



ASIAN BODYBUILDING & FITNESS FEDERATION

**FINAL PLACES COMBINED SCORE SHEET  
(AMATEUR)**

**Competition** 2009 Multi Asian Bodybuilding and Fitness Championships

**Place** Pattaya City Thailand **Date** 11th - 17th Aug, 2009

**JUNIORS AND MASTERS**

Category	No.	Competitors	Country	Round 1	Round 2	Total	Place
Junior <65kg	10	Mirnoorollahi Seyedroohollah	Iran	7	7	14	1st
	4	Chandrajit Bora. Assam	India	23	19	42	2nd
	1	Le Hoai Thuong	Vietnam	22	24	46	3rd
	9	Thitiwut Kiatboonyawat	Thailand	23	23	46	4th
	3	Lin Jia Xiang	Singapore	30	32	62	5th
	2	Rashed Mohd Essa Adbulkarir	UAE	41		41	6th
Junior <75kg	10	Ahmad Essa Mohd Matar	UAE	10	11	21	1st
	7	Kathiravan	India	13	13	26	2nd
	9	Wanchai Sangsuriyachat	Thailand	19	18	37	3rd
	1	WU Wei Chun	Chinese Taipei	30	31	61	4th
	8	Kriansak Wongyai	Thailand	31	32	63	5th
Junior >+75kg	4	Kittisak Wuthikarn	Thailand	12	12	24	1st
	7	Ishaq Mohd Ibrahim Ahli	UAE	14	14	28	2nd
	3	Aminranjbar	Iran	17	16	33	3rd
	5	Wassim Hassan	Syria	27	27	54	4th
	2	CHEN Hung Ching	Chinese Taipei	33	32	65	5th
Master age 41-49	4	Mohammad Nasirt	Iran	13	11	24	1st
	8	Somkid Sumethowetchakul	Thailand	13	14	27	2nd
	10	Ibrahim Bin Shadan	Malaysian	19	19	38	3rd
	7	Seksan Sinseng	Thailand	28	25	53	4th
	6	Awg Yusri bin Hj Zailani	Brunei	38	35	73	5th
	3	Satyanar Ay Ana	India	39		39	6th
	1	LU Chang Yi	Chinese Taipei	48		48	7th
Master age 50-55	8	CHEN Chi Len	Chinese Taipei	10	11	21	1st
	7	Ibrahim Bin Sihat	Singapore	13	12	25	2nd
	6	Kartikeswar Jena. Orissa	India	19	20	39	3rd

Master age>+55	9	Pala Meechai	Thailand	7	7	<b>14</b>	<b>1st</b>
	2	Lee Kong Seong Augustine	Singapore	14	14	<b>28</b>	<b>2nd</b>
	1	Aiden Rashid KHORSHEED	Iraq	23	23	<b>46</b>	<b>3rd</b>
	8	CHENG Hai Yuan	Chinese Taipei	26	26	<b>52</b>	<b>4th</b>

## WOMEN CATEGORY

Category	No.	Competitors	Country	Round 1	Round 2	Total	Place
Women's <46kg	1	Dinh Kim Loan	Vietnam	7	7	<b>14</b>	<b>1st</b>
	5	FUNG Yin Ka	China Hong Kong	18	19	<b>37</b>	<b>2nd</b>
	9	Wilaiporn Wanklang	Thailand	22	22	<b>44</b>	<b>3rd</b>
	8	Tan Ai Yuen Angelia	Singapore	24	23	<b>47</b>	<b>4th</b>
	7	WANG Ching Mei	Chinese Taipei	32	32	<b>64</b>	<b>5th</b>
Women's <49kg	2	Nongyao Kosinam	Thailand	7	8	<b>15</b>	<b>1st</b>
	7	Ton Hoang Khanh Lan	Vietnam	15	14	<b>29</b>	<b>2nd</b>
	3	TSAI Yi Kuei	Chinese Taipei	22	20	<b>42</b>	<b>3rd</b>
	6	CHENG Kim Ting	China Hong Kong	26	28	<b>54</b>	<b>4th</b>
Women's <52kg	10	Jaranya Duangkam	Thailand	10	11	<b>21</b>	<b>1st</b>
	5	Nguyen Thi My Linh	Vietnam	12	10	<b>22</b>	<b>2nd</b>
	4	Marcaida Rowena Agustin	Philippine	23	25	<b>48</b>	<b>3rd</b>
	1	LI Yi Ming	Chinese Taipei	29	26	<b>55</b>	<b>4th</b>
	8	Kanitha Makongsuk	Thailand	31	32	<b>63</b>	<b>5th</b>
Women's >+52kg	8	Joan Liew Lee Ting	Singapore	7	7	<b>14</b>	<b>1st</b>
	9	Apiporn Chomsomboon	Thailand	16	18	<b>34</b>	<b>2nd</b>
	3	LIANG Yueyun	China	19	17	<b>36</b>	<b>3rd</b>
	10	Luxami Utaipol	Thailand	28	28	<b>56</b>	<b>4th</b>

