

## PRESS RELEASE

**Saturday, 13<sup>th</sup> July 2019:-** Indian athletes ended their campaign during 2019 Commonwealth Senior (Men & Women), Junior (Men & Women) and Youth (Boys & Girls) Weightlifting Championships [Qualification Event for 2020 Tokyo Olympic Games] at Apia (Samoa) adding 3 more medals to its kitty.

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

S.No.	Name	Section	Wt. Cat.	Snatch	C&J	Total	Medal
1	Kalyan Singh	Junior (Men)	96 kg	127 kg	160 kg	287 kg	SILVER
2	Vikas Thakur	Senior (Men)	96 kg	153 kg	185 kg	338 kg	SILVER
3	Pardeep Singh	Senior (Men)	109 kg	148 kg	202 kg <i>New Record</i>	350 kg	GOLD

35 medals were won by Indian team during 2019 Commonwealth Championships at Apia and busted numerous records in National, Commonwealth, World and Asian arena.

Details are as under:-

<b>Medals Won by Senior Team:-</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>	<b>Total</b>
Senior (Men)	04	03	--	7 Medals
Senior (Women)	06	02	--	8 Medals
<b>Total</b>	<b>10</b>	<b>05</b>	<b>--</b>	<b>15 Medals</b>

### **New Senior National Weightlifting records - 12 New records**

S.No.	New record created by	Wt. Cat.	Event	Record Lift	Earlier record
1.	Jhilli Dalabehera	45 kg	Clean & Jerk	94 kg	91 kg – Jhilli Dalabehera
2.	Jhilli Dalabehera	45 kg	Total	164 kg	162 kg – Jhilli Dalabehera
3.	Sorokhaibam Bindyarani Devi	55 kg	Clean & Jerk	105 kg	104 kg – Matsa Santoshi
4.	Rakhi Halder	64 kg	Snatch	94 kg	93 kg – Rakhi Halder
5.	Rakhi Halder	64 kg	Clean & Jerk	120 kg	117 kg – Rakhi Halder
6.	Rakhi Halder	64 kg	Total	214 kg	208 kg – Rakhi Halder
7.	Jeremy Lalrinnunga	67 kg	Snatch	136 kg	134 kg – Jeremy Lalrinnunga
8.	Achinta Sheuli	73 kg	Clean & Jerk	169 kg	166 kg – Achinta Sheuli
9.	Achinta Sheuli	73 kg	Total	305 kg	301 kg – Achinta Sheuli
10.	Ajay Singh	81 kg	Clean & Jerk	190 kg	180 kg – Papul Changmai
11.	Ajay Singh	81 kg	Total	338 kg	322 kg – Ajay Singh
12.	Pardeep Singh	102 kg	Clean & Jerk	202 kg	201 kg – Pardeep Singh

### **New Senior Commonwealth Weightlifting Record - 5 New records**

S.No.	New record created by	Wt. Cat.	Event	Record Lift	Earlier record
1.	Jhilli Dalabehera	45 kg	Clean & Jerk	94 kg	91 kg – Jhilli Dalabehera

2.	Jhilli Dalabehera	45 kg	Total	164 kg	162 kg – Jhilli Dalabehera
3.	Ajay Singh	81 kg	Clean & Jerk	190 kg	183 kg – Alex Ballemare of Canada
4.	Ajay Singh	81 kg	Total	338 kg	337 kg – Alex Ballemare of Canada
5.	Pardeep Singh	102 kg	Clean & Jerk	202 kg	201 kg – Pardeep Singh

<b>Medals Won by Junior team:-</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>	<b>Total</b>
Junior (Men)	03	02	01	6 Medals
Junior (Women)	04	03	--	7 Medals
<b>Total</b>	<b>07</b>	<b>05</b>	<b>01</b>	<b>13 Medals</b>

**New Junior National Weightlifting records - 6 New records**

S.No.	New record created by	Wt. Cat.	Event	Record Lift	Earlier record
1.	Jhilli Dalabehera	45 kg	Clean & Jerk	94 kg	91 kg – Jhilli Dalabehera
2.	Jhilli Dalabehera	45 kg	Total	164 kg	162 kg – Jhilli Dalabehera
3.	Muthupandi Raja	61 kg	Snatch	120 kg	117 kg – Muthupandi Raja
4.	Jeremy Lalrinnunga	67 kg	Snatch	136 kg	134 kg – Jeremy Lalrinnunga
5.	Achinta Sheuli	73 kg	Clean & Jerk	169 kg	166 kg – Achinta Sheuli
6.	Achinta Sheuli	73 kg	Total	305 kg	301 kg – Achinta Sheuli

**New Junior Commonwealth Weightlifting Record - 4 New records**

S.No.	New record created by	Wt. Cat.	Event	Record Lift	Earlier record
1.	Jhilli Dalabehera	45 kg	Clean & Jerk	94 kg	91 kg – Jhilli Dalabehera
2.	Jhilli Dalabehera	45 kg	Total	164 kg	162 kg – Jhilli Dalabehera
3.	Achinta Sheuli	73 kg	Clean & Jerk	169 kg	166 kg – Achinta Sheuli
4.	Achinta Sheuli	73 kg	Total	305 kg	301 kg – Achinta Sheuli

<b>Medals Won by Youth team:-</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>	<b>Total</b>
Youth (Boys)	04	--	--	4 Medals
Youth (Girls)	02	--	01	3 Medals
<b>Total</b>	<b>06</b>	<b>--</b>	<b>01</b>	<b>7 Medals</b>

**New Youth National Weightlifting records - 2 New records**

S.No.	New record created by	Wt. Cat.	Event	Record Lift	Earlier record
1.	Bhaktaram Desti	49 kg	Clean & Jerk	108 kg	107 kg – Bhaktaram Desti
2.	Jeremy Lalrinnunga	67 kg	Snatch	136 kg	134 kg – Jeremy Lalrinnunga

**New Youth Commonwealth Weightlifting Record - 1 New record**

<b>S.No.</b>	<b>New record created by</b>	<b>Wt. Cat.</b>	<b>Event</b>	<b>Record Lift</b>	<b>Earlier record</b>
1.	Jeremy Lalrinnunga	67 kg	Snatch	136 kg	134 kg – Jeremy Lalrinnunga

**New Youth World Weightlifting Record - 1 New record**

<b>S.No.</b>	<b>New record created by</b>	<b>Wt. Cat.</b>	<b>Event</b>	<b>Record Lift</b>	<b>Earlier record</b>
1.	Jeremy Lalrinnunga	67 kg	Snatch	136 kg	134 kg – Jeremy Lalrinnunga

**New Youth Asian Weightlifting Record - 1 New record**

<b>S.No.</b>	<b>New record created by</b>	<b>Wt. Cat.</b>	<b>Event</b>	<b>Record Lift</b>	<b>Earlier record</b>
1.	Jeremy Lalrinnunga	67 kg	Snatch	136 kg	134 kg – Jeremy Lalrinnunga