



**PERSATUAN ANGKAT BESI,  
BINARAGA, ANGKAT BERAT SELURUH INDONESIA**

UNDER THE AUSPICES OF  
ASIAN BODYBUILDING AND PHYSIQUE SPORTS FEDERATION  
WORLD BODYBUILDING AND PHYSIQUE SPORTS FEDERATION

**INSPECTION REPORT**



**53<sup>rd</sup> ASIAN BODYBUILDING  
and PHYSIQUE SPORTS  
CHAMPIONSHIPS 2019**

**BATAM, INDONESIA**

**27th SEPTEMBER - 03rd OCTOBER 2019**

**PACIFIC PALACE HOTEL, BATAM, INDONESIA.**







**53RD ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS**  
**27<sup>TH</sup> SEPTEMBER –03<sup>RD</sup> OCTOBER 2019**  
**BATAM, INDONESIA**

---



**Batam Barelang Bridge**

BATAM is known for the Scenic Tourism Hub Port City. It is also famous for its Barelang Bridge, six sophisticated full swing bridges that connects three islands is an abbreviation of those three islands: Batam, Rempang and Galang. One of the largest Buddhist Temple in South East Asia popularly known as The Laughing Buddha Temple, Maha Vihara Duta Maitreya. The temple features astonishing modern Chinese architecture with its most attractive spot known as the sacred garden, located behind the temple. Batam also attracts water sports enthusiast with the many sports club and resorts along the Nongsa Coast and Waterfront City.

---

: **Organiser :**

**ASIAN BODY BUILDING AND PHYSIQUE SPORTS FEDERATION**

: **Supported by :**

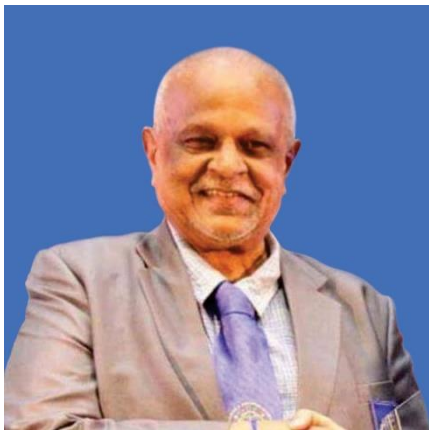
**PERSATUAN ANGKAT BESI, BINARAGA, ANGKAT BERAT SELURUH INDONESIA**



**53RD ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS**  
**27<sup>TH</sup> SEPTEMBER –03<sup>RD</sup> OCTOBER 2019**  
**BATAM, INDONESIA**

---

**MESSAGE FROM DATUK PAUL CHUA, PRESIDENT OF ABBF & WBPF**



We are happy to announce that the 53rd Asian Bodybuilding and Physique Sports Championships and Annual Electoral Congress shall be organised in the city of Batam, Republic of Indonesia from 27th September to 3rd October 2019.

ABBF has taken the responsibility to host this championship in close co-operation with PABBSI who has given us their valuable assistance. I would like to express my sincere thanks to Major General (Mar) Djoko Pramono for all the help given to us. I also wish to thank my dear friends Mr Alam Syah Wijaya and Mr Irwan Alwi and Mr Muslim Bobby.

I wish to thank the Management of the Pacific Palace Hotel for providing us facilities in their premises.

All countries are urged to expedite and send their entry forms urgently with maximum number of participation to make this championship a grand success.

Thanking you for your patience and looking forward to see each and every one at Batam.