**BODY FITNESS**

Category	No.	Competitors	Country	Round 1	Round 2	Total	Place
Body Fitness 160cm	8	XIANG Zaihua	China	16	23	<b>39</b>	<b>1st</b>
	9	Nongyao Kosinam	Thailand	38	21	<b>59</b>	<b>2nd</b>
	7	TSAI Hsin Yu	Chinese Taipei	44	43	<b>87</b>	<b>3rd</b>
	5	Nonthada Ammat	Thailand	57	53	<b>110</b>	<b>4th</b>
	3	Luxami Utaipal	Thailand	62	70	<b>132</b>	<b>5th</b>
	4	Tan Ai Yuen Angelina	Singapore	86		<b>86</b>	<b>6th</b>
	6	Rodora Trinchera	Philippine	113		<b>113</b>	<b>7th</b>
	11	Nguyen Thi My Tram	Vietnam	120		<b>120</b>	<b>8th</b>
	2	Han Li Ling Jasmine	Singapore	124		<b>124</b>	<b>9th</b>
	16	Nguyen Thi Ngoc Nhu	Vietnam	124		<b>124</b>	<b>9th</b>
10	Papiya Das	India	143		<b>143</b>	<b>11th</b>	
Body Fitness upto 164cm	9	Adele Lee	Singapore	8	7	<b>15</b>	<b>1st</b>
	10	Busaba Kakuen	Thailand	14	14	<b>28</b>	<b>2nd</b>
	12	Do Thi Loan Trinh	Vietnam	20	21	<b>41</b>	<b>3rd</b>
Body Fitness 164cm above	5	Roongtawan Jindasing	Thailand	10	11	<b>21</b>	<b>1st</b>
	7	Budilova Nina	Kazakhstan	12	11	<b>23</b>	<b>2nd</b>
	4	CHENG Lai Sho Lisa	China Hong Kong	22	21	<b>43</b>	<b>3rd</b>
	1	Kanitha Makongsuk	Thailand	26	27	<b>53</b>	<b>4th</b>
	9	Sharmila Tanapathy	Singapore	35	35	<b>70</b>	<b>5th</b>

**MS FITNESS**

Category	No.	Competitors	Country	Round 1	Round 2	Total	Place
Ms. Fitness upto 160cm	9	Apiporn Chomsomboon	Thailand	24	17	<b>41</b>	<b>1st</b>
	2	Nongyao Kosinam	Thailand	47	45	<b>92</b>	<b>2nd</b>
	10	TSAI Hsin Yu	Chinese Taipei	48	48	<b>96</b>	<b>3rd</b>
	3	MO Jie	China	59	47	<b>106</b>	<b>4th</b>
	1	LI Yi Ming	Chinese Taipei	61	50	<b>111</b>	<b>5th</b>
	4	Nguyen Thi My Tram	Vietnam	84		<b>84</b>	<b>6th</b>
	7	Rodora Trinchera	Philippine	98		<b>98</b>	<b>7th</b>
	5	Nguyen Thi Ngoc Nhu	Vietnam	101		<b>101</b>	<b>8th</b>
	6	Papiya Das	India	110		<b>110</b>	<b>9th</b>

