

53RD ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS
27THSEPTEMBER –03RDOCTOBER2019
BATAM, INDONESIA

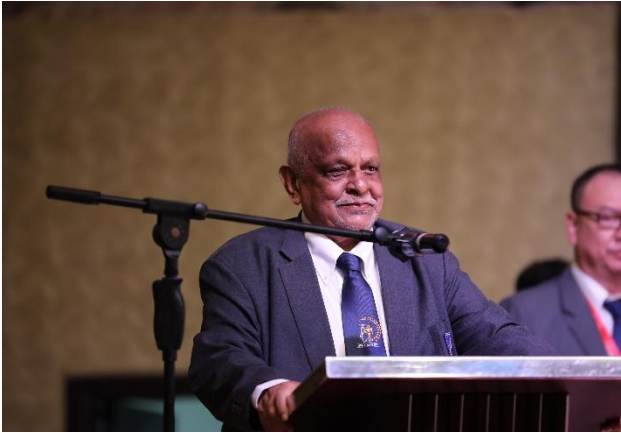
The 53rd Asian Bodybuilding and Physique Championships took place in the beautiful island of Batam, the Republic of Indonesia from 27th September - 3rd October 2019. The competition was held at the Pacific Palace Hotel in the magnificent Grand Pacific Ballroom that accommodates 3000 persons. It was held for 3 days with pre judging in the morning and finals in the afternoon.

This competition was organised by the Asian Bodybuilding and Physique Sports Federation (ABBF) with its own funds and with the close cooperation and collaboration from PB. PABBSI (Pengurus Besar Persatuan Angkat Besi - Binaraga - Angkat Berat Seluruh Indonesia) -AIWBPA (All Indonesia Weightlifting Bodybuilding Powerlifting Association), the controlling organisation for Bodybuilding in Indonesia and recognised by their National Olympic Committee and Komite Olahraga Nasional Indonesia Pusat (KONI) (the sports authority of Indonesia).



The welcome dinner was hosted by the Mayor of Batam for which we are extremely grateful, it was held on 27th September 2019 at the hotel with over 500 people in attendance.

The opening ceremony was held on 30th September by the President of KONI Mr Marciano Norman together with Datuk Paul Chua, President of ABBF.



Our sincere appreciation to the President of PABBSI Mr Rosan Perkasa Roeslani, Vice-President Djoko Pramono, Chairman of Bodybuilding Irwan Alwie, Alamsyah our good friend and Bobby Muslim, President of Batam federation for their kind assistances.

At the ABBF Electoral Congress held on 29th September 2019, Datuk Paul Chua was elected as its President and Mr Sugree Suprawarikul was elected as the Secretary-General together with a dynamic team of young and energetic officials. Mr Chetan Pathare (the Secretary-General of WBPF) was elected as the Executive Assistant to the President Datuk Paul Chua. The new management committee serving for a term of 4 years till 2024 appears on our website under the Executive Committee

ABBF EXECUTIVE COUNCIL MEETING



Ms Christina Y. Kam the Chairman of the Judges Committee was not present, however, she was elected to hold this position by a unanimous decision.

TEAM MANAGERS & JUDGES MEETING



ABBF ELECTORAL CONGRESS



MEN'S BODYBUILDING 55KG



18	GOPE KUNDAN KUMAR	India	10	6	16	1 st
16	PHAM TRUONG THO	Vietnam	11	13	24	2 nd
14	MOHAMED MOOSA	Maldives	15	18	33	3 rd
17	NUMPOL TRAWANGTAN	Thailand	16	18	34	4 th
15	MURUGESAN RAMAMURTHY	India	23	19	42	5 th

MEN'S BODYBUILDING 60KG



22	PHAM VAN PHUOC	Vietnam	12	12	24	1 st
26	MALVERN ABDULLAH	Malaysia	14	13	27	2 nd
28	JEFRI YOHANIS WUATEN	Indonesia	15	16	31	3 rd
31	MAHAJAN VAIBHAV	India	17	17	34	4 th
24	TUN TUN AUNG	Myanmar	19	17	36	5 th
23	ALI KASHAR	India	30		30	6 th

