



2025 International Competition Report

Asian African Pacific Championships

July 2025

Okayama University Weight Training Club

Three female athletes won two gold medals, five silver medals, and two bronze medals!!

Date: From July 5, 2025 to July 13

Venue: Mimeji, Hyogo

Azusa Iga: Women's 52kg class (bench press) Winner

Miyu Kawahara: Women's Junior 52kg class (powerlifting) Runner-up

Women's Junior 52kg class (benchpress) Winner

Ina Iura: Women's Junior 52kg class (powerlifting) 4th Place

Jr is the category for those aged 18 to 23 in the calendar year.

Iga and Kawahara are coaching staff members of our club.

Qualifying rounds in Asia, Africa, and the Pacific Rim participated.



Azusa Iga

Classic Bench Press General 52kg Class Winner Gold Medal 95kg

- Demonstrated her stable skills as the queen of the sport with three successful attempts.
- After the competition, she also served as an assistant and organizer, and was commended by the president of the Asian Federation.

	1 st attmpt	2 nd attmpt	3 rd attempt
Benchpress	85	90	95

Miyu Kawahara

Classic Powerlifting Junior 52kg Class Runner-up Silver Medal (Silver medals in S, B, and D events) TOTAL: 292.5kg Equipped Bench Press Junior 57kg Class Winner Gold Medal 80kg

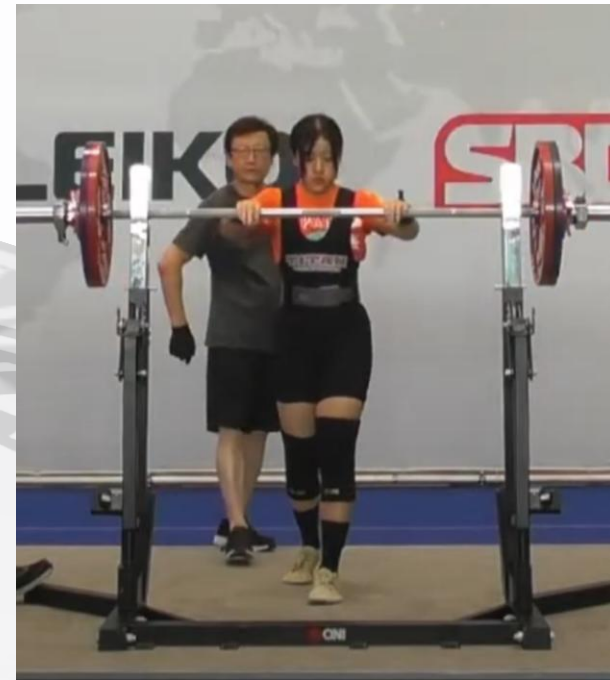
	1 st attmpt	2 nd attmpt	3 rd attempt
Squat	100	100	107.5
Benchpress	62.5	65	67.5
Deadlift	117.5	127.5	135



Kana Iura

Classic Powerlifting Junior 57kg Class 4th Place(Bronze Medal in Squat and Deadlift) TOTAL: 315kg

	1 st attmpt	2 nd attmpt	3 rd attempt
Squat	105	112.5	125
Benchpress	45	50	52.5
Deadlift	130	137.5	145



Supporter

Azusa Iga

Kyohei Yagi

Coach Iga participated in the 6-day event from the 8th to the 13th as a representative of the All Japan Association. Yagi participated in the 2-day event on the 6th and 7th as a representative of the Kansai Student Federation. They provided stable and speedy support befitting representatives of Okayama University and supported the event behind the scenes.