

Nationals Weightlifting Championships (70 years - HOW IT WENT ON !!!!!!!)

**MEN**

SENIOR MEN NATIONAL CHAMPIONSHIPS					INTER STATE MEN			BEST LIFTERS
NO.	YEAR	VENUE	WINNERS	RUNNER UP	NO.	WINNER	RUNNER UP	
1	1940	Bombay	Bengal					
2	1942	Lahore	Bengal					
3	1944	Cancelled	Due to War					
4	1945	Bangalore	Bengal / Bombay					
5	1948	Lucknow	Bengal					
6	1950	Bombay	Bombay					
7	1952	Madras	Madras					
8	1954	Delhi	Madras					
9	1956	Patiala	Railways					
10	1958	Cuttack	Railways					
11	1959	Bombay	Railways					
12	1960	Delhi	Railways					
13	1961	Ernakulam	Railways					
14	1962	Jabalpur	Railways	Services				
15	1963	Cuttack	Railways	Services				
16	1964	Calcutta	Railways					
17	1965	Coimbatore	Railways	Services	1	Madras	Delhi	
18	1966	Bangalore	Railways	Services	2	Delhi		
19	1967	Vijaywada	Services	Railways	3	Madras		
20	1968	Madras	Railways	Madras	4	Madras	Delhi	
21	1969	Bombay	Services	Railways	5	Madras	Delhi	
22	1970	Cuttack	Services	Railways	6	Tamil Nadu	Andhra Pradesh	
23	1971	Delhi	Railways	Services	7	Tamil Nadu	Maharashtra	
24	1972	Poona	Services	Railways	8	Tamil Nadu	Maharashtra	
25	1973	Indore	Railways	Services	9	Maharashtra	Punjab	
26	1974	Jabalpur	Railways	Services	10	Tamil Nadu	Maharashtra	
27	1975	Hyderabad	Railways	Services	11	Tamil Nadu		
28	1976	Ernakulam	Railways	Services	12	Punjab		
29	1977	Burnpur	Services	Railways	13	Tamil Nadu	Maharashtra	
30	1978	Calcutta	Services	Railways	14	Maharashtra	Tamil Nadu	
31	1979	Hyderabad	Railways	Services	15	Tamil Nadu	Punjab	
32	1980	Varanasi	Railways	Services	16	Tamil Nadu	Punjab	
33	1981	New Delhi	Railways	Services	17	Tamil Nadu	Punjab	E. Karunakaran
34	1982	Ernakulam	Railways	Services	18	Tamil Nadu	Punjab	B.K. Satpathi
35	1983	New Delhi	Railways	Services	19	Punjab	Tamil Nadu	J.M. Sapra
36	1984	Madras	Railways	Services	20	Andhra Pradesh	Tamil Nadu	Meherchand
37	1985	Calcutta	Services	Railways	21	Tamil Nadu	Maharashtra	J.M. Sapra
38	1985-86	Jaipur	Railways	Services	22	Maharashtra	Tamil Nadu	G. Muthuswamy
39	1986-87	Ernakulam	Services	Railways	23	Tamil Nadu	West Bengal	N. Kurnavan
40	1987-88	Jamnagar	Services	Railways	24	Tamil Nadu	Maharashtra	Pushparaj Hegde
41	1988-89	Tata Nagar	Tamil Nadu	Services	25	Railways	Maharashtra	Paramjit Sharma
