



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING
CHAMPIONSHIPS-2021-22
KIIT, BHUBANESWAR - ODISHA



19/03/2022 to 31/03/2022

RESULT BOOK



SENIOR



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2021-22

KIIT, BHUBANESWAR - ODISHA

19/03/2022 to 31/03/2022



RESULT SENIOR MEN 55 kg

Competition : 21.03.2022 09:00

Weigh in : 7:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	21	[A] Sanket Sargar	250	MHR	16.10.2000	54.750	105	109	111	111	2	133	136	138	138	1	249	1
2	573	[A] Prashant Koli	240	MHR	05.02.1999	54.750	106	109	112	112	1	126	133	136	136	2	248	2
3	522	[A] Vijay Kumar Maheshwari	240	C.G.	15.02.1999	54.200	95	99	99	99	4	126	132	137	132	3	231	3
4	508	[A] Karan Lahre	230	C.G.	28.07.2000	54.800	96	100	101	100	3	125	125	128	125	4	225	4
5	174	[A] Piyush Singh	235	M.P.	27.12.1999	54.900	98	102	102	98	5	125	125	125	125	5	223	5
6	537	[A] T. Kumara swamy	215	A.P	23.11.2000	54.800	90	90	94	94	6	112	119	130	119	6	213	6
7	702	[B] Akhilesh Mandloi	198	M.P.	12.06.1996	54.200	88	88	88	88	9	112	114	114	112	7	200	7
8	102	[A] E. Koteswara rao	215	A.P	29.07.2000	54.900	90	90	93	90	7	110	117	117	110	8	200	8
	198	[B] Patta Mahesh	210	PON	16.08.2003	54.050	88	88	90	88	8	112	112	112	--		--	
	122	[B] Narender	200	HRN	24.04.2000	53.750	95	95	95	--		--	--	--	--		--	
	58	[A] Devesh Sharma	150	RAJ	14.01.2006	46.600	65	65	65	--		--	--	--	--		--	
	674	[A] Lokesh K.R.	230	TND	16.12.2002	54.500	96	96	96	--		--	--	--	--		--	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) B. Venkatramaiah, I-1 [A.P.]
3. C) Harbans Singh, I-1 [PUN]

Referee

- Center - Khushbu Singh Yadav, N-1 [U.P.]
Left - Ramesh Ch. Padhy, I-2 [ORS]
Right - D. Sailoo, N-2 [TEL]
Reserve - Harpal Singh, N-2 [PUN]

Chief Marshal

1. Mona Sinha, N-2 [U.P.]
2. R. Kavitha, N-1 [TND]
3. Pradeep Kumar Yadav, N-1 [U.P.]

Time Keeper

1. Sangeeta Chhabra, N-1 [UKD]

Technical Controller

1. Yudhvir Singh, I-2 [J.K.]
2. Ravi Sharma, N-1 [RAJ]

Secretary

1. S. Shanmugavel, I-1 [TND]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2021-22

KIIT, BHUBANESWAR - ODISHA

19/03/2022 to 31/03/2022



RESULT SENIOR MEN 61 kg

Competition : 21.03.2022 15:00

Weigh in : 13:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	381	[A] M. Raja	265	RSPB	12-01-2000	60.650	114	117	117	114	3	149	153	153	153	1	267	1
2	779	[A] Guru Raja	260	SSCB	15-08-1992	60.600	115	115	115	115	2	147	151	151	151	2	266	2
3	114	[A] T. Madhavan	260	TND	03.12.2004	60.500	114	117	119	117	1	134	140	143	140	6	257	3
4	274	[A] Muna Nayak	265	ORS	20.10.2002	60.500	110	114	114	110	6	140	145	148	145	3	255	4
5	338	[A] Zakhuma	260	MIZ	01.04.2001	60.700	110	114	114	114	4	140	145	145	140	4	254	5
6	701	[A] Charu Pesi	260	ARN	30.09.2002	60.250	110	114	114	110	7	140	146	146	140	5	250	6
7	581	[A] Lalzuidika	250	MIZ	23.06.1999	60.100	105	109	111	111	5	135	139	140	135	8	246	7
8	761	[A] L. Chinglenmani Meitei	245	MNP	16.02.1999	60.750	103	107	111	107	8	133	137	141	137	7	244	8
9	393	[A] Pawan	236	DEL	03.12.1999	60.350	103	106	109	106	9	125	130	130	125	12	231	9
10	34	[B] Subramanya	230	KRN	12.04.2001	60.950	100	104	104	104	10	124	127	128	124	13	228	10
11	299	[B] Rahul Jangde	230	C.G.	20.06.2002	60.200	100	100	105	100	11	120	125	130	125	10	225	11
12	407	[B] Karthik S Hosmani	230	KRN	19.12.1999	60.200	94	97	100	97	12	122	125	128	125	11	222	12
13	111	[B] Pancham Georj	215	BHR	15.11.2000	60.800	95	99	99	95	13	121	124	127	127	9	222	13
14	794	[B] Shankar Kumar	215	BHR	15.06.2003	60.800	95	100	100	95	14	120	120	120	120	14	215	14
	532	[A] Sidhanta Gogoi	270	ASM	08.04.2004	60.500	114	114	114	--		--	--	--	--		--	
	600	[A] Tulasi R	250	GOA	24.08.1999	60.400	100	100	100	--		--	--	--	--		--	
	460	[A] Shubham Kolekar	280	MHR	01.11.1999	60.300	113	113	113	--		--	--	--	--		--	
	333	[B] S. Aravindh	220	PON	26.07.2000	59.150	100	100	100	--		--	--	--	--		--	



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2021-22

KIIT, BHUBANESWAR - ODISHA

19/03/2022 to 31/03/2022



RESULT SENIOR MEN 61 kg

Competition : 21.03.2022 15:00

Weigh in : 13:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
	563	[B] Saalim	228	KRL	12-12-2000	58.500	93	93	93	--		--	--	--	--	--		

Jury

1. A) K. Subramanya, I-1 [KRN]
2. B) G.P. Sharma, I-1 [U.P.]
3. C) Shyamala Shetty, I-1 [KRN]

Referee

- Center - Harpal Singh, N-2 [PUN]
Left - Khushbu Singh Yadav, N-1 [U.P.]
Right - Ramesh Ch. Padhy, I-2 [ORS]
Reserve - D. Sailoo, N-2 [TEL]