Ms. Fitness 164cm above	5	Roongtawan Jindasing	Thailand	9	10	<b>19</b>	<b>1st</b>
	2	CHENG Lai Sho Lisa	China Hong Kong	12	11	<b>23</b>	<b>2nd</b>
	4	MAO Rui	China	21	21	<b>42</b>	<b>3rd</b>

## MEN'S FITNESS

Category	No.	Competitors	Country	Round 1	Round 2	Total	Place
Men's Fitness upto 170cm	4	Wanchai Kanjanapimai	Thailand	9	7	<b>16</b>	<b>1st</b>
	7	Sugraliyev Serik	Kazakhstan	19	18	<b>37</b>	<b>2nd</b>
	1	Daljit Singh	India	14	24	<b>38</b>	<b>3rd</b>
	5	Tawatchai Sakulyonpaisal	Thailand	27	20	<b>47</b>	<b>4th</b>
Men's Fitness 170 cm above	3	Damrongsak Sroysri	Thailand	14	12	<b>26</b>	<b>2nd</b>
	8	Suksant Kaewpisadan	Thailand	10	9	<b>19</b>	<b>1st</b>
	9	Boonruang Thalek	Thailand	18	20	<b>38</b>	<b>3rd</b>

## SEA CHAMPIONSHIP

Category	No.	Competitors	Country	Round 1	Round 2	Total	Place
Sea Champions hips Men <60kg	11	Pham Van Mach	Vietnam	9	9	<b>18</b>	<b>1st</b>
	6	Jakawat Intarangsri	Thailand	24	16	<b>40</b>	<b>2nd</b>
	2	Cornelis	Indonesia	26	24	<b>50</b>	<b>3rd</b>
	14	Ho Tan Phat	Vietnam	29	27	<b>56</b>	<b>4th</b>
	1	Tun Min	Myanmar	35	31	<b>66</b>	<b>5th</b>
	4	Jonas Asis Tam	Singapore	38		<b>38</b>	<b>6th</b>
	9	Amnuay Chuamuangpan	Thailand	42		<b>42</b>	<b>7th</b>
	7	Hanafiah Shufaat	Singapore	55		<b>55</b>	<b>8th</b>
	8	Tun Jahfar Bin Abd Rahim	Malaysia	65		<b>65</b>	<b>9th</b>
	10	Goh Jiak Yee	Singapore	66		<b>66</b>	<b>10th</b>
	3	Awg Mirawidi bin Effendi	Brunei	74		<b>74</b>	<b>11th</b>
	5	Paquito Mario Jr Awal	Philippine	79		<b>79</b>	<b>12th</b>

	2	Somkid Sumethowetchakul	Thailand	11	14	<b>25</b>	<b>1st</b>
	3	Edoardus Apcowo	Indonesia	18	20	<b>38</b>	<b>2nd</b>

Sea Champions hips Men <65kg	4	Awg Sumardi bin Jumat	Brunei	29	20	<b>49</b>	<b>4th</b>
	5	Nguyen Van Lam	Vietnam	21	20	<b>41</b>	<b>3rd</b>
	10	Seksan Sinseng	Thailand	31	32	<b>63</b>	<b>5th</b>
	6	Buda Anchan	Malaysia	44		<b>44</b>	<b>6th</b>
	7	Amper Dindo Urias	Philippine	45		<b>45</b>	<b>7th</b>
	1	Muhd Firdaus Bin Zainal	Singapore	56		<b>56</b>	<b>8th</b>

Sea Champions hips Men <70kg	10	Suwit Eatejinsa	Thailand	7	7	<b>14</b>	<b>1st</b>
	3	Iman Setiaman	Indonesia	20	16	<b>36</b>	<b>2nd</b>
	6	Nguyen Hai Au	Vietnam	20	20	<b>40</b>	<b>3rd</b>
	1	Aung Khaing Win	Myanmar	29	30	<b>59</b>	<b>4th</b>
	2	Mohd Syarul Azman Mahen	Malaysia	33	32	<b>65</b>	<b>5th</b>
	5	Nguyen Truong Giang	Vietnam	38		<b>38</b>	<b>6th</b>

