



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING
CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT BOOK



JUNIOR



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



JUNIOR MEN'S MEDALLISTS

	LIFT	RANK	RESULT	NAME	BORN	TEAM
55 kg	TOTAL	1	254	MUKUND AHER	04-07-2003	MHR
		2	237	KOMAL MAHESWARI	07-06-2002	C.G.
		3	234	UDAY MAHAJAN	13-10-2003	MHR
61 kg	TOTAL	1	255	SHANKAR LAPUNG	22-09-2004	ARN
		2	242	SHENBAGARAJ.P	17-07-2002	TND
		3	241	GOLOM TINKU	12-05-2006	ARN
67 kg	TOTAL	1	278	GULSHAN KUMAR	01-01-2003	BHR
		2	277	ANIRUDDHA NIPANE	24-10-2003	MHR
		3	272	BENGIA TANI	26-02-2004	ARN
73 kg	TOTAL	1	277	KIRAN MARATHE	07-05-2003	MHR
		2	273	SHIVA CHOUDHARY	02-02-2004	DEL
		3	273	PRABAL PROTIM GOGOI	01-11-2004	ASM
81 kg	TOTAL	1	284	ANUBHAV SINGH	08-02-2002	RAJ
		2	281	BHAVESH SARANG	27-05-2002	C.G.
		3	278	AAMIR MALIK	10-09-2004	UKD
89 kg	TOTAL	1	312	ABHAY YADAV	10-07-2003	U.P.
		2	311	PRINCE MALIK	02-12-2002	J.K.
		3	306	SK.LAL BASHEER	13-05-2004	A.P.
96 kg	TOTAL	1	305	ALOK YADAV	29-12-2003	U.P.
		2	302	RAHUL	02-08-2003	HRN
		3	298	DILBAG SINGH	13-10-2004	PUN
102 kg	TOTAL	1	306	AMAN	08-03-2003	HRN
		2	283	ABHIMANYU PANDAY	27-01-2002	PUN
		3	282	GOLDY KHAN	01-09-2005	H.P.
109 kg	TOTAL	1	309	AKASH KAUSHAL	27-12-2002	M.P.
		2	298	GYANESH	06-03-2002	HRN
		3	297	BHOLA SINGH	05-05-2004	BHR
+109 kg	TOTAL	1	319	PARAMVIR SINGH	05-10-2006	CHD
		2	289	KESAV BISSA	17-12-2005	RAJ
		3	282	NAVJOT SINGH LAL	28-10-2004	C.G.



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



JUNIOR WOMEN'S MEDALLISTS

	LIFT	RANK	RESULT	NAME	BORN	TEAM
45 kg	TOTAL	1	160	SUFNA JASMIN P.S.	25-10-2002	KRL
		2	148	B. RAJESWARI	10-02-2002	A.P.
		3	143	ANJALI PATEL	10-08-2004	U.P.
49 kg	TOTAL	1	170	GYANESHWARI YADAV	08-03-2003	C.G.
		2	163	PREETI	15-08-2002	HRN
		3	161	PANCHAMI SONOWAL	05-05-2005	ASM
55 kg	TOTAL	1	183	USHA	09-02-2003	HRN
		2	168	L. NILAM DEVI	06-10-2004	MNP
		3	167	VIDUSHI SHARMA	04-08-2002	M.P.
59 kg	TOTAL	1	184	SONAM SINGH	18-12-2004	U.P.
		2	180	M.DEEPANAYOMI	24-06-2002	A.P.
		3	178	NIKITA KAMLAKAR	10-12-2005	MHR
64 kg	TOTAL	1	192	BHAWNA	20-07-2005	HRN
		2	187	DITIMONI SONOWAL	04-12-2003	ASM
		3	179	KH. ANJALI DEVI	03-06-2003	MNP
71 kg	TOTAL	1	194	NAVDEEP KAUR	15-11-2003	PUN
		2	193	SRASHTI	12-06-2002	U.P.
		3	176	M.LEKHAMAALYA	19-08-2003	TND
76 kg	TOTAL	1	198	ANJANA SREEJITH	25-02-2003	KRL
		2	193	SANJANA	18-01-2007	HRN
		3	181	V. SAHITHI	15-10-2002	TEL
81 kg	TOTAL	1	199	TAMANA	10-05-2002	HRN
		2	191	KALPANA YADAV	10-07-2002	U.P.
		3	172	AMRITHA P.SUNI	16-01-2007	KRL
87 kg	TOTAL	1	173	DEEKSHA	30-11-2002	CHD
		2	172	SONAM YADAV	11-11-2003	U.P.
		3	167	ABHISHIKTA KADULURI	26-04-2004	ORS
+87 kg	TOTAL	1	200	M. MARTINA DEVI	21-03-2006	MNP
		2	170	R.GAYATRI	21-11-2003	A.P.
		3	163	AAHANA KAPURIA	15-03-2005	MHR



