

**2019 COMMONWEALTH SENIOR (MEN & WOMEN)
WEIGHTLIFTING CHAMPIONSHIPS [QUALIFICATION
EVENT FOR 2020 TOKYO OLYMPIC GAMES]**

APIA, SAMOA FROM 6-15 JULY 2019

COMPOSITION OF INDIAN TEAM

Names of Selected Athletes in Senior (Men & Women) section:-

Category-Senior Men	Name in Passport	Date of Birth	Best Total
55kg	Chanambam Rishikanta Singh	05-07-1998	230
61kg	Muthupandi Raja	12-01-2000	265
67kg	Jeremy Lalrinnunga	26-10-2002	297
73kg	Achinta Sheuli	24-11-2001	297
81kg	Papul Changmai	01-01-1994	324
81kg	Ajay Singh	17-04-1997	320
89kg	Ragala Venkat Rahul	16-03-1997	332
96kg	Vikas Thakur	14-11-1993	353
102kg	Pardeep Singh	04-01-1995	351

Category-Senior Women	Name in Passport	Date of Birth	Best Total
45kg	Jhilli Dalabehera	03-02-1999	162
49kg	Saikhom Mirabai Chanu	08-08-1994	199
55kg	Matsa Santoshi	10-03-1994	181
55kg	Sorokhaibam Bindyarani Devi	27-01-1999	184
59kg	Swati Singh	02-10-1987	196
59kg	Davinder Kaur	11-03-1995	188
64Kg	Rakhi Halder	06-07-1993	212
76kg	Manpreet Kaur	02-01-1996	213
87kg	Pavunraj Anuradha	25-05-1992	216

Names of Coaches and other officials for Senior (Men & Women) section:-

Officials	Name in passport	Date of Birth
Team Leader	Vijay Sharma, Dronacharya Awardee, National Coach	11-07-1971
Coach	Sandip Kumar	27-02-1975
Coach	Vijay Kumar	01-08-1979
Coach	Dathan Anupurathpishram	30-01-1976
Coach	Pramod Kumar Sharma	27-07-1968
Therapist	Aakrant Saxena	19-02-1983
Masseur	Kandukuri Veera Koteswara Rao	30-07-1980
Referee	Hansa Sharma, International Category-1 Referee	17-05-1957

**2019 COMMONWEALTH JUNIOR (MEN & WOMEN)
WEIGHTLIFTING CHAMPIONSHIPS**

APIA, SAMOA FROM 6-15 JULY 2019

COMPOSITION OF INDIAN TEAM

Names of Selected Athletes in Junior (Men & Women) section:-

Category- Junior Men	Name in Passport	Date of Birth	Best Total
49kg	Bhaktaram Desti	14-06-2002	189
61kg	Jacob Vanlaltluanga	17-02-2002	246
61kg	Muthupandi Raja	12-01-2000	265
67kg	Jeremy Lalrinnunga	26-10-2002	297
67kg	Gulam Navi	15-06-2000	277
73kg	Achinta Sheuli	24-11-2001	297
73kg	Leiphrakpam Sadananda Singh	01-04-2002	278
81kg	Adiboina Siva Rama Krishna Yadav	05-06-2002	258
96kg	Kalyan Singh	20-09-1999	291

Category- Junior Women	Name in Passport	Date of Birth	Best Total
Reserve Cat. 45kg	Jhilli Dalabehera	03-02-1999	162
45kg	Sakshi Prakash Mahske	23-03-2001	124
45kg	Bornali Borah	31-07-2000	140
49kg	Sneha Soren	02-05-2001	159
55kg	Saloni Singh	25-10-2001	176
55kg	Sorokhaibam Bindyarani Devi	27-01-1999	184
59kg	Sukarna Adak	10-01-2003	181
64kg	Seram Nirupama Devi	05-10-2000	193
76kg	Ramasundara Pandi Arockiya Alish	05-11-2000	191

Names of Coaches and other officials for Junior (Men & Women) section:-

Officials	Name in passport	Date of Birth
Team Leader	Vijay Sharma, Dronacharya Awardee, National Coach	11.7.1971
Coach	Balwinder Singh Mehdwan	15.8.1960
Coach	Anil Kumar Ishwar Singh	04.07.1976
Coach	Pardeep Singh	26.9.1982
Coach	Daljeet Kaur	31.8.1992
Coach	Shubhkaran Jit Singh Gill	28.1.1979
Therapist	Meenu	11.12.1992
Masseuse	Kusum	23.09.1992
Masseur	Ramyesh Puthukol Kuni	06.08.1989
Referee	Narendra Pal Singh Chauhan, International Category-1 Referee	28.6.1951

**2019 COMMONWEALTH YOUTH (BOYS & GIRLS)
WEIGHTLIFTING CHAMPIONSHIPS**

APIA, SAMOA FROM 6-14 JULY 2019

COMPOSITION OF INDIAN TEAM

Names of Selected Athletes in Youth (Boys & Girls) section:-

Category- Youth Boys	Name in Passport	Date of Birth	Best Total
49kg	Bhaktaram Desti	14-6-2002	189
61kg	Jacob Vanlaltluanga	17-2-2002	246
67kg	Jeremy Lalrinnunga	26-10-2002	297
73kg	Leiphrakpam Sadananda Singh	01-04-2002	278
81kg	Adiboina Siva Rama Krishna Yadav	05-06-2002	258

Category- Youth Girls	Name in Passport	Date of Birth	Best Total
40kg	Soumya Sunil Dalvi	18.8.2005	112
40kg	Rekhamoni Gogoi	11.12.2004	109
59kg	Sukarna Adak	10.1.2003	181

Names of Coaches and other officials for Youth (Boys & Girls) section:-

Officials	Name in passport	Date of Birth
Team Leader	Vijay Sharma, Dronacharya Awardee, National Coach	11.7.1971
Coach	Balwinder Singh Mehdwan	15.8.1960
Coach	Anil Kumar Ishwar Singh	4.7.1976
Coach	Daljeet Kaur	31.8.1992
Coach	Shubhakaran Jit Singh Gill	28.1.1979
Referee	Bhabajyoti Goswami, International Category-1 Referee	1.9.1964