

REPORT

2016 COMMONWEALTH YOUTH (BOYS & GIRLS) WEIGHTLIFTING CHAMPIONSHIPS HELD AT PENANG, MALAYSIA FROM 18-25 OCTOBER, 2016

Competition:- 2016 Commonwealth Youth (Boys & Girls) Weightlifting Championships was held at Penang, Malaysia from 18-25 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 Commonwealth Championships was run in conjunction with 2016 IWF Youth (Boys & Girls) World Weightlifting Championships at Penang.

Indian team consisting of 5 Youth Boys + 7 Youth Girls + 4 Coaches and 3 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 IWF and CWF.

Itinerary: The Indian team travelled from Sports Authority of India, Netaji Subhash National Institute of Sports, Patiala on 17th October 2016 at 2300 hours to Penang enroute Kaula Lumpur and reached Penang on 18th October 2016 at 1005 hours.

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

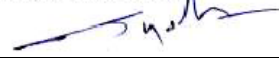
Competition: The verification of final entries was done on 18th October 2016 and after verification, Commonwealth Weightlifting Federation confirmed the participation of 177 athletes (111 Men + 66 Women) from 23 Commonwealth countries.

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

S.No.	Name	Wt. Cat.	Snatch	CI&Jerk	Total	Place/ Medal
1	Jeremy Lalrinnunga	56 kg	108 kg	127 kg	235 kg	Gold Medal
2	Muthupandi Raja	56 kg	100 kg	133 kg	233 kg	Silver Medal
3	Gulam Navi	62 kg	108 kg	144 kg	252 kg	Silver Medal
4	Ragala Varun	69 kg	120 kg	137 kg	257 kg	Silver Medal
5	Abhishek Poonia	69 kg	104 kg	126 kg	230 kg	Bronze Medal
6	Shrabani Das	44 kg	54 kg	69 kg	123 kg	Gold Medal
7	Mohini Daryappa Chavan	48 kg	66 kg	82 kg	148 kg	Gold Medal
8	Jhilli Dala Behera	48 kg	61 kg	82 kg	143 kg	Bronze Medal
9	Soroikhaibam Bindyarani Devi	53 kg	65 kg	88 kg	153 kg	Gold Medal
10	Konjengbam Roshilata Devi	63 kg	79 kg	E/T	E/T	
11	Seram Nirupama Devi	69 kg	74 kg	92 kg	166 kg	Bronze Medal
12	Purnima Pandey	+69 kg	84 kg	104 kg	188 kg	Gold Medal

Medals Won by:-	Gold	Silver	Bronze	Total
Youth (Boys)	01	03	01	5 Medals
Youth (Girls)	04	--	02	6 Medals
Total	05	03	03	11 Medals

The above team departed back from Penang to Delhi on 26th 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 26th October 2016.



[Sahdev Yadav]

Vice President

Indian Weightlifting Federation

Date: 27 October 2016

Place: New Delhi.