**INTERNATIONAL POWERLIFTING FEDERATION**

**Cross-Strait, Hong Kong and Macau SARs Combined Classic & Equipped Powerlifting & Bench Press Championships 2026, 09.10.2026**

**Equipped Bench Press (Women)**

**SCORESHEET**

| Rnk | Name | d.o.b. | Team | Bwt | IPF GL Cf. | Lot | All Bench Press | | | | Total | IPF GL | Pts |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Open** | | | | | | | | | | | | | |
| **-63kg** | | | | | | | | | | | | | |
| 1 | Luk Ching Yu | 1993 | HKG | 59.83 | 0.6241 | 1 | 107.5 | 110.0 | 112.5 | 1 | 112.5 | 70.21 | 12 |
| **-69kg** | | | | | | | | | | | | | |
| 1 | Wong Ying Chi | 1995 | HKG | 67.87 | 0.5774 | 2 | 70.0 | 75.0 | ~~80.0~~ | 2 | 75.0 | 43.31 | 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.