Chief Marshal

1. Komalpreet Kaur, N-2 [PUN]
2. Vijay Hooda, N-2 [AIPSCB]
3. Trupti Parasher, N-2 [MHR]

Time Keeper

1. P. Jagdish Patro, N-2 [ORS]

Technical Controller

1. Yogendra Sharma, N-1 [U.P.]
2. J.N. Nanda, N-1 [ORS]

Secretary

1. R.V.L.N. Ratnakara Rao, I-1 [A.P.]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2021-22

KIIT, BHUBANESWAR - ODISHA

19/03/2022 to 31/03/2022



RESULT SENIOR MEN 67 kg

Competition : 23.03.2022 09:00

Weigh in : 7:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	231	[A] Manjunath Marati	280	RSPB	01-05-1995	66.800	120	125	125	125	1	152	155	159	159	1	284	1
2	54	[A] Markio Tario	280	ARN	01.01.2004	66.650	120	124	126	124	2	151	155	158	158	2	282	2
3	255	[A] K. Neelam Raju	280	RSPB	24-06-1997	66.700	120	120	123	123	3	150	154	160	154	3	277	3
4	689	[A] Subhash Lahre	275	C.G.	12.10.2002	66.000	114	117	119	119	5	146	151	155	151	4	270	4
5	763	[A] Susant Sahu	260	ORS	18.05.1991	66.900	117	117	117	117	7	145	151	151	151	5	268	5
6	388	[A] Jagdish Nahak	260	ORS	13.03.1998	66.700	115	118	120	118	6	144	148	148	144	8	262	6
7	264	[A] Ranjeet Desai	260	M.P.	12.05.1995	66.400	113	116	119	116	9	144	150	150	144	7	260	7
8	373	[A] Jacob VanlalTLuanga	265	MIZ	17.02.2002	66.700	112	116	121	116	8	135	141	145	141	10	257	8
9	78	[B] V. Purushothaman	240	PON	16.06.1995	66.800	105	110	111	111	12	135	140	145	145	6	256	9
10	450	[A] Jimjang Deru	270	ARN	01.10.1998	66.500	110	110	113	110	14	144	148	148	144	9	254	10
11	148	[B] Vinesh Kumar	239	RAJ	06.07.1998	66.300	111	115	118	115	10	138	142	--	138	12	253	11
12	543	[C] Kanhaiya Kumar	230	BHR	03.03.2002	66.550	110	114	114	110	13	136	140	141	136	13	246	12
13	774	[A] TBC Lalchhanhima	260	MIZ	21.03.1997	66.500	105	109	109	105	16	140	147	147	140	11	245	13
14	172	[A] Ayush Jaiswal	255	AIPSCB	21-12-1999	66.650	107	107	112	112	11	130	136	136	130	15	242	14
15	709	[C] Rahul Ramesh Karalingnavar R)	235	KRN	08.04.1997	62.550	98	98	--	98	17	130	135	135	130	14	228	15
	517	[A] Akshay Gaikwad	280	MHR	16.04.1996	66.750	117	121	121	121	4	150	150	150	--		--	
	547	[B] Rahul Sharma	250	PUN	10.07.1999	66.000	105	109	112	109	15	135	135	135	--		--	
	398	[B] Shekhar Rehan	240	H.P.	25.06.1998	66.250	98	98	98	--		--	--	--	--		--	



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KIIT, BHUBANESWAR - ODISHA

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RESULT SENIOR MEN 67 kg

Competition : 23.03.2022 09:00

Weigh in : 7:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
	768	[C] Rakesh Das	232	W.B.	05.06.1998	66.750	110	110	110	--		--	--	--	--	--		
	227	[C] G. Pratap	230	AIPSCB	02-06-1996	66.600	98	98	98	--		--	--	--	--	--		

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) B. Venkatramaiah, I-1 [A.P.]
3. C) Harbans Singh, I-1 [PUN]

Referee

- Center - Rajesh Kumar, I-1 [H.P.]
Left - K. Suryanarayana, I-2 [A.P.]
Right - Biku Sarita, N-1 [ARN]
Reserve - K.D.S. Nagra, N-1 [CHD]

Chief Marshal

1. Mona Sinha, N-2 [U.P.]
2. R. Kavitha, N-1 [TND]
3. Pradeep Kumar Yadav, N-1 [U.P.]

Time Keeper

1. Sangeeta Chhabra, N-1 [UKD]

Technical Controller

1. Yudhvir Singh, I-2 [J.K.]
2. Ravi Sharma, N-1 [RAJ]

Secretary

1. S. Shanmugavel, I-1 [TND]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2021-22

KIIT, BHUBANESWAR - ODISHA

19/03/2022 to 31/03/2022



RESULT SENIOR MEN 73 kg

Competition : 23.03.2022 16:30

Weigh in : 14:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	421	[A] N. Ajith	305	RSPB	27-01-1991	72.900	130	134	137	134	2	158	163	166	163	1	297	1
2	606	[A] Mihir Kanta Sethi	280	ORS	25.11.1996	72.800	123	123	127	127	5	153	161	163	163	2	290	2
3	641	[A] Ganga Singh	290	CHD	22.09.1994	72.600	122	127	131	131	4	157	162	162	157	3	288	3
4	507	[A] Devapreedhan B.	290	KRL	08-10-1998	72.950	124	128	132	132	3	155	155	155	155	4	287	4
5	45	[A] Kanhu Charan Sahu	285	ORS	03.05.1997	72.000	120	125	125	120	7	148	152	152	152	6	272	5
6	485	[A] J. Koteswara Rao	270	A.P	26.01.2001	72.500	119	124	124	119	9	148	152	159	152	5	271	6
7	67	[A] Kiran Marathe	275	MHR	07.05.2003	71.950	118	121	121	121	6	148	151	151	148	8	269	7
8	706	[A] Naveen Chandra K. S	280	KRN	01.03.1989	72.450	118	122	123	118	12	146	151	155	151	7	269	8
9	116	[B] R.S.L. Sai	255	TEL	25.07.2001	72.950	114	118	121	118	11	146	152	152	146	9	264	9
10	216	[A] Anant Mandavi	270	C.G.	07.08.1998	72.650	115	119	119	119	10	145	149	149	145	10	264	10
11	8	[A] P. Yesu Babu	270	A.P	11.06.1999	72.450	114	120	125	120	8	136	--	--	136	15	256	11
12	9	[B] Pravesh Basoya	259	U.P.	02.05.2003	70.450	113	117	117	113	14	138	141	144	141	11	254	12
13	476	[C] A.V. Yashwanth	235	TEL	09.11.2002	72.550	108	113	113	108	17	132	137	139	139	12	247	13
14	188	[B] Rajeev	245	HRN	01.01.2000	72.650	105	105	110	110	15	137	142	142	137	13	247	14
15	609	[B] Dhiljith D.S.	242	KRL	19-02-2001	71.850	105	105	110	105	20	136	136	136	136	14	241	15
	278	[A] L. Sadananda Singh	300	SSCB	01-04-2002	72.700	130	134	137	137	1	157	157	157	--		--	
	179	[A] Gurjeet Kumar	267	PUN	20.05.1996	72.400	112	117	120	117	13	135	135	135	--		--	
	240	[A] L. Sunderjit Singh	270	MNP	20.01.1999	72.850	110	110	115	110	16	140	140	140	--		--	



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2021-22

KIIT, BHUBANESWAR - ODISHA

19/03/2022 to 31/03/2022



RESULT SENIOR MEN 73 kg

Competition : 23.03.2022 16:30

Weigh in : 14:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
	339	[C] Saksham Chaudhary	240	UKD	11-11-2002	72.100	105	110	110	105	18	140	140	140	--		--	
	625	[C] Akshay Ganesh	240	KRN	21.09.1998	72.500	105	110	110	105	19	135	135	135	--		--	
	649	[B] Tarun Kumar	250	H.P.	10.08.1997	71.950	103	106	106	103	21	132	--	--	--		--	
	691	[B] Narinder Kumar	250	H.P.	19.03.1998	72.550	103	103	108	103	22	132	132	--	--		--	
	582	[A] Achinta Sheuli	320	SSCB	01-04-2002	72.900	133	133	133	--		--	--	--	--		--	

