



55TH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS & ELECTORAL CONGRESS

1ST TO 7TH SEPTEMBER 2023 - KATHMANDU, FEDERAL DEMOCRATIC REPUBLIC OF NEPAL

Organized by: Nepal Bodybuilding & Fitness Federation

Under The Auspices of: Asian Bodybuilding and Physique Sports Federation

Sanctioned by: World Bodybuilding And Physique Sports Federation

Supported by National Sports Council, Nepal

TEAM MANAGERS AND JUDGES MEETING



ABBF EXECUTIVE COUNCIL MEETING



ABBF ANNUAL CONGRESS



NEWLY ELECTED ABBF EXECUTIVE COMMITTEE



OPENING CEREMONY AND MARCH-PAST PARADE



Deputy Prime Minister And Home Minister Mr. Narayan Of Nepal Was The Chief Guest Of Honor Of The 55th Asian Bodybuilding And Physique Championships On 4th September 2023

RESULTS OF DAY ONE

4TH SEPTEMBER - TOTAL OF 16 DISCIPLINES

MEN'S JUNIOR BODYBUILDING UP TO 75 KG						
						
1	Narender Yadav	India	5	5	10	1st
2	Hein Htet Zaw	Myanmar	10	10	20	2nd
3	Dinh The Dat	Vietnam	17	18	35	3rd
5	Chonlakan Jampanin	Thailand	18	18	36	4th
4	Thatthep Ngueakngam	Thailand	24	24	48	5th

MEN'S JUNIOR BODYBUILDING OVER 75 KG						
						
9	Bishal Poudel	Nepal	5	10	15	1st
7	Kumar Anil	India	12	8	20	2nd
11	Balankan Pathansirasawat	Thailand	14	14	28	3rd
6	Sio Wai Ian	China Macao	20	20	40	4th
10	Lu Zhi Xuan	China Macao	25	25	50	5th

MEN'S BODYBUILDING 55 KG



16	Bui Dac Phi Vu	Vietnam	5	5	10	1st
15	Suresh Duwal	Nepal	16	12	28	2nd
21	Azri Bin Asmat Sefri	Malaysia	18	19	37	3rd
14	Pyae Phy	Myanmar	20	18	38	4th
17	Sonu	India	23	22	45	5th
12	Suraj Singh Lambgadiya	India	28		28	6th
13	Mohamed Moosa	Maldives	29		29	7th
20	Dharma Raj Khapung	Nepal	39		39	8th
22	Sidhant Jasrotia	Nepal	41		41	9th
23	Yang Jinshan	China	50		50	10th

MEN'S BODYBUILDING 60 KG



28	Jiraphan Pongkam	Thailand	7	7	14	1st
25	Ashim Babu Garunge	Nepal	8	8	16	2nd
27	Kamal Bhandari	Nepal	17	18	35	3rd
30	Pham Truong Tho	Vietnam	20	21	41	4th
29	Ginni Hemanth Kumar	India	22	21	43	5th




38	Raju Khan	India	6	5	11	1st
37	Manoj Subedi	Nepal	11	16	27	2nd
108	Buda Anak Anchah	Malaysia	18	17	35	3rd
96	Surasak Panrueng	Thailand	21	16	37	4th
33	Mg Mg Myint	Myanmar	22	21	43	5th
99	Ram Bahadur Dahal	Nepal	32		32	6th
32	David Balami	Nepal	34		34	7th
40	Sonam Phuntsho	Bhutan	38		38	8th



41	Amit Kumar Bhuyan	India	8	10	18	1st
43	Ye Htun Naung	Myanmar	15	10	25	2nd
42	Amin Rasuad Bin Sidek	Malaysia	16	18	34	3rd
109	Somkhith Sumethowetchakun	Thailand	18	17	35	4th
45	Balal Khan	India	20	22	42	5th
91	Pratap Kalkunrikar	India	35		35	6th


44	Savio Henriques	India	36		36	7th
103	Kasem Sirisot	Thailand	39		39	8th
107	D.P.Chaman Niluka Dias	Sri Lanka	46		46	9th
47	Sanam Limbu	Nepal	47		47	10th
46	Binod Sunar	Nepal	48		48	11th
48	Ren Aiguo	China	59		59	12th

WOMEN'S JUNIOR FITNESS PHYSIQUE 21 YRS AND BELOW						
						
220	Kanticha Seejun	Thailand	11	9	20	1st
237	Jhintramom Thaveamayteachord	Thailand	11	11	22	2nd
223	Le Thi Cam Huong	Vietnam	12	18	30	3rd
221	Nguyen Phuc Minh Thu	Vietnam	17	15	32	4th
222	Pronchanok Chiangprom	Thailand	22	22	44	5th
218	Hikkaduwa Liyanage Kaushalya Voshani Liyanage	Sri Lanka	30		30	6th