42	1989-90	Thanjavur	Services	Railways	26	Maharashtra	Punjab	K.S. Muthu
43	1990-91	Ambala	Railways	Services	27	Punjab	Tamil Nadu	Dalvir Singh
44	1991-92	Bangalore	Services	Railways	28	Punjab	Tamil Nadu	Jagivan Singh
45	1992-93	Eluru	Railways	Services	29	Punjab	Tamil Nadu	Jagivan Singh
46	1993-94	Calcutta	Railways	Services	30	Punjab	Tamil Nadu	B. Adisekhar
47	1994-95	Poona	Railways	Services	31	Tamil Nadu	Andhra Pradesh	P.T. Karasu
48	1995-96	Trichur	Railways	Services	32	Tamil Nadu	Andhra Pradesh	Paramjit Sharma
49	1996-97	Chennai	Services	Railways	33	Tamil Nadu	Andhra Pradesh	Dalvir Singh/Satish Rai
50	1997-98	Tata Nagar	Services	Railways	34	Tamil Nadu	Maharashtra	Dalvir Singh
51	1998-99	Bangalore	Police	Services	35	Maharashtra	Punjab	Satish Rai/Sandeep Kumar
52	1999-00	Kalyan	Railways	Punjab	36	Punjab	Maharashtra	A.K. Pandian/Satish Rai
53	2000-01	Visakhapatnam	Police	Services	37	Tamil Nadu	Punjab	A.K. Pandian/Satish Rai
54	2001-02	Bhilai	Services	Punjab	38	Punjab	Tamil Nadu	T. Muthu
55	2002-03	Lucknow	Railways	Services	39	Maharashtra	Andhra Pradesh	Vicky Batta
56	2003-04	Delhi	Police	Railways	40	Punjab	Tamil Nadu	Satish Rai
57	2004-05	Guwahati	Railways	Services	41	Maharashtra	Tamil Nadu	Mohd. Zakir
58	2005-06	Yamuna Nagar	Services	Railways	42	Maharashtra	Madhya Pradesh	Raju Edwin
59	2006-07	Visakhapatnam	Railways	Police	43	Madhya Pradesh	Punjab	V.S. Rao
60	2007-08	Bhubaneswar	Railways	Services	44	Punjab	Maharashtra	G. Elumalai
61	2008-09	Pune	Services	Railways	45	Punjab	Maharashtra	K. Ravi Kumar
62	2009-10	Udaipur	Services	Railways	46	Maharashtra	Madhya Pradesh	K. Ravi Kumar
63	2010-11	Bangalore	Services	Uttar Pradesh	47	Uttar Pradesh	Madhya Pradesh	K. Ravi Kumar
64	2011-12	Behrampur	Services	Uttar Pradesh	48	Uttar Pradesh	Orissa	M. Syamlal
65	2012-13	Modinagar	Services	Railways	49	Uttar Pradesh	Madhya Pradesh	Chandrakant Mali
66	2013-14	Nagpur	Services	Railways	50	Haryana	Andhra Pradesh	S. Sathish Kumar
67	2014-15	Jaipur	Railways	Services	51	Maharashtra	Karnataka	S. Sathish Kumar
68	2015-16	Patiala	Railways	Services	52	Punjab	Madhya Pradesh	Vikas Thakur
69	2016-17	Nageroil	Services	Railways	53	Maharashtra	Tamil Nadu	S. Sathish Kumar
70	2017-18	Moodbidri	Railways	Services	54	Tamil Nadu	Maharashtra	Ajay Singh