Jury

1. A) K. Subramanya, I-1 [KRN]
2. B) G.P. Sharma, I-1 [U.P.]
3. C) Shyamala Shetty, I-1 [KRN]

Referee

- Center - K.D.S. Nagra, N-1 [CHD]
Left - Rajesh Kumar, I-1 [H.P.]
Right - K. Suryanarayana, I-2 [A.P.]
Reserve - Biku Sarita, N-1 [ARN]

Chief Marshal

1. Komalpreet Kaur, N-2 [PUN]
2. Vijay Hooda, N-2 [AIPSCB]
3. Trupti Parasher, N-2 [MHR]

Time Keeper

1. P. Jagdish Patro, N-2 [ORS]

Technical Controller

1. Yogendra Sharma, N-1 [U.P.]
2. J.N. Nanda, N-1 [ORS]

Secretary

1. R.V.L.N. Ratnakara Rao, I-1 [A.P.]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2021-22

KIIT, BHUBANESWAR - ODISHA

19/03/2022 to 31/03/2022



RESULT SENIOR MEN 81 kg

Competition : 25.03.2022 09:00

Weigh in : 7:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	643	[A] Ajay Singh	322	SSCB	17-04-1997	80.900	135	139	143	143	2	167	172	172	172	1	315	1
2	109	[A] Deepak Lather	310	HRN	25.03.2000	77.550	138	143	147	147	1	162	167	171	167	5	314	2
3	449	[A] Abhishek Nipane	300	MHR	11.12.2001	77.950	125	130	134	130	10	166	171	175	171	2	301	3
4	747	[A] Papul Changmai	300	ASM	01.01.1994	80.600	130	132	139	132	6	164	168	171	168	3	300	4
5	686	[A] Kapil Singh Rathore	295	RAJ	16.03.1993	78.250	129	133	135	135	3	164	164	169	164	6	299	5
6	251	[A] Valluri Ajay Babu	290	M.P.	25.11.2004	80.750	125	130	134	134	5	154	154	161	161	8	295	6
7	394	[A] Tridip Baruah	290	ASM	15.04.2003	79.150	128	132	132	132	7	150	155	160	160	10	292	7
8	765	[B] R. Jaikaran	285	TND	14.11.1999	80.450	125	125	130	130	8	155	160	164	160	9	290	8
9	527	[A] P. Prabakaran	290	TND	19.09.1996	79.650	121	125	125	121	18	168	168	168	168	4	289	9
10	256	[C] Anil Kumar Sahu	260	ORS	12.10.1994	81.000	116	123	125	125	13	156	161	166	161	7	286	10
11	140	[B] Bhavesh sarang	280	C.G.	27.05.2002	80.600	122	126	128	128	12	150	153	155	155	12	283	11
12	541	[A] Lalu Taku	296	ARN	08.12.1998	80.100	120	124	124	120	22	156	156	163	156	11	276	12
13	2	[C] R. Varun	260	A.P	18.10.2000	78.180	122	128	132	128	11	146	155	155	146	17	274	13
14	444	[A] Gaurav Dubey	290	UKD	12-10-1990	80.700	121	121	121	121	19	151	151	--	151	13	272	14
15	630	[B] Akash	277	DEL	11.04.2002	79.450	121	126	127	121	15	148	152	155	148	16	269	15
16	770	[B] N.N. Satyanarayana	270	A.P	28.08.1999	80.100	121	125	125	121	16	145	145	145	145	19	266	16
17	435	[C] A. Arjun Singh	265	MNP	01.02.1998	80.850	115	120	120	115	25	145	150	150	150	14	265	17
18	20	[C] Skiltin Paul	260	KRL	29-05-2000	74.300	115	121	121	115	24	146	150	150	150	15	265	18



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2021-22

KIIT, BHUBANESWAR - ODISHA

19/03/2022 to 31/03/2022



RESULT SENIOR MEN 81 kg

Competition : 25.03.2022 09:00

Weigh in : 7:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
19	620	[B] Abdusamad Sayyad	280	MHR	09.10.2000	77.500	116	121	125	121	17	144	144	--	144	20	265	19
20	700	[B] Manoj Kumar Sahu	273	ORS	18.10.2000	75.150	110	116	120	116	23	143	150	150	143	21	259	20
21	248	[D] Rajath Rai	250	KRN	25.10.1999	73.600	112	117	120	120	20	136	136	141	136	23	256	21
22	128	[C] Nikihil Bhogal	260	DEL	22.04.2000	80.450	107	107	114	107	27	145	148	--	145	18	252	22
23	213	[D] Ashok Sharma	240	UKD	02-04-1993	80.900	107	111	113	111	26	136	136	138	136	22	247	23
	615	[A] Gurmukh Singh	290	M.P.	01.01.1993	80.550	130	134	137	134	4	155	155	155	--		--	
	505	[B] Sanker Ganesh	282	GOA	06.06.1992	76.600	126	130	130	130	9	150	150	150	--		--	
	219	[A] Sujee Yadav	302	U.P.	07.07.1993	80.250	125	129	129	125	14	165	--	--	--		--	
	480	[B] Abhishek Poonia	285	U.P.	15.12.2000	78.250	120	120	125	120	21	155	155	155	--		--	
	247	[C] G. Gopinath	260	PON	06.02.1998	76.750	107	107	107	107	28	136	136	136	--		--	
	633	[A] Atish Patil	290	C.G.	27.03.1996	80.650	125	125	125	--		--	--	--	--		--	
	65	[D] N. Samson	251	MNP	16.03.2000	80.250	107	107	107	--		--	--	--	--		--	
	357	[D] M. Dhanasekhar	250	AIPSCB	20-05-1997	76.500	--	--	--	--		--	--	--	--		--	
	158	[A] Rajath Narayanan A.	285	KRL	23-05-1995	78.350	123	123	123	--		--	--	--	--		--	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) B. Venkatramaiah, I-1 [A.P.]
3. C) Harbans Singh, I-1 [PUN]

Referee

- Center - D. Sailoo, N-2 [TEL]
 Left - Harpal Singh, N-2 [PUN]
 Right - Khushbu Singh Yadav, N-1 [U.P.]
 Reserve - Ramesh Ch. Padhy, I-2 [ORS]

