

MYNAMAR IS TO HOST THE 16TH SOUTH EAST ASIAN BODYBUILDING & PHYSIQUE CHAMPIONSHIPS IN YANGON CITY FROM 16TH - 21ST MAY 2019 UNDER THE PATRONAGE OF H.E. MAYOR DR. MAUNG MAUNG SOE

An inspection for the 16th South East Asian Bodybuilding & Physique Sports Championships (SEABPF) and Congress was arranged by the Myanmar Bodybuilding and Fitness Federation which will be held from May 16th to 21st, 2019 in Yangon City. I traveled with the Deputy President of SEABPF Mr. Rasmey Sokmongkol and Ms. Christina Kam, Executive Director of WBPF for this purpose. We were accommodated at the 5 star Hotel Melia in Yangon City.



On the 2nd day , we visited the competition venue MCC Hall and inspected all the facilities and found to be of high level for the 15th SEABBC. The seating capacity of the hall is about 3000 people. In the past many international competitions were held here including the SEA Games Bodybuilding event in 2013.

We had a nice lunch at one of the authentic Myanmar restaurant, the food was excellent and this place is historical as we understand the late John McCain and many other USA congressman visited this restaurant. In the late evening, we had an audience with his Excellency Dr. Maung Maung Soe, Mayor of Yangon City, at the YCDC City Hall, we were warmly received by his Excellency and we had a good discussion with him and thanked him for his full support for his patron- ship of this event. He was pleased and happy that the WBPF, ABBF & SEABBF has chosen Yangon city to host this regional event. The Mayor assured his support in making the 15th South East Asian Bodybuilding and Physique Championships a success.

President Mr. Nyi Nyi and the Executive Vice President Mr. Kyaw Than took us (Christina and myself) on a tour to Mandalay city and we stayed there for 2 nights, and we visited many historical places.



Yangon City Hotel was chosen as the official hotel for this event. The hotel is now fully renovated and furnished. All athletes and officials will be housed at this hotel.

In the true ASEAN spirit, Myanmar federation cordially invite all brothers and sisters to attend and make this event a great success. Be assured of their warm hospitality as always.

Datuk Paul Chua
Advisor - SEABPF

A grand Welcome Dinner was hosted by the President Nyi Nyi on 13th November, 2019 at the Royal Garden Chinese restaurant in Yangon. We felt very comfortable with the warm hospitality extended to all of us on the 1st day of arrival.

