



**12TH SOUTH ASIAN  
BODYBUILDING & PHYSIQUE SPORTS CHAMPIONSHIP - 2019  
18-21 JULY, 2019, KATHMANDU, NEPAL**

<i>SENIOR MEN'S BODYBUILDNG</i>				55 KG
SR. NO.	NAME OF THE COMPETITOR	UNIT	WEIGHT	TRUNK NO.
1	MOHAMMED MOOSA	MALDIVES	54.8	2
2	MURUGAN RAMAMURTHY	INDIA	55	6
3	KISAN DAS	NEPAL	55	4
4	LAISHRAM NETA SINGH	INDIA	54.2	5
5	MOHAMMAD HAROON IBRAHIMI	AFGHANISTAN	55	3

<i>SENIOR MEN'S BODYBUILDNG</i>				60 KG
SR. NO.	NAME OF THE COMPETITOR	UNIT	WEIGHT	TRUNK NO.
1	DIPU DUTTA	INDIA	58.3	11
2	KAMAL BHANDARI	NEPAL	57.9	18
3	MOHAMMAD QASIM HUSSAINI	AFGHANSITAN	60	16
4	WAISUDDIN NOORI	AFGHANSITAN	60	94
5	DEBID BALAMI	NEPAL	58	12

<i>SENIOR MEN'S BODYBUILDNG</i>				65 KG
SR. NO.	NAME OF THE COMPETITOR	UNIT	WEIGHT	TRUNK NO.
1	SAMIR SHRESHTHA	NEPAL	65	31
2	DINESH KAMBLE	INDIA	63.9	22
3	PRAJWOL SHAKYA	NEPAL	63.4	26
4	AHMED MAHIL SAEED	MALDIVES	65	97

<i>SENIOR MEN'S BODYBUILDNG</i>				70 KG

SR.	NAME OF THE COMPETITOR	UNIT	WEIGHT	TRUNK
NO.				NO.
1	ABDUL SAMI HAIDARI	AFGHANSITAN	70	32
2	RAMESH KARKI	NEPAL	70	33
3	IMRAN ALI NABIZADA	AFGHANSITAN	70	36
4	SAVIO HENRIQUES	INDA	67.5	34
5	VENKATESHWARLU KOLIPAKA	INDIA	68	35

<i>SENIOR MEN'S BODYBUILDNG</i>				75 KG
RANK	NAME OF THE COMPETITOR	UNIT	WEIGHT	TRUNK
				NO.
1	SEFATULLAH HAFIZI	AFGHANISTAN	72.9	43
2	DHARMENDRA KUMAR	INDIA	72.8	42
3	ASHOK MAHARJAN	NEPAL	75	45

<i>SENIOR MEN'S BODYBUILDNG</i>				80 KG
RANK	NAME OF THE COMPETITOR	UNIT	WEIGHT	TRUNK
				NO.
1	RAVINDER KUMAR MALIK	INDIA	80	51
2	MOHAMMAD ASIF SAKHI	AFGAHNISTAN	79	58
3	MILAN SIJAPATI	NEPAL	80	67

<i>SENIOR MEN'S BODYBUILDNG</i>				85 KG
SR.	NAME OF THE COMPETITOR	UNIT	WEIGHT	TRUNK
NO.				NO.
1	RISHIKANTA SINGH LAITONJAM	INDIA	84	64
2	WAHEEDULLAH AZIMI	AFGAHANSITAN	83.6	68
3	ABDUL SABOOR SAHAK	AFGAHANSITAN	82	65

<i>SENIOR MEN'S BODYBUILDNG</i>				90 KG
SR.	NAME OF THE COMPETITOR	UNIT	WEIGHT	TRUNK
NO.				NO.
1	GULA JAN OMAR	AFGHANISTAN	89	77
2	MUHAMMAD SYED	PAKISTAN		82
3	FAHEEM ABBAS	PAKISTAN		85

<i>SENIOR MEN'S BODYBUILDNG</i>				OVER 90 KG
SR.	NAME OF THE COMPETITOR	UNIT	WEIGHT	TRUNK
NO.				NO.
1	AHMAD MOHAMMADI	AFGHANSITAN		83

