

50TH ASIAN BODYBUILDING CHAMPIONSHIPS AND CONGRESS
HELD IN THIMPU, KINGDOM OF BHUTAN
FROM 2ND TO 8TH SEPTEMBER 2016

Many Dignitaries and Ministers attended the 50th Asian Bodybuilding Championships and Congress held in Thimpu, Kingdom of Bhutan this year. The opening ceremony of the continental championship was held on 4th September 2016 graced by Her Royal Highness, Princess Euphelma Choden Wangchuck. The closing ceremony was officiated by the Prime Minister of Bhutan the honourable Mr. Tshering Tobgay and the Farewell party dinner was attended by His Royal Highness Prince Jigyel Ugyen Wangchuck.

28 countries were present with over 340 competitors and 150 delegates and supporters from the various nations. The competition was held at the RIM (Royal Institute of Management and Multi-purpose Hall) with a seating capacity for 3000 people. 9 hotels were selected to house the delegates and athletes and the Liaison Officers called the Guardian of Peace did an excellent job in taking care of all participants.

Clearance at the Paro International airport with the Immigration and Customs was smooth and it was well organised.

A report in the daily newspaper KUENSEL covered the medal tally results of the championships. It is published herewith for your interest.

WBPF TV MEDIA from Romania led by their President Mr. Voicu Petru did a live streaming coverage via internet to over 100 countries viewed by thousands of enthusiasts. The first by WBPF TV in the Asian championships.

The 3 days competition was also covered live by BBS - Bhutan Broadcasting Service the national TV & Broadcaster in the Kingdom of Bhutan.



Princess Euphelma Choden Wangchuck at the opening ceremony of the 50th Asian Bodybuilding Championships held at the Royal Institute of Management and Multi-purpose Hall on 4th September 2016

SPORTS

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Bodybuilding

Iranian wins Mr Asia title

Iranian athletes make history, wins 11 medals

Yusufan Taherzadeh

Mahdi Sabetpour of Iran was crowned Mr Asia 2016 on the final day of the 50th Asian Bodybuilding and Physique Sports Championships conducted at the Royal Institute of Management and Multi-purpose Hall in Thimphu on Thursday.

The champion of Championships, Mr Asia, was selected among the gold medalists in the bodybuilding category.

The 34-year-old Iranian who also won the gold medal in men's bodybuilding over 100kg category is making part in an international competition for the first time.

Mahdi Sabetpour said 13 years of hard work and commitment in the sport finally paid off for him in a country where he found safety and support from people in child's cradle home.

"I'm very happy for my achievements, but more than that I'm glad I won my first Asian championship in Bhutan, a country filled with happy and supporting people," said the champion.

The Iranian added that with the good wishes and support he gathered over the past three days in the country, he would reach his goal for the upcoming World competition later in Bangkok in November.



Mr Asia Mahdi Sabetpour with Prince Minister Taherzadeh Yusufan and the secretary general of the World and Asian Bodybuilding Federation, Paul Dixon.

Mahdi Sabetpour has won an outstanding bodybuilding performance to date, including the national championship this year.

Meanwhile, the Bhutanese athletes at the competition demonstrated by winning a total of 11 medals in different categories, the highest so far in an international competition.

A total of 16 athletes, 10 men and seven women represented the country at the competition.

Yusufan Chakpa, Thimphu City and former Bhutan team gold in men's bodybuilding up to 100kg category, men's Bantam physique over 100kg category

and men's physique up to 175kg category respectively.

Bhutanese athletes also bagged seven bronze and silver, including the second position in the men's torso competition.

Although none of the Bhutanese athletes could win a medal at the competition, Gurbuz Zain and Yashvir Lhamo Pema finished in the top five in the women's model physique over 100kg category.

General secretary of the Bhutan Bodybuilding and Physique Sports Federation, Yusufan Chakpa, said that the performance from the Bhutanese athletes was

only was the better success but, but it also opened up an opportunity to host bigger international events in the near future.

Prince Minister Taherzadeh Yusufan, who was present at the closing event yesterday, congratulated the Bhutanese and all the participants for the overall progression and celebration of what the Bhutan Body can achieve with determination and hard work.

Yusufan added that although young, BBPF has achieved the biggest success for the country.

The main event of the week-long competition began on September 5 in Thimphu, where 1000 Prince Minister Gurbuz Zain and Yashvir Lhamo Pema finished in the top five in the women's model physique over 100kg category.

Over 400 international athletes and officials from 28 Asian countries took part in the competition.

FLIGHTS

DUBAIBAIR

Date	Route	Flight No.	Departure	Arrival
September 08	Dubai to Thimphu via Doha	782 525	07:30 am	09:00 am
September 08	Bangkok to Doha	838 118	09:45 am	11:08 am
September 08	Doha to Doha	838 202	07:30 am	07:30 am
September 08	Doha to Paris	838 201	07:45 am	07:45 am
September 08	Doha to Doha	838 203	07:30 am	07:30 am
September 08	Doha to Paris	838 301	09:00 am	09:00 am
September 08	Doha to Paris	838 302	10:00 am	10:30 am
September 08	Doha to Doha	838 320	09:00 am	09:00 am

DOMESTIC

1011 No flight on September 09**

** All flights to India. Flights are subject to change. Call Dhakaair for more info. © 2016 the national flight information.

BHUTAN AIRLINES (TASHI AIR)

September 08	Bangkok to Doha via Bahrain	838 001	06:30 am	09:58 am
September 08	Doha to Doha via Bahrain	838 002	07:30 am	07:30 am
September 08	Doha to Doha via Kathmandu	838 003	08:30 am	09:30 am
September 08	Doha to Paris via Kathmandu	838 004	11:30 am	04:10 pm

Note: Air change on board. Itinerary are subject to change. Call Dhakaair for more info. © 2016 the national flight information.

	G	S	B
Iran	6	5	1
Thailand	6	4	4
Vietnam	3	2	1
Dubai	3	1	7
Malaysia	3	-	-
India	2	7	6
Mongolia	2	3	1
China	2	2	1
Singapore	1	1	2
Nepal	1	1	1
Kazakhstan	1	-	-