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



JUNIOR SUMMARY TEAM CLASSIFICATION

No.	Team	MEN	WOMEN	SUMMARY
1	MHR : MHR	220/10	174/10	394/20
2	HRN : HRN	172/10	209/9	381/19
3	U.P. : U.P.	166/9	204/10	370/19
4	A.P. : A.P.	150/10	190/10	340/20
5	TND : TND	182/10	129/7	311/17
6	ORS : ORS	140/8	134/8	274/16
7	PUN : PUN	161/9	67/6	228/15
8	KRL : KRL	84/8	142/7	226/15
9	ASM : ASM	72/4	152/9	224/13
10	ARN : ARN	98/7	116/6	214/13
11	MNP : MNP	52/3	159/8	211/11
12	C.G. : C.G.	123/6	60/3	183/9
13	M.P. : M.P.	130/10	45/2	175/12
14	RAJ : RAJ	156/10	13/4	169/14
15	DEL : DEL	100/9	51/4	151/13
16	J.K. : J.K.	98/6	34/6	132/12
17	PON : PON	21/1	109/6	130/7
18	BHR : BHR	104/7	22/2	126/9
19	CHD : CHD	61/5	41/2	102/7
20	KRN : KRN	28/4	74/6	102/10
21	TEL : TEL	35/3	38/2	73/5
22	H.P. : H.P.	61/6	0/3	61/9
23	MIZ : MIZ	57/4	0/0	57/4
24	UKD : UKD	36/8	21/1	57/9
25	GUJ : GUJ	14/1	22/1	36/2
26	W.B. : W.B.	15/2	0/2	15/4



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



JUNIOR MEN'S TEAM CLASSIFICATION

No.	Team	55 kg	61 kg	67 kg	73 kg	81 kg	89 kg	96 kg	102 kg	109 kg	+109 kg	TOTAL
1	MHR : MHR	51/2	22/1	39/2	50/2	-	22/1	19/1	-	17/1	-	220/10
2	TND : TND	39/2	25/1	40/2	16/1	0/1	21/1	-	-	22/1	19/1	182/10
3	HRN : HRN	13/1	-	0/1	20/1	39/2	-	25/1	28/1	25/2	22/1	172/10
4	U.P. : U.P.	-	-	13/1	18/1	22/2	28/1	28/1	19/1	21/1	17/1	166/9
5	PUN : PUN	-	-	8/1	14/1	16/1	20/1	43/2	40/2	-	20/1	161/9
6	RAJ : RAJ	-	-	-	12/1	55/3	-	0/1	-	46/3	43/2	156/10
7	A.P. : A.P.	22/1	-	12/1	-	21/2	41/2	21/2	18/1	-	15/1	150/10
8	ORS : ORS	18/1	35/2	-	34/2	-	-	22/1	-	15/1	16/1	140/8
9	M.P. : M.P.	17/1	16/2	0/1	-	-	31/2	0/1	17/1	28/1	21/1	130/10
10	C.G. : C.G.	40/2	35/2	-	-	25/1	-	-	-	-	23/1	123/6
11	BHR : BHR	-	0/1	49/2	13/2	-	19/1	-	-	23/1	-	104/7
12	DEL : DEL	-	-	11/2	42/2	15/2	-	0/1	16/1	16/1	-	100/9
13	J.K. : J.K.	-	0/1	17/1	-	-	41/2	-	22/1	18/1	-	98/6
14	ARN : ARN	14/2	51/2	33/2	0/1	-	-	-	-	-	-	98/7
15	KRL : KRL	12/2	-	0/1	11/1	12/1	15/1	-	21/1	-	13/1	84/8
16	ASM : ASM	16/1	-	16/1	23/1	-	-	17/1	-	-	-	72/4
17	CHD : CHD	-	-	-	-	0/2	-	-	13/1	20/1	28/1	61/5
18	H.P. : H.P.	-	0/1	0/1	0/1	-	-	18/1	43/2	-	-	61/6
19	MIZ : MIZ	-	0/1	39/2	-	18/1	-	-	-	-	-	57/4
20	MNP : MNP	21/1	14/1	-	-	17/1	-	-	-	-	-	52/3
21	UKD : UKD	-	13/1	0/2	0/2	23/2	0/1	-	-	-	-	36/8
22	TEL : TEL	-	-	-	21/1	0/1	-	-	14/1	-	-	35/3
23	KRN : KRN	0/1	19/1	9/1	-	-	0/1	-	-	-	-	28/4
24	PON : PON	-	21/1	-	-	-	-	-	-	-	-	21/1
25	W.B. : W.B.	-	-	15/1	-	-	-	-	-	-	0/1	15/2
26	GUJ : GUJ	-	-	-	-	-	-	-	-	-	14/1	14/1



