

PERFORMANCE OF INDIAN ATHLETES DURING INTERNATIONAL EVENTS

Year	Name	Participation during Weightlifting Championships / Games	Venue	Dates	Wt. Cat.	Snatch	C&J	Total	Place
2019	Saikhom Mirabai Chanu	EGAT Cup - International Championsh	Chiang Mai (Thailand)	5-11 February 2019	49 kg	82	110	192	I
2019	Swati Singh	EGAT Cup - International Championsh	Chiang Mai (Thailand)	5-11 February 2019	59 kg	86	109	195	VI
2019	Kopparthi Shireesha	EGAT Cup - International Championsh	Chiang Mai (Thailand)	5-11 February 2019	59 kg	79	110	189	IX
2019	Jeremy Lalrinnunga	EGAT Cup - International Championsh	Chiang Mai (Thailand)	5-11 February 2019	67 kg	131	157	288	II
2019	Sivalingam Sathish Kumar	EGAT Cup - International Championsh	Chiang Mai (Thailand)	5-11 February 2019	81 kg	90	110	200	IV
2019	Vikas Thakur	EGAT Cup - International Championsh	Chiang Mai (Thailand)	5-11 February 2019	96 kg	157	196	353	III
2019	Ragala Venkat Rahul	EGAT Cup - International Championsh	Chiang Mai (Thailand)	5-11 February 2019	96 kg	149	183	332	IV
2019	Pardeep Singh	EGAT Cup - International Championsh	Chiang Mai (Thailand)	5-11 February 2019	109 kg	140	170	310	VI
2019	Muthupandi Raja	2019 Senior Asian Championships	Ningbo (China)	17-29 April 2019	61 kg	117	148	265	XIII
2019	Jeremy Lalrinnunga	2019 Senior Asian Championships	Ningbo (China)	17-29 April 2019	67 kg	134	163	297	IX
2019	Achinta Sheuli	2019 Senior Asian Championships	Ningbo (China)	17-29 April 2019	73 kg	137	160	297	XI
2019	Ajay Singh	2019 Senior Asian Championships	Ningbo (China)	17-29 April 2019	81 kg	142	178	320	VII
2019	Vikas Thakur	2019 Senior Asian Championships	Ningbo (China)	17-29 April 2019	96 kg	152	197	349	IV
2019	Pardeep Singh	2019 Senior Asian Championships	Ningbo (China)	17-29 April 2019	102 kg	150	201	351	VI
2019	Gurdeep Singh	2019 Senior Asian Championships	Ningbo (China)	17-29 April 2019	+109 kg	165	210	375	IX
2019	Jhilli Dalabehera	2019 Senior Asian Championships	Ningbo (China)	17-29 April 2019	45 kg	71	91	162	II
2019	Saikhom Mirabai Chanu	2019 Senior Asian Championships	Ningbo (China)	17-29 April 2019	49 kg	86	113	199	IV
2019	Swati Singh	2019 Senior Asian Championships	Ningbo (China)	17-29 April 2019	59 kg	87	109	196	VII
2019	Rakhi Halder	2019 Senior Asian Championships	Ningbo (China)	17-29 April 2019	64 kg	93	119	212	VII
2019	Jhilli Dalabehera	2019 Senior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	45 kg	70	94	164	I
2019	Saikhom Mirabai Chanu	2019 Senior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	49 kg	84	107	191	I
2019	S. Bindyarani Devi	2019 Senior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	55 kg	78	105	183	I
2019	Matsa Santoshi	2019 Senior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	55 kg	80	102	182	II
2019	Davinder Kaur	2019 Senior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	59 kg	80	104	184	I
2019	Rakhi Halder	2019 Senior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	64 kg	94	120	214	I
2019	Manpreet Kaur	2019 Senior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	76 kg	91	116	207	II
2019	Pavunraj Anuradha	2019 Senior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	87 kg	100	121	221	I
