



# 18TH SOUTH EAST ASIAN BODYBUILDING & PHYSIQUE SPORTS CHAMPIONSHIP 2024

**16 - 20 MAY, 2024 VIENTIANE CITY, LAO PEOPLE'S DEMOCRATIC REPUBLIC**

## FINAL REPORT

Lao Bodybuilding Federation under the leadership of the Honourable President Mr. Manaonthong Vongxay who is also the Deputy Minister of Industry and Commerce together with the Honourable Deputy Minister of the Ministry of Education and Sports Mr. Kingmano Phommahaxay graced the event.

The President of the World Bodybuilding and Physique Sports Federation (WBPF) Datuk Paul Chua was the VVIP at this event.

Dr. Phumvarin Chunhawongvarit, President of SEABPF & Mr. Sugree Supawarikul, Secretary General also officiated at the event.

Mr. Sengphone Phonamath, Secretary-General of National Committee of Lao together with several dignitaries were present at the two days championships from 18 and 19 May at the Grand Ballroom of Don Chan Palace Hotel.

Over 1500 people attended and witnessed this grand event.

The following countries from South East countries participated with their athletes:

BRUNEI	CAMBODIA	INDONESIA	LAO
MALAYSIA	MYANMAR	SINGAPORE	THAILAND
VIETNAM			

## SEABPF EXECUTIVE COUNCIL MEETING



## TEAM MANAGERS AND JUDGES MEETING



# OPENING CEREMONY



### MEN'S BODYBUILDING 55 KG



5	Inkone Sivilya	Lao	7	7	14	1st
2	Le Ngoc Thai	Vietnam	8	8	16	2nd
1	Mohd Hamiruddin Bin Haron	Malaysia	15	15	30	3rd
3	Phoumee Savantdysay	Lao	20	20	40	4th

### MEN'S BODYBUILDING 60 KG



8	Le Hong Phong	Vietnam	5	5	10	1st
6	Pham Van Hung	Vietnam	10	10	20	2nd
10	Alounmai Sisoulath	Lao	17	16	33	3rd

7	Tun Min Naing	Myanmar	18	18	36	4th
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12	Joseph Anak Ladi	Malaysia	10	9	19	1st
14	Mung Ban Aung	Myanmar	11	10	21	2nd
15	Nguyen Viet Phu	Vietnam	14	12	26	3rd
11	Tran Thanh Liem	Vietnam	16	18	34	4th
16	Touy Xayyalath	Lao	24	25	49	5th



26	Khamling Chalern	Lao	5	8	13	1st
21	Phan Huynh Duc	Vietnam	10	8	18	2nd
23	Phoutsavan Sisomphou	Lao	15	13	28	3rd
22	Naing Min Thein	Myanmar	20	20	40	4th
20	Amin Rasuad Bin Sidek	Malaysia	25	25	50	5th
19	Rahmat Ambriadi	Indonesia	30		30	6th

18	Zulkarnain Aji Bin Ahad	Brunei	34		34	7th
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31	Nguyen Trong Khanh	Vietnam	6	14	20	1st
25	K' Tuyen	Vietnam	11	12	23	2nd
29	Awang Mohd Azizul Bin Ghani	Malaysia	13	11	24	3rd
27	Aung Min Oo	Myanmar	20	14	34	4th
28	Muhamad Nur	Indonesia	25	25	50	5th



35	Thanakrit Prachantasen	Thailand	9	7	16	1st
34	Nguyen Van Quang	Vietnam	7	15	22	2nd
36	Nguyen Minh My	Vietnam	16	8	24	3rd
39	Akbar Nur Asmi	Indonesia	20	20	40	4th
37	Mohammad Isham Bin Fazi	Malaysia	26	25	51	5th