Chief Marshal

1. Mona Sinha, N-2 [U.P.]
2. R. Kavitha, N-1 [TND]
3. Pradeep Kumar Yadav, N-1 [U.P.]

Time Keeper

1. Sangeeta Chhabra, N-1 [UKD]

Technical Controller

1. Yudhvir Singh, I-2 [J.K.]
2. Ravi Sharma, N-1 [RAJ]

Secretary

1. S. Shanmugavel, I-1 [TND]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2021-22

KIIT, BHUBANESWAR - ODISHA

19/03/2022 to 31/03/2022



RESULT SENIOR MEN 89 kg

Competition : 26.03.2022 13:00

Weigh in : 11:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	526	[A] Ram Karan Prajapati	315	U.P.	15.07.1998	89.000	135	139	139	139	4	168	173	178	178	1	317	1
2	365	[A] Gourav	320	CHD	28.06.1995	88.100	140	144	144	140	2	173	173	176	176	2	316	2
3	512	[A] Harshad Wadekar	310	RSPB	14-06-1995	88.400	135	140	140	140	3	166	171	175	175	3	315	3
4	205	[A] U. Sivaprakash	300	PON	17.02.1996	87.100	127	131	135	135	6	165	169	173	169	4	304	4
5	671	[A] Binder Pal	320	SSCB	24-08-1996	88.350	138	141	145	141	1	162	167	167	162	8	303	5
6	73	[A] Raghveer Singh	305	PUN	21.03.1995	85.900	130	134	134	134	7	167	169	174	169	5	303	6
7	245	[A] N. Jamaludeen	300	TND	27.07.2001	88.200	127	127	131	127	12	157	163	166	166	6	293	7
8	98	[A] A.S.R.K.Yadav	301	A.P	05.06.2002	88.650	128	132	135	132	9	160	169	169	160	10	292	8
9	781	[B] Prince Malik	284	U.P.	12.02.2002	86.250	135	138	142	138	5	153	153	158	153	13	291	9
10	639	[A] Pawan	300	HRN	09.09.1999	88.800	127	131	131	127	11	164	164	178	164	7	291	10
11	697	[A] Ch.Vinay Kumar	301	A.P	03.11.2000	87.500	125	131	131	125	16	162	172	173	162	9	287	11
12	638	[A] Nikhil Tugnait	305	PUN	09.11.1999	86.900	130	135	135	130	10	155	--	--	155	11	285	12
13	677	[B] Vivek Swami	283	RAJ	22.07.2000	88.150	125	125	130	125	15	153	158	158	153	12	278	13
14	347	[B] Abhay Kumar Yadav	270	BHR	01.07.2000	82.150	123	123	127	123	17	146	146	--	146	16	269	14
15	346	[B] Salih Bin Hamza P.	261	KRL	11-12-1996	83.550	110	114	117	117	19	140	145	150	150	14	267	15
16	577	[B] Saurav Gogoi	270	ASM	01.03.1995	88.200	115	115	120	115	20	145	150	150	150	15	265	16
17	379	[C] Vishal Panwar	260	J.K.	29.12.1993	86.750	110	117	122	117	18	140	140	140	140	18	257	17
18	133	[C] James Caree	250	KRN	11.12.2000	87.100	110	115	115	110	21	140	143	148	143	17	253	18



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2021-22

KIIT, BHUBANESWAR - ODISHA

19/03/2022 to 31/03/2022



RESULT SENIOR MEN 89 kg

Competition : 26.03.2022 13:00

Weigh in : 11:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
	367	[A] Mohammad Javed	300	J.K.	17.02.1997	88.650	132	136	136	132	8	148	--	--	--	--	--	--
	666	[A] E. Siva	300	TND	15.09.1998	89.000	126	129	129	126	13	161	161	161	--	--	--	--
	153	[A] Dhairyashil Salunkhe	305	MHR	27.03.2001	87.100	126	126	126	126	14	159	159	159	--	--	--	--
	220	[C] Abhishek	260	H.P.	18.01.1998	81.400	110	114	114	110	22	140	140	--	--	--	--	--
	652	[B] S Satish	290	GOA	10.03.1996	86.650	126	128	128	--	--	--	--	--	--	--	--	--
	226	[A] Lakshy Meena	300	RAJ	23.09.1994	88.350	134	134	134	--	--	--	--	--	--	--	--	--
	11	[B] Janis Abbas	260	KRL	17-01-2000	81.300	113	113	113	--	--	--	--	--	--	--	--	--

Jury

1. A) K. Subramanya, I-1 [KRN]
2. B) G.P. Sharma, I-1 [U.P.]
3. C) Shyamala Shetty, I-1 [KRN]

Referee

- Center - K.D.S. Nagra, N-1 [CHD]
Left - Rajesh Kumar, I-1 [H.P.]
Right - K. Suryanarayana, I-2 [A.P.]
Reserve - Biku Sarita, N-1 [ARN]

Chief Marshal

1. Komalpreet Kaur, N-2 [PUN]
2. Vijay Hooda, N-2 [AIPSCB]
3. Trupti Parasher, N-2 [MHR]

Time Keeper

1. P. Jagdish Patro, N-2 [ORS]

Technical Controller

1. Yogendra Sharma, N-1 [U.P.]
2. J.N. Nanda, N-1 [ORS]

Secretary

1. R.V.L.N. Ratnakara Rao, I-1 [A.P.]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2021-22

KIIT, BHUBANESWAR - ODISHA

19/03/2022 to 31/03/2022



RESULT SENIOR MEN 96 kg

Competition : 28.03.2022 10:00

Weigh in : 8:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	164	[A] Sambo Lapung	335	ARN	06.03.1997	95.900	140	147	147	147	2	185	189	198	189	1	336	1
2	549	[A] R.V. Rahul	320	RSPB	16-03-1997	94.300	141	146	150	150	1	180	185	189	185	3	335	2
3	258	[A] Jagdish	320	SSCB	11-08-1994	95.350	140	146	151	146	3	179	187	187	187	2	333	3
4	448	[A] Tejas Lokhande	310	MHR	27.10.2001	90.050	128	132	135	135	5	165	170	178	170	5	305	4
5	157	[B] Parveen	290	HRN	27.03.2000	95.200	133	133	139	133	6	170	170	174	170	4	303	5
6	77	[A] Jasvant Singh	296	J.K.	01.01.1990	93.050	131	135	136	136	4	155	162	167	162	6	298	6
7	445	[A] R. Ramkumar	300	TND	10.12.2001	94.950	130	130	138	130	7	160	165	165	160	7	290	7
8	756	[B] Lalit Kumar Sahu	275	ORS	15.10.1994	92.750	126	126	126	126	8	150	158	161	150	10	276	8
9	4	[B] Arjun Sharma	271	DEL	11.11.2000	94.400	119	123	123	123	11	140	145	149	149	11	272	9
10	729	[B] R K Yadav	280	M.P.	24.08.1994	95.800	120	120	120	120	12	150	156	156	150	9	270	10
11	178	[C] Jagdeep Singh	260	AIPSCB	29-01-1995	94.600	116	122	122	116	13	141	150	156	150	8	266	11
12	156	[B] Ayush Bhardwaj	273	DEL	14.09.2004	93.900	120	124	127	124	10	141	144	144	141	12	265	12
	17	[A] Gurmeet Singh	310	IWLF	22.11.2001	95.700	126	--	--	126	9	--	--	--	--		--	
	308	[C] Kh. Balkrishna Singh	255	MNP	12.02.2001	95.850	115	117	--	115	14	140	140	140	--		--	
	737	[C] Nataraj N.E	255	KRN	01.06.1991	91.900	115	115	115	115	15	140	140	140	--		--	
	436	[D] Pankaj Saini	250	H.P.	30.05.2001	92.700	115	115	115	--		--	--	--	--		--	
	298	[A] Vaishnav Thakur	320	MHR	31.08.2002	94.000	133	133	133	--		--	--	--	--		--	
	590	[A] Gurpreet Ralh	304	PUN	23.05.1998	94.500	126	126	126	--		--	--	--	--		--	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) B. Venkatramiah, I-1 [A.P.]
3. C) Harbans Singh, I-1 [PUN]