MEN'S BODYBUILDING 65KG



41	SHUI TIANHE	China	9	5	14	1 st
34	TRAN HOANG DUY PHUC	Vietnam	12	12	24	2 nd
36	KAMBLE DINESH BHIMRAO	India	10	16	26	3 rd
33	BAIDYA SUVADEEP	India	22	20	42	4 th
32	ANTON TJARMATI	Indonesia	26	20	46	5 th
40	MUHAMMAD HARITH RIO DINIE BIN MOKHALIL	Singapore	29		29	6 th
38	SAMBANDHAN MOORTHY	India	34		34	7 th
37	QIAO ZHANQING	China	42		42	8 th
129	JIANG XIAN	China	43		43	9 th

MEN'S BODYBUILDING 70KG



52	KRISHNAMOORTHY HARI BABU	India	7	9	16	1 st
51	KHUNTAL PHUANGPHET	Thailand	12	8	20	2 nd
44	BUDA ANAK ANCHAH	Malaysia	16	15	31	3 rd
50	SARUULBAT	China	18	22	40	4 th
47	THANICHERRY KANDY RIYAS	India	24	22	46	5 th
43	LAM THAI DUONG	Vietnam	28		28	6 th
48	HO HUY BINH	Vietnam	34		34	7 th
42	MANIVENDHAN KOTNANDARAMAN	India	40		40	8 th

MEN'S BODYBUILDING 75KG



56	VENKATESAN JAYAPRAKASH	India	6	7	13	1 st
59	ZMARUL AL ADAM PULUTAN ABDULLAH	Malaysia	12	16	28	2 nd
42	MANIVENDHAN KOTNANDARAMAN	India	16	14	30	3 rd
60	SUWIT GATEJINSA	Thailand	18	18	36	4 th
55	MUSWAR	Indonesia	30	21	51	5 th
62	THANGAIAH MEENAKSHI SUNDARAM	India	31		31	6 th
58	DANG THANH TUNG	Vietnam	31		31	7 th
61	ZAW THEIN NAING	Myanmar	40		40	8 th
53	SONAM TOBGAY	Bhutan	44		44	9 th

MEN'S BODYBUILDING 80KG



64	SINGH N SARBO	India	5	5	10	1 st
68	SINGH ARAMBAM BOBY	India	10	10	20	2 nd
70	TARABALI ALIAKBAR HASSANALI	Iran	15	20	35	3 rd
67	SEPHA	Vietnam	21	18	39	4 th
72	SAHOO RASHMI RANJAN	India	24	22	46	5 th
117	SUGAR DULAMRAGCHAA	Mongolia	30		30	6 th
69	YOSIF KADHIM SHAIEL	Iraq	35		35	7 th

MEN'S BODYBUILDING 85KG



10	ALI MAHDAVI	Iran	7	9	16	1 st
75	MANI SARVANAN	India	9	8	17	2 nd
11	AHMED ALI HUSSEIN	Iraq	21	14	35	3 rd
74	ELUMALAI KARTHIK	India	22	20	42	4 th
109	AMMAR ABDLAAZEEZ HAMAD	Iraq	26	23	49	5 th
79	DHURI ROHAN RAJA	India	27		27	6 th
73	L AITONJAM RISHIKANTA SINGH	India	32		32	7 th
110	ADNAN MOHAMMED ALI HUSSEIN	Iraq	40		40	8 th
76	ALAA HAMID ABDULSATAR	Iraq	45		45	9 th
78	YU KIKUCHI	Japan	50		50	10th

MEN'S BODYBUILDING 90KG



83	CHITHARESH KONGARAMPILLY NATESAN	India	8	7	15	1 st
80	WAAD FARHAN KADHIM	Iraq	9	10	19	2 nd
82	PAVEL UMURZAKOV	Uzbekistan	15	15	30	3 rd
84	BEGALI ERMATOV	Uzbekistan	18	18	36	4 th
81	SANJEEVA KIRAN KUMAR	India	25	24	49	5 th

MEN'S BODYBUILDING 100KG



86	SHETTY ROHIT DEVAPPA	India	6	5	11	1 st
85	ZHAI YANFANG	China	9	10	19	2 nd
87	DAIGO KITAI	Japan	15	15	30	3 rd

MEN'S JUNIOR BODYBUILDING UP TO 75KG



57	NISSANKARA RAO RAVI KUMAR	India	9	8	17	1 st
63	RAJENDRAN BENJAMIN JEROLD	India	10	14	24	2 nd
7	LY GIA HUY	Vietnam	14	14	28	3 rd
3	KHUNJAMAYUM TAKHELGAMBA SINGH	India	16	14	30	4 th

