



SOUTH EAST ASIAN BODYBUILDING & PHYSIQUE SPORTS FEDERATION

ORGANIZED BY
LAO BODYBUILDING FEDERATION

APPROVED BY THE
MINISTRY OF EDUCATION AND SPORTS UNDER THE HONORABLE PRIME MINISTER OF LAO PDR

18th SOUTH EAST ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIP 2024

16 - 20 MAY, 2024

VIENTIANE CITY, LAO PEOPLE'S DEMOCRATIC REPUBLIC

INSPECTION REPORT



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Date: 24th November 2023

TO ALL MEMBER COUNTRIES OF THE SOUTH EAST ASIAN REGION

Re: OFFICIAL INVITATION LETTER

Dear Sirs

With great pride we would like to take this opportunity to invite you and your team to participate in the 18th South East Asian Bodybuilding and Physique Sports Championship and Congress to be held in Vientiane, Lao PDR. (16th - 20th May 2024 at Donchan palace Hotel)

This is our first major event to be organized by us and we look forward to our ASEAN brothers and sisters to take part in making this regional competition a great success.

Our government has given us their blessings and approval to host this important sporting event in our country.

We assure you and your team a comfortable stay in our country during this period.

Attached you will find the full term and conditions of participation and the Final Entry Form.

The full inspection report will be sent to all of you in late February 2024 after the inspection completed by Datuk Paul Chua the founder of SEABPF and President of WBPF.

We look forward to seeing you and your team in Vientiane, LAO PDR.

Best wishes



.....
President of Lao Bodybuilding Federation
Dr. Manothong Vongsay

SOUTH EAST ASIAN BODYBUILDING AND PHYSIQUE SPORTS FEDERATION

(Coordinator of Bodybuilding & Physique Sports in South East Asia)
Affiliated To Asian Bodybuilding & Physique Sports Federation (ABBF)
World Bodybuilding & Physique Sports Federation (WBPF)



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EXECUTIVE COMMITTEE MEETING AGENDA ON 17TH MAY 2024 – 14TH FLOOR,
MULTI-FUNCTION HALL, DON CHAN PALACE HOTEL, VIENTIANE, LDR

1. Opening address by President Dr. Phumvarin Chunhawongvarit of SEABPF
2. Welcome Address by Dr. Manothong Vongsay, President of Lao Bodybuilding Federation and Deputy Minister, Ministry of Industry and Commerce.
3. Speech by Datuk Paul Chua, Founder SEABPF and President of WBPF & ABBF
3. Report by Secretary-General Mr. Sugree Supawarikul of SEABPF
5. Any other matters from the floor
4. Venue of 2025 South East Asian Bodybuilding and Physique Sports championship

Thank you

Sugree Supawarikul
Secretary-General - SEABPF
Secretary-General ABBF
Joint Secretary WBPF

BODYBUILDING IS NATION BUILDING
"IN SPORT THERE ARE NO LIMITATIONS, NO BARRIERS OF RACE, RELIGION,
POLITICS OR CULTURE,
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**17TH EXECUTIVE COMMITTEE MEETING AND ELECTION HELD ON
9TH JUNE 2023 AT MARCO POLO ROOM, 2ND FLOOR, PACIFIC PALACE HOTEL,
BATAM, REPUBLIC OF INDONESIA - 11.30 AM**

Following countries were present at the 17th Executive Committee Meeting and Election:

1. Brunei
2. Cambodia
3. Indonesia
4. Laos
5. Malaysia
6. Myanmar
7. Singapore
8. Thailand
9. Vietnam

A) OPENING ADDRESS BY PRESIDENT DR. PHUMVARIN CHUNHAWONGVARIT OF SEABPF

He warmly welcomed the founding father of SEABPF Datuk Paul Chua and his assistant Mr. M. Letchmenon s/o Mariapan, Executive Director of WBPF and Judges Chairman Ms Christina Kam and Secretary General Mr Sugree Supawarikul and all worthy members of the federation.

