

INTERNATIONAL POWERLIFTING FEDERATION

Cross-Strait, Hong Kong and Macau SARs Combined Classic & Equipped Powerlifting & Bench Press Championships 2026, 10.10.2026

Classic Powerlifting (Men)

DETAILED SCORESHEET

Rnk	Name	d.o.b.	Team	Bwt	PF	GL	C	Lot	All Squat		All Bench Press		All Deadlift		Total	IPF GL	Pts	
Open																		
-66kg																		
1	Li Kin Hei William	2002	HKG	65.59	0.1564	4	215.0	225.0	230.0	125.0	132.5	~~137.5~~	220.0	240.0	250.0	612.5	95.79	12
-74kg																		
1	Wong Kam Lok	1998	HKG	73.77	0.1470	7	205.0	~~215.0~~	215.0	137.5	147.5	~~152.5~~	200.0	212.5	~~220.0~~	575.0	84.55	12
Sub-Juniors																		
-66kg																		
1	Qiu Chi Ho	2009	HKG	64.25	0.1581	2	100.0	110.0	115.0	70.0	75.0	82.5	100.0	110.0	~~130.0~~	307.5	48.62	12
2	Lau Tsz Hin	2011	HKG	63.15	0.1596	3	90.0	100.0	110.0	55.0	60.0	~~65.0~~	90.0	107.5	120.0	290.0	46.28	9
-74kg																		
1	Matthew Advani	2008	HKG	71.80	0.1491	5	100.0	110.0	117.5	90.0	100.0	~~105.0~~	125.0	135.0	140.0	357.5	53.32	12
2	Hon Chun Hin	2011	HKG	66.32	0.1555	6	80.0	90.0	100.0	55.0	60.0	62.5	100.0	110.0	120.0	282.5	43.92	9
-93kg																		
1	Lam Wei Tak	2008	HKG	92.56	0.1311	8	~~180.0~~	180.0	192.5	~~100.0~~	100.0	~~107.5~~	180.0	200.0	212.5	505.0	66.22	12
120+kg																		
1	Wu ShangFeng	2008	CHN	133.00	0.1113	10	215.0	237.5	247.5	90.0	105.0	110.0	205.0	215.0	220.0	577.5	64.27	12

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.