**Datuk Paul Chua**

*President - Asian Bodybuilding & Physique Sports Federation (ABBF) & World Bodybuilding & Physique Sports Federation (WBPF)*

---

: Organiser :

**ASIAN BODY BUILDING AND PHYSIQUE SPORTS FEDERATION**

: Supported by :

**PERSATUAN ANGKAT BESI, BINARAGA, ANGKAT BERAT SELURUH INDONESIA**



**53RD ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS**  
**27<sup>TH</sup> SEPTEMBER –03<sup>RD</sup> OCTOBER 2019**  
**BATAM, INDONESIA**

---

**MESSAGE FROM MR SUGREE SUPAWARIKUL, SECRETARY-GENERAL OF ABBF**



Batam, the most beautiful irerland city in Indonesia is the venue where the ABBF will be hosting the 53rd Asian Bodybuilding and Physique Sports Championships and Annual Electoral Congress with the help of PABBSI.

This mark an important milestone for ABBF as we celebrate our 60th Anniversary birthday and also the general election of new office bearers for the years 2020 till 2024 will be decided to run this oldest federation founded in the year of 1959. We are the oldest Asian federation to control and regulate rules to run this continental body. We are proud of this achievement.

Last but not least...I am proud that I have a great leader who is the father of bodybuilding in the world - Datuk Paul Chua who is diligent, hardworking and possess a high quality of leadership to

lead all of us in the ABBF and WBPF to what are today. I will fail in my duties if I do not thank him from the bottom of my heart for his wise leadership. I would also like to thank Secretray-General of WBPF Chetan Pathare who flew down all the way from Mumbai during the inspection of the said championship. He has sterling quality of leadership and I feel working with him during the said continental championship would be a great experience.

Thank you

**Sugree Supawarikul**

*Secretary-General - Asian Bodybuilding & Physique Sports Federation (ABBF)*

---

: Organiser :

**ASIAN BODY BUILDING AND PHYSIQUE SPORTS FEDERATION**

: Supported by :

**PERSATUAN ANGKAT BESI, BINARAGA, ANGKAT BERAT SELURUH INDONESIA**



**53RD ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS**  
**27<sup>TH</sup> SEPTEMBER –03<sup>RD</sup> OCTOBER 2019**  
**BATAM, INDONESIA**

---

**MESSAGE FROM MR CHETAN M PATHARE – SECRETARY-GENERAL WBPF**



I would like to congratulate the President Datuk Paul Chua and Secretary-General Mr Sugree Supawarikul of the Asian Body Building and Physique Sports Federation for taking the initiative to organise the most prestigious 53rd Asian Body Building and Physique Sports championship of the Asian continent in the beautiful city in Batam, Indonesia on and from 27<sup>th</sup> September to 3<sup>rd</sup> October 2019.

Our leader Datuk Paul Chua is the best leader and I have learnt a lot from him in my journey in the sport of Body Building. My dear brother Sugree Supawarikul have been working hard to promote the sport of Body Building and he is also one of the best organiser I have ever seen.

My sincers thanks to PABBSI for their support and I wish best of luck and great success and looking forward to meet my brothers and sisters from the Asian continent during the said championship.

**Chetan M Pathare**

*Secretary-General - World Bodybuilding & Physique Sports Federation (WBPF)*

---

: Organiser :

**ASIAN BODY BUILDING AND PHYSIQUE SPORTS FEDERATION**

: Supported by :

**PERSATUAN ANGKAT BESI, BINARAGA, ANGKAT BERAT SELURUH INDONESIA**





**53RD ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS**  
**27<sup>TH</sup> SEPTEMBER –03<sup>RD</sup> OCTOBER 2019**  
**BATAM, INDONESIA**

---

**PLACES TO VISIT IN BATAM**



**Borobudur Temple**



**Riau Islands**



**Harbour Bay Ferry Terminal**

---

**: Organiser :**  
**ASIAN BODY BUILDING AND PHYSIQUE SPORTS FEDERATION**  
**: Supported by :**  
**PERSATUAN ANGKAT BESI, BINARAGA, ANGKAT BERAT SELURUH INDONESIA**



**53RD ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS**  
**27<sup>TH</sup> SEPTEMBER –03<sup>RD</sup> OCTOBER 2019**  
**BATAM, INDONESIA**



