The Hong Kong,China Weightlifting and Powerlifting Association Limited
69th Festival of Sport-Hong Kong Powerlifting Championships 2026 (Women), Hong Kong, China (Hong Kong, China), 11.04.2026
DETAILED SCORESHEET

Rnk	Name	d.o.b.	Team	Bwt	PF GL Cl	Lot	All Squat				All Bench Press				All Deadlift				Total	IPF GL	Pts
Open																					
-47kg																					
1	Lau Chin Chin	02.03.95	Individual	46.27	0.2816	2	82.5	90.0	95.0	1	50.0	55.0	57.5	1	110.0	117.5	~~122.5~~	1	270.0	76.03	12
-52kg																					
1	So Wan Ting	05.02.92	Individual	51.42	0.2550	4	75.0	82.5	90.0	1	42.5	~~47.5~~	~~47.5~~	1	85.0	92.5	~~100.0~~	1	225.0	57.37	12
-57kg																					
1	Man Cheuk Sze	14.02.95	Individual	56.57	0.2359	7	115.0	122.5	~~130.0~~	1	65.0	67.5	~~72.5~~	1	135.0	145.0	~~160.0~~	1	335.0	79.03	12
2	Li Yee Wah	24.11.88	Individual	54.66	0.2423	3	85.0	90.0	92.5	2	57.5	60.0	62.5	2	87.5	95.0	102.5	2	257.5	62.39	9
-63kg																					
1	Yuen Wing Hin	13.11.95	Individual	62.44	0.2201	9	125.0	132.5	138.0	1	62.5	70.0	~~72.5~~	1	150.0	165.0	~~170.0~~	1	373.0	82.08	12
2	Law Celestine Joelle	15.07.92	Individual	62.22	0.2206	8	105.0	115.0	~~125.0~~	2	55.0	60.0	65.0	2	110.0	117.5	125.0	2	305.0	67.27	9
-84kg																					
1	Lee Li Teng	12.09.88	Individual	79.62	0.1931	10	105.0	115.0	120.0	1	~~45.0~~	45.0	50.0	1	110.0	120.0	130.0	1	300.0	57.92	12

Team (points)

Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	GL Pts	C.Rnk
1.	Yuen Wing Hin	Individual	62.44	373.0	82.0798	1
2.	Man Cheuk Sze	Individual	56.57	335.0	79.0295	1
3.	Lau Chin Chin	Individual	46.27	270.0	76.0280	1

Juniors

-57kg																					
1	Mai Ka Wing	25.09.04	Individual	54.57	0.2426	6	85.0	90.0	97.5	1	37.5	45.0	~~50.0~~	1	100.0	110.0	127.5	1	270.0	65.51	12

Team (points)

Best Lifters of Juniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	GL Pts	C.Rnk
1.	Mai Ka Wing	Individual	54.57	270.0	65.5063	1

Masters 3

-47kg

1	Wong Wai Yu Amelia	03.01.60	Individual	46.22	0.2819	1	50.0	~~57.5~~	57.5	1	42.5	~~47.5~~	47.5	1	65.0	80.0	88.0	1	193.0	54.41	12

Team (points)

Best Lifters of Masters 3 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	GL Pts	C.Rnk
1.	Wong Wai Yu Amelia	Individual	46.22	193.0	54.4055	1

Masters 4

-57kg

1	Anjali Hazari	25.02.56	Individual	55.42	0.2397	5	~~25.0~~	25.0	~~27.5~~	1	25.0	27.5	~~30.0~~	1	50.0	55.0	60.0	1	112.5	26.96	12

Team (points)

Best Lifters of Masters 4 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	GL Pts	C.Rnk
1.	Anjali Hazari	Individual	55.42	112.5	26.9628	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