

REPORT

2019 COMMONWEALTH SENIOR (MEN & WOMEN) WEIGHTLIFTING CHAMPIONSHIPS [QUALIFICATION EVENT FOR 2020 TOKYO OLYMPIC GAMES] HELD AT APIA, SAMOA FROM 6-15 JULY, 2019

Competition:- 2019 Commonwealth Senior (Men & Women) Weightlifting Championships was held at Apia, Samoa from 6-15 July, 2019 **[Qualification Event for 2020 Tokyo Olympic Games]** under the Technical and Competition rules of International Weightlifting Federation (IWF) and Commonwealth Weightlifting Federation (CWF).

Indian team consisting of 9 Men + 8 Women + 5 Coaches + 2 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 150 athletes (77 Men + 73 Women) from 17 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.	Chanambam Rishikanta Singh	Men	55 kg	105 kg	130 kg	235 kg	Gold
2.	Muthupandi Raja	Men	61 kg	120 kg	--	E/T	--
3.	Jeremy Lalrinnunga	Men	67 kg	136 kg	--	E/T	--
4.	Achinta Sheuli	Men	73 kg	136 kg	169 kg	305 kg	Gold
5.	Ajay Singh	Men	81 kg	148 kg	190 kg	338 kg	Gold
6.	Papul Changmai	Men	81 kg	135 kg	178 kg	313 kg	Silver
7.	Ragala Venkat Rahul	Men	89 kg	145 kg	180 kg	325 kg	Silver
8.	Vikas Thakur	Men	96 kg	153 kg	185 kg	338 kg	Silver
9.	Pardeep Singh	Men	102 kg	148 kg	202 kg	350 kg	Gold

10.	Jhilli Dalabehera	Women	45 kg	70 kg	94 kg	164 kg	Gold
11.	Saikhom Mirabai Chanu	Women	49 kg	84 kg	107 kg	191 kg	Gold
12.	Sorokhaibam Bindyarani Devi	Women	55 kg	78 kg	105 kg	183 kg	Gold
13.	Matsa Santoshi	Women	55 kg	80 kg	102 kg	182 kg	Silver
14.	Davinder Kaur	Women	59 kg	80 kg	104 kg	184 kg	Gold
15.	Rakhi Halder	Women	64 kg	94 kg	120 kg	214 kg	Gold
16.	Manpreet Kaur	Women	76 kg	91 kg	116 kg	207 kg	Silver
17.	Pavunraj Anuradha	Women	87 kg	100 kg	121 kg	221 kg	Gold

New Senior National Weightlifting records - 12 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.	Sorokhaibam Bindyarani Devi	55 kg	Clean & Jerk	105 kg	104 kg – Matsa Santoshi
4.	Rakhi Halder	64 kg	Snatch	94 kg	93 kg – Rakhi Halder
5.	Rakhi Halder	64 kg	Clean & Jerk	120 kg	117 kg – Rakhi Halder
6.	Rakhi Halder	64 kg	Total	214 kg	208 kg – Rakhi Halder
7.	Jeremy Lalrinnunga	67 kg	Snatch	136 kg	134 kg – Jeremy Lalrinnunga
8.	Achinta Sheuli	73 kg	Clean & Jerk	169 kg	166 kg – Achinta Sheuli
9.	Achinta Sheuli	73 kg	Total	305 kg	301 kg – Achinta Sheuli
10.	Ajay Singh	81 kg	Clean & Jerk	190 kg	180 kg – Papul Changmai
11.	Ajay Singh	81 kg	Total	338 kg	322 kg – Ajay Singh
12.	Pardeep Singh	102 kg	Clean & Jerk	202 kg	201 kg – Pardeep Singh

New Senior Commonwealth Weightlifting Record - 7 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.	Achinta Sheuli	73 kg	Clean & Jerk	169 kg	166 kg – Achinta Sheuli
4.	Achinta Sheuli	73 kg	Total	305 kg	305 kg – CW Standard
5.	Ajay Singh	81 kg	Clean & Jerk	190 kg	183 kg – Alex Ballemare of Canada
6.	Ajay Singh	81 kg	Total	338 kg	337 kg – Alex Ballemare of Canada

7.	Pardeep Singh	102 kg	Clean & Jerk	202 kg	201 kg – Pardeep Singh
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Medals Won by:-	Gold	Silver	Bronze	Total
Senior (Men)	04	03	--	7 Medals
Senior (Women)	06	02	--	8 Medals
Total	10	05	--	15 Medals

[Sahdev Yadav]
Secretary General
Indian Weightlifting Federation

Date: 15 July 2019
 Place: New Delhi.