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



JUNIOR WOMEN'S TEAM CLASSIFICATION

No.	Team	45 kg	49 kg	55 kg	59 kg	64 kg	71 kg	76 kg	81 kg	87 kg	+87 kg	TOTAL
1	HRN : HRN	-	43/2	28/1	-	28/1	-	39/2	50/2	21/1	-	209/9
2	U.P. : U.P.	23/1	22/1	16/1	28/1	0/1	25/1	18/1	25/1	25/1	22/1	204/10
3	A.P. : A.P.	25/1	-	17/1	46/2	36/2	41/2	0/1	-	-	25/1	190/10
4	MHR : MHR	21/1	20/1	0/1	36/2	17/1	14/1	43/2	-	-	23/1	174/10
5	MNP : MNP	-	21/1	25/1	29/2	23/1	21/1	12/1	-	-	28/1	159/8
6	ASM : ASM	35/2	39/2	18/1	18/1	25/2	17/1	-	-	-	-	152/9
7	KRL : KRL	28/1	-	15/1	-	-	12/1	28/1	23/1	19/1	17/1	142/7
8	ORS : ORS	-	19/1	20/1	16/1	18/2	-	17/1	21/1	23/1	-	134/8
9	TND : TND	20/1	32/2	-	17/1	-	23/1	-	-	-	37/2	129/7
10	ARN : ARN	31/2	-	21/1	42/2	22/1	-	-	-	-	-	116/6
11	PON : PON	-	-	19/1	-	40/2	16/1	34/2	-	-	-	109/6
12	KRN : KRN	-	0/1	12/1	12/1	-	18/1	16/1	-	-	16/1	74/6
13	PUN : PUN	19/1	-	0/1	0/1	-	28/1	20/1	-	-	0/1	67/6
14	C.G. : C.G.	-	28/1	-	19/1	-	13/1	-	-	-	-	60/3
15	DEL : DEL	-	-	0/1	11/1	-	20/1	-	-	20/1	-	51/4
16	M.P. : M.P.	22/1	-	23/1	-	-	-	-	-	-	-	45/2
17	CHD : CHD	-	-	-	-	-	-	13/1	-	28/1	-	41/2
18	TEL : TEL	-	-	-	-	-	15/1	23/1	-	-	-	38/2
19	J.K. : J.K.	-	-	14/1	0/1	0/2	-	0/1	-	-	20/1	34/6
20	GUJ : GUJ	-	-	-	-	-	-	-	-	22/1	-	22/1
21	BHR : BHR	-	-	22/1	0/1	-	-	-	-	-	-	22/2
22	UKD : UKD	-	-	-	-	-	-	-	-	-	21/1	21/1
23	RAJ : RAJ	-	0/1	13/2	-	0/1	-	-	-	-	-	13/4
24	W.B. : W.B.	-	-	0/2	-	-	-	-	-	-	-	0/2
25	H.P. : H.P.	-	-	0/1	-	-	0/1	0/1	-	-	-	0/3



