

REPORT

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

Competition:- 2016 IWF Youth (Boys & Girls) World Weightlifting Championships was held at Penang, Malaysia from 18-25 October 2016 under the Technical and Competition rules of International Weightlifting Federation (IWF).

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.

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, International Weightlifting Federation confirmed the participation of 305 athletes (180 Men + 125 Women) from 54 countries across the World.

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	Silver Medal
2	Muthupandi Raja	56 kg	100 kg	133 kg	233 kg	Bronze Medal
3	Gulam Navi	62 kg	108 kg	144 kg	252 kg	13th place
4	Ragala Varun	69 kg	120 kg	137 kg	257 kg	13th place
5	Abhishek Poonia	69 kg	104 kg	126 kg	230 kg	20th place
6	Shrabani Das	44 kg	54 kg	69 kg	123 kg	6th place
7	Mohini Daryappa Chavan	48 kg	66 kg	82 kg	148 kg	6th place
8	Jhilli Dala Behera	48 kg	61 kg	82 kg	143 kg	9th place
9	Soroikhaibam Bindyarani Devi	53 kg	65 kg	88 kg	153 kg	10th place
10	Konjengbam Roshilata Devi	63 kg	79 kg	E/T	E/T	
11	Seram Nirupama Devi	69 kg	74 kg	92 kg	166 kg	12th place
12	Purnima Pandey	+69 kg	84 kg	104 kg	188 kg	16th place

Medals Won by:-	Gold	Silver	Bronze	Total
Youth (Boys)	--	01	01	2 Medals
Youth (Girls)	--	--	--	.
<i>Total</i>	--	<i>01</i>	<i>01</i>	<i>2 Medals</i>

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.