71	2018-19	Visakhapatnam	Railways	Services	55	Tamil Nadu	Punjab	Harshad Wadekar
72	2019-20	Kolkata			56			

**NATIONAL SENIOR WEIGHTLIFTING CHAMPIONSHIPS  
34 YEARS - HOW IT WENT ON  
WOMEN**

S.No.	YEAR	VENUE	WINNER	RUNNER-UP	INTER STATE WOMEN			BEST LIFTERS
					NO.	WINNER	RUNNER UP	
1	1985-86	Jaipur	Kerala	West Bengal				
2	1986-87	Ernakulam	West Bengal	Kerala				Shyamala Shetty
3	1987-88	Jamnagar	West Bengal	Punjab				Shyamala Shetty
4	1988-89	Tata Nagar	West Bengal	Bihar				Shyamala Shetty
5	1989-90	Thanjavan	West Bengal	Punjab				Jyotsna Dutta
6	1990-91	Ambala	Punjab	Tamil Nadu				Chhaya Adak
7	1991-92	Bangalore	Punjab	West Bengal				Chhaya Adak
8	1992-93	Eluru	Punjab	Tamil Nadu				Chhaya Adak
9	1993-94	Cuttack	Manipur	Punjab				K. Malleswari
10	1994-95	Poona	Karnataka	Punjab				N. Laxmi
11	1995-96	Trichur	Police	Punjab				N. Laxmi
12	1996-97	Chennai	Police	Punjab				Jeevan Jyothi/K. Malleswari
13	1997-98	Tata Nagar	Karnataka	West Bengal				N. Kunjarani Devi
14	1998-99	Bangalore	Police	Orissa				Sanamacha Chanu
15	1999-00	Kalyan	Police	Manipur				Pratima Kumari/Khoni Devi
16	2000-01	Visakhapatnam	Police	Andhra Pradesh				N. Kunjarani Devi/Gitanjali Devi
17	2001-02	Bhilia	Andhra Pradesh	Punjab				Sanamacha Chanu
18	2002-03	Lucknow	Police	Punjab				N. Kunjarani Devi
19	2003-04	Delhi	Karnataka	Police				Simple Bhumrah
20	2004-05	Guwahati	Andhra Pradesh	Uttar Pradesh				Simple Bhumrah
21	2005-06	Yamuna Nagar	Andhra Pradesh	Manipur				P. Sailaja
22	2006-07	Visakhapatnam	Police	Andhra Pradesh				L. Monika Devi
23	2007-08	Bhubaneswar	Police	Manipur				L. Monika Devi
24	2008-09	Pune	Andhra Pradesh	Manipur				P. Sailaja
25	2009-10	Udaipur	Police	Manipur				Ng. Soniya Chanu
26	2010-11	Bangalore	Manipur	Punjab				Kh. Sanjita Chanu
27	2011-12	Behrampur	Manipur	Punjab				Ng. Soniya Chanu
28	2012-13	Modinagar	Railways	Punjab				Ng. Soniya Chanu
29	2013-14	Nagpur	Haryana	Manipur				Kh. Sanjita Chanu
30	2014-15	Jaipur	Punjab	Police				B. Usha
31	2015-16	Patiala	Railways	Police				Reena
32	2016-17	Nagercoil	Railways	Andhra Pradesh				S. Mirabai Chanu
33	2017-18	Moodbidri	Railways	Police	1	Andhra Pradesh	Manipur	Rakhi Halder
34	2018-19	Visakhapatnam	Maharashtra	Railways	2	Maharashtra	Manipur	S. Mirabai Chanu
35	2019-20	Kolkata						

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

<b>S.No.</b>	<b>YEAR</b>	<b>VENUE</b>	<b>MEN</b>	<b>WOMEN</b>
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
38	2017-18 Moodbidri	Ajay Singh	Rakhi Halder
39	2018-19 Visakhapatnam	Harshad Wadekar	S. Mirabai Chanu
40	2019-20 Kolkata		

**Youth Nationals Weightlifting Championships (14 years - HOW IT WENT ON !!!!!!!)**

NO.	YEAR	VENUE	BOYS			GIRLS		
			WINNERS	RUNNER UP	BEST LIFTER	WINNER	RUNNER UP	BEST LIFTER
1	2003-04	Kozhikode	Andhra Pradesh	Maharashtra	Sunil Naik	Maharashtra	Andhra Pradesh	M. Siva Rani
2	2004-05	Andheri	Andhra Pradesh	Maharashtra	Sukhen Dey	Andhra Pradesh	Maharashtra	B. Pameela Valli
3	2005-06	Bhilai	Andhra Pradesh	Maharashtra	Sukhen Dey	Andhra Pradesh	Manipur	M. Sunibala Devi
4	2007-08	Imphal	Manipur	Orissa	Gaurav Dubey	Manipur	Andhra Pradesh	S. Yamini
5	2009-10	Rajhara Mines	Manipur	Orissa	Gaurav Dubey	Manipur	Andhra Pradesh	M. Santoshi
6	2010-11	Jagadhri	Assam	Chhattisgarh	Ganesh Mali	Orissa	Andhra Pradesh	Pramila Krisani
7	2011-12	Itanagar	Manipur	Arunachal Pradesh	Neeraj Sharma	Manipur	Orissa	Chandrika Tarafdar
8	2012-13	Delhi	Uttar Pradesh	Maharashtra	Sambo Lapung	Manipur	Andhra Pradesh	Chandrika Tarafdar
9	2013-14	Guwahati	Manipur	Punjab	Ragala Venkat Rahul	Manipur	Andhra Pradesh	Mohini Chavan
10	2014-15	Yamuna Nagar	Manipur	Uttar Pradesh	Jamjang Deru	Manipur	Maharashtra	Pooja Gupta
11	2015-16	Patna	Haryana	Andhra Pradesh	Gulam Navi	Maharashtra	Manipur	Rupa Hanagandi
12	2016-17	Bhubaneswar	Orissa	Maharashtra	Gulam Navi	Maharashtra	Manipur	Mohini Chavan
13	2017-18	Visakhapatnam	Andhra Pradesh	Telangana	Achinta Sheuli	Manipur	Maharashtra	L. Nilam Devi
14	2018-19	Nagpur	Maharashtra	Uttar Pradesh	Jacob Vanlalthuanga	Maharashtra	Manipur	Ch. Nirmala Devi