Datuk Paul Chua – President ABBF / WBPf signing MOU between ABBF & PABBSI with Mr Alamsyah Wijaya (PABBSI), along with Mr Irwin Alwi (Chairman - Body Building PABBSI), Mr Chetan Pathare (Secretary-General WBPf), Mr Mulsim Bobby (Chairman-Batam Body Building) Mr Sugri Supariwakul (Secretary-General ABBF), Mr. M Letchmenon (Secretary -Medical Committee ABBF)



Datuk Paul Chua – President ABBF / WBPf after signing the contract with Hotel Pacific Palace Hotel with Mr Mugi (E&C Sales Manager) and Mr Sumantri Endang (General Manager)

: Organiser :

**ASIAN BODY BUILDING AND PHYSIQUE SPORTS FEDERATION**

: Supported by :

**PERSATUAN ANGKAT BESI, BINARAGA, ANGKAT BERAT SELURUH INDONESIA**





**53RD ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS**  
**27<sup>TH</sup> SEPTEMBER –03<sup>RD</sup> OCTOBER 2019**  
**BATAM, INDONESIA**



Datuk Paul Chua – President ABBF / WBPf signing MOU between ABBF & PABBSI with Mr Alamsyah Wijaya (PABSSI), along with Mr Irwin Alwi (Chairman - Body Building PABSSI), Mr Chetan Pathare (Secretary-General WBPf), Mr Mulsim Bobby (Chairman-Batam Body Building) Mr Sugri Supariwakul (Secretary-General ABBF), Mr. M Letchmenon (Secretary -Medical Committee ABBF)



Datuk Paul Chua – President ABBF / WBPf signing MOU between Hotel Pacific Palace Mr Sumantri Endang (General Manager), with Mr Alamsyah Wijaya (PABSSI), along with Mr Irwin Alwi (Chairman - Body Building PABSSI), Mr Chetan Pathare (Secretary-General WBPf), Mr Mulsim Bobby (Chairman-Batam Body Building) Mr Sugri Supariwakul (Secretary-General ABBF), Mr. M Letchmenon (Secretary -Medical Committee ABBF)

: Organiser :

**ASIAN BODY BUILDING AND PHYSIQUE SPORTS FEDERATION**

: Supported by :

**PERSATUAN ANGKAT BESI, BINARAGA, ANGKAT BERAT SELURUH INDONESIA**





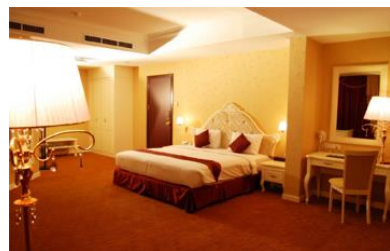
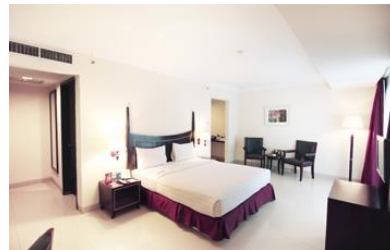
**53RD ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS**  
**27<sup>TH</sup> SEPTEMBER –03<sup>RD</sup> OCTOBER 2019**  
**BATAM, INDONESIA**

---

**COMPETITION VENUE- PACIFIC PALACE HOTEL, BATAM**



**ACCOMMODATION**



---

**: Organiser :**  
**ASIAN BODY BUILDING AND PHYSIQUE SPORTS FEDERATION**  
**: Supported by :**  
**PERSATUAN ANGKAT BESI, BINARAGA, ANGKAT BERAT SELURUH INDONESIA**



**53RD ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS**  
**27<sup>TH</sup> SEPTEMBER –03<sup>RD</sup> OCTOBER 2019**  
**BATAM, INDONESIA**

---

**RESTAURANT**



**MEETING &  
CONFERENCE**



---

**: Organiser :**  
**ASIAN BODY BUILDING AND PHYSIQUE SPORTS FEDERATION**  
**: Supported by :**  
**PERSATUAN ANGKAT BESI, BINARAGA, ANGKAT BERAT SELURUH INDONESIA**

