

16TH SOUTH EAST ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS 2019

16TH TO 21ST MAY 2019, YANGON, MYANMAR

The 16th South East Asian Bodybuilding and Physique Sports Championships were one of the best in the series of this regional competition which was held in Yangon, Republic of the Union of Myanmar. It was held from 16th to 21st May 2019. All official and competitors were housed at the Hotel Yangon and the two days competition (pre-judging and finals) were held at the Yangon City Convention Centre.



10 South East Asian Countries participated viz: BRUNEI, CAMBODIA, LAOS, INDONESIA, MALAYSIA, THAILAND, VIETNAM, SINGAPORE, PHILIPPINES and MYANMAR and about 150 athletes and 70 officials were in attendance for this regional competition.



The President of WBPF and ABBF Datuk Paul Chua and his Executive Director Ms Christina Y. Kam attended as the VIP guest for this event. In addition the Vice-President of ABBF and Secretary General of WBPF/ABBF China Mr Gao Shengge was invited to officiate as a neutral judge and also the Chairman of the Organising Committee of the 53rd Asian Bodybuilding and Physique Sports Championships Mr Zhao Cheng from the People's Republic of China was invited as a special guest to witness this event. 6 (six) Chinese officials from China also attended to witness and study the organisation of this competition for their upcoming 53rd Asian event in Hohhot City, Inner Mongolia, China. At the same time, all six of them took their judging examination and passed with colours.

Many high officials from the Government of Myanmar were present during the welcome party and at the competition venue and they fully supported this event. Yangon Region Minister for Development, Chairman of

the Yangon City Development Committee and Mayor of Yangon, His Excellency U Maung Maung Soe was present at the welcome party



Several other Ministers were present including U Phyo Min Thein Chief Minister of Yangon Region Government and the competition was organised very efficiently without any hitch whatsoever...the best ever.



Myanmar athletes were surprised everyone by winning 11 Gold Medals including the Team Championships for Man and Woman...the first time in the history of the sport in this country.

MEN'S JUNIOR BODYBUILDING OPEN CATEGORY



5	Myo Sai Oo	Myanmar	7	7	14	1st
4	Thakdanai Khettrakan	Thailand	11	12	23	2nd
3	Myo Naing Tun	Myanmar	13	12	25	3rd
1	Nguyen Huu Nhon	Vietnam	20	20	40	4th

MEN'S BODYBUILDING 55 KG



11	Kyaw Min Than	Myanmar	5	5	10	1st
12	Apisit Nakum	Thailand	11	12	23	2nd
10	Nyein Chan Htwe	Myanmar	14	13	27	3rd

MEN'S BODYBUILDING 60 KG



19	Moe Swe	Myanmar	11	10	21	1st
13	Ho Cong Hoai Long	Vietnam	13	11	24	2nd
15	Woraton Matchantika	Thailand	14	16	30	3rd
16	Alexis Abule	Phillipines	15	24	39	4th
14	Yan Paing Soe	Myanmar	25	15	40	5th

MEN'S BODYBUILDING 65 KG



20	Anton Tjarmati	Indonesia	7	11	18	1st
26	Hoang Van Dat	Vietnam	9	11	20	2nd
23	Than Naing	Myanmar	17	10	27	3rd
21	Uthai Dumri	Thailand	21	20	41	4th
64	Ja War Naw	Myanmar	23	22	45	5th
29	Firman Raynar Bin Jamis	Malaysia	25		25	6th

MEN'S BODYBUILDING 70 KG



34	Zorizal Bin Haji Johari	Brunei	8	9	17	1st
25	Zaw Thuang	Myanmar	10	12	22	2nd
30	Tun Tun Oo	Myanmar	11	21	32	3rd
32	Tran Hoang Duy Thuan	Vietnam	20	18	38	4th
31	Thongpan Lammana	Thailand	23	16	39	5th
33	Nguyen Dinh Quan	Vietnam	31		31	6th
35	Somnuek Mongitto	Thailand	33		33	7th