Sea Champions hips Men <75kg	9	Sukit Parasanssem	Thailand	7	7	<b>14</b>	<b>1st</b>
	4	Chiak Kevin	Singapore	21	16	<b>37</b>	<b>2nd</b>
	2	Sayan Sujarit	Thailand	21	24	<b>45</b>	<b>3rd</b>
	3	Sepha	Vietnam	26	26	<b>52</b>	<b>4th</b>
	5	Awg Yusri bin Hj Zailani	Brunei	31	32	<b>63</b>	<b>5th</b>

Sea Champions hips Men <80kg	8	Surachai Prangeam	Thailand	7	7	<b>14</b>	<b>1st</b>
	9	Chanchai Kongmoon	Thailand	18	15	<b>33</b>	<b>2nd</b>
	4	Aung Swe Naing	Myanmar	20	20	<b>40</b>	<b>3rd</b>
	1	Ngo Quang Trung	Vietnam	26	28	<b>54</b>	<b>4th</b>

Sea Champions hips Men <90kg	9	Pala Mecehai	Thailand	8	8	<b>16</b>	<b>1st</b>
	7	Prab Paramaputi	Thailand	16	16	<b>32</b>	<b>2nd</b>
	10	Othman Bin Yahya	Malaysia	19	20	<b>39</b>	<b>3rd</b>
	2	Awg Razali bin Mahmud	Brunei	28	27	<b>55</b>	<b>4th</b>
	4	Nguyen Anh Tai	Vietnam	36	35	<b>71</b>	<b>5th</b>
	3	Muhammad Ismail Bin Mahmo	Singapore	39		<b>39</b>	<b>6th</b>

Category	No.	Competitors	Country	Round 1	Round 2	Total	Place
Men's Classic H165cm (w+0kg)	1	Seyed Rohollan MIRNOROLLA	Iran	7	7	14	1st
	2	Daljit Singh	India	21	17	38	2nd
	9	Kittipong Chansuwan	Thailand	19	20	39	3rd
	7	Sopheak Sok	Cambodia	33	27	60	4th
	3	Vu Anh Nhat Khanh Khuong	Vietnam	35	33	68	5th
	4	Ilyas Ahmed	India	37		37	6th
	10	Chahar Tumurbaatar	Mongolia	41		41	7th
Men's Classic H170cm (w+2kg)	10	Nguyen Truong Giang	Vietnam	13	11	24	1st
	3	Pirat Panaosri	Thailand	14	14	28	2nd
	6	Kusol Lasua	Thailand	21	21	42	3rd
	5	Muhammad Firdaus Bin Zaina	Singapore	23	25	48	4th
H175cm (w+3kg)	7	Mohamed Ahmed Mohamed A	UAE	9	8	17	1st
	2	Mohammad ZIYADINAMNAGH	Iran	15	17	32	2nd
	13	Chiak Kevin	Singapore	22	21	43	3rd
	6	Ngo Quang Trung	Vietnam	26	24	50	4th
	3	Wong Chong leong	Macau	35	35	70	5th
	5	Pyatov Yevgeniy	Kazakhstan	40		40	6th
H>+175cm (w+4kg)	3	Omar Saeed Hammam Alnoob	UAE	12	11	23	1st
	5	Mohammad NASIRI	Iran	11	14	25	2nd
	8	Ali NAJAFIANRAZAVI	Iran	18	17	35	3rd
	6	LIU Kai Chun	China Hong Kong	30	30	60	4th
	1	Chen Hung Ching	Chinese Taipei	34	33	67	5th
	7	Pipat Somkarn	Thailand	40		40	6th

#### TEAM CHAMPIONSHIP : ASIAN WOMEN

PLACE	COUNTRY	TOTAL POINTS	TOTAL POINTS
1st	Thailand	53	126
2nd	Vietnam	40	49
3rd	Singapore	23	45