2019	Ch. Rishikanta Singh	2019 Senior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	55 kg	105	130	235	I
2019	Muthupandi Raja	2019 Senior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	61 kg	120	--	E/T	--
2019	Jeremy Lalrinnunga	2019 Senior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	67 kg	136	--	E/T	--
2019	Achinta Sheuli	2019 Senior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	73 kg	136	169	305	I
2019	Ajay Singh	2019 Senior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	81 kg	148	190	338	I
2019	Papul Changmai	2019 Senior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	81 kg	135	178	313	II
2019	Ragala Venkat Rahul	2019 Senior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	89 kg	145	180	325	II
2019	Vikas Thakur	2019 Senior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	96 kg	153	185	338	II
2019	Pardeep Singh	2019 Senior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	102 kg	148	202	350	I
2019	Jacob Vanlalitluanga	2019 Junior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	61 kg	112	130	242	I
2019	Muthupandi Raja	2019 Junior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	61 kg	120	--	E/T	--
2019	Jeremy Lalrinnunga	2019 Junior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	67 kg	136	--	E/T	--
2019	Gulam Navi	2019 Junior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	67 kg	116	159	275	I
2019	Achinta Sheuli	2019 Junior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	73 kg	136	169	305	I
2019	Leiphrakpam Sadananda Singh	2019 Junior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	73 kg	124	151	275	III
2019	Adiboina Siva Rama Krishna Yadav	2019 Junior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	81 kg	118	146	264	II

2019	Kalyan Singh	2019 Junior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	96 kg	127	160	287	II
2019	Bornali Borah	2019 Junior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	45 kg	55	76	131	I
2019	Sakshi Prakash Mahske	2019 Junior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	45 kg	58	72	130	II
2019	Sneha Soren	2019 Junior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	55 kg	73	96	169	II
2019	Saloni Singh	2019 Junior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	55 kg	75	88	163	III
2019	Sukarna Adak	2019 Junior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	59 kg	77	101	178	I
2019	Seram Nirupama Devi	2019 Junior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	64 kg	85	112	197	I
2019	Ramasundara Pandi Arockiya Alish	2019 Junior Commonwealth Champion	Apia (Samoa)	6-13 July 2019	76 kg	79	109	188	II
2019	Bhaktaram Desti	2019 Youth Commonwealth Champions	Apia (Samoa)	6-13 July 2019	49 kg	77	108	185	I
2019	Jacob Vanlaltuanga	2019 Youth Commonwealth Champions	Apia (Samoa)	6-13 July 2019	61 kg	112	130	242	I
2019	Jeremy Lalrinnunga	2019 Youth Commonwealth Champions	Apia (Samoa)	6-13 July 2019	67 kg	136	--	E/T	--
2019	L. Sadananda Singh	2019 Youth Commonwealth Champions	Apia (Samoa)	6-13 July 2019	73 kg	124	151	275	I
2019	Adiboina Siva Rama Krishna Yadav	2019 Youth Commonwealth Champions	Apia (Samoa)	6-13 July 2019	81 kg	118	146	264	I