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



JUNIOR SUMMARY MEDALS

No.	Team	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1	HRN : HRN	4	4		2	1	2	1	1				1	1					
2	U.P. : U.P.	3	3	1	3	1		1	2	1	1			1					
3	MHR : MHR	2	1	3	4	2	1	1		2			2	1					
4	KRL : KRL	2		1		1		1		1		2		1	3	1			
5	CHD : CHD	2					1							2					
6	C.G. : C.G.	1	2	1				1	1	1		1		1					
7	MNP : MNP	1	1	1		3				1		1	2		1				
8	PUN : PUN	1	1	1			4	1			1	1	1						1
9	RAJ : RAJ	1	1					1	1				2	3	1				
10	ARN : ARN	1		2	2	1	1				1	1	1				1		
11	BHR : BHR	1		1	1	1		1						1					
12	M.P. : M.P.	1		1	1	1				3	1		1						
13	A.P. : A.P.		3	1	2	3	1	1	2	1	1	1			1				
14	ASM : ASM		1	2					3	3	3								
15	TND : TND		1	1	2	1	2	3	2	2	1	1							
16	J.K. : J.K.		1		1		1		1	1	1		1						
17	DEL : DEL		1				2			1	2	1				2			
18	ORS : ORS			1	1	1	2	2	2	1	2	3							
19	TEL : TEL			1		1						1	1						
20	UKD : UKD			1		1								1					
21	H.P. : H.P.			1			1		1										
22	GUJ : GUJ				1								1						
23	PON : PON					2		3			1	1							
24	MIZ : MIZ						1	1	1										
25	KRN : KRN							1	1		2				2				1
26	W.B. : W.B.											1							



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



JUNIOR MEN 's MEDALS

No.	Team	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1	MHR : MHR	2	1	1	3			1		1			1						
2	U.P. : U.P.	2			1	1		1	1	1				1					
3	HRN : HRN	1	2		1		2	1						1					
4	RAJ : RAJ	1	1					1	1				2	2	1				
5	ARN : ARN	1		2									1				1		
6	BHR : BHR	1		1		1		1						1					
7	M.P. : M.P.	1				1				3	1		1						
8	CHD : CHD	1					1							1					
9	C.G. : C.G.		2	1					1	1		1							
10	PUN : PUN		1	1			3				1	1	1						1
11	TND : TND		1		2	1	1	2	1		1								
12	J.K. : J.K.		1		1				1	1	1								
13	DEL : DEL		1							1	2	1				1			
14	A.P. : A.P.			1	1	2			2			1			1				
15	H.P. : H.P.			1			1		1										
16	ASM : ASM			1						1	2								
17	UKD : UKD			1										1					
18	ORS : ORS				1		1	1	1		1	3							
19	MNP : MNP					1				1			1						
20	KRL : KRL					1						1		1	2	1			
21	TEL : TEL					1							1						
22	PON : PON					1													
23	MIZ : MIZ						1	1	1										
24	KRN : KRN							1										1	
25	W.B. : W.B.											1							
26	GUJ : GUJ												1						



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



JUNIOR WOMEN 's MEDALS

No.	Team	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1	HRN : HRN	3	2		1	1			1				1			
2	KRL : KRL	2		1				1		1		1			1	
3	U.P. : U.P.	1	3	1	2				1		1					
4	MNP : MNP	1	1	1		2						1	1		1	
5	PUN : PUN	1					1	1								
6	C.G. : C.G.	1						1						1		
7	CHD : CHD	1												1		
8	A.P. : A.P.		3		1	1	1	1		1	1					
9	ASM : ASM		1	1					3	2	1					
10	MHR : MHR			2	1	2	1			1			1	1		
11	M.P. : M.P.			1	1											
12	ORS : ORS			1		1	1	1	1	1	1					
13	TND : TND			1			1	1	1	2		1				
14	TEL : TEL			1								1				
15	ARN : ARN				2	1	1				1	1				
16	GUJ : GUJ				1											
17	BHR : BHR				1											
18	PON : PON					1		3			1	1				
19	UKD : UKD					1										
20	DEL : DEL						2									1
21	J.K. : J.K.						1						1			
22	KRN : KRN								1		2				2	
23	RAJ : RAJ													1		
24	H.P. : H.P.															
25	W.B. : W.B.															