Referee

- Center - Geetha Ananda, N-1 [KRN]
 Left - P.A. Jose, N-1 [KRL]
 Right - Ranjit Bhattacharjee, N-1 [W.B.]
 Reserve - Santosh Sinhasane, I-1 [MHR]

Chief Marshal

1. Mona Sinha, N-2 [U.P.]
2. R. Kavitha, N-1 [TND]
3. Pradeep Kumar Yadav, N-1 [U.P.]

Time Keeper

1. Sangeeta Chhabra, N-1 [UKD]

Technical Controller

1. Yudhvir Singh, I-2 [J.K.]
2. Ravi Sharma, N-1 [RAJ]

Secretary

1. S. Shanmugavel, I-1 [TND]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2021-22

KIIT, BHUBANESWAR - ODISHA

19/03/2022 to 31/03/2022



RESULT SENIOR MEN 102 kg

Competition : 28.03.2022 16:00

Weigh in : 14:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	40	[A] Kojum Taba	330	ARN	18.06.1997	97.500	146	151	153	153	1	187	192	199	192	2	345	1
2	597	[A] Vikas Thakur	320	SSCB	14-11-1993	99.800	148	152	152	148	3	187	193	198	193	1	341	2
3	587	[A] Sachin Mehmi	337	SSCB	11-08-1995	101.650	143	148	148	148	4	174	178	185	185	3	333	3
4	437	[A] Harshit Sehrawat	315	RSPB	04-05-2000	101.800	135	138	141	141	6	171	176	179	179	4	320	4
5	103	[A] Harcharan Singh	320	RAJ	20.08.2001	101.650	142	147	151	151	2	162	168	172	168	11	319	5
6	139	[A] Aman	310	HRN	08.03.2003	101.500	133	137	140	137	11	171	177	183	177	6	314	6
7	366	[A] Ashutosh Kumar Singh	322	U.P.	19.12.1995	101.800	140	140	142	142	5	171	171	178	171	9	313	7
8	31	[A] Ramshad A.R.	318	KRL	25-08-1994	101.300	135	139	139	139	8	172	172	172	172	8	311	8
9	635	[A] Suresh Kumar Yadav	320	ORS	23.08.1994	97.800	135	138	138	135	12	174	174	174	174	7	309	9
10	461	[A] Ajeet Singh	315	RSPB	01-01-1997	101.300	131	136	136	131	14	170	178	178	178	5	309	10
11	744	[B] S.M.D Abuzar Aslam	310	A.P	02.07.1995	101.150	130	136	138	138	9	170	178	180	170	10	308	11
12	579	[B] Vishal Rajwar	300	UKD	04-07-1995	96.950	132	137	142	137	10	165	171	173	165	13	302	12
13	412	[B] Lucky Babu Markam	295	C.G.	04.10.1994	101.700	127	131	135	131	13	155	162	166	166	12	297	13
14	143	[B] Siddhant Choudhary	300	U.P.	16.08.2000	97.950	125	131	133	125	17	163	163	170	163	14	288	14
15	694	[B] Kanha Tyagi	290	M.P.	27.07.1998	101.600	125	125	128	128	15	155	155	159	159	15	287	15
16	410	[B] Vikramjit Singh	270	AIPSCB	26-10-1992	101.500	118	121	124	124	18	148	155	162	155	16	279	16
17	782	[C] Paras Sonowal	270	ASM	06.12.1996	100.500	119	125	125	119	19	150	155	155	150	18	269	17
18	524	[B] Tanush Mehta	272	DEL	08.10.1994	101.500	117	117	120	117	20	152	152	157	152	17	269	18



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2021-22

KIIT, BHUBANESWAR - ODISHA

19/03/2022 to 31/03/2022



RESULT SENIOR MEN 102 kg

Competition : 28.03.2022 16:00

Weigh in : 14:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
	576	[A] Akash Kaushal	320	M.P.	27.12.2002	101.700	135	138	140	140	7	170	170	171	--		--	
	783	[A] Kalyan Singh	320	H.P.	20.09.1999	98.700	127	132	132	127	16	173	173	173	--		--	
	259	[A] Shubham	320	HRN	10.06.1996	101.550	139	139	140	--		--	--	--	--		--	
	318	[B] Amrit Pal Singh	310	PUN	02.01.1998	100.950	140	142	142	--		--	--	--	--		--	
	43	[C] C.S. Nivesh	260	TND	19.06.1997	97.150	122	--	--	--		--	--	--	--		--	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) B. Venkatramaiah, I-1 [A.P.]
3. C) Harbans Singh, I-1 [PUN]

Referee

Center - Khushbu Singh Yadav, N-1 [U.P.]
Left - Ramesh Ch. Padhy, I-2 [ORS]
Right - D. Sailoo, N-2 [TEL]
Reserve - Harpal Singh, N-2 [PUN]

Chief Marshal

1. Mona Sinha, N-2 [U.P.]
2. R. Kavitha, N-1 [TND]
3. Pradeep Kumar Yadav, N-1 [U.P.]

Time Keeper

1. Sangeeta Chhabra, N-1 [UKD]

Technical Controller

1. Yudhvir Singh, I-2 [J.K.]
2. Ravi Sharma, N-1 [RAJ]

Secretary

1. S. Shanmugavel, I-1 [TND]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2021-22

KIIT, BHUBANESWAR - ODISHA

19/03/2022 to 31/03/2022



RESULT SENIOR WOMEN 45 kg

Competition : 20.03.2022 11:00

Weigh in : 9:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	711	[A] Komal kohar	158	HRN	24.07.2002	44.500	67	70	72	72	1	85	88	91	88	1	160	1
2	375	[A] M.V. Thushmita	157	RSPB	15.10.1996	44.600	65	67	69	67	2	84	87	94	87	2	154	2
3	667	[A] K.V.L. Pavani Kumari	145	A.P	05.03.2003	44.700	62	66	69	66	4	80	82	85	85	3	151	3
4	719	[A] Veena	155	C.G.	19.03.1998	44.800	65	65	65	65	7	84	84	87	84	4	149	4
5	720	[A] Anjali Patel	144	U.P.	10.08.2004	44.600	65	67	71	67	3	78	80	82	80	8	147	5
6	733	[A] Diplai Gursale	150	RSPB	10-11-1996	45.000	64	66	68	66	5	80	83	83	80	6	146	6
7	325	[A] B. Rajeswari	140	A.P	10.07.2002	44.600	61	65	67	65	6	79	82	82	79	9	144	7
8	717	[A] Chandrika Tarafdar	124	W.B.	12.10.1996	45.350	58	62	64	62	9	80	80	82	82	5	144	8
9	85	[A] Kh. Rediya Devi	145	MNP	03.02.2000	44.800	58	62	63	63	8	77	80	83	80	7	143	9
	458	[A] Techu Nadam	150	ARN	25.03.1999	45.000	61	64	64	61	10	82	82	83	--		--	
	266	[B] Rani	120	AIPSCB	01-03-1997	43.600	52	52	54	52	11	68	68	--	--		--	
	430	[A] Sarika Shingare	155	MHR	01.12.1998	44.400	65	65	65	--		--	--	--	--		--	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) B. Venkatramaiah, I-1 [A.P.]
3. C) Harbans Singh, I-1 [PUN]