WOMEN'S FITNESS PHYSIQUE UP TO 165 CM						
						
227	Tran Thi Thanh Tam	Vietnam	8	9	17	1st
229	Siriporn Sornchuay	Thailand	10	11	21	2nd

288	Ma Sin Yi	Hong Kong China	14	15	29	3rd
237	Jhintramom Thaveamayteachord	Thailand	27	18	45	4th
230	Saltanat Bainiyazova	Kazakhstan	28	25	53	5th
226	Lam King Ha	Hong Kong China	30		30	6th
225	Chandra Rai	India	35		35	7th
228	Ngo Tuyet Nhi	China Macao	36		36	8th
222	Pronchanok Chiangprom	Thailand	37		37	9th

WOMEN'S FITNESS PHYSIQUE OVER 165 CM						
						
231	Nguyen Thi Kim Cuong	Vietnam	5	6	11	1st
239	Ajaree Tansub	Thailand	12	9	21	2nd
220	Kanticha Seejun	Thailand	13	15	28	3rd

WOMEN'S TEENAGER ATHLETIC PHYSIQUE 15-18 YRS						
						
237	Jhintramom Thaveamayteachord	Thailand	6	7	13	1st
238	Rapicha Yaowanat	Thailand	9	8	17	2nd
222	Pronchanok Chiangprom	Thailand	15	15	30	3rd

WOMEN'S JUNIOR MODEL PHYSIQUE 21 YRS AND BELOW



258	Saijai Susomkaew	Thailand	17	10	27	1st
223	Le Thi Cam Huong	Vietnam	16	14	30	2nd
221	Nguyen Phuc Minh Thu	Vietnam	13	18	31	3rd
220	Kanticha Seejun	Thailand	15	18	33	4th
260	Shreyasi Mukherjee	India	18	16	34	5th
263	Naorem Zenkia	India	27		27	6th

MEN'S MASTER BODYBUILDING 40 - 49 YRS



85	Sayfulaev Bakhshulla	Uzbekistan	8	5	13	1st
96	Surasak Panrueng	Thailand	10	13	23	2nd
100	Subhash Pujari	India	14	17	31	3rd
94	Itthipat Prateep	Thailand	26	18	44	4th
106	Nithyananda Kotian	India	29	22	51	5th
28	Jiraphan Pongkam	Thailand	31		31	6th
97	Nguyen Van Quang	Vietnam	34		34	7th
33	Mg Mg Myint	Myanmar	38		38	8th

91	Pratap Kalkunrikar	India	44		44	9th
105	Ashok Maharjan	Nepal	49		49	10th
37	Manoj Subedi	Nepal	51		51	11th
107	D.P.Chaman Niluka Dias	Sri Lanka	57		57	12th



108	Buda Anak Anchah	Malaysia	8	6	14	1st
102	Kipyong Lim	Korea	9	14	23	2nd
109	Somkhith Sumethowetchakun	Thailand	17	13	30	3rd
111	Arunachalam	India	19	20	39	4th
103	Kasem Sirisot	Thailand	27	23	50	5th
101	Vitender Singh Pawar	India	28		28	6th
48	Ren Aiguo	China	35		35	7th



115	Peter Gnaliam Joseph	India	7	6	13	1st
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129	Damrongsak Soysri	Thailand	5	6	11	1st
124	Au Man Kit	China Macao	11	10	21	2nd
125	Ranjeet Lama	Nepal	13	13	26	3rd

MEN'S BODYBUILDING 75 KG



51	Rahul Cindha	India	9	5	14	1st
52	Lalit Dhimal	Nepal	11	15	26	2nd
57	Jagannath Khuntia	India	18	13	31	3rd
54	Aung Than Htay	Myanmar	19	18	37	4th
50	Zmarul Al Adam Pulutan Abdullah	Malaysia	28	24	52	5th
60	Felix Joyal Valsala Kumary	India	30		30	6th
56	Pornthep Sukkasem	Thailand	34		34	7th
53	Surya Kumar Tamang Thing	Nepal	38		38	8th
49	Marich Man Lama	Nepal	43		43	9th
5	Chonlakan Jampanin	Thailand	50		50	10th

MEN'S BODYBUILDING 80 KG



66	Pataiwat Alakawat	Thailand	8	6	14	1st
67	Prakash Pradhan	India	11	10	21	2nd

64	Krishna Pd. Shrestha	Nepal	13	14	27	3rd
97	Nguyen Van Quang	Vietnam	19	20	39	4th
59	Sandip Anant Ule	India	24	25	49	5th
61	Ramesh Shrestha	Nepal	28		28	6th