**Junior Nationals Weightlifting Championships (55 years - HOW IT WENT ON !!!!!!!)**

NO.	YEAR	VENUE	MEN			WOMEN		
			WINNERS	RUNNER UP	BEST LIFTER	WINNER	RUNNER UP	BEST LIFTER
40	2003-04	Kozhikode	40 Maharashtra	Andhra Pradesh	S. Mohan Sundaram	16 Andhra Pradesh	Manipur	Renu Bala
41	2004-05	Andheri	41 Andhra Pradesh	Maharashtra	V. Vinoth Kumar	17 Andhra Pradesh	Uttar Pradesh	K. Kalyani
42	2005-06	Bhilai	42 Punjab	Maharashtra	B. Rajkumar	18 Andhra Pradesh	Manipur	P. Harita
43	2006-07	Chennai	43 Uttar Pradesh	Andhra Pradesh	Rustam Sarang	19 Andhra Pradesh	Manipur	S. Yamini
44	2007-08	Imphal	44 Manipur	Uttar Pradesh	K. Ravi Kumar	20 Andhra Pradesh	Manipur	S. Yamini
45	2008-09	Noida	45 Uttar Pradesh	Andhra Pradesh	Sukhen Dey	21 Andhra Pradesh	Punjab	S. Yamini
46	2009-10	Rajhara Mines	46 Uttar Pradesh	Haryana	S. Sathish Kumar	22 Manipur	Andhra Pradesh	M. Santoshi
47	2010-11	Jagadhri	47 Orissa	Uttar Pradesh	Yukar Sibi	23 Manipur	Andhra Pradesh	Kh. Sanjita Chanu
48	2011-12	Itanagar	48 Andhra Pradesh	Orissa	Neeraj Sharma	24 Manipur	Andhra Pradesh	S. Mirabai Chanu
49	2012-13	Delhi	49 Andhra Pradesh	Uttar Pradesh	Apurba Chetia	25 Andhra Pradesh	Manipur	M. Santoshi
50	2013-14	Guwahati	50 Maharashtra	Andhra Pradesh	Kojum Taba	26 Punjab	Orissa	S. Mirabai Chanu
51	2014-15	Yamuna Nagar	51 Maharashtra	Haryana	R.V. Rahul	27 Manipur	Maharashtra	Pramila Krisani
52	2015-16	Patna	52 Maharashtra	Punjab	Kojum Taba	28 Punjab	Manipur	S. Thasana Chanu
53	2016-17	Bhubaneswar	53 Haryana	Maharashtra	Gulam Navi	29 Maharashtra	Manipur	Manalisha Sonowal
54	2017-18	Visakhapatnam	54 Punjab	Tamil Nadu	Achinta Sheuli	30 Maharashtra	Andhra Pradesh	Mandeep
55	2018-19	Nagpur	55 Tamil Nadu	Maharashtra	Shubham Kolekar	31 Maharashtra	Arunachal Pradesh	G. Lalitha