

REPORT

2019 AWF SENIOR ASIAN (MEN & WOMEN) WEIGHTLIFTING CHAMPIONSHIPS [QUALIFICATION EVENT FOR TOKYO 2020] 17-29 APRIL 2019, NINGBO, CHINA

Itinerary: The Indian team travelled from Sports Authority of India, Netaji Subhash National Institute of Sports, Patiala consisting of 13 members on 17th April 2019 by flight no. CX-694 departed New Delhi on 1:05 a.m. and reached Ningbo at 1:30 p.m. enroute Hong Kong.

Competition:- 2019 AWF Senior Asian (Men & Women) Weightlifting Championships **[Qualification Event for 2020 Tokyo Olympic Games]** was held at Ningbo, China from 17-29 April 2019 under the Technical and Competition rules of International Weightlifting Federation (IWF) and Asian Weightlifting Federation (AWF).

Indian team consisting of 7 Men + 4 Women + 4 Coaches + 2 support staff participated in these Championships. The Weightlifting Championships held at **Ningbo (China)** was a well organized competition. The competition was held at Ningbo Youngor Gymnasium, No. 360 Zhongxing Road, Yinzhou District, Ningbo.

Accommodation: The accommodation to the Indian team members were provided at Pan Pacific Hotel, No. 99, Min'an Dong Road, Yinzhou District, Ningbo, Zhejiang Province, China.

Competition: The verification of final entries was completed on 18th April 2019 and after verification, the Organizers confirmed the participation of 214 athletes from 27 countries across the World.

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

S.No.	Name	Section	Wt. Cat.	Snatch	C&J	Total	Result
1.	Muthupandi Raja	Men	61 kg	117 kg	148 kg	265 kg	13 th
2.	Jeremy Lalrinnunga	Men	67 kg	134 kg	163 kg	297 kg	9 th
3.	Achinta Sheuli	Men	73 kg	137 kg	160 kg	297 kg	11 th
4.	Ajay Singh	Men	81 kg	142 kg	178 kg	320 kg	7 th
5.	Vikas Thakur	Men	96 kg	152 kg	197 kg	349 kg	4 th
6.	Pardeep Singh	Men	102 kg	150 kg	201 kg Bronze	351 kg	6 th
7.	Gurdeep Singh	Men	+109 kg	165 kg	210 kg	375 kg	9 th
8.	Jhilli Dalabehera	Women	45 kg	71 kg Silver	91 kg Silver	162 kg Silver	2 nd place
9.	Saikhom Mirabai Chanu	Women	49 kg	86 kg	113 kg Bronze	199 kg	4 th
10.	Swati Singh	Women	59 kg	87 kg	109 kg	196 kg	7 th
11.	Rakhi Halder	Women	64 kg	93 kg	119 kg	212 kg	7 th

28 New National records (Youth, Junior & Senior) busted by Indian athletes at Ningbo (China) with scintillating performance are as under:-

S.No.	Name	Event	New Record	Date	Section	Old Record	Name	Date
1	Muthupandi Raja	Snatch	117 kg	20.4.19	Junior	116 kg	Zakhuma	16.12.18
2	Muthupandi	Clean &	148 kg	20.4.19	Junior	138 kg	Jacob	16.12.18