MEN'S JUNIOR BODYBUILDING OVER 75KG



11	AHMED ALI HUSSEIN	Iraq	8	10	18	1 st
10	ALI MAHDAVI	Iran	10	9	19	2 nd
13	CHANDAM RISHIKANTA	India	12	11	23	3 rd
9	TRAN QUOC THIEN	Vietnam	20	20	40	4 th

MEN'S MASTER BODYBUILDING 40-49 YRS UP TO 80KG



51	KHUNTAL PHUANGPHET	Thailand	5	6	11	1 st
44	BUDA ANAK ANCHAH	Malaysia	12	9	21	2 nd
55	MUSWAR	Indonesia	14	15	29	3 rd
24	TUN TUN AUNG	Myanmar	28	20	48	4 th
94	GULVE DHANRAJ ASHOK	India	30	25	55	5 th
28	JEFRI YOHANIS WUATEN	Indonesia	32		32	6 th
26	MALVERN ABDULLAH	Malaysia	35		35	7 th
70	TARABALI ALIAKBAR HASSANALI	Iran	39		39	8 th
100	MOHAMMED NIZAMUDDIN	India	44		44	9 th
96	SINGH KULDEEP	India	46		46	10th
61	ZAW THEIN NAING	Myanmar	52		52	11th
93	YU TINGZHEN	China	58		58	12th

MEN'S MASTER BODYBUILDING 40-49 YRS OVER 80KG



80	WAAD FARHAN KADHIM	Iraq	5	5	10	1 st
82	PAVEL UMURZAKOV	Uzbekistan	10	10	20	2 nd
109	AMMAR ABDLAZEEZ HAMAD	Iraq	16	18	34	3 rd
108	DHOTRE VIRESH RAJARAM	India	19	17	36	4 th
183	TANDIN WANGCHEN	Bhutan	25	25	50	5 th
110	ADNAN MOHAMMED ALI HUSSEIN	Iraq	29		29	6 th
106	XIONG MING	China	35		35	7 th
87	DAIGO KITAI	Japan	40		40	8 th

MEN'S MASTER BODYBUILDING 50-60 YRS UP TO 80KG



114	ZHANG XIANG	China	6	5	11	1 st
32	ANTON TJARMATI	Indonesia	12	11	23	2 nd
117	SUGAR DULAMRAGCHAA	Mongolia	16	18	34	3 rd
119	CHANYUT THIMTHONG	Thailand	18	17	35	4 th
118	WANG KEWEN	China	26	25	51	5 th
112	HIRWANI RAMESH KUMAR	India	31		31	6 th
113	CUI XIAOMING	China	35		35	7 th
111	HU HUI	China	38		38	8 th
115	WANG GANG	China	45		45	9 th

MEN'S MASTER BODYBUILDING 50-60 YRS OVER 80KG



124	SUWIJAK PINTUSORNCHAI	Thailand	5	5	10	1 st
122	BALDEV KUMAR	India	10	10	20	2 nd
125	KATARI SATYANARAYAN RAJU	India	15	15	30	3 rd

MEN'S MASTER BODYBUILDING OVER 60 YRS



127	MATHEW RAJAVARAM	Singapore	6	8	14	1 st
129	JIANG XIAN	China	9	7	16	2 nd
130	ZHU LUWEN	China	15	15	30	3 rd

MEN'S FITNESS PHYSIQUE UP TO 170 CM



134	WANCHAI KANJANAPIMINE	Thailand	7	6	13	1 st
132	RARTCHAWAT KAEWPANYA	Thailand	8	9	17	2 nd
135	MARCO ALFREDO LEE	China Macao	16	19	35	3 rd
136	CHEONG CHI WA	China Macao	19	16	35	4 th

MEN'S FITNESS PHYSIQUE OVER 170 CM



140	NATTAWAT PHOCHAT	Thailand	7	5	12	1 st
142	DAMRONGSAK SOYSRI	Thailand	9	10	19	2 nd
141	SAHU DINESH KUMAR	India	14	15	29	3 rd

