The Hong Kong,China Weightlifting and Powerlifting Association Limited
69th Festival of Sport-Hong Kong Powerlifting Championships (Men), Hong Kong (Hong Kong), 11.04.2026
DETAILED SCORESHEET

Rnk	Name	d.o.b.	Team	Bwt	IPF GL	Lot	All Squat				All Bench Press				All Deadlift				Total	IPF GL	Pts
Open																					
-59kg																					
1	Wong Wing Hang Jeffery	06.09.96	Individual	58.70	0.1659	2	185.0	195.0	200.0	1	115.0	120.0	125.0	1	230.0	240.5	~~250.0~~	1	565.5	93.83	12
2	Fong Yuk Wai	15.04.92	Individual	58.62	0.1660	3	135.0	~~142.5~~	~~142.5~~	2	~~85.0~~	85.0	87.5	3	170.0	~~180.0~~	~~180.0~~	2	392.5	65.17	9
3	He Kau	24.09.02	Raw Power	58.84	0.1657	1	125.0	130.0	~~135.0~~	3	~~90.0~~	~~90.0~~	90.0	2	145.0	155.0	160.0	3	380.0	62.97	8
-66kg																					
1	Li Ying Hang	30.12.83	Individual	65.11	0.1570	7	200.0	212.5	220.0	1	112.5	120.0	125.0	2	215.0	230.0	240.0	1	585.0	91.85	12
2	Chan Pak Chung Sam	11.04.00	Raw Power	64.45	0.1579	5	190.0	200.0	207.5	2	120.0	~~125.0~~	125.0	1	205.0	215.0	~~222.5~~	2	547.5	86.43	9
DSQ	Li Kin Hei William	17.10.02	Individual	-	0.2039	6	220.0	~~227.5~~	~~230.0~~	-	125.0	130.0	~~132.5~~	-	225.0	240.0	250.0	-	600.0	122.33	-
-74kg																					
1	Wong Kam Lok	03.11.98	Raw Power	73.10	0.1477	14	200.0	~~215.0~~	~~220.0~~	1	~~135.0~~	140.0	~~150.0~~	1	205.0	215.0	225.0	1	565.0	83.48	12
2	Cham Kam Pang	28.08.99	Individual	71.88	0.1490	13	165.0	~~175.0~~	~~175.0~~	2	95.0	102.5	107.5	2	170.0	~~185.0~~	~~185.0~~	2	442.5	65.95	9
-83kg																					
1	Cheung Chin Lam	16.11.01	Individual	82.94	0.1385	19	252.5	267.5	272.5	2	142.5	150.0	152.5	1	~~292.5~~	~~307.5~~	307.5	1	732.5	101.43	12
2	Acton Mckenley	08.05.89	Individual	82.65	0.1387	20	240.0	260.0	275.0	1	135.0	140.0	~~142.5~~	2	~~265.0~~	280.0	295.0	2	710.0	98.49	9
3	Chan Kwong Lung	12.11.88	Individual	80.82	0.1403	21	215.0	225.0	~~230.0~~	3	100.0	105.0	~~110.0~~	3	~~205.0~~	205.0	215.0	3	545.0	76.47	8
4	Lee Sung Yan	12.01.95	Individual	81.13	0.1400	18	165.0	~~175.0~~	~~175.0~~	4	100.0	102.5	~~105.0~~	4	182.5	195.0	202.5	4	470.0	65.82	7
-93kg																					
1	Kam Chi Leung	18.03.89	Raw Power	86.20	0.1358	28	250.0	265.0	272.0	1	170.0	180.0	~~185.0~~	1	290.0	305.0	312.5	1	764.5	103.83	12
2	Law Kwan Chak	03.09.93	Individual	92.55	0.1311	25	245.0	260.0	~~275.0~~	3	160.0	~~170.0~~	~~170.0~~	3	280.0	300.0	~~320.0~~	2	720.0	94.41	9
3	Law Tak Kan Duncan	08.12.00	Individual	91.91	0.1316	26	232.5	247.5	260.0	2	172.5	~~180.0~~	180.0	2	~~252.5~~	260.0	~~280.0~~	3	700.0	92.10	8
4	Wang Bin	04.05.91	Individual	91.31	0.1320	27	~~205.0~~	~~215.0~~	215.0	5	115.0	120.0	~~125.0~~	5	245.0	~~255.0~~	~~255.0~~	5	580.0	76.56	7
5	Yu Cheuk Long	25.11.92	Raw Power	91.31	0.1320	23	200.0	~~215.0~~	~~215.0~~	6	100.0	107.5	115.0	6	235.0	250.0	~~260.0~~	4	565.0	74.58	6
6	Tse Ting Hin	05.10.91	Individual	90.45	0.1326	24	200.0	215.0	225.0	4	120.0	130.0	135.0	4	~~200.0~~	200.0	~~225.0~~	6	560.0	74.26	5
-105kg																					
1	Lau Yu Pang	17.08.95	Raw Power	99.61	0.1266	32	235.0	245.0	255.0	1	90.0	100.0	110.0	2	240.0	260.0	~~272.5~~	1	625.0	79.10	12
2	Chan Chun Ki	15.03.89	Raw Power	98.17	0.1274	31	160.0	170.0	~~180.0~~	2	115.0	125.0	135.0	1	215.0	225.0	240.0	2	545.0	69.46	9
-120kg																					
1	Lee Ho Sang	19.09.93	Individual	117.27	0.1174	34	255.0	280.0	~~290.0~~	1	155.0	162.5	167.5	1	290.0	310.0	322.5	1	770.0	90.42	12
2	Lam Ki Fung	16.09.01	Individual	115.55	0.1182	33	255.0	270.0	~~285.5~~	2	157.5	165.0	~~175.5~~	2	235.0	255.0	~~270.0~~	2	690.0	81.56	9

Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	GL PTS	C.Rnk
1.	Kam Chi Leung	Raw Power	86.20	764.5	103.8344	1
2.	Cheung Chin Lam	Individual	82.94	732.5	101.4344	1
3.	Acton Mckenley	Individual	82.65	710.0	98.49	2

Sub-Juniors

-74kg																				
1	Huang Aidan F	28.11.08	Individual	73.35	0.1475	11	175.0	~~185.0~~	~~190.0~~	1	105.0	~~110.0~~	X	2	230.0	~~250.0~~	250.0	1	530.0	78.17	12
2	Chan Gavin	19.09.08	Individual	70.72	0.1503	12	145.0	~~157.5~~	160.0	2	102.5	112.5	~~117.5~~	1	180.0	~~205.0~~	205.0	2	477.5	71.78	9

Team (points)

Best Lifters of Subjuniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	GL PTS	C.Rnk
1.	Huang Aidan F	Individual	73.35	530.0	78.1665	1
2.	Chan Gavin	Individual	70.72	477.5	71.7778	2

Juniors

-66kg																				
1	Wen Yuk Ming	11.06.03	Individual	64.11	0.1583	4	130.0	140.0	150.0	1	115.0	125.0	135.5	1	140.0	160.0	175.0	1	460.5	72.90	12
-74kg																				
1	Ng Yung Hin	16.10.03	Individual	73.26	0.1476	10	155.0	162.5	167.5	1	110.0	115.0	117.5	1	215.0	222.5	~~227.5~~	1	507.5	74.90	12
-83kg																				
1	He Qingsong	06.08.03	Individual	81.50	0.1397	17	165.0	175.0	~~187.5~~	1	112.5	~~117.5~~	~~117.5~~	1	190.0	205.0	217.5	1	505.0	70.55	12
-105kg																				
1	Cheung Amos	25.08.03	Individual	104.40	0.1238	30	220.0	232.5	242.5	1	145.0	~~152.5~~	~~152.5~~	1	245.0	255.0	270.0	1	657.5	81.39	12

Team (points)

Best Lifters of Juniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	GL PTS	C.Rnk
1.	Cheung Amos	Individual	104.40	657.5	81.3946	1
2.	Ng Yung Hin	Individual	73.26	507.5	74.8958	1
3.	Wen Yuk Ming	Individual	64.11	460.5	72.8985	1

Masters 1

-83kg																				
1	Mok Ka Hong	24.10.84	Individual	81.08	0.1401	16	150.0	160.0	170.0	1	107.5	~~112.5~~	~~112.5~~	1	200.0	215.0	~~230.0~~	1	492.5	68.99	12
-105kg																				
1	Wu Kwong Lai	01.07.82	Individual	100.84	0.1258	29	182.5	190.0	200.0	1	115.0	120.0	122.5	1	182.5	195.0	200.0	1	522.5	65.75	12

Team (points)

Best Lifters of Masters 1 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	GL PTS	C.Rnk
1.	Mok Ka Hong	Individual	81.08	492.5	68.9884	1
2.	Wu Kwong Lai	Individual	100.84	522.5	65.7457	1

Masters 2

-93kg

1	Fan On Tik Andy	06.02.74	Individual	88.49	0.1341	22	120.0	130.0	140.0	1	92.5	97.5	~~102.5~~	1	125.0	135.0	145.0	1	382.5	51.28	12

Team (points)

Best Lifters of Masters 2 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	GL PTS	C.Rnk
1.	Fan On Tik Andy	Individual	88.49	382.5	51.2776	1

Masters 3

-74kg

1	Tse Chi Keung	09.11.60	Individual	67.04	0.1546	9	100.0	110.0	120.0	1	40.0	50.0	~~55.0~~	1	140.0	150.0	~~158.0~~	1	320.0	49.47	12

-83kg

1	Wong Kwok Fai	05.01.61	Individual	79.20	0.1418	15	120.0	135.0	142.5	1	77.5	85.0	87.5	1	120.0	135.0	142.5	1	372.5	52.81	12

Team (points)

Best Lifters of Masters 3 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	GL PTS	C.Rnk
1.	Wong Kwok Fai	Individual	79.20	372.5	52.8067	1
2.	Tse Chi Keung	Individual	67.04	320.0	49.4726	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.

Individual = Individual

Raw Power = Raw Power