

HongKong

Preparation for the 2008 Asian Benchpress Championships

Report by Susumu Yoshida

Report of HongKong Investigation For the 2008 Asian Benchpress Championships



Meet Hotel : L'hotel Causeway Bay Harbour View



Venue : Queen Elizabeth Stadium

I, Susumu Yoshida, as the president of Asian Powerlifting Federation, went to HongKong to do the investigation for the up coming 2008 Asian Benchpress Championships.

HongKong Amature Weightlifting and Powerlifting Association did very good job of hosting 2007 HongKong Benchpress invitational championships.

I checked from the meet hotel to venue, equipments, staging, warm up area, and people who did the meet.

As the results, I was completely satisfied by their preparation.

I report the results of the investigation step by step.

Meet Hotel

The name of the hotel is L'hotel Causway Bay Harbour View. Little bit too long to remember, but you can remember this hotel as the top level hotel in the history of Asian Championships.

Specialy the design of the room is nice and comfortable.

Also the food is good. The breakfast would be included in the hotel stay.

If you are hungry at midnight, you can eat local noodle outside of the hotel within 5 minutes walk.

The size of banquet room would be small if the number of the lifters exceed 100. We estimate it would be near 300.

The secretariat and scale room also will be made in this hotel.

Venue

The name of the venue is Queen Elizabeth Stadium. The size of the stadium is big enough for the international benchpress meet, even if our Asian Benchpress Championships get near 300 lifters.

The opening ceremony, weight in, anti doping test, secretaryart will be made in this stadium.

From 7th to 9th December 2007, HongKong

Investigating The HongKong Benchpress Invitational 2007

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Equipments

ER racks, Eleiko plates, Leoco bar. All up to the international standard. But the equipments for the warm up area were various makes. I hope all the warm up equipments would be international standard, if the budget is enough.

Platform of this meet is weightlifting style, but Ms. Ip promised me that they will prepare the international level powerlifting platform.

Staging

There were no stage but Ms. Ip suggested me that they might prepare the stages.

The stages would be good because only limited persons can go up to the stage. This prevents some of the audience from going near the platform to take photos.

Warm up area

The size of the area is big enough. At this championships, 3 sets of the warm up equipments were prepared. It depends on the number of the lifters at the 2008 Asian Bench, but 4 or more sets will be recommendable.

Anti-Doping station

At this championships the room was not prepared. I recommend the independent room near to the bathroom for the doping test.

Weight in

A brand new electrical scale was prepared in the weight in room.

The size of the room is good.

Referee's room

At the Asian Bench, the referee's room or corner is needed. After the long work they need a rest and some refreshments. Tea, coffee, snack would be recommendable.

Spotter Loaders

They did good work at this meet. But at the Asian Bench, 3 sets of spotter loader team would be recommendable. Because so many lifters would participate to the Asian Bench.

Summary

The opening ceremony and the Banquet were well prepared and very welcoming.

The team of HongKong weightlifting and powerlifting association, President Chan, Chairman Ms. Ip, Mr Pok and many officials worked hard to make this invitational meet would be successful.

Now I can say that there were no problem for the preparation of 2008 Asian Benchpress Championships. And we can't wait for the 2008 Asian Bench in HongKong.

Susumu Yoshida
President of APF
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