40	Myo Naing Tun	Myanmar	28		28	6th
38	Nazri Bin Pulong	Malaysia	35		35	7th

### MEN'S MASTER BODYBUILDING 50-60 YRS OPEN CATEGORY



34	Nguyen Van Quang	Vietnam	5	5	10	1st
42	Ping Latvong	Lao	10	10	20	2nd
3	Phoumee Savantdysay	Lao	15	15	30	3rd

### MEN'S FITNESS PHYSIQUE OPEN CATEGORY



54	Ta Phuc Nhat Tan	Vietnam	5	9	14	1st
46	Khamlar Samavong	Lao	12	12	24	2nd
49	Chau Nguyen Kha	Vietnam	14	11	25	3rd
56	Nora Chhing	Cambodia	20	19	39	4th
95	Siphak Khamkhueang	Lao	25	25	50	5th

## WOMEN'S ATHLETIC PHYSIQUE OPEN CATEGORY



101	Thare War	Myanmar	8	5	13	1st
100	Tran Thi Thanh Tam	Vietnam	10	10	20	2nd
92	Sommany Phanousith	Lao	15	17	32	3rd
98	Siti Hadjar Binti Mansor Awang Hitam	Malaysia	16	18	34	4th

## MEN'S ATHLETIC PHYSIQUE UP TO 160 CM



49	Chau Nguyen Kha	Vietnam	9	5	14	1st
56	Nora Chhing	Cambodia	9	11	20	2nd
46	Khamlar Samavong	Lao	14	14	28	3rd
47	Sinxay Phommavorlachuk	Lao	19	19	38	4th



### MEN'S ATHLETIC PHYSIQUE UP TO 167 CM



54	Ta Phuc Nhat Tan	Vietnam	7	9	16	1st
52	Le Van Viet	Vietnam	9	8	17	2nd
55	Aoui Siviseth	Lao	18	13	31	3rd
51	Chheng Chankakada	Cambodia	21	22	43	4th
53	Aflisahyir Bin Ali	Malaysia	22	23	45	5th
50	Suhaimi Bin Samsuri	Malaysia	29		29	6th

### MEN'S ATHLETIC PHYSIQUE UP TO 175 CM



58	Ko Ko Kyaw Phyto	Myanmar	9	9	18	1st
66	Pham Van Lap	Vietnam	11	10	21	2nd
62	Khaophone Phoneseuth	Lao	14	15	29	3rd
64	Mohammad Zulkarnine Bin Haji Ahmad	Brunei	18	24	42	4th
59	Daovang Lounglalin	Lao	30	19	49	5th
57	Asrul Bin Asmat Safri	Malaysia	32		32	6th
60	Afzainizam Bin Berahim	Singapore	35		35	7th
63	Saiyasith Sengmany	Lao	37		37	8th

61	Chantha Chim	Camdobia	42		42	9th
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**MEN'S ATHLETIC PHYSIQUE OVER 175 CM**



69	Le Vinh Kha	Vietnam	5	5	10	1st
68	Sonphuang Khamvongseng	Lao	10	10	20	2nd

**MEN'S SPORTS PHYSIQUE UP TO 165 CM**



74	Keota Phaphilomlasak	Lao	8	8	16	1st
72	Mohd Faizal Bin Mat Rashid	Malaysia	11	7	18	2nd
71	Souliya Saiyaphone	Lao	12	15	27	3rd
73	Vo Loc Thien	Vietnam	20	20	40	4th

### MEN'S SPORTS PHYSIQUE UP TO 170 CM



78	Than Htike Oo	Myanmar	7	5	12	1st
80	Nantapong Mukdara	Thailand	12	12	24	2nd
76	Sinpaseuth Vongphanh	Lao	17	16	33	3rd
79	Indra Kurnia Santasa Wijaya	Singapore	21	20	41	4th
75	Inthava Sisouvong	Lao	22	22	44	5th
77	Vixay Moonnasing	Lao	30		30	6th
81	Chhiya Khan	Cambodia	35		35	7th

### MEN'S SPORTS PHYSIQUE UP TO 175 CM



85	Kittisak Buradam	Thailand	10	5	15	1st
83	Hariyanto Slamet	Indonesia	9	13	22	2nd
86	Santisouk Douangkeomany	Lao	14	17	31	3rd
82	Bounthai Deangsavath	Lao	17	15	32	4th