MEN'S ATHLETIC PHYSIQUE UP TO 160 CM



150	NGUYEN VAN KIEN	Vietnam	10	5	15	1 st
145	CHAITANONG SEANGLAM	Thailand	12	10	22	2 nd
144	WANG DONGBO	China	13	16	29	3 rd
149	MAHMOOD ZIYAD	Maldives	21	21	42	4 th
147	NGUYEN VAN LY	Vietnam	22	22	44	5 th
148	WANG XIAOHUA	China	27		27	6 th

MEN'S ATHLETIC PHYSIQUE UP TO 167 CM



156	MOHD SYARUL AZMAN MAHEN BIN ABDULLAH	Malaysia	5	5	10	1 st
159	SUKIT PARASANSERN	Thailand	10	12	22	2 nd
155	JULA THONGRIEM	Thailand	18	15	33	3 rd
154	RINCHEN TASHI	Bhutan	23	21	44	4 th
153	DAWOOD MAHDI DAWOOD	Iraq	24	22	46	5 th
157	RIZKYA AFFANDY	Indonesia	25		25	6 th
152	ALI KAREEM OBYES	Iraq	37		37	7 th
93	YU TINGZHEN	China	38		38	8 th

MEN'S ATHLETIC PHYSIQUE UP TO 175 CM



165	AHMAD FAIZ BIN ARIFFIN	Malaysia	15	7	22	1 st
158	TRAN VAN TAM	Vietnam	17	12	29	2 nd
172	WITSARUT BUNSIRI	Thailand	18	12	30	3 rd
171	SIBTAIN HAROON	Pakistan	32	22	54	4 th
114	ZHANG XIANG	China	33	23	56	5 th
166	ANWER ATIYAH HABEEB	Iraq	36		36	6 th
161	ZHOU YING	China	42		42	7 th
163	KHOIWAL PRADEEP	India	44		44	8 th
169	KAUSHAL NAKUL	India	44		44	9 th
167	WEI CHUNLI	China	45		45	10th
168	ABBAS ABD ALI BATTAN	Iraq	49		49	11th
100	MOHAMMED NIZAMUDDIN	India	56		56	12th
164	FATHUHULLA MOHAMED	Maldives	57		57	13th
162	MUKHERJEE PUSPAL	India	58		58	14th
135	MARCO ALFREDO LEE	China Macao	75		75	15th

MEN'S ATHLETIC PHYSIQUE UP TO 182 CM



174	DOSTON HASANOV	Uzbekistan	8	6	14	1 st
175	KHAN ABDUL QUADIR	India	12	18	30	2 nd
177	AHAD ALLAHVERDIKHAN VAZIRI	Iran	18	16	34	3 rd
179	AHMED RAISAN JABBAR	Iraq	20	18	38	4 th
181	SHAMSHOD KOBILOV	Uzbekistan	23	17	40	5 th
160	MAI XUAN THUC	Vietnam	30		30	6 th
178	RAHUL	India	40		40	7 th
184	PEMA THEKCHOK	Bhutan	41		41	8 th
183	TANDIN WANGCHEN	Bhutan	42		42	9 th
106	XIONG MING	China	46		46	10th
180	IHSAN ZAMIL HUSSEIN	Iraq	50		50	11th
118	WANG KEWEN	China	56		56	12th

MEN'S ATHLETIC PHYSIQUE OVER 182 CM



187	OMID FOROUGHI	Iran	6	5	11	1 st
176	RATTANDEEP SINGH SACHDEVA	Thailand	9	10	19	2 nd
185	MUSTAFA ZAYER SABBAR	Iraq	15	15	30	3 rd

MEN'S SPORTS PHYSIQUE UP TO 170 CM



192	SURAPHAN MAISEETONG	Thailand	6	7	13	1 st
193	JEERAVIT BURANAKIT	Thailand	11	10	21	2 nd
189	MEHDI GOLMOHAMMADI	Iran	14	15	29	3 rd
200	AZNEEN RASHAD	Maldives	22	21	43	4 th
188	CHHENG CHANKAKADA	Cambodia	24	22	46	5 th
191	HAYDER ADNAN OBAID	Iraq	28		28	6 th
136	CHEONG CHI WA	China Macao	33		33	7 th