Men's Bodybuilding 75 kg



41	Suwit Gatejinsa	Thailand	8	8	16	1st
43	Thuang Tan	Myanmar	11	11	22	2nd
37	Zmarul Al Adam Pulutan Abdullah	Malaysia	12	13	25	3rd
40	Nguyen Trong Khanh	Vietnam	21	22	43	4th
38	H Brian Mai	Myanmar	23	21	44	5th

MEN'S BODYBUILDING 80 KG



108	Nattawat Phochat	Thailand	7	7	14	1st
106	Si Thu Hein	Myanmar	10	10	20	2nd
105	Aung Khant Zaw	Myanmar	14	14	28	3rd
104	Patinan Kannarong	Thailand	18	18	36	4th
107	Thiha Win Hlaing	Myanmar	24	24	48	5th

MEN'S BODYBUILDING OVER 80 KG



113	Thel Su	Myanmar	6	8	14	1st
115	Tu Ngoc Nam	Vietnam	15	13	28	2nd
116	Hnin Pan Khaing	Myanmar	16	16	32	3rd
110	Phondchanok Pluemjit	Thailand	18	18	36	4th
111	Athena Fiona Simmen	Thailand	21	20	41	5th

MEN'S MASTER BODYBUILDING OVER 45 YRS



20	Anton Tjarmati	Indonesia	8	5	13	1st
30	Tun Tun Oo	Myanmar	9	10	19	2nd
64	Ja War Naw	Myanmar	13	21	34	3rd
35	Somnuek Mongitto	Thailand	21	20	41	4th
31	Thongpan Lammana	Thailand	25	18	43	5th
62	Myo Min Aye	Myanmar	30		30	6th

MEN'S ATHLETIC PHYSIQUE UP TO 160 CM



67	Chaitanong Seanglam	Thailand	7	7	14	1st
69	Aung Myint Thein	Myanmar	8	8	16	2nd
68	Nguyen Thanh Danh	Vietnam	16	16	32	3rd
71	Nattapong Wongchaisit	Thailand	19	19	38	4th

MEN'S ATHLETIC PHYSIQUE UP TO 167 CM



76	Nguyen Van Minh	Vietnam	6	9	15	1st
36	Marcus Fam	Singapore	9	17	26	2nd
77	Kittipong Chansuwan	Thailand	17	10	27	3rd
73	Le Van Viet	Vietnam	21	16	37	4th
74	Tin Aung Cho	Myanmar	27	22	49	5th
75	Thein Tun Oo	Myanmar	28		28	6th
72	Thurain Bo	Myanmar	30		30	7th

MEN'S ATHLETIC PHYSIQUE OVER 167 CM



78	Myo Satt Aung	Myanmar	10	10	20	1st
80	Tran Van Tam	Vietnam	11	11	22	2nd
81	Huynh Trong Huu	Vietnam	14	14	28	3rd
98	Sutthipong Hirunpid	Thailand	20	15	35	4th
83	Ko Ko Kyaw Phyo	Myanmar	26	23	49	5th
79	Witsarut Bunsiri	Thailand	32		32	6th
87	Charles Luanga Anak Uyong	Malaysia	33		33	7th
84	Jorge Geffered Babia	Phillipines	39		39	8th

88	Muammar Gaddafi Bin Muhamad Hussain	Malaysia	41		41	9th
85	Jeremy Yeoh	Singapore	50		50	10th

WOMEN'S ATHLETIC PHYSIQUE UP TO 160 CM



118	Hnin Hnin Aye	Myanmar	6	10	16	1st
117	Kyipyar Phone	Myanmar	11	11	22	2nd
115	Tran Thi Thanh Tam	Vietnam	15	11	26	3rd
120	Nissara Sokul	Thailand	18	18	36	4th
121	Yin Yin	Myanmar	25	25	50	5th

WOMEN'S ATHLETIC PHYSIQUE OVER 160 CM



122	Wutt Yee Phyo	Myanmar	6	6	12	1st
125	Moe Moe	Myanmar	13	13	26	2nd
146	Sainet Srisomphong	Thailand	15	14	29	3rd
119	Norrina	Singapore	17	18	35	4th