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT JUNIOR MEN 55 kg

Competition : 30.12.2022 08:00

Weigh in : 6:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	443	[A] MUKUND AHER	240	MHR	04-07-2003	54.800	108	112	114	114	1	132	135	140	140	1	254	1
2	47	[A] KOMAL MAHESWARI	235	C.G.	07-06-2002	54.550	100	104	104	100	5	131	135	137	137	2	237	2
3	615	[A] UDAY MAHAJAN	240	MHR	13-10-2003	54.800	103	103	106	103	3	131	131	135	131	4	234	3
4	621	[A] S.GURU NAIDU	240	A.P.	09-05-2006	54.900	100	104	106	104	2	125	129	133	129	6	233	4
5	482	[A] N. TOMCHOU MEETEI	230	MNP	03-04-2006	54.300	98	102	102	102	4	125	130	135	130	5	232	5
6	295	[A] LOKESH K R	220	TND	16-12-2002	54.800	95	99	99	99	8	125	131	137	131	3	230	6
7	373	[B] BALAJI P	215	TND	05-01-2002	54.570	93	96	99	99	7	116	120	123	120	9	219	7
8	353	[A] KUMBHESWAR MALLIK	217	ORS	20-06-2002	54.450	90	95	100	95	10	117	122	126	122	7	217	8
9	683	[A] VIJAY PRAJAPATI	230	M.P.	13-12-2005	53.800	96	96	100	96	9	114	119	120	120	10	216	9
10	832	[B] SURAJIT CHANGMAI	205	ASM	22-07-2003	54.900	90	90	94	94	11	115	120	125	120	8	214	10
11	13	[A] RAJA BHARTI	220	C.G.	19-12-2003	54.000	96	100	102	100	6	112	112	112	112	14	212	11
12	159	[B] SOSAR TAMA	200	ARN	16-01-2006	54.620	84	87	90	87	13	114	117	119	117	11	204	12
13	807	[B] MANOJ	210	HRN	08-01-2004	54.400	86	89	89	86	14	115	119	121	115	12	201	13
14	146	[B] SIBIN PRASAD	197	KRL	09-04-2002	54.880	84	84	84	84	16	112	115	117	115	13	199	14
	186	[C] SUSHANTH	170	KRN	18-08-2003	54.890	85	89	93	89	12	112	112	112	--		--	
	196	[B] DERRIC PAUL S.S	197	KRL	19-03-2002	54.060	84	--	--	84	15	112	112	--	--		--	
	142	[C] TADAR TAGING	190	ARN	03-08-2004	54.780	84	84	84	--		--	--	--	--		--	

BREAK RECORDS

JUNIORS-NLS JUNIOR MEN 55 kg SNATCH : SANKET SARGAR [MHR] 108 ----> MUKUND AHER [MHR] 114

JUNIORS-NLS JUNIOR MEN 55 kg CLEAN&JERK : SHUBHAM KOLEKAR [MHR] 139 ----> MUKUND AHER [MHR] 140

JUNIORS-NLS JUNIOR MEN 55 kg TOTAL : SANKET SARGAR [MHR] 244 ----> MUKUND AHER [MHR] 254

SENIOR MEN 55 kg SNATCH : SANKET SARGAR [MHR] 113 ----> MUKUND AHER [MHR] 114

SENIOR MEN 55 kg CLEAN&JERK : S.GURU NAIDU [A.P.] 126 ----> N. TOMCHOU MEETEI [MNP] 130

SENIOR MEN 55 kg TOTAL : S.GURU NAIDU [A.P.] 230 ----> S.GURU NAIDU [A.P.] 233

Referee - Harbans Singh [PUN]

Reserve - Ranjeet Bhattacharjee N-1 [W.B.]