MEN'S BODYBUILDING 85 KG						
71	Mohamed Yameen	Maldives	8	9	17	1st
70	Azif Milaj R	India	12	11	23	2nd
94	Itthipat Prateep	Thailand	15	15	30	3rd
68	Habib Ahmed Asif Kazi Sayyed	India	19	15	34	4th
72	Mohan Subramaniam Sanka	India	25	25	50	5th
75	Lotipov Ibrogim	Uzbekistan	29		29	6th
69	Gaurav Katuwal	Nepal	34		34	7th

WOMEN'S BODYBUILDING UP TO 55 KG						
206	Rajani Shrestha	Nepal	5	5	10	1st
205	Sabita Bania	India	12	12	24	2nd
216	Dinh Kim Loan	Vietnam	13	13	26	3rd

215	Purimprachy Wannaapiluk	Thailand	20	20	40	4th
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WOMEN'S BODYBUILDING OVER 55 KG



214	Jiratha Chuthanichakan	Thailand	5	5	10	1st
210	Al-Nimr Yasmin	Tajikistan	16	12	28	2nd
211	Pratibha Thapliyal	India	17	14	31	3rd
219	Bui Thi Thoa	Vietnam	21	19	40	4th
213	Anushika Goswami	India	22	25	47	5th
212	Geeta Saini	India	26		26	6th
218	Hikkaduwa Liyanage Kaushalya Voshani Liyanage	Sri Lanka	34		34	7th

WOMEN'S MODEL PHYSIQUE UP TO 155 CM



264	Keeratiya Chantarat	Thailand	6	5	11	1st
265	Tara Khaiju	Nepal	12	13	25	2nd
269	Nima Doma Tamang	India	15	19	34	3rd
267	Yuphaphon Suepsuan	Thailand	21	18	39	4th
266	Ma Suet Yi	Hong Kong China	23	20	43	5th
268	Ozzeyswari Rai	India	30		30	6th

270	Nishrin Parikh	India	35		35	7th
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WOMEN'S MODEL PHYSIQUE UP TO 160 CM



273	To Suet Yan	Hong Kong China	14	6	20	1st
229	Siriporn Sornchuay	Thailand	16	10	26	2nd
275	Sabina Rai	India	19	16	35	3rd
272	Me Me Kyaw Naing	Myanmar	23	16	39	4th
226	Lam King Ha	Hong Kong China	26	24	50	5th
271	Tanyarat Jamsai	Thailand	28		28	6th
258	Saijai Susomkaew	Thailand	31		31	7th
277	Ketaki Manohar Patil	India	33		33	8th
274	Salina Rai	Nepal	35		35	9th

WOMEN'S MODEL PHYSIQUE UP TO 165 CM



249	Donlaporn Tanbunpairuch	Thailand	8	6	14	1st
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276	Mudagamuwa Hewage Hashini Erandika Hewage	Sri Lanka	16	11	27	2nd
281	Aye Thandar Khaing	Myanmar	18	15	33	3rd
280	Maddess Yin Kei Margie	Hong Kong China	19	21	40	4th
282	Yang Sukyung	Korea	20	24	44	5th
278	Ashmita Rasally	Nepal	23		23	6th

MEN'S SPORTS PHYSIQUE UP TO 170 CM						
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188	Azneen Rashad	Maldives	12	8	20	1st
178	Kang Yubin	Korea	15	14	29	2nd
180	Warshim Chesam	India	22	13	35	3rd
179	Nattanan Phrompoowongsa	Thailand	25	16	41	4th
177	Mohamed Naeem Mohamed Waseem	Sri Lanka	28	24	52	5th
181	Hrishikesh Rajendra Penkar	India	31		31	6th
183	Pobitra Nath	India	32		32	7th
187	Pradip Regmi	Nepal	36		36	8th
186	Pupun Kumar Swain	India	38		38	9th
182	Choi Kai Yun	Hong Kong China	48		48	10th
184	Bishu Ram KC	Nepal	51		51	11th
185	Lo Tai Wai	Hong Kong China	54		54	12th
190	Pagodaarachichi Thilina Dinushan	Sri Lanka	57		57	13th

MEN'S SPORTS PHYSIQUE UP TO 175 CM



189	Nyein Chan	Myanmar	8	8	16	1st
192	Saharat Kluabmas	Thailand	13	10	23	2nd
194	Adkhamov Shokhrukh	Uzbekistan	17	18	35	3rd
193	Pratik Deb	India	18	19	37	4th
195	Thepphorn Phuangthapthim	Thailand	24	23	47	5th
191	Suraj Dongol	Nepal	25		25	6th

