

## **PRESS RELEASE**

**Thursday, 11<sup>th</sup> July 2019:-** Jeremy Lalrinnunga created New Youth World, Asian and Commonwealth Record in Snatch event with a lift of 136 kg but missed out in Clean & Jerk and could not finish in total. Other Indian athletes continued their Medal hunt on the third 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).

4 Gold + 2 Silver + 1 Bronze Medals won by Indian athletes today

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

<b>S.No.</b>	<b>Name</b>	<b>Section</b>	<b>Wt. Cat.</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Medal</b>
1	Gulam Navi	Junior (Men)	67 kg	116 kg	159 kg	<b>275 kg</b>	<b>GOLD</b>
2	Achinta Sheuli	Senior (Men)	73 kg	136 kg	169 kg	<b>305 kg</b>	<b>GOLD</b>
	Achinta Sheuli	Junior (Men)	73 kg	136 kg	169 kg	<b>305 kg</b>	<b>GOLD</b>
3	L. Sadananda Singh	Junior (Men)	73 kg	124 kg	151 kg	<b>275 kg</b>	<b>BRONZE</b>
	L. Sadananda Singh	Youth (Boys)	73 kg	124 kg	151 kg	<b>275 kg</b>	<b>GOLD</b>
4	Manpreet Kaur	Senior (Women)	76 kg	91 kg	116 kg	207 kg	<b>SILVER</b>
5	R. Arockiya Alish	Junior (Women)	76 kg	79 kg	109 kg	188 kg	<b>SILVER</b>