

REPORT

FOREIGN TRAINING CAMP HELD AT MELBOURNE (AUSTRALIA)

The 24 member Indian team consisting of 16 athletes + 5 coaches + 3 support staff left India on 9th March 2018 by Singapore Airlines flight no. SQ401 and reached Melbourne on 10th March 2018 at 7:45 a.m.

M/s. Symantic Solution Pty Ltd, an Event Management company based in Melbourne hired by Indian Weightlifting Federation has sent the transportation for the team to ferry to Hotel.

The Indian team has been accommodated in a 4 Star hotel accommodation at Melbourne where boarding & lodging facilities have been excellent. The entire team was treated as their second home and hospitality has been exceptional. The food items and the menu provided to the Indian team was customized and suited the weightlifters.

The training of the team has been conducted at IN2PERFORMANCE, Noble Park, Victoria where 10 training platforms were provided to the Indian team for extensive training purpose. The gym was fully equipped with state of the art training and fitness equipments, machines and treadmills. The gym was very spacious and maintained with utmost hygiene.

The stay at Melbourne was cordial and suited the weightlifters for peaking performance during 21st Commonwealth Games – Gold Coast (Australia).

The training was planned according to the needs and suitability and helped weightlifters for gaining confidence before the advent of 21st Commonwealth Games-Gold Coast (Australia).

The make alive environment of the foreign training camp helped the Indian team to touch new heights during 21st Commonwealth Games and the team returned with 5 Gold + 2 Silver + 2 Bronze medals – largest number of Gold medal tally in weightlifting for the Country.

I would like to thank my coaches, support staff, the entire staff of National coaching camp at Sports Authority of India, Netaji Subhash National Institute of Sports, Patiala, Indian Weightlifting Federation, Sports Authority of India head office for acceding to our request for conduct of foreign training camp which has helped immensely in achieving the desired results.

Syama Shaw

The detailed performance of athletes during 21st Commonwealth Games are as under:-

1	Saikhom Mirabai Chanu	Women	48 kg	86	110	196	I
2	Kh. Sanjita Chanu	Women	53 kg	84	108	192	I
3	Saraswati Rout	Women	58 kg	78		E/T	---
4	Vandna Gupta	Women	63 kg	80	100	180	V
5	Punam Yadav	Women	69 kg	100	122	222	I
6	Seema	Women	75 kg	84	105	189	VI
7	Lalchhanhimi	Women	90 kg	85	109	194	VIII
8	Purnima Pandey	Women	+90 kg	94	118	212	VI
9	Gururaja	Men	56 kg	111	138	249	II
10	Muthupandi Raja	Men	2 kg	116	150	266	VI
11	Deepak Lather	Men	69 kg	136	159	295	III
12	Sivalingam Sathish Kumar	Men	77 kg	144	173	317	I
13	Ragala Venkat Rahul	Men	85 kg	151	187	338	I
14	Vikas Thakur	Men	94 kg	159	192	351	III
15	Pardeep Singh	Men	105 kg	152	200	352	II
16	Gurdeep Singh	Men	+105 kg	175	207	382	IV

The following new records were busted by Indian athletes:-

S.No.	Name	Wt. Cat.	New record Attempt	Event	Recorded in
1.	S. Mirabai Chanu	48 kg	80 kg	Snatch	Commonwealth Games Record
2.	S. Mirabai Chanu	48 kg	84 kg	Snatch	Commonwealth Games Record
3.	S. Mirabai Chanu	48 kg	86 kg	Snatch	Commonwealth Games Record
4.	S. Mirabai Chanu	48 kg	86 kg	Snatch	Commonwealth Championships Record
5.	S. Mirabai Chanu	48 kg	86 kg	Snatch	Senior National Record
6.	S. Mirabai Chanu	48 kg	103 kg	Clean & Jerk	Commonwealth Games Record
7.	S. Mirabai Chanu	48 kg	189 kg	Total	Commonwealth Games Record
8.	S. Mirabai Chanu	48 kg	107 kg	Clean & Jerk	Commonwealth Games Record
9.	S. Mirabai Chanu	48 kg	193 kg	Total	Commonwealth Games Record
10.	S. Mirabai Chanu	48 kg	110 kg	Clean & Jerk	Commonwealth Games Record

Sanjita Sham

11.	S. Mirabai Chanu	48 kg	110 kg	Clean & Jerk	Commonwealth Championships Record
12.	S. Mirabai Chanu	48 kg	110 kg	Clean & Jerk	Senior National Record
13.	S. Mirabai Chanu	48 kg	196 kg	Total	Commonwealth Games Record
14.	S. Mirabai Chanu	48 kg	196 kg	Total	Commonwealth Championships Record
15.	S. Mirabai Chanu	48 kg	196 kg	Total	Senior National Record
16.	Kh. Sanjita Chanu	53 kg	84 kg	Snatch	Commonwealth Games Record
17.	Gurdeep Singh	+105 kg	175 kg	Snatch	Senior National Record

Indian Won team trophy in Men section for the third consecutive time.

Vijay Sharma

[Vijay Sharma]
National Coach – Weightlifting

Date: 25-4-2018
Place: New Delhi