MEN'S SPORTS PHYSIQUE UP TO 175 CM



170	THEPPHORN PHUANGTHAPTHIM	Thailand	7	7	14	1 st
173	THANAPIPAT CHANTANASEVEE	Thailand	9	8	17	2 nd
201	CHEN WEI	China	20	19	39	3 rd
197	WAHENGBAM SHITALJIT	India	23	20	43	4 th
198	ASHOK KUMAR	India	24	21	45	5 th
202	HAYDER ANAEEM THAJEEL	Iraq	29		29	6 th
196	ALI SALEEM IBRAHIM	Maldives	31		31	7 th

MEN'S SPORTS PHYSIQUE UP TO 180 CM



217	HONG XIAOLONG	China	9	10	19	1 st
203	PRAKASIT KRUBUT	Thailand	11	9	20	2 nd
216	KRITSADA SRIPOORIJANYA	Thailand	19	17	36	3 rd
206	SAHOTA SWARAJ SINGH	India	26	19	45	4 th
208	JAVAD KARIMI	Iran	28	20	48	5 th
214	MEHDI JALALIFARD	Iran	35		35	6 th
209	CHOVVA SHINU	India	36		36	7 th
215	KAMALAKANNAN DEENADAYALAN	India	38		38	8 th
210	JALAL HASHIM ABDULHUSSEIN	Iraq	41		41	9 th
207	DINESH PATIL	India	42		42	10th
205	ARNOLD SALAS	Philippines	53		53	11th
212	SAAD SALAH ABDULMAHDI	Iraq	53		53	12th
218	CAHHAL SANTOSH KUMAR BAJIRAO	India	58		58	13th
204	KIM YOUNG CHAN	Korea	72		72	14th
211	AO CHON HONG	China Macao	73		73	15th

MEN'S SPORTS PHYSIQUE OVER 180 CM



224	CHAWINTORN THEPWONG	Thailand	6	6	12	1 st
221	AMIRHOSSEIN AGHAZADEH	Iran	12	16	28	2 nd
213	USMAN UMAR	Pakistan	16	14	30	3 rd
220	KAPIL KUMAR	India	17	15	32	4 th
223	CHEANG SIO KEONG	China Macao	27	25	52	5 th
219	SUN ZHIJIANG	China	28		28	6 th
222	LAU SI HANG	China Macao	35		35	7 th

WOMEN'S BODYBUILDING UP TO 55KG



237	TON HOANG KHANH LAN	Vietnam	5	5	10	1 st
226	RAJANI SHRESTHA	Nepal	10	12	22	2 nd
227	BRAHMACHARY AMALA PRADEEP	India	15	13	28	3 rd

WOMEN'S BODYBUILDING OVER 55KG



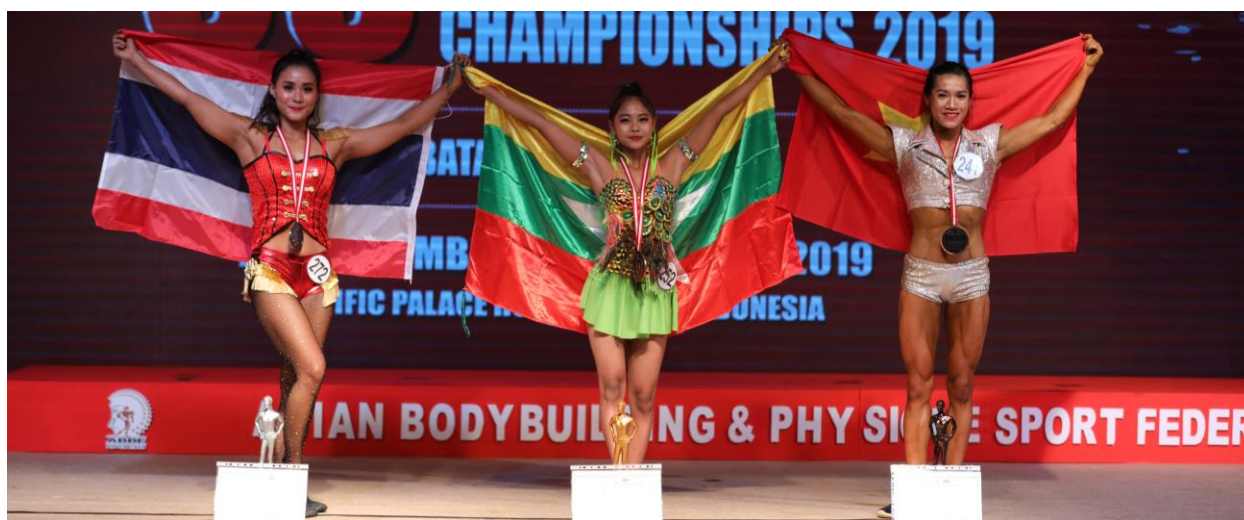
233	NGUYEN BICH TRAM	Vietnam	5	5	10	1 st
230	BILOCHAN MADHAWI	India	10	10	20	2 nd
229	SUREERAT SADMAROENG	Thailand	15	15	30	3 rd