Referee

- Center - Geetha Ananda, N-1 [KRN]
 Left - P.A. Jose, N-1 [KRL]
 Right - Ranjit Bhattacharjee, N-1 [W.B.]
 Reserve - Santosh Sinhasane, I-1 [MHR]

Chief Marshal

1. Mona Sinha, N-2 [U.P.]
2. R. Kavitha, N-1 [TND]
3. Pradeep Kumar Yadav, N-1 [U.P.]

Time Keeper

1. Sangeeta Chhabra, N-1 [UKD]

Technical Controller

1. Yudhvir Singh, I-2 [J.K.]
2. Ravi Sharma, N-1 [RAJ]

Secretary

1. S. Shanmugavel, I-1 [TND]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2021-22

KIIT, BHUBANESWAR - ODISHA

19/03/2022 to 31/03/2022



RESULT SENIOR WOMEN 49 kg

Competition : 20.03.2022 15:30

Weigh in : 13:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	387	[A] H. Jinarani Devi	160	MNP	15.12.1996	48.550	70	73	75	75	4	94	96	100	100	1	175	1
2	716	[A] Kh. Sanjita Chanu	175	RSPB	02-01-1994	49.000	74	77	79	79	1	95	95	95	95	2	174	2
3	189	[A] Jhilli Dalabehera	165	RSPB	03.02.1999	48.650	70	73	76	76	2	90	93	96	93	4	169	3
4	390	[A] Sakshi Mhaske	175	MHR	23.03.2001	49.000	73	73	76	76	3	88	91	92	92	5	168	4
5	406	[A] Sneha Soren	170	ORS	05.02.2001	48.750	70	73	75	75	5	91	95	95	91	6	166	5
6	675	[A] Gyaneshwari Yadav	160	C.G.	08.03.2003	48.850	71	74	76	74	6	84	84	87	87	10	161	6
7	626	[A] Kh. Roshibina Devi	150	ARN	05.03.2001	48.700	63	67	70	67	10	90	94	94	94	3	161	7
8	601	[A] Chetana Ghojage	163	MHR	05.08.1996	48.850	69	69	71	71	7	88	88	88	88	9	159	8
9	249	[A] Priyadarshini T.	161	TEL	03.03.2000	46.600	66	68	69	69	9	89	93	93	89	7	158	9
10	342	[A] Pooja Gupta	155	U.P.	08.10.1998	49.000	66	69	71	69	8	89	93	93	89	8	158	10
11	442	[B] Bornali Borah	148	ASM	31.07.2000	48.250	64	64	70	64	12	84	86	86	86	11	150	11
12	500	[A] Vidushi Sharma	160	M.P.	04.08.2002	48.800	64	64	64	64	13	85	89	89	85	12	149	12
	469	[A] Radha Soni	150	U.P.	27.04.2003	47.500	65	70	71	65	11	92	92	92	--		--	
	559	[A] Preety	151	HRN	15.08.2002	48.200	65	65	65	--		--	--	--	--		--	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) B. Venkatramiah, I-1 [A.P.]
3. C) Harbans Singh, I-1 [PUN]

Referee

- Center - Rajesh Kumar, I-1 [H.P.]
Left - K. Suryanarayana, I-2 [A.P.]
Right - Biku Sarita, N-1 [ARN]
Reserve - K.D.S. Nagra, N-1 [CHD]

Chief Marshal

1. Mona Sinha, N-2 [U.P.]
2. R. Kavitha, N-1 [TND]
3. Pradeep Kumar Yadav, N-1 [U.P.]

Time Keeper

1. Sangeeta Chhabra, N-1 [UKD]

Technical Controller

1. Yudhvir Singh, I-2 [J.K.]
2. Ravi Sharma, N-1 [RAJ]

Secretary

1. S. Shanmugavel, I-1 [TND]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2021-22

KIIT, BHUBANESWAR - ODISHA

19/03/2022 to 31/03/2022



RESULT SENIOR WOMEN 55 kg

Competition : 21.03.2022 09:00

Weigh in : 7:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	529	[A] Gauri Pandey	192	U.P.	15.06.1998	54.600	77	81	84	81	1	101	111	111	101	1	182	1
2	556	[A] Veerjeet Kaur	185	CHD	02.03.1999	54.200	79	81	83	81	2	97	100	103	100	3	181	2
3	327	[A] Shrabani Das	180	W.B.	16.03.2002	53.550	74	77	77	77	4	96	100	105	100	2	177	3
4	762	[A] Ph. Ranibala Devi	170	MNP	01.02.1998	54.050	75	75	78	75	5	90	95	100	95	4	170	4
5	165	[B] Ananya Patil	155	MHR	14.01.2001	53.650	71	74	77	77	3	85	89	91	91	6	168	5
6	784	[B] Lakshmi B	160	KRN	24.06.1999	54.450	68	72	72	72	6	87	91	94	91	5	163	6
7	89	[A] Pramila Krisani	165	ORS	09.01.1996	52.600	68	72	75	72	7	90	95	95	90	7	162	7
8	769	[B] Priya	150	HRN	28.11.2003	54.600	65	66	69	69	8	88	92	93	88	8	157	8
9	698	[B] Kiran	140	C.G.	24.08.1998	52.550	62	62	64	62	11	78	81	81	81	9	143	9
10	99	[B] Ranjana Yadav	140	C.G.	13.02.2000	50.600	62	62	64	64	10	78	78	80	78	10	142	10
	239	[A] Epham Quasar	160	ARN	25-03-2001	54.700	62	65	68	68	9	78	78	78	--		--	
	376	[B] K. Siva Kumari	150	A.P	15.07.2002	50.700	62	62	62	--		--	--	--	--		--	
	384	[A] S. Bindyarani Devi	202	MNP	27.01.1999	54.700	82	82	82	--		--	--	--	--		--	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) B. Venkatramiah, I-1 [A.P.]
3. C) Harbans Singh, I-1 [PUN]

Referee

- Center - Khushbu Singh Yadav, N-1 [U.P.]
Left - Ramesh Ch. Padhy, I-2 [ORS]
Right - D. Sailoo, N-2 [TEL]
Reserve - Harpal Singh, N-2 [PUN]