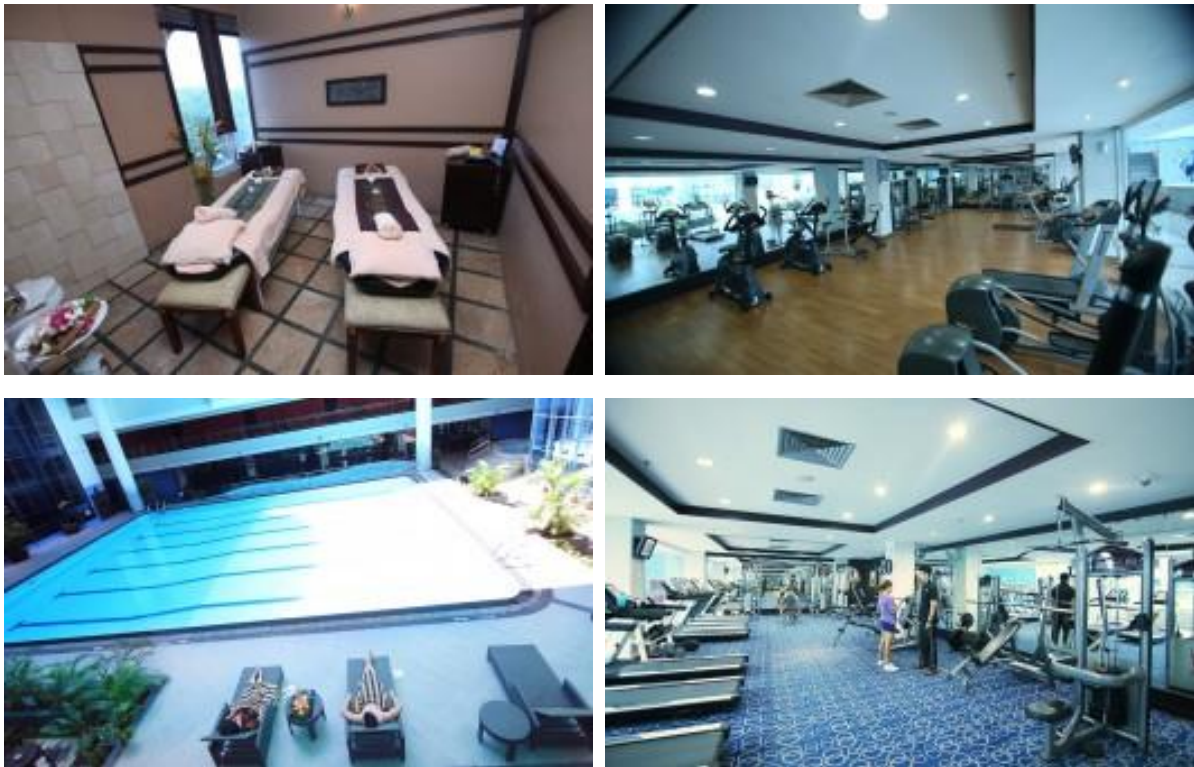




**53RD ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS**  
**27<sup>TH</sup> SEPTEMBER –03<sup>RD</sup> OCTOBER 2019**  
**BATAM, INDONESIA**



**SPORT & RECREATION**



**PLEASE CLICK AND CHECK ON THE ABBF WEBSITE FOR THE INVITATION LETTER, ENTRY FORMS, DAY TO DAY PROGRAM AND TERMS AND RULES OF THE COMPETITION PUBLISHED THEREIN.**

**: Organiser :**  
**ASIAN BODY BUILDING AND PHYSIQUE SPORTS FEDERATION**  
**: Supported by :**  
**PERSATUAN ANGKAT BESI, BINARAGA, ANGKAT BERAT SELURUH INDONESIA**