WOMEN'S LADIES BODYBUILDING AGE OVER 30 YRS



233	NGUYEN BICH TRAM	Vietnam	7	6	13	1 st
237	TON HOANG KHANH LAN	Vietnam	8	9	17	2 nd
226	RAJANI SHRESTHA	Nepal	17	17	34	3 rd
227	BRAHMACHARY AMALA PRADEEP	India	18	18	36	4 th

WOMEN'S JUNIOR FITNESS PHYSIQUE



252	THAE SU	Myanmar	9	8	17	1 st
272	AJAREE TANSUB	Thailand	10	8	18	2 nd
241	TRAN THI NY	Vietnam	11	15	26	3 rd

WOMEN'S FITNESS PHYSIQUE UP TO 165 CM



246	PHAM THI PHUONG THAO	Vietnam	8	8	16	1 st
249	TRAN THI CAM TU	Vietnam	10	11	21	2 nd
244	SIRIPORN SORNCHUAY	Thailand	11	11	22	3 rd
250	MA SIN YI	Hong Kong China	22	21	43	4 th
251	THANDAR OO	Myanmar	27	24	51	5 th
243	KONG IAN IAN	China Macao	30		30	6 th
245	IP UN LENG	China Macao	32		32	7 th
337	PARIKH NISHRIN HITESH	India	40		40	8 th

WOMEN'S FITNESS PHYSIQUE OVER 165 CM



272	AJAREE TANSUB	Thailand	8	9	17	1 st
260	NGUYEN THI KIM CUONG	Vietnam	10	10	20	2 nd
259	NATTACHA THONGSUANG	Thailand	12	11	23	3 rd

WOMEN'S ATHLETIC PHYSIQUE UP TO 165 CM



246	PHAM THI PHUONG THAO	Vietnam	6	6	12	1 st
249	TRAN THI CAM TU	Vietnam	9	9	18	2 nd
276	KHANDSUREN DALAIJARGAL	Mongolia	16	16	32	3 rd
273	ZANDRAI ARIUNAA	Mongolia	19	19	38	4 th

Women's Ladies Athletic Physique over 30yrs



246	PHAM THI PHUONG THAO	Vietnam	5	5	10	1 st
276	KHANDSUREN DALAIJARGAL	Mongolia	12	10	22	2 nd
273	ZANDRAI ARIUNAA	Mongolia	13	15	28	3 rd

Women's Sports Physique up to 165 cm



332	TIAN TIAN	China Macao	12	7	19	1 st
265	NAPHASSANUN HUARUKKIT	Thailand	9	11	20	2 nd
267	BHOYAR NISHA	India	10	11	21	3 rd

Women's Sports Physique over 165 cm



260	NGUYEN THI KIM CUONG	Vietnam	7	7	14	1 st
306	SAKUNTHARA JUNTAGO	Thailand	10	12	22	2 nd
272	AJAREE TANSUB	Thailand	13	11	24	3 rd

Women's Junior Model Physique



319	ANGELINA OSIPYAN	Uzbekistan	7	6	13	1 st
252	THAE SU	Myanmar	13	15	28	2 nd
300	MOORE ERA	India	16	14	30	3 rd
293	ANGELA TUNGALAG	Mongolia	19	20	39	4 th
241	TRAN THI NY	Vietnam	22	22	44	5 th

Women's Model Physique up to 155 cm



281	CHADATHIP CHANTARAT	Thailand	5	5	10	1 st
243	KONG IAN IAN	China Macao	14	12	26	2 nd
245	IP UN LENG	China Macao	15	16	31	3 rd
252	THAE SU	Myanmar	17	18	35	4 th
301	BHAVSAR MANJIRI	India	24	24	48	5 th
337	PARIKH NISHRIN HITESH	India	30		30	6 th