Chief Marshal

1. Mona Sinha, N-2 [U.P.]
2. R. Kavitha, N-1 [TND]
3. Pradeep Kumar Yadav, N-1 [U.P.]

Time Keeper

1. Sangeeta Chhabra, N-1 [UKD]

Technical Controller

1. Yudhvir Singh, I-2 [J.K.]
2. Ravi Sharma, N-1 [RAJ]

Secretary

1. S. Shanmugavel, I-1 [TND]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2021-22

KIIT, BHUBANESWAR - ODISHA

19/03/2022 to 31/03/2022



RESULT SENIOR WOMEN 59 kg

Competition : 24.03.2022 14:00

Weigh in : 12:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	607	[A] Popy Hazarika	190	RSPB	08-12-1998	58.450	81	85	87	85	1	103	106	110	110	1	195	1
2	331	[A] Davinder Kaur	185	AIPSCB	11-03-1995	58.900	80	82	83	82	2	102	104	106	104	3	186	2
3	309	[A] P. Shakhenbi Devi	185	MNP	03.04.1998	58.500	75	79	82	79	6	103	107	108	107	2	186	3
4	316	[A] Mohini	183	HRN	20.05.1999	58.850	81	84	84	81	3	103	103	106	103	5	184	4
5	149	[A] E. Deextiha	188	RSPB	25-09-1997	58.850	80	82	82	80	5	104	104	104	104	4	184	5
6	712	[A] Sukarna Adak	195	W.B.	10.01.2003	58.800	78	81	81	81	4	98	104	104	98	6	179	6
7	27	[B] M. Deepa Nayomi	160	A.P	24.06.2002	57.700	73	77	80	77	7	97	97	97	97	7	174	7
8	49	[B] T.M. Keerthana	160	TND	21.10.2004	55.600	72	77	77	77	8	90	96	96	96	8	173	8
9	87	[A] Moti Jani	177	ORS	06.10.2000	57.650	70	73	75	75	10	92	96	96	92	9	167	9
10	160	[A] Reema Bhoi	165	ORS	29.08.2002	57.600	67	74	74	74	11	85	92	101	92	10	166	10
11	662	[B] Sonali Yadu	160	C.G.	19.09.2002	58.500	70	72	75	75	9	90	90	96	90	13	165	11
12	193	[A] Ankita	175	RAJ	10.04.2006	58.950	72	75	75	72	12	91	93	93	91	12	163	12
13	735	[A] Ekta Walunj	175	MHR	31.03.2001	58.300	69	69	69	69	14	86	90	92	92	11	161	13
14	62	[B] Sushma Dhimar	146	C.G.	14.09.2000	58.100	67	70	72	70	13	82	85	85	82	14	152	14
	420	[B] Shilpa Devi	160	H.P.	01.11.1999	58.250	66	66	66	--		--	--	--	--		--	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) B. Venkatramiah, I-1 [A.P.]
3. C) Harbans Singh, I-1 [PUN]

Referee

- Center - Biku Sarita, N-1 [ARN]
 Left - K.D.S. Nagra, N-1 [CHD]
 Right - Rajesh Kumar, I-1 [H.P.]
 Reserve - K. Suryanarayana, I-2 [A.P.]

Chief Marshal

1. Mona Sinha, N-2 [U.P.]
2. R. Kavitha, N-1 [TND]
3. Pradeep Kumar Yadav, N-1 [U.P.]

Time Keeper

1. Sangeeta Chhabra, N-1 [UKD]

Technical Controller

1. Yudhvir Singh, I-2 [J.K.]
2. Ravi Sharma, N-1 [RAJ]

Secretary

1. S. Shanmugavel, I-1 [TND]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2021-22

KIIT, BHUBANESWAR - ODISHA

19/03/2022 to 31/03/2022



RESULT SENIOR WOMEN 64 kg

Competition : 26.03.2022 09:00

Weigh in : 7:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	1	[A] Jasvir Kaur	195	PUN	22.02.1993	63.250	83	85	85	85	2	106	110	113	113	1	198	1
2	655	[A] S. Pallavi	190	A.P	13.07.2003	62.550	83	83	86	86	1	104	108	110	108	3	194	2
3	504	[A] S. Nirupama Devi	195	RSPB	05-10-2000	63.650	78	81	82	82	4	107	110	114	110	2	192	3
4	368	[A] Komal Khan	180	IWLF	23-03-2001	64.000	81	81	84	84	3	103	106	108	106	4	190	4
5	629	[A] Ditimoni Sonowal	180	ASM	04.12.2003	63.250	80	82	82	82	5	98	103	106	103	5	185	5
6	288	[B] Ch. Nirmala Devi	160	ARN	19.06.2001	63.700	70	75	78	78	7	93	98	102	102	6	180	6
7	438	[A] K. Roshilata Devi	176	MNP	17.07.1999	63.750	73	77	80	77	8	93	93	98	98	7	175	7
8	315	[A] N. Sumanbala Devi	180	ARN	01.12.1992	60.550	73	76	79	76	9	90	95	95	95	8	171	8
9	36	[A] Sangeeta Padhy	168	ORS	21.03.2003	63.750	68	68	74	74	10	85	90	90	90	9	164	9
	727	[A] Annu	180	UKD	08-08-1997	63.100	80	80	83	80	6	98	98	98	--		--	
	285	[B] M. Anusha	150	TEL	22.08.2003	62.950	68	71	71	68	11	84	84	84	--		--	
	542	[A] G. Lalitha	200	A.P	08.09.1998	61.800	84	84	84	--		--	--	--	--		--	

Jury

1. A) K. Subramanya, I-1 [KRN]
2. B) G.P. Sharma, I-1 [U.P.]
3. C) Shyamala Shetty, I-1 [KRN]

Referee

Center - Santosh Sinhasane, I-1 [MHR]
Left - Geetha Ananda, N-1 [KRN]
Right - P.A. Jose, N-1 [KRL]
Reserve - Ranjit Bhattacharjee, N-1 [W.B.]

Chief Marshal

1. Komalpreet Kaur, N-2 [PUN]
2. Vijay Hooda, N-2 [AIPSCB]
3. Trupti Parasher, N-2 [MHR]

Time Keeper

1. P. Jagdish Patro, N-2 [ORS]

Technical Controller

1. Yogendra Sharma, N-1 [U.P.]
2. J.N. Nanda, N-1 [ORS]

Secretary

1. R.V.L.N. Ratnakara Rao, I-1 [A.P.]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2021-22

KIIT, BHUBANESWAR - ODISHA

19/03/2022 to 31/03/2022



RESULT SENIOR WOMEN 71 kg

Competition : 27.03.2022 13:30

Weigh in : 11:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	238	[A] Harjinder Kaur	205	PUN	14.10.1996	70.150	89	92	94	92	1	110	114	116	116	1	208	1
2	589	[A] Lalchhanhimi	210	MIZ	14.04.1992	69.150	87	87	87	87	2	116	116	116	116	2	203	2
3	400	[A] Amandeep Kaur	195	PUN	07.08.1989	68.300	81	83	83	83	4	103	105	107	107	3	190	3
4	71	[A] Armandeep Kaur	183	RAJ	07.10.2002	66.600	77	80	82	82	5	100	105	108	105	4	187	4
5	683	[A] Y. Poornasri	180	TND	19.08.2004	68.500	80	80	82	82	6	101	105	107	105	5	187	5
6	268	[A] Nikita Kale	185	MHR	22.07.2000	69.250	80	83	85	85	3	101	104	104	101	6	186	6
7	432	[A] Srasthi	199	U.P.	12.06.2002	67.950	81	82	82	82	7	101	106	106	101	7	183	7
8	425	[A] Trupti Mane	195	MHR	29.09.2001	68.100	80	80	80	80	9	100	104	105	100	8	180	8
9	204	[A] Renu	187	HRN	20.01.1992	70.350	75	80	82	80	8	100	100	105	100	9	180	9
10	669	[A] Ph.Roshni	170	ARN	12.08.2000	69.000	73	77	79	73	10	93	96	96	93	10	166	10
11	225	[A] Nicemol Thomas	180	KRL	09-12-1999	69.650	73	73	73	73	11	90	90	96	90	11	163	11
12	427	[B] Kh. Nungshiton Chanu	163	MNP	02.03.1998	64.350	72	72	72	72	12	86	86	91	86	12	158	12
13	494	[B] R. Ramya	165	A.P	08.06.1994	66.800	72	72	72	72	13	86	86	90	86	13	158	13

