

# **REPORT**

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

**Competition**:- 2016 Commonwealth Senior (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 1 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 24<sup>th</sup> October 2016 at 2300 hours to Penang enroute Kaula Lampur and reached Penang on 25<sup>th</sup> October 2016 at 1005 hours.

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

**Competition**: The verification of final entries was done on 24<sup>th</sup> 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:-

<b>S.No.</b>	<b>Name</b>	<b>Wt. Cat.</b>	<b>Snatch</b>	<b>CI&amp;Jerk</b>	<b>Total</b>	<b>Place/ Medal</b>
1	Guru Raja	56 kg	108 kg	141 kg	<b>249 kg</b>	<b>Gold Medal</b>
2	Chanambam Rishikanta Singh	56 kg	100 kg	126 kg	<b>226 kg</b>	<b>5<sup>th</sup> place</b>
3	Gopal Anbarasu	62 kg	115 kg	144 kg	<b>259 kg</b>	<b>Bronze Medal</b>
4	Gulam Navi	62 kg	108 kg	144 kg	<b>252 kg</b>	<b>7<sup>th</sup> place</b>
5	Ragala Varun	69 kg	120 kg	137 kg	<b>257 kg</b>	<b>8<sup>th</sup> place</b>
6	Ajay Singh	77 kg	144 kg	174 kg	<b>318 kg</b>	<b>Gold Medal</b>
7	Kojum Taba	85 kg	146 kg	184 kg	<b>330 kg</b>	<b>Gold Medal</b>
8	Shivam Saini	94 kg	132 kg	168 kg	<b>300 kg</b>	<b>Silver Medal</b>
9	Mohini Daryappa Chavan	48 kg	66 kg	82 kg	<b>148 kg</b>	<b>4<sup>th</sup> place</b>
10	Jhilli Dala Behera	48 kg	61 kg	82 kg	<b>143 kg</b>	<b>5<sup>th</sup> place</b>
11	Joti Mal	53 kg	73 kg	102 kg	<b>175 kg</b>	<b>Gold Medal</b>

<b>S.No.</b>	<b>Name</b>	<b>Wt. Cat.</b>	<b>Snatch</b>	<b>Cl&amp;Jerk</b>	<b>Total</b>	<b>Place/ Medal</b>
12	Konjengbam Roshilata Devi	63 kg	79 kg	E/T	<b>E/T</b>	
13	Rakhi Halder	69 kg	92 kg	110 kg	<b>202 kg</b>	<b>Bronze Medal</b>
14	Manikkal Shamsudheen Muneera	69 kg	80 kg	104 kg	<b>184 kg</b>	<b>5<sup>th</sup> place</b>
15	Purnima Pandey	+75 kg	84 kg	104 kg	<b>188 kg</b>	<b>6<sup>th</sup> place</b>

<b>Medals Won by:-</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>	<b>Total</b>
Senior (Men)	03	01	01	5 Medals
Senior (Women)	01	--	01	2 Medals
<b>Total</b>	<b>04</b>	<b>01</b>	<b>02</b>	<b>7 Medals</b>

### **Team Trophy**

- **Indian Senior (Men) have been awarded Overall Team Championships with a score of 572 points.**

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



**[Sahdev Yadav]**

*Vice President*

*Indian Weightlifting Federation*

Date: 31 October 2016

Place: New Delhi.