The Hong Kong,China Weightlifting and Powerlifting Association Limited
2024 67th Festival of Sport-Hong Kong Powerlifting Championships, Hong Kong (Hong Kong), 15.06.2024
DETAILED SCORESHEET

R	Name	d.o.b.	Team	Bwt	IPF GL Cf.	Lot	All Squat				All Bench Press				All Deadlift				Total	IPF GL	Pts
Open																					
-59kg																					
1	Chan Pak Chung Sam	11.04.00	Raw Power	58.12	0.1668	1	155.0	162.5	170.0	1	95.0	102.5	107.5	1	165.0	185.0	195.0	2	472.5	78.82	12
2	Chan Siu Him	03.03.85	None	57.60	0.1676	2	150.0	160.0	167.5	2	92.5	97.5	102.5	2	182.5	195.0	~~202.5~~	1	465.0	77.94	9
3	Fong Yuk Wai	15.04.92	None	58.48	0.1663	3	130.0	137.5	142.5	3	82.5	87.5	~~90.0~~	3	155.0	170.0	~~180.0~~	3	400.0	66.50	8
-66kg																					
1	Leung Tsz Lik	27.09.99	None	65.68	0.1563	6	175.0	180.0	~~182.5~~	1	120.0	125.0	~~138.0~~	1	180.0	205.0	~~230.0~~	1	510.0	79.71	12
2	Chan Wing Kai	21.06.99	None	63.97	0.1585	5	135.0	145.0	150.0	2	80.0	90.0	~~95.0~~	2	180.0	~~190.0~~	190.0	2	430.0	68.15	9
3	Leung Welton	26.04.96	None	62.92	0.1599	4	135.0	142.5	~~150.0~~	3	87.5	~~92.5~~	~~92.5~~	3	165.0	172.5	180.0	3	410.0	65.55	8
-74kg																					
2	Lee Chi Yan	17.09.96	None	71.69	0.1493	20	~~172.5~~	~~180.0~~	185.0	2	~~97.5~~	~~102.5~~	105.0	3	192.5	207.5	220.0	2	510.0	76.12	9
3	Tang Ho Chung Oswin	13.11.95	None	72.95	0.1479	8	150.0	~~160.0~~	~~160.0~~	3	112.5	120.0	122.5	2	207.5	217.5	~~232.5~~	3	490.0	72.47	8
-83kg																					
1	Acton Mckenley	08.05.89	None	81.96	0.1393	11	240.0	252.5	265.0	1	125.0	132.5	~~140.0~~	1	272.5	282.5	290.0	1	687.5	95.78	12
2	Lam Shu Ping Calvin	17.12.93	None	82.67	0.1387	10	185.0	197.5	210.0	2	117.5	125.0	130.0	2	210.0	222.5	235.0	2	575.0	79.76	9
3	Wu Chuek Lun	09.07.95	None	78.62	0.1423	9	140.0	145.0	147.5	3	105.0	107.5	112.5	3	200.0	205.0	210.0	3	470.0	66.88	8
-93kg																					
1	Law Kwan Chak	03.09.93	None	91.95	0.1315	13	245.0	255.0	~~263.0~~	1	157.5	170.0	~~175.0~~	1	270.0	285.0	~~305.0~~	1	710.0	93.40	12
2	Ng Ka Chun	16.09.92	Raw Power	84.13	0.1375	17	180.0	190.0	200.0	2	110.0	120.0	~~130.0~~	2	210.0	225.0	~~240.0~~	2	545.0	74.93	9
3	Tse Ting Hin	05.10.91	None	88.57	0.1340	12	170.0	177.5	185.0	3	100.0	105.0	110.0	4	170.0	185.0	200.0	4	495.0	66.33	8
4	Anthony Alastair Amaki Fumer	05.06.98	None	91.64	0.1318	14	152.5	162.5	~~170.0~~	4	100.0	107.5	112.5	3	180.0	192.5	202.5	3	477.5	62.92	7
5	Zhong Wenzheng	30.12.97	None	91.99	0.1315	16	~~90.0~~	~~120.0~~	130.0	5	~~80.0~~	90.0	~~102.5~~	5	140.0	160.0	~~180.0~~	5	380.0	49.98	6
-105kg																					
1	Lau Yu Pang	17.08.95	Raw Power	97.73	0.1277	18	210.0	220.0	230.0	1	105.0	115.0	~~125.0~~	1	210.0	225.0	235.0	1	580.0	74.08	12
-120kg																					
1	Lee Ho Sang	19.09.93	None	117.68	0.1172	19	265.0	285.0	X	1	155.0	165.0	X	1	285.0	305.0	~~325.0~~	1	755.0	88.52	12