President Phumvarin Chunhawongvarit thanked Datuk Paul Chua for his passion and initiative to host this event all funded from his own pocket without his support the year could be a blank year for this regional grouping.

He also thanked the Indonesian Bodybuilding and Fitness Federation for their assistance in many respects in relation to holding the championships in their country.

He wished everyone a great time in the beautiful island of Batam and in making the 17th Sea Bodybuilding championship a great success.

B) ADDRESS BY THE FOUNDING FATHER OF SEABPF AND PRESIDENT OF WBPF AND ABBF
DATUK PAUL CHUA

Datuk Paul Chua thanked Dr. Phumvarin for his kind words of praise.

He was very happy to see nine countries participating in the 17th regional event and the number of athletes participation has increased.

He thanked Mr. Irwan Siregar, President of Indonesia Bodybuilding and Fitness Federation

and his colleagues for their cooperation and support in making the competition a great success.

He went on further to thank two important officials from Batam, they are Mr. Zulkarhain from the Ministry of Sports in Batam and Mr Bobby Muslim, president of Batam province Bodybuilding association.

He thanked the team from Thailand for flying down to help with the competition.

Datuk Paul Chua called all young officials to come forward and volunteer. We need more man power in our organization

He closed his speech with a big THANK YOU TO ALL.

C) REPORT BY MR SUGREE SUPAWARIKUL, SECRETARY GENERAL OF SEABPF

The success of the Sea games in Hanoi was a great success but regretfully our sport was excluded in Cambodia at the last minute. However, Mr Sugree urged every country to do their part of having our sport in the Games. The problem of doping has to be cleaned and this is mammoth task to police and control. He urged all countries to do more educational seminars on this topic to eradicate this disease from our sport.

He thanked President Phumvarin, Datuk Paul Chua and Ms Christina Kam for their valuable contributions.

D) ANY OTHER MATTERS FROM THE FLOOR

There was none

E) Laos Bodybuilding Federation bid to host the 18th South East Asian Bodybuilding and Physique Sports championship in Vientiane in the month of May 2024.

It was officially given to them to host this regional event. All technical matters will be dealt with them in this respect over the coming months.

F) ELECTION OF OFFICE BEARERS FOR A TERM OF 4 YEARS

The following officials were unanimously elected in the SEABPF Management Committee.

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NEWLY ELECTED EXECUTIVE COUNCIL MEMBER LIST (2023- 2027)

NO.	NAME	COUNTRY	DESIGNATION
1	Dr. Phumvarin Chunhawongvarit	Thailand	President
2	Mr. Irwan Alwi	Indonesia	Executive Vice President
3	Mr. Kyaw Than	Myanmar	Executive Vice President
4	Mr. Alan Ng	Singapore	Executive Vice President
5	Mr. Huynh Anh	Vietnam	Executive Vice President
6	Mr. Mohamad Rahemi Bin HJ Abdul Manaf	Brunei	Vice President
7	Mr. Khamphaphayvanh Vongxay	Laos	Vice President
8	Mr. Bunvy Tek	Cambodia	Vice President
9	Mr. Sugree Supawarikul	Thailand	Secretary General
10	Mr. Amaran Siregar	Indonesia	Deputy Secretary
11	Mr. Boonchai Sae Tae	Thailand	Board Member
12	Ms. Amy Sarirom Ham	Cambodia	Board Member
13	Mr. Subramaniam A/L Ganapathy	Malaysia	Board Member
14	Mr. Ramesh Naidu S/o Balakrishnan	Singapore	Board Member
15	Mr. Kongpaseuth Phengsene	Laos	Board Member
16	Mr. Bobby Muslim	Indonesia	Board Member
17	Mr. Rudy Bin Ahmad	Brunei	Board Member
18	Mr. Huynh Nogoc Minh	Vietnam	Board Member
19	Datuk Mohd Syarul Azman Mahen (Mike)	Malaysia	Ambassador at Large for SEA Region



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LAO PEOPLE'S DEMOCRATIC REPUBLIC (LPDR)

Capital Vientiane

Laos is a landlocked nation situated in the center of the Southeast Asian Peninsular, bordered by China to the north, Myanmar to the northwest, Thailand to the west, Vietnam to the East, and Cambodia to the south.