2	VINAY KUMAR	INDIA		81
3	SYED FAZAL ELAHI	PAKISTAN		84

<i>JUNIOR MEN'S BODYBUILDNG</i>		OPEN		
SR.	NAME OF THE COMPETITOR	UNIT	WEIGHT	TRUNK
NO.				NO.
1	AHMED MAHIL SAEED	MALDIVES		97
2	RISHI RAJESH ATHREYA	INDIA		92
3	KRISHNA MAHARJAN	NEPAL		95
4	WAISUDDIN NOORI	AFGHANSITAN		96
5	SABIN KARKI	NEPAL		98

MEN'S ATHLETIC PHYSIQUE		UPTO 167CM +4KG		
SR.	NAME OF THE COMPETITOR	UNIT	WEIGHT	TRUNK
NO.				NO.
1	AHMAD SIKANDAR ZADA	AFGHANSITAN		143
2	NISHANT MAN PRADHAN	NEPAL		123
3	AHMED FAZEEL	MALDIVES		111

MEN'S ATHLETIC PHYSIQUE		OVER 167CM +8KG		
RANK	NAME OF THE COMPETITOR	UNIT	WEIGHT	TRUNK
				NO.
1	NARESH MUNJIKAR	NEPAL		132
2	NAKUL KAUSHAL	INDIA		122
3	FATHUHULLA MOHAMMED	MALDIVES		134
4	DAMBAR MARKAND	NEPAL		135
5	GIYAS IBRAHIM	MALDIVES		137

MEN'S SPORTS PHYSIQUE		UPTO		170 CM
SR.	NAME OF THE COMPETITOR	UNIT	WEIGHT	TRUNK
NO.				NO.
1	AZNEEN RASHAD	MALDIVES		142
2	PRAMOD RAI	NEPAL		141
3	HAMIDULLAH KHUSHDIL	AFGAHANISTANN		103
4	RAJIB THAPA	NEPAL		144
5	BISHU RAM KC	NEPAL		145

MEN'S SPORTS PHYSIQUE		OVER		170 CM
SR.	NAME OF THE COMPETITOR	UNIT	WEIGHT	TRUNK
NO.				NO.
1	USMAN UMAR	PAKISTAN		152
2	SHINU CHOVA	INDIA		125
3	TASHI TSHOKEY	BHUTAN		154
4	KAPIL KUMAR	INDIA		124
5	SALEEM SHAH ANWARI	AFGHANISTAN		104

WOMEN'S MODEL PHYSIQUE				
RANK	NAME OF THE COMPETITOR	UNIT	WEIGHT	TRUNK NO.
1	MALLIKA SHAKYA	NEPAL		168
2	POOJA SHRESHTHA	NEPAL		167
3	NISHRIN HITESH PARIKH	INDIA		161
4	TARA DONGOL	NEPAL		164

WOMEN'S ATHLETIC PHYSIQUE				
SR. NO.	NAME OF THE COMPETITOR	UNIT	WEIGHT	TRUNK NO.
1	NISHA BHOYAR	INDIA		177
2	RAJANI SHRESHTHA	NEPAL		173
3	SUJITA MANANDHAR	NEPAL		176
4				

MEN'S FITNESS PHYSIQUE				OPEN
SR. NO.	NAME OF THE COMPETITOR	UNIT	WEIGHT	TRUNK NO.
1	HAMIDULLAH KHUSHDIL	AFGAHANISTAN		103
2	RAJU RAI	NEPAL		106
3	SALEEM SHAH ANWARI	AFGAHANISTAN		104
4	LIONEL HOPKINS	INDIA		101
5				

OVERALL CHAMPION				
SR. NO.	NAME OF THE COMPETITOR	UNIT	UNIT	
1	RAVINDER KUMAR MALIK		INDIA	

TEAM CHAMPIONSHIP		
SR. NO.	NAME OF THE COMPETITOR	POINTS
1	AFGHANISTAN	535
2	NEPAL	455
3	INDIA	380

JUDGES COMMITTEE CHAIRMAN

SECRETARY