Team (points)

Best Lifters of Open by IPF GL Formula

R	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Acton Mckenley	None	81.96	687.5	95.7777	1
2.	Law Kwan Chak	None	91.95	710.0	93.3998	1
3.	Lee Ho Sang	None	117.68	755.0	88.5200	1

Sub-Juniors

-59kg

1	Zhang Wen Yi	28.09.06	None	58.21	0.1667	1	110.0	~~140.0~~	~~155.0~~	1	~~75.0~~	75.0	81.0	1	120.0	141.0	160.0	1	351.0	58.50	12

-66kg

1	Li Wai Chung Jaden	20.06.06	None	65.85	0.1561	7	150.0	~~155.0~~	160.0	1	85.0	87.5	X	1	75.0	~~77.5~~	X	1	322.5	50.33	12

Team (points)

Best Lifters of Subjuniors by IPF GL Formula

R	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Zhang Wen Yi	None	58.21	351.0	58.5019	1
2.	Li Wai Chung Jaden	None	65.85	322.5	50.3332	1

Juniors

-83kg

1	Cheung Chun Sum	07.01.01	Raw Power	76.49	0.1443	17	180.0	190.0	X	1	115.0	125.0	~~137.5~~	1	185.0	205.0	225.0	1	540.0	77.93	12

-105kg

1	So Man Suen	12.02.02	None	103.27	0.1244	27	220.0	~~230.0~~	X	1	120.0	125.0	~~130.0~~	1	210.0	220.0	~~225.0~~	1	565.0	70.30	12

Team (points)

Best Lifters of Juniors by IPF GL Formula

R	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Cheung Chun Sum	Raw Power	76.49	540.0	77.9323	1
2.	So Man Suen	None	103.27	565.0	70.3007	1

Masters 1

-66kg

1	Mak Kwo Man	19.11.83	None	62.42	0.1606	5	110.0	120.0	125.0	1	85.0	90.0	92.5	1	140.0	~~150.0~~	150.0	1	367.5	59.01	12

-74kg																				
1 Chan Ching Ning	24.10.80	None	69.57	0.1516	12	122.5	130.0	132.5	1	80.0	~~85.0~~	~~85.0~~	1	150.0	~~160.0~~	160.0	1	372.5	56.48	12
-83kg																				
1 Mok Ka Hong	24.10.84	None	80.53	0.1406	16	130.0	140.0	~~145.0~~	1	95.0	100.0	102.5	1	160.0	170.0	175.0	1	417.5	58.69	12

Team (points)

Best Lifters of Masters 1 by IPF GL Formula

R	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Mak Kwo Man	None	62.42	367.5	59.0087	1
2.	Mok Ka Hong	None	80.53	417.5	58.6855	1
3.	Chan Ching Ning	None	69.57	372.5	56.4773	1

Masters 3

-74kg																				
1 Li Kwok Hing	07.08.57	None	68.46	0.1529	11	60.0	70.0	80.0	1	45.0	~~50.0~~	50.0	1	60.0	80.0	~~90.0~~	1	210.0	32.11	12

Team (points)

Best Lifters of Masters 3 by IPF GL Formula

R	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Li Kwok Hing	None	68.46	210.0	32.1098	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.

None = None

Raw Power = Raw Power