	80.0	182.5
<b>-84kg</b>							
1.	Kala Venkatachalam	1963	India	115.0	50.0	117.5	282.5
2.	Senadhira Weerakonda Arachchige Sharmini Anusha	1964	Sri Lanka	40.0	25.0	85.0	150.0

**In Division there are 7 Lifters**

#### Division «Masters III»

#	Name	Born	Team	SQ	BP	DL	Total
<b>-63kg</b>							
1.	Aley Parvez	1959	India	107.5	62.5	132.5	602.5
<b>-72kg</b>							
1.	Dr. Purna Bharde	1958	India	57.5	37.5	87.5	182.5

**In Total there are 177 Lifters ( In Teams:161 In Reserve:16 )**