

**DAY 1 COMPETITION RESULTS OF THE ASIAN BODYBUILDING AND  
PHYSIQUE SPORTS' CHAMPIONSHIPS  
HELD ON 5TH SEPTEMBER, 2016 IN THIMPHU, BHUTAN**

**1<sup>ST</sup> DAY CHAMPIONSHIP RESULTS**



|   |   |                       |          |    |    |    |      |
|---|---|-----------------------|----------|----|----|----|------|
| <b>Men's<br/>Bodybuilding<br/>up to 55 kg</b> | 4 | Tsheten Drukpa        | Bhutan   | 7  | 8  | 15 | 1 st |
|   | 1 | Rao Sarvasudi Krishna | India    | 9  | 8  | 17 | 2 nd |
|   | 3 | Bimal Gurung          | Bhutan   | 15 | 15 | 30 | 3 rd |
|   | 8 | Nguyen Khai Binh      | Vietnam  | 19 | 19 | 38 | 4 th |
|   | 7 | Ho Huy Binh           | Vietnam  | 21 | 21 | 42 | 5 th |
|   | 2 | Shaheen Ibrahim Didi  | Maldives | 31 |    | 31 | 6 th |
|   | 5 | Suresh Gurung         | Nepal    | 34 |    | 34 | 7 th |



|   |    |                                     |          |    |    |    |      |
|---|----|-------------------------------------|----------|----|----|----|------|
| <b>Men's<br/>Bodybuilding<br/>up to 60 kg</b> | 19 | Tun Tun Aung                        | Myanmar  | 7  | 7  | 14 | 1 st |
|   | 15 | Zhang Xiao Yan                      | China    | 11 | 11 | 22 | 2 nd |
|   | 16 | Muhammad Roszaimi Bin Abd.<br>Ghani | Malaysia | 13 | 13 | 26 | 3 rd |
|   | 12 | Leishangthem Robert Meitei          | India    | 19 | 19 | 38 | 4 th |



|                                      |     |                             |             |    |    |    |      |
|--------------------------------------|-----|-----------------------------|-------------|----|----|----|------|
| Men's<br>Bodybuilding<br>up to 65 kg | 21  | Tun Min                     | Myanmar     | 9  | 9  | 18 | 1 st |
|                                      | 24  | Tran Hoang Duy Phuc         | Vietnam     | 10 | 10 | 20 | 2 nd |
|                                      | 25  | Waske Shrinivas Gundopant   | India       | 11 | 11 | 22 | 3 rd |
|                                      | 11  | Amnuay Chuemuangphan        | Thailand    | 21 | 20 | 41 | 4 th |
|                                      | 26  | Malvern Abdullah            | Malaysia    | 29 | 25 | 54 | 5 th |
|                                      | 28  | Varikkolimeethal Aboobacker | India       | 30 |    | 30 | 6 th |
|                                      | 29  | Ram Bahadur Dahal           | Nepal       | 34 |    | 34 | 7 th |
|                                      | 30  | Hamidullah Rustami          | Afghanistan | 40 |    | 40 | 8 th |
|                                      | 163 | Mohamed Rasheed             | Maldives    | 45 |    | 45 | 9 th |
|                                      | 27  | Manivendhan Kothandaraman   | India       | 50 |    | 50 | 10th |



|  |     |                        |                 |    |    |    |      |
|--|-----|------------------------|-----------------|----|----|----|------|
| Women's<br>Fitness<br>Physique up<br>to 160 cm | 269 | Tran Thi Cam Tu        | Vietnam         | 5  | 5  | 10 | 1 st |
|  | 287 | Nongyao Koseenam       | Thailand        | 10 | 10 | 20 | 2 nd |
|  | 285 | Pang Chi Man           | China Macau     | 18 | 17 | 35 | 3 rd |
|  | 273 | Altansetseg Ichinnorov | Mongolia        | 19 | 20 | 39 | 4 th |
|  | 264 | Mitra Soniya           | India           | 23 | 22 | 45 | 5 th |
|  | 288 | Lee Wai Hau            | China Hong Kong | 28 |    | 28 | 6 th |





|  |     |                         |                    |    |    |    |      |
|--|-----|-------------------------|--------------------|----|----|----|------|
| Women's<br>Fitness<br>Physique<br>over 160<br>cm | 271 | Ajaree Tansub           | Thailand           | 7  | 7  | 14 | 1 st |
|  | 272 | Das Chowdhury Shreyashi | India              | 9  | 9  | 18 | 2 nd |
|  | 278 | Phondchanok Pluemjit    | Thailand           | 15 | 15 | 30 | 3 rd |
|  | 280 | Rathore Shweta          | India              | 21 | 21 | 42 | 4 th |
|  | 297 | Lee Hoi Ying            | China Hong<br>Kong | 22 | 23 | 45 | 5 th |



|  |     |                       |             |    |    |    |      |
|--|-----|-----------------------|-------------|----|----|----|------|
| Men's<br>Fitness<br>Physique up<br>to 165 cm | 94  | Wanchai Kanjanapimine | Thailand    | 8  | 9  | 17 | 1 st |
|  | 105 | Kinley Penjor         | Bhutan      | 10 | 9  | 19 | 2 nd |
|  | 207 | Cheong Chi Wa         | China Macau | 14 | 15 | 29 | 3 rd |
|  | 101 | Kinley Penjor         | Bhutan      | 20 | 19 | 39 | 4 th |
|  | 139 | Jaber Alfadhli        | Kuwait      | 22 | 23 | 45 | 5 th |