MEN'S SPORTS PHYSIQUE UP TO 170 CM



97	Nyein Chan	Myanmar	9	11	20	1st
95	Suraphan Maiseetong	Thailand	11	11	22	2nd
93	Kritkhun Phukorawat	Thailand	15	12	27	3rd
94	Min Htet Ko	Myanmar	18	17	35	4th
91	Chankakada Chheng	Cambodia	22	25	47	5th
92	Min Khant	Myanmar	31		31	6th
89	Nanthalack Sounakhen	Laos	32		32	7th

MEN'S SPORTS PHYSIQUE OVER 170 CM



96	Thepphorn Phuangthapthim	Thailand	10	10	20	1st
100	Maung Maung Shwe	Myanmar	12	11	23	2nd
99	Nguyen Hong Duc	Vietnam	14	15	29	3rd
101	Arnold Salas	Phillipines	16	22	38	4th
102	Sumat Jaiart	Thailand	23	17	40	5th

WOMEN'S MODEL PHYSIQUE UP TO 160 CM



127	Chadathip Chantararat	Thailand	9	8	17	1st
131	Thandar Oo	Myanmar	10	8	18	2nd
129	Naphassanun Huarukkit	Thailand	17	22	39	3rd
133	Mi Mi Kyaw Naing	Myanmar	21	19	40	4th
132	Kongphaeng Khounvinai	Laos	23	19	42	5th
130	Wuttyi Hnin	Myanmar	26		26	6th

WOMEN'S MODEL PHYSIQUE UP TO 165 CM



139	Nguyen Phan Nha Mien	Vietnam	5	5	10	1st
134	Philomena Dexclyn Anak Siar	Malaysia	12	17	29	2nd
137	Ingyin Thant Zin	Myanmar	18	13	31	3rd
140	Sakunthara Juntago	Thailand	21	21	42	4th
135	Chatsadapa Putthosit	Thailand	25	20	45	5th
138	Sandar Win	Myanmar	27		27	6th
111	Athena Fiona Simmen	Thailand	33		33	7th

WOMEN'S MODEL PHYSIQUE OVER 165 CM



136	Farah Dawood	Singapore	11	8	19	1st
144	Natalee Sukkho	Thailand	13	13	26	2nd
145	Aye Thandar Khaing	Myanmar	14	13	27	3rd
141	Charisa Banrungchat	Thailand	16	19	35	4th
143	Naychi Thaint Wai	Myanmar	23	23	46	5th

MEN'S FITNESS PHYSIQUE OPEN CATEGORY



108	Nattawat Phochat	Thailand	7	7	14	1st
106	Si Thu Hein	Myanmar	10	10	20	2nd
105	Aung Khant Zaw	Myanmar	14	14	28	3rd
104	Patinan Kannarong	Thailand	18	18	36	4th
107	Thiha Win Hlaing	Myanmar	24	24	48	5th

WOMEN'S FITNESS PHYSIQUE OPEN CATEGORY



113	Thel Su	Myanmar	6	8	14	1st
115	Tran Thi Thanh Tam	Vietnam	15	13	28	2nd
116	Hnin Pan Khaing	Myanmar	16	16	32	3rd
110	Phondchanok Pluemjit	Thailand	18	18	36	4th
111	Athena Fiona Simmen	Thailand	21	20	41	5th

MIXED PAIRS CHAMPIONSHIP



149	Tran Thi Thanh Tam	Vietnam	9	5	14	1st
	Tran Hoang Duy Thuan					
153	Tun Tun Aung	Myanmar	8	11	19	2nd
	Hnin Hnin Aye					
151	Kritkhun Phukorawat	Thailand	16	13	29	3rd
	Chadathip Chantarat					
152	Witsarut Bunsiri	Thailand	17	22	39	4th
	Nissara Sokul					
150	Ja War Naw	Myanmar	25	22	47	5th
	Wuttyi Hnin					

WOMEN'S TEAM CHAMPIONSHIP



PLACE	COUNTRY	SCORE
1ST	Myanmar	300
2ND	Thailand	115
3RD	Vietnam	100

MEN'S TEAM CHAMPIONSHIP



PLACE	COUNTRY	SCORE
1ST	Myanmar	615
2ND	Thailand	385
3RD	Vietnam	205

MR. SOUTH EAST ASIA



NO.	COMPETITOR	COUNTRY
34	Zorizal Bin Haji Johari	Brunei