

PRESS RELEASE

Tuesday, 9th October 2018: Jeremy Lalrinnunga (62 kg) Youth Boy athlete entered into **HALL OF FAME** by winning **GOLD MEDAL** during 3rd Youth Olympic Games at Buenos Aires (Argentina) on 8th October 2018 with a scintillating performance of 274 kg (124 kg + 150 kg) achieving his best total in 62 kg and smashed 2 National records both in total of 62 kg of Youth (Boys) and Junior (Men). **This is the first GOLD MEDAL for India at any Edition of Youth Olympic Games since its inception in 2010.**

The 16 year old boy who hails from the State of Mizoram and a trainee of Army Sports Institute, Pune came to forefront in the year 2016 when he notched SILVER MEDAL during 2016 IWF Youth (Boys & Girls) World Weightlifting Championships held at Penang, Malaysia from 18-25 October 2016. He has been under the continuous training of Mr. Vijay Sharma, Dronacharya Awardee, National Coach for past 2 years and have gained considerably. He has also been under Target Olympic Podium Scheme (TOPS) and being funded by Sports Authority of India.

Jeremy Lalrinnunga participated mostly in 56 kg body weight category till 2018 and shifted to 62 kg weight category where his performance has been exemplary 2 months back during Selection trials. The performance graph of Jeremy Lalrinnunga has been progressive.

Jeremy Lalrinnunga won first silver medal with a lift of 235 kg during 2016 Youth World Weightlifting Championships and repeated his performance during 2017 Youth World Weightlifting Championships by again winning Silver medal with a lift of 240 kg. He has won numerous International medals and regarded as a player of BIG STAGE. Laudable achievements of Jeremy Lalrinnunga before participating in 3rd Youth Olympic Games are:-

Wt. Cat.	Year	Event	Total	Place
56 kg	2016	Youth World Championships - Penang	235	II
56 kg	2016	Youth Commonwealth Championships -Penang	235	I
56 kg	2016	Asian Youth Championships - Tokyo	231	II
50 kg	2016	Youth Nationals – Patna	198	I
50 kg	2016	Youth Nationals - Bhubaneswar	231	I
50 kg	2016	Jr. Nationals – Bhubaneswar	231	I
56 kg	2017	Youth World Championships - Bangkok	240	II
56 kg	2017	Jr. Commonwealth Championships - Gold Coast	240	I
62 kg	2018	1 st Khelo India School Games -	251	I
56 kg	2018	Youth Nationals - Visakhapatnam	246	I
56 kg	2018	Junior Nationals - Visakhapatnam	246	I
56 kg	2018	Asian Youth Championships - Urgench	250	II
56 kg	2018	Asian Junior Championships - Urgench	250	III
62 kg	2018	Selection trials at Patiala for 3 rd Youth Olympic Games	273	

During the selection trials of 3rd Youth Olympic Games held at Sports Authority of India, Netaji Subhash National Institute of Sports, Patiala on 8th August 2018 – Jeremy Lalrinnunga finished with a total of 273 kg (126 kg + 147 kg).

Sneha Soren of Odisha finished 5th in 48 kg Youth Girls with a lift of 151 kg (67 kg + 84 kg).

[Sahdev Yadav]
Secretary General