|  |     |                             |             |    |    |    |      |
|--|-----|-----------------------------|-------------|----|----|----|------|
| Men's<br>Fitness<br>Physique<br>over 165<br>cm | 113 | Thinley Dorji               | Bhutan      | 10 | 8  | 18 | 1 st |
|  | 104 | Damrongsak Soisri           | Thailand    | 12 | 10 | 22 | 2 nd |
|  | 154 | Sangay Tsheltrim            | Bhutan      | 13 | 13 | 26 | 3 rd |
|  | 102 | Nattawat Phochat            | Thailand    | 25 | 21 | 46 | 4 th |
|  | 79  | Majid Paseban               | Iran        | 26 | 22 | 48 | 5 th |
|  | 117 | Suvanam Chaitanya Shivkumar | India       | 30 |    | 30 | 6 th |
|  | 115 | Cheang Sio Keong            | China Macau | 32 |    | 32 | 7 th |
|  | 201 | Jae Ha Lee                  | Korea       | 35 |    | 35 | 8 th |



|  |     |                        |            |    |    |    |      |
|--|-----|------------------------|------------|----|----|----|------|
| Men's<br>Master<br>Bodybuilding<br>40 – 50 yrs | 31  | Buda Anak Anchah       | Malaysia   | 3  | 5  | 8  | 1 st |
|  | 55  | Pavel Umurzakov        | Uzbekistan | 8  | 13 | 21 | 2 nd |
|  | 19  | Tun Tun Aung           | Myanmar    | 11 | 13 | 24 | 3 rd |
|  | 11  | Amnuay Chuemuangphan   | Thailand   | 16 | 20 | 36 | 4 th |
|  | 15  | Zhang Xiao Yan         | China      | 18 | 24 | 42 | 5 th |
|  | 169 | Mehran Azizian Farsani | Iran       | 21 |    | 21 | 6 th |
|  | 162 | Nader Fathollahnia     | Iran       | 23 |    | 23 | 7 th |



|  |     |                             |             |    |  |    |      |
|--|-----|-----------------------------|-------------|----|--|----|------|
|  | 166 | Achary Simadri Rajesh Babu  | India       | 25 |  | 25 | 8 th |
|  | 90  | Lkhashid Bayankhuu          | Mongolia    | 26 |  | 26 | 9 th |
|  | 39  | Yang Yun Sheng              | China       | 31 |  | 31 | 10th |
|  | 167 | Tandin Wangchen             | Bhutan      | 34 |  | 34 | 11th |
|  | 52  | Farkhod Subhkankulov        | Uzbekistan  | 35 |  | 35 | 12th |
|  | 170 | Aliakbar Hejazi Hassanagheh | Iran        | 38 |  | 38 | 13th |
|  | 163 | Mohamed Rasheed             | Maldives    | 39 |  | 39 | 14th |
|  | 164 | Shir Mohammad Mohammadi     | Afghanistan | 41 |  | 41 | 15th |



|  |     |                                |           |    |    |    |      |
|--|-----|--------------------------------|-----------|----|----|----|------|
| Men's<br>Master<br>Bodybuilding<br>over 50 yrs | 177 | Zhang De Qiang                 | China     | 5  | 5  | 10 | 1 st |
|  | 173 | Abdullah Bin Ja'Far            | Singapore | 11 | 11 | 22 | 2 nd |
|  | 126 | Sakorn Mahtwangsang            | Thailand  | 19 | 18 | 37 | 3 rd |
|  | 179 | Saini Sukhvindsinh Balvantsinh | India     | 21 | 20 | 41 | 4 th |
|  | 171 | Meisam Haddadi                 | Iran      | 24 | 23 | 47 | 5 th |
|  | 174 | Zhu Lu Wen                     | China     | 31 |    | 31 | 6 th |
|  | 180 | Shirodkar Rajendra Adhik       | India     | 38 |    | 38 | 7 th |
|  | 172 | Mukherjee Anup                 | India     | 41 |    | 41 | 8 th |
|  | 178 | Saxena Rajendra Kumar          | India     | 42 |    | 42 | 9 th |
|  | 175 | Kinley P. Dorji                | Bhutan    | 45 |    | 45 | 10th |



|  |     |                             |             |    |    |    |      |
|--|-----|-----------------------------|-------------|----|----|----|------|
| Men's<br>Junior<br>Bodybuilding<br>up to 70 kg | 265 | Tran Trung Nhan             | Vietnam     | 6  | 5  | 11 | 1 st |
|  | 185 | Epham Mohammad Washmir Khan | India       | 13 | 15 | 28 | 2 nd |
|  | 23  | Natthaphong Yaingulueam     | Thailand    | 16 | 14 | 30 | 3 rd |
|  | 190 | Elyas Sangbari Toroghi      | Iran        | 17 | 17 | 34 | 4 th |
|  | 187 | Zeeshan Mahmood Khan        | Pakistan    | 24 | 24 | 48 | 5 th |
|  | 188 | Wong I Chong                | China Macau | 30 |    | 30 | 6 th |



|   |     |                      |             |    |    |    |      |
|---|-----|----------------------|-------------|----|----|----|------|
| Men's<br>Junior<br>Bodybuilding<br>over 70 kg | 73  | Sajad Valiollahi     | Iran        | 8  | 8  | 16 | 1 st |
|   | 191 | Syedmahyar Tabadkani | Iran        | 11 | 11 | 22 | 2 nd |
|   | 71  | Vladimir Valinkin    | Uzbekistan  | 17 | 17 | 34 | 3 rd |
|   | 199 | Mansour Alzufairi    | Kuwait      | 19 | 19 | 38 | 4 th |
|   | 197 | Nepram Rakesh Singh  | India       | 21 | 21 | 42 | 5 th |
|   | 198 | Pelden Namgay        | Bhutan      | 30 |    | 30 | 6 th |
|   | 195 | Iam Hoi Kun          | China Macau | 35 |    | 35 | 7 th |