MEN'S SPORTS PHYSIQUE UP TO 180 CM



197	Bulakorn Deekratok	Thailand	5	5	10	1st
199	Shishpal	India	10	10	20	2nd
198	Sachin P	India	15	15	30	3rd

MEN'S SPORTS PHYSIQUE OVER 180 CM



200	Chawintorn Thepwong	Thailand	6	6	12	1st
202	Ganbaatar Dorj	Mongolia	13	13	26	2nd
204	Nihal Man Joshi	Nepal	14	14	28	3rd
203	Ho Yeol Baek	Korea	18	18	36	4th
201	Lau Si Hang	China Macao	21	21	42	5th

WOMEN'S SPORTS PHYSIQUE UP TO 165 CM



253	Wong Ka Yuk	Hong Kong China	11	8	19	1st
251	Pawulu Dewage Udani Sewwandi Amarasinghe	Sri Lanka	14	14	28	2nd
230	Saltanat Bainiyazova	Kazakhstan	19	19	38	3rd
252	Sanam Mulguthi	Nepal	21	18	39	4th
227	Tran Thi Thanh Tam	Vietnam	24	17	41	5th
248	Simara Chumchuen	Thailand	27		27	6th
250	Choi Nga Peng	China Macao	30		30	7th
228	Ngo Tuyet Nhi	China Macao	33		33	8th

WOMEN'S SPORTS PHYSIQUE OVER 165 CM



256	Philomena Dexclyn Anak Siar	Malaysia	7	7	14	1st
231	Nguyen Thi Kim Cuong	Vietnam	8	8	16	2nd
239	Ajaree Tansub	Thailand	15	15	30	3rd

MEN'S ATHLETIC PHYSIQUE UP TO 160 CM



133	Pongsiri Prommachan	Thailand	5	5	10	1st
134	Malvern Abdullah	Malaysia	12	10	22	2nd
135	Fathuhulla Mohamed	Maldives	14	17	31	3rd
137	Raju Rai	Nepal	20	18	38	4th
126	Wanchai Kanjanapimine	Thailand	27	24	51	5th
132	Chau Nguyen Kha	Vietnam	30		30	6th
136	Wang Xiaohua	China	32		32	7th
131	Jason Thongsong	Thailand	40		40	8th

MEN'S ATHLETIC PHYSIQUE UP TO 167 CM



145	Mike Mahen	Malaysia	11	7	18	1st
146	Abdulla Ahsan	Maldives	12	10	22	2nd
143	Amal Anil Kumar	India	17	14	31	3rd
141	Rojal Shahi Khadgi	Nepal	23	20	43	4th
151	Syed Faizal Bin Syed Ali	Malaysia	26	23	49	5th
144	Rojen Bajracharya	Nepal	32		32	6th
149	Chatdanai Settasirikul	Thailand	34		34	7th
148	Phan Bao Long	Vietnam	38		38	8th
152	Pham Duc Thien	Vietnam	42		42	9th
147	Konsam Sanamacha Singh	India	42		42	10th
138	Bijendra Man Shrestha	Nepal	49		49	11th
142	Kong Kai Yueng	Hong Kong China	63		63	12th
140	Oshan Thejan Gomez	Sri Lanka	64		64	13th
123	Lei Chan Seng	China Macao	67		67	14th
150	Udaha Kotuwea Geadara Kalum Darshana Kumara	Sri Lanka	75		75	15th

MEN'S ATHLETIC PHYSIQUE UP TO 175 CM



161	Ahmad Faiz Bin Ariffin	Malaysia	8	5	13	1st
163	Tanakrid Boonsri	Thailand	12	10	22	2nd
153	Son Donghwi	Korea	22	15	37	3rd
165	Muhamad Shaiful Hisyam Bin Abd Aziz	Malaysia	18	20	38	4th
156	Kazakov Sukhrob	Tajikistan	24	25	49	5th
159	Pham Ngoc Sy	Vietnam	30		30	6th
157	Nirit Jamwal	India	33		33	7th
154	Ishwor Kumar Shahi	Nepal	39		39	8th
160	Tsang Ka Ho	Hong Kong China	42		42	9th
158	Kushajyoti Gogai	India	45		45	10th
155	Prabath Kumara Jayasekara	Sri Lanka	55		55	11th