### MEN'S SPORTS PHYSIQUE OVER 175 CM



87	Rachasap Jaroensap	Thailand	5	5	10	1st
88	Reach Srin	Cambodia	14	14	28	2nd
90	Sengpaserd Xayasing	Lao	15	14	29	3rd
91	Sengaphone Souriyamath	Lao	16	16	32	4th
89	Lattanavong Boutdy	Lao	25	25	50	5th

### WOMEN'S MODEL PHYSIQUE UP TO 155 CM



103	Yuphaphon Suepsuan	Thailand	8	6	14	1st
94	Phetsala Vannasan	Lao	9	11	20	2nd
93	Vonmany Sayasane	Lao	13	13	26	3rd
116	Kiengkham Meunduang	Lao	19	19	38	4th

WOMEN'S MODEL PHYSIQUE UP TO 160 CM



109	Chiranan Suran	Thailand	5	5	10	1st
106	Khin Nilar Soe	Myanmar	10	10	20	2nd
105	Nguyen Pham Ha Thanh	Vietnam	15	15	30	3rd
97	Duangchan Senkham	Lao	20	20	40	4th
96	Seeta Thongsouline	Lao	25	25	50	5th

WOMEN'S MODEL PHYSIQUE UP TO 165 CM



104	Chintana Khambounheung	Lao	5	6	11	1st
107	Sheena Hung Xiang - Shi	Singapore	12	12	24	2nd
108	Tu Ngoc Quynh	Vietnam	13	13	26	3rd
110	Tan Hui Tze	Malaysia	20	20	40	4th

### WOMEN'S MODEL PHYSIQUE OVER 165 CM



102	Ha Thi Thanh Trang	Vietnam	9	9	18	1st
111	Zu Zu Thant	Myanmar	10	10	20	2nd
112	Tran Thi Ngan Ha	Vietnam	11	11	22	3rd
115	Phonevilai Songbandith	Lao	19	20	39	4th

### WOMEN'S LADIES MODEL PHYSIQUE OVER 35 YRS



104	Chintana Khambounheung	Lao	9	8	17	1st
103	Yuphaphon Suepsuan	Thailand	12	12	24	2nd
96	Seeta Thongsouline	Lao	16	15	31	3rd
108	Tu Ngoc Quynh	Vietnam	18	18	36	4th
93	Vonmany Sayasane	Lao	23	22	45	5th
115	Phonevilai Songbandith	Lao	31		31	6th
116	Kiengkham Meunduang	Lao	32		32	7th
110	Tan Hui Tze	Malaysia	40		40	8th

MIXED PAIRS



119	Chau Nguyen Kha	Vietnam	7	5	12	1st
	Tran Thi Thanh Tam					
114	Ta Phuc Nhat Tan	Vietnam	9	11	20	2nd
	Tran Thi Ngan Ha					
113	Khamlar Samavong	Lao	17	17	34	3rd
	Phetsala Vannasan					
118	Thare War	Myanmar	19	19	38	4th
	Mung Ban Aung					
99	Touy Xayyalath	Lao	25	23	48	5th
	Sommany Phanousith					
117	Awang Mohd Bin Ghani	Malaysia	29		29	6th
	Siti Hadjar Awang Hitam					
120	Tan Hui Tze	Malaysia	35		35	7th
	Aflisahyir Bin Ali					

### WOMEN'S TEAM CHAMPIONSHIP



PLACE	COUNTRY	SCORE
1ST	LAOS	198
2ND	VIETNAM	173
3RD	THAILAND	145

### MEN'S TEAM CHAMPIONSHIP



PLACE	COUNTRY	SCORE
1ST	VIETNAM	683
2ND	LAOS	413
3RD	THAILAND	205



TOP SEVEN WINNERS OF EACH BODYWEIGHT CATEGORY



OVERALL CHAMPION



35

Thanakrit Prachantasen

Thailand