



MYANMAR BODYBUILDING AND PHYSIQUE SPORTS FEDERATION

Under the Umbrella of The

SOUTH EAST ASIAN BODYBUILDING AND PHYSIQUE SPORTS FEDERATION

Sanction by

WORLD BODYBUILDING AND PHYSIQUE SPORTS FEDERATION



20th SOUTH EAST ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS 2026

14TH TO 18TH MAY, 2026 @ YANGON, MYANMAR

— INSPECTION REPORT —



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20TH SOUTH EAST ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS 2026

14th to 18th May, 2026 @ Yangon, Myanmar

Upon arrival at the airport on 14th May 2026, officials from the Myanmar Bodybuilding and Physique Sports Federation will receive you and transfer you directly to the Hotel Yangon, situated at 91/93, 8th Mile Junction, Corner of Pyay Road and KheraAye Pagoda Road, Mayangone Township, Yangon. The championships' activities are from 14th to 18th May 2026 and will be held in Yangon City. All meetings will be held at the Yangon Hotel as follows:

- The prejudging and finals will take place in the Convention Centre, a fully air-conditioned hall which has hosted many of our bodybuilding events in the past.
- The Executive Welcome Dinner on 14th May 2026 at 7:00 pm will be held at the Unplugged Restaurant - My Garden (Only Executive members and invited guests to attend). This place has live music and karaoke, plus great food for everyone.

President Nyi Nyi of MBPSF and U Kyaw Than and their entire organizing committee are at your disposal. They are doing their best to make your stay as comfortable as possible, valuing the ASEAN FAMILY spirit. All food arrangements for athletes and officials will be made according to SEABPF rules.



PACIFIC GAMES
COUNCIL



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WORLD
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WORLD SPORTS
UNIVERSITY



ORGANIZATION FOR
SPORT & DEVELOPMENT
IN ASIA



ISCA
International Sport and
Culture Association



International Sports Council



ICSSPE



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WELCOME MESSAGE FROM PRESIDENT OF MYANMAR BODYBUILDING AND PHYSIQUE SPORTS FEDERATION AND VICE MAYOR OF YANGON CITY, MR NYI NYI



It is with great pleasure that we welcome all athletes, officials, and guests to the 20th South East Asian Bodybuilding and Physique Championships in Yangon City, Myanmar, from 14 to 18 May 2026. We are honored to host this prestigious event and look forward to showcasing the incredible talent and dedication of our athletes. Enjoy the competition, experience the warm hospitality of Myanmar, and may the best athletes win





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Dear esteemed guests and family members,

It is my greatest pleasure to welcome all our family members from the South East Asian nations, with whom we have established close relationships over the years. We cherish these bonds and look forward to strengthening them under the umbrella of the ASEAN concept.



I have had the privilege of knowing many of our colleagues in this region, and we are committed to showcasing our humble hospitality to all of you. Our WBPF and ABBF President, Datuk Paul Chua, and Executive Director and Judges Chairman, Ms. Christina Kam, have inspected our facilities and commended us on the great preparations made for the 20th South East Asian Bodybuilding and Physique Sports Championships.

A warm welcome to Yangon City, and we hope you will enjoy our Myanmar hospitality.

Best regards,

U KYAW THAN

Working Committee Secretary

20th South East Asian Bodybuilding and Physique Sports Championships

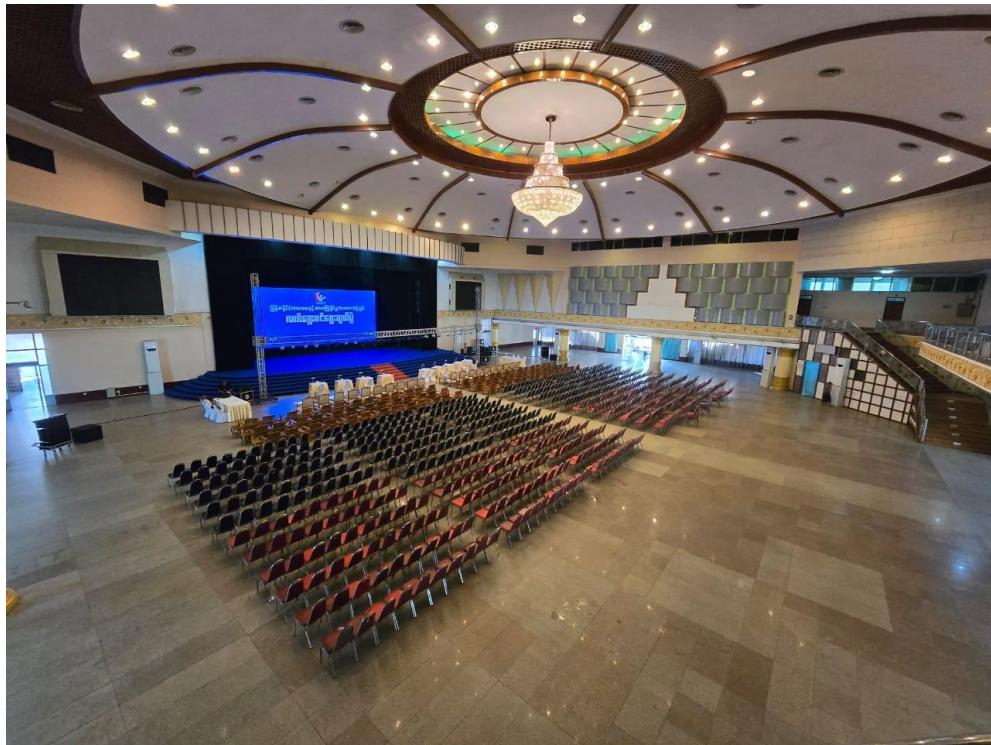




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14th to 18th May, 2026 @ Yangon, Myanmar

Convention hall of the competition at the Myanmar City Centre..a modern hall with all the facilities available including VIP room for special guests.





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14th to 18th May, 2026 @ Yangon, Myanmar



Executive Committee members of the Myanmar Bodybuilding and Physique Sports Federation



Secretariat Room at 1st floor available for all enquiries. Staff will be there to assist



GYM AT the 1st floor of Hotel Yangon



Weighing-in room at Royal Ball room, 2nd floor, Hotel Yangon



Executive Committee meeting room at Pale Room - 1st floor



Team Managers and Judges Meeting room at Diamond Room, 1st floor



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Registration Desk at the front of Hotel Yangon



The great supporter and lover of bodybuilding U Bo Htay (white attire), Minister of Development Affairs and Mayor of Yangon City.



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