

REPORT

2016 COMMONWEALTH JUNIOR (MEN & WOMEN) WEIGHTLIFTING CHAMPIONSHIPS HELD AT PENANG, MALAYSIA FROM 24-29 OCTOBER, 2016

Competition:- 2016 Commonwealth Junior (Men & Women) Weightlifting Championships was held at Penang, Malaysia from 24-29 October 2016 under the Technical and Competition rules of Commonwealth Weightlifting Federation (CWF) and International Weightlifting Federation (IWF).

This was first time in History of Commonwealth Weightlifting that participants common in 2016 IWF Youth (Boys & Girls) World Weightlifting Championships held at Penang from 18-25 October 2016 and 2016 Commonwealth Junior (Men & Women) Weightlifting Championships from 25-29 October 2016 was taken as it is.

Indian team consisting of 8 Junior Men + 7 Junior Women + 3 Coaches and 2 Support Staff participated in these Championships.

The Weightlifting Championships held at Penang, Malaysia was a very well organized competition. The competition was held at ““SPICE” (formerly known as PISA) an Indoor Stadium in Penang” under the Technical & Competition rules of International Weightlifting Federation and Commonwealth Weightlifting Federation.

Itinerary: The Indian team travelled from Sports Authority of India, Netaji Subhash National Institute of Sports, Patiala on 24th October 2016 at 2300 hours to Penang enroute Kaula Lampur and reached Penang on 25th October 2016 at 1005 hours.

Accommodation: The accommodation was provided at Hotel Equatorial in Penang.

Competition: The verification of final entries was done on 24th October 2016 and after verification, Commonwealth Weightlifting Federation confirmed the participation of 177 athletes (111 Men + 66 Women) from 23 Commonwealth countries.

Performance:- The result of the Indian team is as under:-

S.No.	Name	Wt. Cat.	Snatch	CI&Jerk	Total	Place/ Medal
1	Muthupandi Raja	56 kg	100 kg	133 kg	233 kg	Silver Medal
2	Chanambam Rishikanta Singh	56 kg	100 kg	126 kg	226 kg	Bronze Medal
3	Gulam Navi	62 kg	108 kg	144 kg	252 kg	4th place
4	Ragala Varun	69 kg	120 kg	137 kg	257 kg	4th place
5	Abhishek Poonia	69 kg	104 kg	126 kg	230 kg	7th place
6	Ajay Singh	77 kg	144 kg	174 kg	318 kg	Gold Medal
7	Kojum Taba	85 kg	146 kg	184 kg	330 kg	Gold Medal
8	Shivam Saini	94 kg	132 kg	168 kg	300 kg	Gold Medal
9	Mohini Daryappa Chavan	48 kg	66 kg	82 kg	148 kg	Gold Medal
10	Jhilli Dala Behera	48 kg	61 kg	82 kg	143 kg	Silver Medal
11	Joti Mal	53 kg	73 kg	102 kg	175 kg	Gold Medal


S.No.	Name	Wt. Cat.	Snatch	CI&Jerk	Total	Place/ Medal
12	Soroikhaibam Bindyarani Devi	53 kg	65 kg	88 kg	153 kg	Silver Medal
13	Konjengbam Roshilata Devi	63 kg	79 kg	E/T	E/T	
14	Manikkal Shamsudheen Muneera	69 kg	80 kg	104 kg	184 kg	Bronze Medal
15	Purnima Pandey	+75 kg	84 kg	104 kg	188 kg	Gold Medal

Medals Won by:-	Gold	Silver	Bronze	Total
Junior (Men)	03	01	01	5 Medals
Junior (Women)	03	02	01	6 Medals
Total	06	03	02	11 Medals

Team Trophies

- **Ajay Singh in 77 kg Junior (Men) was awarded BEST LIFTER trophy with a Sinclair of 401.7300 points.**
- **Indian Junior (Men) have been awarded Overall Team Championships with a score of 593 points.**
- **Indian Junior (Women) have been awarded Overall Team Championships with a score of 497 points.**

The above team departed back from Penang to Delhi on 29th October 2016 via Kaula Lumpur and reached New Delhi at 2125 hours, from thereon the team travelled by road to the National camp came at Patiala on 30th October 2016.



[Sahdev Yadav]

Vice President

Indian Weightlifting Federation

Date: 31 October 2016

Place: New Delhi.