

**NATIONAL SENIOR WEIGHTLIFTING CHAMPIONSHIPS
BEST LIFTER - MEN & WOMEN**

S.No.	YEAR	VENUE	MEN	WOMEN
1	1981	New Delhi	E. Karunakaran	-----
2	1982	Ernakulam	B.K. Satpathi	-----
3	1983	New Delhi	J.M. Sapra	-----
4	1984	Madras	Meherchand	-----
5	1985	Cuttack	J.M. Sapra	-----
6	1985-86	Jaipur	G. Muthuswamy	
7	1986-87	Ernakulam	N. Kurnavan	Shyamala Shetty
8	1987-88	Jamnagar	Pushparaj Hegde	Shyamala Shetty
9	1988-89	Tata Nagar	Paramjit Sharma	Shyamala Shetty
10	1989-90	Thanjavan	K.S. Muthu	Jyotsna Dutta
11	1990-91	Ambala	Dalvir Singh	Chhaya Adak
12	1991-92	Bangalore	Jagjivan Singh	Chhaya Adak
13	1992-93	Eluru	Jagjivan Singh	Chhaya Adak
14	1993-94	Cuttack	B. Adisekhar	K. Malleswari
15	1994-95	Poona	P.T. Karasu	N. Laxmi
16	1995-96	Trichur	Paramjit Sharma	N. Laxmi
17	1996-97	Chennai	Dalvir Singh/Satish Rai	Jeevan Jyothi/K. Malleswari
18	1997-98	Tata Nagar	Dalvir Singh	N. Kunjarani Devi
19	1998-99	Bangalore	Satish Rai/Sandeep Kumar	Sanamacha Chanu
20	1999-00	Kalyan	A.K. Pandian/Satish Rai	Pratima Kumari/Khoni Devi
21	2000-01	Visakhapatnam	A.K. Pandian/Satish Rai	N. Kunjarani Devi/Gitanjali Devi
22	2001-02	Bhilai	T. Muthu	Sanamacha Chanu
23	2002-03	Lucknow	Vicky Batta	N. Kunjarani Devi
24	2003-04	Delhi	Satish Rai	Simple Bhumrah
25	2004-05	Guwahati	Mohd. Zakir	Simple Bhumrah
26	2005-06	Yamuna Nagar	Raju Edwin	P. Sailaja
27	2006-07	Visakhapatnam	V.S. Rao	L. Monika Devi
28	2007-08	Bhubaneswar	G. Elumalai	L. Monika Devi
29	2008-09	Pune	K. Ravi Kumar	P. Sailaja
30	2009-10	Udaipur	K. Ravi Kumar	Ng. Soniya Chanu
31	2010-11	Bangalore	K. Ravi Kumar	Kh. Sanjita Chanu
32	2011-12	Behrampur	M. Syamlal	Ng. Soniya Chanu
33	2012-13	Modinagar	Chandrakant Mali	Ng. Soniya Chanu
34	2013-14	Nagpur	S. Sathish Kumar	Kh. Sanjita Chanu
35	2014-15	Jaipur	S. Sathish Kumar	B. Usha
36	2015-16	Patiala	Vikas Thakur	Reena
37	2016-17	Nagercoil	S. Sathish Kumar	S. Mirabai Chanu