

REPORT

2019 COMMONWEALTH JUNIOR (MEN & WOMEN) WEIGHTLIFTING CHAMPIONSHIPS HELD AT APIA, SAMOA FROM 6-15 JULY, 2019

Competition:- 2019 Commonwealth Junior (Men & Women) Weightlifting Championships was held at Apia, Samoa from 6-15 July, 2019 under the Technical and Competition rules of International Weightlifting Federation (IWF) and Commonwealth Weightlifting Federation (CWF).

Indian team consisting of 8 Men + 7 Women + 5 Coaches + 3 support staff participated in these Championships.

The Weightlifting Championships held at Apia, Samoa was a well organized competition. The competition was held at Tuanaimato Sports Complex, Apia.

Itinerary: The Indian team travelled in 2 groups – first group from Melbourne training camp by flight no. VA 865 on 5.7.2019 at 4:45 p.m. via Sydney and reached Apia on 6.7.2019 at 05:55 a.m. and second group from Sports Authority of India, Netaji Subhash National Institute of Sports, Patiala by road on 5.7.2019 enroute New Delhi by flight no. SQ403 to Singapore-Brisbane and reached Apia on 7.7.2019 at 5:10 a.m. On return from Apia, the team left in 2 groups – first group by flight no. VA 78 on 14.7.2019 at 6:10 a.m. via Sydney – Singapore and reached New Delhi on 15.7.2019 at 11:35 a.m. and second group by flight no. OL843 from Apia on 14.7.2019 at 6:55 p.m. via Brisbane – Singapore and reached New Delhi on 15.7.2019 at 8:10 p.m.

Accommodation: The accommodation to the Indian team members were provided at Hotel Pasefika Inn, Apia, Samoa.

Competition: The verification of final entries was completed on 7th July 2019 and after verification, Commonwealth Weightlifting Federation confirmed the participation of 78 athletes (36 Men + 42 Women) from 12 countries across the Commonwealth countries.

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

S.No.	Name	Section	Wt. Cat.	Snatch	C&J	Total	Medal
1.	Jacob Vanlaltluanga	Men	61 kg	112 kg	130 kg	242 kg	Gold
2.	Muthupandi Raja	Men	61 kg	120 kg	--	E/T	--
3.	Jeremy Lalrinnunga	Men	67 kg	136 kg	--	E/T	--
4.	Gulam Navi	Men	67 kg	116 kg	159 kg	275 kg	Gold
5.	Achinta Sheuli	Men	73 kg	136 kg	169 kg	305 kg	Gold
6.	Leiphrakpam Sadananda Singh	Men	73 kg	124 kg	151 kg	275 kg	Bronze
7.	Adiboina Siva Rama Krishna Yadav	Men	81 kg	118 kg	146 kg	264 kg	Silver
8.	Kalyan Singh	Men	96 kg	127 kg	160 kg	287 kg	Silver
9.	Bornali Borah	Women	45 kg	55 kg	76 kg	131 kg	Gold
10.	Sakshi Prakash Mahske	Women	45 kg	58 kg	72 kg	130 kg	Silver
11.	Sneha Soren	Women	55 kg	73 kg	96 kg	169 kg	Gold

12.	Saloni Singh	Women	55 kg	75 kg	88 kg	163 kg	Silver
13.	Sukarna Adak	Women	59 kg	77 kg	101 kg	178 kg	Gold
14.	Seram Nirupama Devi	Women	64 kg	85 kg	112 kg	197 kg	Gold
15.	Ramasundara Pandi Arockiya Alish	Women	76 kg	79 kg	109 kg	188 kg	Silver

New Junior National Weightlifting records - 6 New records

S.No.	New record created by	Wt. Cat.	Event	Record Lift	Earlier record
1.	Jhilli Dalabehera	45 kg	Clean & Jerk	94 kg	91 kg – Jhilli Dalabehera
2.	Jhilli Dalabehera	45 kg	Total	164 kg	162 kg – Jhilli Dalabehera
3.	Muthupandi Raja	61 kg	Snatch	120 kg	117 kg – Muthupandi Raja
4.	Jeremy Lalrinnunga	67 kg	Snatch	136 kg	134 kg – Jeremy Lalrinnunga
5.	Achinta Sheuli	73 kg	Clean & Jerk	169 kg	166 kg – Achinta Sheuli
6.	Achinta Sheuli	73 kg	Total	305 kg	301 kg – Achinta Sheuli

New Junior Commonwealth Weightlifting Record - 10 New records

S.No.	New record created by	Wt. Cat.	Event	Record Lift	Earlier record
1.	Jhilli Dalabehera	45 kg	Clean & Jerk	94 kg	91 kg – Jhilli Dalabehera
2.	Jhilli Dalabehera	45 kg	Total	164 kg	162 kg – Jhilli Dalabehera
3.	S. Bindyarani Devi	55 kg	Snatch	78 kg	77 kg– CW Standard
4.	S. Bindyarani Devi	55 kg	Clean & Jerk	105 kg	97 kg– CW Standard
5.	S. Bindyarani Devi	55 kg	Total	183 kg	175 kg – CW Standard
6.	S. Nirupama Devi	64 kg	Clean & Jerk	112 kg	110 kg – CW Standard
7.	S. Nirupama Devi	64 kg	Total	197 kg	193 kg– CW Standard
8.	Achinta Sheuli	73 kg	Snatch	136 kg	135 kg – Achinta Sheuli
9.	Achinta Sheuli	73 kg	Clean & Jerk	169 kg	166 kg – Achinta Sheuli
10.	Achinta Sheuli	73 kg	Total	305 kg	301 kg – Achinta Sheuli

Medals Won by:-	Gold	Silver	Bronze	Total
Junior (Men)	03	02	01	6 Medals
Junior (Women)	04	03	--	7 Medals
Total	07	05	01	13 Medals

[Sahdev Yadav]
Secretary General
Indian Weightlifting Federation

Date: 15 July 2019
Place: New Delhi.