Jury

1. A) K. Subramanya, I-1 [KRN]
2. B) G.P. Sharma, I-1 [U.P.]
3. C) Shyamala Shetty, I-1 [KRN]

Referee

- Center - P.A. Jose, N-1 [KRL]
 Left - Ranjit Bhattacharjee, N-1 [W.B.]
 Right - Santosh Sinhasane, I-1 [MHR]
 Reserve - Geetha Ananda, N-1 [KRN]

Chief Marshal

1. Komalpreet Kaur, N-2 [PUN]
2. Vijay Hooda, N-2 [AIPSCB]
3. Trupti Parasher, N-2 [MHR]

Time Keeper

1. P. Jagdish Patro, N-2 [ORS]

Technical Controller

1. Yogendra Sharma, N-1 [U.P.]
2. J.N. Nanda, N-1 [ORS]

Secretary

1. R.V.L.N. Ratnakara Rao, I-1 [A.P.]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2021-22

KIIT, BHUBANESWAR - ODISHA

19/03/2022 to 31/03/2022



RESULT SENIOR WOMEN 76 kg

Competition : 27.03.2022 12:00

Weigh in : 10:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	451	[A] Punam Yadav	210	RSPB	09-07-1995	76.000	93	96	99	99	1	115	115	119	115	2	214	1
2	119	[A] R. Arockiya Alish	190	TND	05.11.2000	75.800	86	90	93	90	2	114	119	125	119	1	209	2
3	372	[A] Kh. Sarjubala Devi	205	MNP	10.01.1999	73.500	82	86	89	86	3	105	110	115	110	3	196	3
4	151	[A] A. Tumina Devi	179	MNP	26.01.1999	73.150	78	81	84	81	5	105	108	108	105	4	186	4
5	161	[A] Jyoti Yadav	188	HRN	16.01.2004	75.100	80	80	83	80	6	100	104	106	104	5	184	5
6	610	[B] P. Dhatri	170	A.P	22.06.2003	73.450	75	80	81	81	4	90	96	97	90	7	171	6
7	86	[B] Ananya K	170	KRL	13-10-2000	72.450	75	78	78	75	7	91	95	100	95	6	170	7
	317	[A] Radika Katoch	175	H.P.	22.08.2000	74.450	75	75	75	--		--	--	--	--		--	
	82	[A] Manisha	185	H.P.	14.11.1997	73.750	75	75	75	--		--	--	--	--		--	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) B. Venkatramiah, I-1 [A.P.]
3. C) Harbans Singh, I-1 [PUN]

Referee

- Center - Biku Sarita, N-1 [ARN]
Left - K.D.S. Nagra, N-1 [CHD]
Right - Rajesh Kumar, I-1 [H.P.]
Reserve - K. Suryanarayana, I-2 [A.P.]

Chief Marshal

1. Mona Sinha, N-2 [U.P.]
2. R. Kavitha, N-1 [TND]
3. Pradeep Kumar Yadav, N-1 [U.P.]

Time Keeper

1. Sangeeta Chhabra, N-1 [UKD]

Technical Controller

1. Yudhvir Singh, I-2 [J.K.]
2. Ravi Sharma, N-1 [RAJ]

Secretary

1. S. Shanmugavel, I-1 [TND]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2021-22

KIIT, BHUBANESWAR - ODISHA

19/03/2022 to 31/03/2022



RESULT SENIOR WOMEN 81 kg

Competition : 25.03.2022 13:00

Weigh in : 11:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	176	[A] Ku. Karityga	176	U.P.	15.09.1999	79.900	85	89	92	92	1	106	111	113	111	4	203	1
2	221	[A] Vanshita Verma	205	CHD	08.10.2001	76.150	81	84	87	87	5	110	110	114	114	1	201	2
3	7	[A] Pooja Yadav	189	U.P.	15.07.1996	76.500	85	88	91	88	3	107	110	112	110	5	198	3
4	155	[A] Rakhi	184	HRN	11.10.1996	78.950	80	84	87	87	4	109	113	113	109	6	196	4
5	687	[A] N. Lalitha	190	RSPB	13-05-1996	79.400	85	89	89	89	2	106	111	111	106	7	195	5
6	484	[A] Swathi Kishor	196	KRL	09-02-1998	77.250	82	86	87	82	7	113	117	117	113	2	195	6
7	740	[A] Akshata Kamati	200	KRN	07.08.1999	80.000	78	78	78	78	11	113	121	121	113	3	191	7
8	419	[A] Harmanpreet Kaur	194	PUN	09.10.2001	76.800	79	79	79	79	10	95	100	104	104	8	183	8
9	426	[A] T. Dharshini	180	TND	31.12.1998	76.700	80	80	84	80	9	100	107	107	100	11	180	9
10	668	[A] Jasmal Kaur	175	DEL	28.04.1991	78.400	77	80	82	80	8	95	100	100	100	12	180	10
11	585	[A] Rajeswari Behera	177	ORS	05.05.1997	79.350	77	77	77	77	12	98	102	105	102	9	179	11
12	291	[A] Monu	171	DEL	11.11.1996	79.050	76	80	80	76	13	100	104	104	100	10	176	12
	352	[A] Ritu	180	RAJ	10.12.1996	77.000	82	85	85	85	6	102	102	102	--		--	
	63	[B] Christina Tayeng	168	ARN	11.07.1998	80.950	76	76	76	--		--	--	--	--		--	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) B. Venkatramiah, I-1 [A.P.]
3. C) Harbans Singh, I-1 [PUN]

Referee

- Center - Geetha Ananda, N-1 [KRN]
 Left - P.A. Jose, N-1 [KRL]
 Right - Ranjit Bhattacharjee, N-1 [W.B.]
 Reserve - Santosh Sinhasane, I-1 [MHR]

Chief Marshal

1. Mona Sinha, N-2 [U.P.]
2. R. Kavitha, N-1 [TND]
3. Pradeep Kumar Yadav, N-1 [U.P.]

Time Keeper

1. Sangeeta Chhabra, N-1 [UKD]

Technical Controller

1. Yudhvir Singh, I-2 [J.K.]
2. Ravi Sharma, N-1 [RAJ]

Secretary

1. S. Shanmugavel, I-1 [TND]