2019	Soumya Dalvi	2019 Youth Commonwealth Champions	Apia (Samoa)	6-13 July 2019	40 kg	51	58	109	I
2019	Rekhamoni Gogoi	2019 Youth Commonwealth Champions	Apia (Samoa)	6-13 July 2019	40 kg	47	59	106	III
2019	Sukarna Adak	2019 Youth Commonwealth Champions	Apia (Samoa)	6-13 July 2019	59 kg	77	101	178	I
2019	Jhilli Dalabehera	2019 IWF Senior WWC	Pattaya (Thailand)	15-27 Sep 2019	45 kg	--	88	E/T	--
2019	Saikhom Mirabai Chanu	2019 IWF Senior WWC	Pattaya (Thailand)	15-27 Sep 2019	49 kg	87	114	201	IV
2019	Sneha Soren	2019 IWF Senior WWC	Pattaya (Thailand)	15-27 Sep 2019	55 kg	72	101	173	XXX
2019	Rakhi Halder	2019 IWF Senior WWC	Pattaya (Thailand)	15-27 Sep 2019	64 kg	90	124	214	XIV
2019	Jeremy Lalrinnunga	2019 IWF Senior WWC	Pattaya (Thailand)	15-27 Sep 2019	67 kg	136	160	296	XXI
2019	Achinta Sheuli	2019 IWF Senior WWC	Pattaya (Thailand)	15-27 Sep 2019	73 kg	135	166	301	XXV
2019	Ajay Singh	2019 IWF Senior WWC	Pattaya (Thailand)	15-27 Sep 2019	81 kg	146	187	333	XIX
2019	Jeremy Lalrinnunga	2019 Asian Youth Championships	Pyongyang (DPR Korea)	19-27 Oct 2019	67 kg	134	165	299	I
2019	L. Sadananda Singh	2019 Asian Youth Championships	Pyongyang (DPR Korea)	19-27 Oct 2019	73 kg	125	158	283	IV
2019	Jeremy Lalrinnunga	2019 Asian Youth Championships	Pyongyang (DPR Korea)	19-27 Oct 2019	67 kg	134	165	299	II
2019	Achinta Sheuli	2019 Asian Youth Championships	Pyongyang (DPR Korea)	19-27 Oct 2019	73 kg	133	170	303	V
2019	L. Sadananda Singh	2019 Asian Youth Championships	Pyongyang (DPR Korea)	19-27 Oct 2019	73 kg	125	158	283	IX
2019	Jhilli Dalabehera	2019 Asian Youth Championships	Pyongyang (DPR Korea)	19-27 Oct 2019	45 kg	67	89	156	III
2019	S. Bindyarani Devi	2019 Asian Youth Championships	Pyongyang (DPR Korea)	19-27 Oct 2019	55 kg	81	104	185	IV
2019	Sneha Soren	2019 Asian Youth Championships	Pyongyang (DPR Korea)	19-27 Oct 2019	55 kg	69	97	166	V
2019	Sidhanta Gogoi	13th South Asian Games	Pokhara (Nepal)	2-8 Dec 2019	61 kg	115	149	264	I
2019	Achinta Sheuli	13th South Asian Games	Pokhara (Nepal)	2-8 Dec 2019	73 kg	135	165	300	I
2019	Ajay Singh	13th South Asian Games	Pokhara (Nepal)	2-8 Dec 2019	81 kg	140	176	316	II
2019	Jhilli Dalabehera	13th South Asian Games	Pokhara (Nepal)	2-8 Dec 2019	45 kg	66	85	151	I
2019	Sneha Soren	13th South Asian Games	Pokhara (Nepal)	2-8 Dec 2019	49 kg	68	89	157	I
2019	S. Bindyarani Devi	13th South Asian Games	Pokhara (Nepal)	2-8 Dec 2019	55 kg	76	105	181	I
2019	Rakhi Halder	13th South Asian Games	Pokhara (Nepal)	2-8 Dec 2019	64 kg	90	110	200	I
2019	Manpreet Kaur	13th South Asian Games	Pokhara (Nepal)	2-8 Dec 2019	71 kg	85	107	192	I
2019	Sharsti Singh	13th South Asian Games	Pokhara (Nepal)	2-8 Dec 2019	81 kg	82	108	190	I
2019	Pavunraj Anuradha	13th South Asian Games	Pokhara (Nepal)	2-8 Dec 2019	87 kg	90	110	200	I
2019	Jeremy Lalrinnunga	6th International Qatar Cup	Doha (Qatar)	19-24 Dec 2019	67 kg	140	166	306	II
2019	Saikhom Mirabai Chanu	6th International Qatar Cup	Doha (Qatar)	19-24 Dec 2019	49 kg	83	111	194	I
2019	Rakhi Halder	6th International Qatar Cup	Doha (Qatar)	19-24 Dec 2019	64 kg	95	123	218	III