Climate The first half of May is usually a relatively dry season

Society Population 7.7 million people

Currency Laotian Kip

Language Lao, French, English and various other languages

Religion Buddhism

Laos, officially known as the Lao People's Democratic Republic, is a serene landlocked country nestled in Southeast Asia, bordered by Myanmar, China, Vietnam, Cambodia, and Thailand. Its geography is marked by majestic mountains, winding rivers, and verdant forests, creating breathtaking landscapes that attract visitors from around the world.

The capital city, Vientiane, embodies a blend of traditional Lao architecture and French colonial influence, offering a charming atmosphere for exploration. Visitors can immerse themselves in the rich cultural heritage of Laos through vibrant markets, ornate temples, and serene riverside promenades.

Culturally, Laos is deeply influenced by Theravada Buddhism, fostering a peaceful and spiritual ambiance throughout the country. Monks draped in saffron robes can be seen collecting alms at dawn, while ancient temples stand as testaments to the enduring traditions of the Lao people.

The Lao language, also known as Laotian, is the official language of the country and is widely spoken by its people. Additionally, ethnic minority groups speak their own languages, contributing to the country's linguistic diversity.

The currency of Laos is the Lao kip (LAK), which is used for daily transactions throughout the country. While the economy continues to develop, the Lao kip remains the primary medium of exchange, reflecting the nation's economic landscape.

All participants shall be staying at the Don Chan Palace Hotel in Vientiane and the competition will be held in the Grand ball room hall.





HOTEL



EXECUTIVE SUITE



DELUXE SUITE



SUPERIOR ROOM



RIVERLAND



RIVERLAND





TOP CLUB



WBPF President Datuk Paul Chua and Executive Director Ms Christina Kam arrived today 8 February 2024 in Vientiane Lao. They were warmly received by the Executive Members of the Lao Bodybuilding Federation at the Wattay International Airport.





Press Conference was held by the President of the Lao Bodybuilding Federation Dr. Manothong Vongsay who is also the Minister, of the Ministry of Industry and Commerce at the Don Chan Palace ballroom hall. Dr. Puth Simalavong, Minister of Education and Sports together with Datuk Paul Chua, President of the World Bodybuilding and Physique Sports Federation and the Executive Director Ms Christina Kam of WBPf were present at the press conference. Over 150 people attended the Press Conference. Both the Ministers were supportive of the 18th South East Asian Bodybuilding and Physique Sports Championship in Vientiane, Lao which will take place from 16 - 19 MAY 2024



At the Press Conference with the Minister of Education and Sports Dr. Puth Simalavong and Dr. Manothong Vongsay, Deputy Minister, Ministry of Industry and Commerce & President of Lao Bodybuilding Federation on 9th February 2024 at the Grand Ballroom Hall of Don Chan Palace Hotel





With the Minister of Education and Sports Dr Puth Simalavong





MESSAGE FROM DR. MANOTHONG VONGSAY, PRESIDENT OF LAO BODYBUILDING FEDERATION AND DEPUTY MINISTER, MINISTRY OF INDUSTRY AND COMMERCE



The implementing agency of the Government of Lao and on behalf of the Ministry of Education and Sports and as the President of the Lao Bodybuilding Federation, I would like to express my sincere appreciation on the occasion of organizing the 18th South East Asian Bodybuilding and Physique Sports championship in our country for the first time.

On behalf of the Laotian nation, athletes and sports enthusiasts, I would like to welcome all participating countries from South East Asia to Vientiane, Lao from 16th to 20th May 2024.

The championship is of high significance as it invites an increasing number of young men and women in Bodybuilding and physical sports development, refines their culture and ethics, and serves as the training basis for their future achievements.

We assure all participants a comfortable stay in LAO and extend to all the Laotian hospitality.

