

PRESS RELEASE

Friday, 12th July 2019:- Ajay Singh created New Senior Commonwealth and Senior National records in Clean & Jerk and Total event with a lift of 190 kg and 338 kg respectively and achieved his best total so far. Indian athletes continued their Medal hunt on the fourth day of 2019 Commonwealth Senior (Men & Women), Junior (Men & Women) and Youth (Boys & Girls) Weightlifting Championships **[Qualification Event for 2020 Tokyo Olympic Games]** at Apia (Samoa).

3 Gold + 3 Silver Medals won by Indian athletes today

The results of the today's concluded weight categories are as under:-

S.No.	Name	Section	Wt. Cat.	Snatch	C&J	Total	Medal
1	Ajay Singh	Senior (Men)	81 kg	148 kg	190 kg New Record	338 kg New Record	GOLD
2	Papul Changmai	Senior (Men)	81 kg	135 kg	178 kg	313 kg	SILVER
3	A.S.R.K. Yadav	Junior (Men)	81 kg	118 kg	146 kg	264 kg	SILVER
	A.S.R.K. Yadav	Youth (Boys)	81 kg	118 kg	146 kg	264 kg	GOLD
4	P. Anuradha	Senior (Men)	87 kg	100 kg	121 kg	221 kg	GOLD
5	R.V. Rahul	Senior (Men)	89 kg	145 kg	180 kg	325 kg	SILVER