MIXED PAIRS



292	Ma Sin Yi	Hong Kong China	11	9	20	1st
	Hon Kit					
294	Bui Thi Thoa	Vietnam	13	11	24	2nd
	Tran Hoang Duy Thuan					
293	Tran Thi Thanh Tam	Vietnam	15	11	26	3rd
	Chau Nguyen Kha					

297	Wanchai Kanjanapimime	Thailand	17	18	35	4th
	Siriporn Sornchuay					
295	Damrongsak Soysri	Thailand	30	25	55	5th
	Ajaree Tansub					
296	Mg Mg Myint	Myanmar	31		31	6th
	Wut Yi Phyo					
300	Sanam Mulguthi	Nepal	39		39	7th
	Amit Chandra					
299	Malvern Abdullah	Malaysia	40		40	8th
	Philomena Dexclyn Anak Siar					
290	Choi Nga Peng	China Macao	42		42	9th
	Sio Wai Ian					
291	Me Me Kyaw Naing	Myanmar	45		45	10th
	Hein Htet Zaw					
298	Ngo Tuyet Nhi	China Macao	50		50	11th
	Au Man Kit					

RESULTS OF DAY THREE

6TH SEPTEMBER - TOTAL OF 8 DISCIPLINES

MEN'S BODYBUILDING 90 KG						
						
79	Saravanan Mani	India	5	5	10	1st
80	Nilkanta Ghosh	India	12	12	24	2nd
139	Subhash Pujari	India	13	13	26	3rd
77	Shoaib Khan	India	20	20	40	4th
78	Tul Shrestha	Nepal	25	25	50	5th

MEN'S BODYBUILDING 100 KG						
						
83	Charan Mohan	India	8	10	18	1st
82	Pantawat Nimitphakpoom	Thailand	10	8	18	2nd
85	Sayfulaev Bakhshulla	Uzbekistan	12	12	24	3rd

MEN'S BODYBUILDING OVER 100 KG						
						
88	Nitin Chandila	India	5	5	10	1st
87	Skripachey Vitaliy	Uzbekistan	12	12	24	2nd
90	Hardeep Singh	India	13	13	26	3rd
86	Harvir Singh	India	20	20	40	4th

MEN'S ATHLETIC PHYSIQUE UP TO 182 CM



168	Nguyen Thanh Tien	Vietnam	8	8	16	1st
174	Dhruba Jyoti Tamuli	India	10	10	20	2nd
171	Hein Htet Kyaw	Myanmar	14	14	28	3rd
167	Naresh Malakar	Nepal	18	18	36	4th

MEN'S ATHLETIC PHYSIQUE OVER 182 CM



169	Rama Somashekar	India	6	6	12	1st
176	Tandin Wangchen	Bhutan	13	13	26	2nd
170	Biplav Karki	Nepal	15	15	30	3rd
129	Damrongsak Soysri	Thailand	16	16	32	4th

WOMEN'S ATHLETIC PHYSIQUE UP TO 165 CM



240	Sirinthip Insee	Thailand	9	5	14	1st
235	Tran Thi Ny	Vietnam	10	10	20	2nd
243	Wut Yi Phyo	Myanmar	12	15	27	3rd
242	Shanta Palikhel	Nepal	26	21	47	4th
238	Rapicha Yaowanat	Thailand	24	24	48	5th
244	Anita Chhetri	India	26		26	6th
241	Jasmin Lama	Nepal	35		35	7th

WOMEN'S ATHLETIC PHYSIQUE OVER 165 CM



234	Le Thi Huong Giang	Vietnam	8	8	16	1st
248	Simara Chumchuen	Thailand	10	10	20	2nd
271	Tanyarat Jamsai	Thailand	12	12	24	3rd
279	Warapitiya Pandithalage Madhushi Erangika Amarasinghe	Sri Lanka	20	20	40	4th

WOMEN'S MODEL PHYSIQUE OVER 165 CM



286	Chanyapat Korparapirom	Thailand	6	6	12	1st
285	Kim Sohyun	Korea	11	14	25	2nd
283	Vadeetharat Toontam	Thailand	14	11	25	3rd



WOMEN'S TEAM CHAMPIONSHIP



PLACE	COUNTRY	SCORE
1ST	THAILAND	605
2ND	VIETNAM	300
3RD	HONG KONG CHINA	160

MEN'S TEAM CHAMPIONSHIP



PLACE	COUNTRY	SCORE
1ST	INDIA	795
2ND	THAILAND	590
3RD	NEPAL(HOST)	260

TOP 10 BODYBUILDERS OF ABBF IN 2023



MR. ASIA 2023 (OVERALL CHAMPION)



NO.	COMPETITOR	COUNTRY
79	SARAVANAN MANI	INDIA