	Raja	Jerk					Vanlaltulanga	
3	Muthupandi Raja	Total	265 kg	20.4.19	Junior	250 kg	Jacob Vanlaltulanga	16.12.18
4	Muthupandi Raja	Clean & Jerk	148 kg	20.4.19	Senior	147 kg	Muthupandi Raja	23.2.19
5	Muthupandi Raja	Total	265 kg	20.4.19	Senior	264 kg	Muthupandi Raja	23.2.19
6	Jhilli Dalabehera	Snatch	71 kg	21.4.19	Junior	56 kg	Khushali Gangurde	16.12.18
7	Jhilli Dalabehera	Clean & Jerk	91 kg	21.4.19	Junior	76 kg	Bornali Borah	16.12.18
8	Jhilli Dalabehera	Total	162 kg	21.4.19	Junior	131 kg	Bornali Borah	16.12.18
9	Jhilli Dalabehera	Snatch	71 kg	21.4.19	Senior	70 kg	Dipali Gursale	22.2.19
10	Jhilli Dalabehera	Clean & Jerk	91 kg	21.4.19	Senior	88 kg	Thushmita M.V.	22.2.19
11	Jhilli Dalabehera	Total	162 kg	21.4.19	Senior	154 kg	Riya Sen	22.2.19
12	Jeremy Lalrinnunga	Snatch	134 kg	21.4.19	Youth	131 kg	Jeremy Lalrinnunga	8.2.19
13	Jeremy Lalrinnunga	Clean & Jerk	163 kg	21.4.19	Youth	157 kg	Jeremy Lalrinnunga	8.2.19
14	Jeremy Lalrinnunga	Total	297 kg	21.4.19	Youth	288 kg	Jeremy Lalrinnunga	8.2.19
15	Jeremy Lalrinnunga	Snatch	134 kg	21.4.19	Junior	131 kg	Jeremy Lalrinnunga	8.2.19
16	Jeremy Lalrinnunga	Clean & Jerk	163 kg	21.4.19	Junior	159 kg	Gulam Navi	10.1.19
17	Jeremy Lalrinnunga	Total	297 kg	21.4.19	Junior	288 kg	Jeremy Lalrinnunga	8.2.19
18	Jeremy Lalrinnunga	Snatch	134 kg	21.4.19	Senior	131 kg	Jeremy Lalrinnunga	8.2.19
19	Jeremy Lalrinnunga	Clean & Jerk	163 kg	21.4.19	Senior	160 kg	Gulam Navi	24.2.19
20	Jeremy Lalrinnunga	Total	291 kg	21.4.19	Youth World	288 kg	Jeremy Lalrinnunga	8.2.19
21	Jeremy Lalrinnunga	Total	297 kg	21.4.19	Youth World	291 kg	Jeremy Lalrinnunga	21.4.19
22	Achinta Sheuli	Snatch	137 kg	22.4.19	Junior	135 kg	Achnita Sheuli	2.11.18
23	S. Mirabai Chanu	Snatch	86 kg	21.4.19	Senior	83 kg	S. Mirabai Chanu	22.2.19
24	S. Mirabai Chanu	Clean & Jerk	113 kg	21.4.19	Senior	111 kg	S. Mirabai Chanu	22.2.19
25	S. Mirabai Chanu	Total	199 kg	21.4.19	Senior	194 kg	S. Mirabai Chanu	22.2.19
26	Rakhi Halder	Snatch	93 kg	24.4.19	Senior	92 kg	Rakhi Halder	5.11.18
27	Vikas Thakur	Clean & Jerk	197 kg	25.4.19	Senior	196 kg	Vikas Thakur	9.2.19
28	Pardeep Singh	Clean & Jerk	201 kg	26.4.19	Senior	200 kg	Vishal Solanki	28.2.19

8 International records busted by Jeremy Lalrinnunga of India.

New World Youth International records busted by Jeremy Lalrinnunga, [first Gold Medalist of Youth Olympic Games] at Ningbo (China) with scintillating performance are as under:-

S.No.	Name	Event	New Record	Date	Section	Old Record	Name	Date
1	Jeremy Lalrinnunga	Snatch	134 kg	21.4.19	Youth World	131 kg	Jeremy Lalrinnunga	8.2.19
2	Jeremy Lalrinnunga	Clean & Jerk	163 kg	21.4.19	Youth World	161 kg	Taisuyev Saikhan of Kazakhstan	8.2.19
3	Jeremy Lalrinnunga	Total	291 kg	21.4.19	Youth World	288 kg	Jeremy Lalrinnunga	8.2.19
4	Jeremy Lalrinnunga	Total	297 kg	21.4.19	Youth World	291 kg	Jeremy Lalrinnunga	21.4.19

New Asian Youth International records busted by Jeremy Lalrinnunga, [first Gold Medalist of Youth Olympic Games] at Ningbo (China) with scintillating performance are as under:-

S.No.	Name	Event	New Record	Date	Section	Old Record	Name	Date
1	Jeremy Lalrinnunga	Snatch	134 kg	21.4.19	Youth Asian	131 kg	Jeremy Lalrinnunga	8.2.19
2	Jeremy Lalrinnunga	Clean & Jerk	163 kg	21.4.19	Youth Asian	161 kg	Taisuyev Saikhan of Kazakhstan	8.2.19
3	Jeremy Lalrinnunga	Total	291 kg	21.4.19	Youth World	288 kg	Jeremy Lalrinnunga	8.2.19
4	Jeremy Lalrinnunga	Total	297 kg	21.4.19	Youth World	291 kg	Jeremy Lalrinnunga	21.4.19

The above team departed back from Ningbo by flight no. CX-5641 on 29th April at 2:25 p.m. and reached New Delhi at 11:55 p.m. enroute Bangkok, from thereon the team travelled by road to the National camp at Patiala.

[Sahdev Yadav]
Secretary General
Indian Weightlifting Federation

Date: 30 April 2019

Place: New Delhi.