Women's Model Physique up to 160 cm



250	MA SIN YI	Hong Kong China	9	8	17	1 st
251	THANDAR OO	Myanmar	10	11	21	2 nd
304	BUMB ADITI	India	20	18	38	3 rd
244	SIRIPORN SORNCHUAY	Thailand	23	16	39	4 th
300	MOORE ERA	India	27	23	50	5 th
305	ODONGCHIMEG	China	32		32	6 th
335	ACHIRAYA PANGSAEN	Thailand	35		35	7 th
327	PATIL KETAKI	India	42		42	8 th
241	TRAN THI NY	Vietnam	45		45	9 th
303	TAN QINGLING	China	45		45	10th
336	OYUN UNDRAKH	Mongolia	49		49	11th

Women's Model Physique up to 165 cm



312	AYE THANDAR KHAING	Myanmar	8	9	17	1 st
308	TREERUK SAPOMKAEW	Thailand	10	13	23	2 nd
311	RUSHANA MAKSUMOVA	Uzbekistan	15	10	25	3 rd
317	TO SUET YAN	Hong Kong China	19	18	37	4 th
313	PHILOMENA DEXCLYN ANAK SIAR	Malaysia	20	22	42	5 th
338	SUJAATHA	India	30		30	6 th

Women's Model Physique up to 170 cm



321	NATALEE SUKKHO	Thailand	9	10	19	1 st
322	NARANCHIMEG ANUUJIN	Mongolia	11	14	25	2 nd
319	ANGELINA OSIPYAN	Uzbekistan	13	14	27	3 rd
318	YELENA BEKIROVA	Uzbekistan	16	12	28	4 th

Women's Model Physique over 170 cm



325	SAYAKA KATO	Japan	7	7	14	1 st
259	NATTACHA THONGSUANG	Thailand	9	8	17	2 nd
293	ANGELA TUNGALAG	Mongolia	14	15	29	3 rd

Women's Ladies Model Physique 30-40 yrs



311	RUSHANA MAKSUMOVA	Uzbekistan	11	10	21	1 st
312	AYE THANDAR KHAING	Myanmar	10	13	23	2 nd
244	SIRIPORN SORNCHUAY	Thailand	15	14	29	3 rd
325	SAYAKA KATO	Japan	16	14	30	4 th
313	PHILOMENA DEXCLYN ANAK SIAR	Malaysia	25	24	49	5 th
327	PATIL KETAKI	India	27		27	6 th
301	BHAVSAR MANJIRI	India	34		34	7 th

Women's Ladies Model Physique over 40 yrs



335	ACHIRAYA PANGSAEN	Thailand	5	5	10	1 st
336	OYUN UNDRAKH	Mongolia	12	11	23	2 nd
339	MADDESS YIN KEI MARGIE	Hong Kong China	14	14	28	3 rd
337	PARIKH NISHRIN HITESH	India	21	21	42	4 th
338	SUJAATHA	India	23	23	46	5 th

Men's Para Bodybuilding



346	WANDER SHAM SINGH	India	5	5	10	1 st
350	THITIWAT LIAMSUEBCHUA	Thailand	10	10	20	2 nd
349	KUMAR LOKESH	India	19	15	34	3 rd
348	KOIL PITCHAI SURESH	India	20	22	42	4 th
347	SONWANI ASHWAN KUMAR	India	21	23	44	5 th
351	MUNKHSUREN GANTULGA	Mongolia	29	30	59	6 th

Mixed Pairs



344	WANCHAI KANJANAPIMINE	Thailand	7	7	14	1 st
	SIRIPORN SORNCHUAY					
343	TRAN THI CAM TU	Vietnam	8	8	16	2 nd
	TRAN HOANG DUY PHUC					
359	TUN TUN AUNG	Myanmar	15	15	30	3 rd
	THANDAR OO					
358	CHEONG CHI WA	China Macao	20	20	40	4 th
	IP UN LENG					

Women's Team Championship



PLACE	COUNTRY	SCORE
1ST	Vietnam	590
2ND	Thailand	500
3RD	Myanmar	215

Men's Team Championship



PLACE	COUNTRY	SCORE
1ST	Thailand	800
2ND	India	705
3RD	China	275

Mr. Asia 2019 (Overall Champion)



NO.	COMPETITOR	COUNTRY
83	CHITHARESH KONGARAMPILLY NATESAN	India