I-1

1. Geetha Ananda N-1 [KRN]

Chief Marshal

Technical Controller

1. Anamath Tyagi I-2 [U.P.]

2. K. Suryanarayana I-2 [A.P.]

Secretary

1. Badeti Venkatramaiah I-1 [A.P.]

Time Keeper



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT JUNIOR MEN 61 kg

Competition : 31.12.2022 08:00

Weigh in : 6:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	812	[A] SHANKAR LAPUNG	240	ARN	22-09-2004	60.680	108	112	112	112	1	137	143	145	143	1	255	1
2	157	[B] SHENBAGARAJ.P	230	TND	17-07-2002	60.150	103	107	107	103	4	135	139	142	139	2	242	2
3	337	[A] GOLOM TINKU	235	ARN	12-05-2006	60.390	103	106	109	106	2	130	135	135	135	3	241	3
4	141	[A] SHUBHAM KALBHOR	250	MHR	01-01-2004	61.000	103	103	106	106	3	127	131	136	131	4	237	4
5	410	[B] PATTI MAHESH	227	PON	16-08-2003	60.100	96	98	101	101	7	123	128	128	128	6	229	5
6	833	[B] SADANANDA BARIHA	222	ORS	15-01-2006	60.730	95	100	103	103	5	125	125	128	125	8	228	6
7	20	[C] CHIRANJEEVI	210	KRN	04-01-2004	60.980	95	100	100	95	12	125	130	134	130	5	225	7
8	168	[B] TOMAN KUMAR BHARTI	220	C.G.	05-08-2003	60.170	95	100	100	100	9	120	120	125	125	9	225	8
9	674	[B] RAHUL JANGDE	226	C.G.	20-06-2002	60.390	95	95	100	100	8	123	127	127	123	11	223	9
10	213	[B] SUMIT KUMAR RAJPUT	230	M.P.	22-08-2006	60.300	98	98	98	98	11	124	124	131	124	10	222	10
11	177	[C] KRUSHNA CHANDRA NAYAK	211	ORS	08-08-2003	60.500	90	95	98	95	13	120	120	125	125	7	220	11
12	435	[B] BD SUTHA	230	MNP	09-12-2004	59.650	95	95	98	98	10	120	122	122	120	13	218	12
13	125	[B] MANOHAR KUMAR	230	UKD	25-10-2005	58.570	95	100	100	95	14	120	125	128	120	12	215	13
	460	[A] SHAM LAL	236	H.P.	12-09-2004	60.300	98	102	105	102	6	124	124	124	--		--	
	777	[B] SHEIKH ARSHAN	230	M.P.	28-11-2002	59.110	91	94	96	94	15	120	120	120	--		--	
	613	[C] RISHABH	215	J.K.	07-03-2004	60.270	90	93	95	93	16	120	120	120	--		--	
	320	[B] SONU KUMAR	230	BHR	01-02-2005	60.600	104	104	104	--		--	--	--		--		
	395	[C] VANLALRUATA	220	MIZ	06-10-2005	59.330	95	95	95	--		--	--	--		--		

Jury

1. Kumbasi Subramanya I-1 [KRN]
2. Rajesh Kumar I-1 [H.P.]
3. Hansa Sharma I-1 [UKD]

Referee

- Center - K.D.S. Nagra N-1 [CHD]
 Left - Ravi Sharma N-1 [RAJ]
 Right - Ranu Mohanty N-1 [ORS]
 Reserve - Rajneesh Bhaskar I-2 [BHR]

Chief Marshal

1. Kamaldeep Singh N-1 [CHD]
2. Chanchal Yadav N-2 [H.P.]

Time Keeper

1. Swati Singh N-1 [RSPB]

Technical Controller

1. R. Kavitha N-1 [TND]
2. Yogendra N-1 [U.P.]

Secretary

1. Sukhchain Singh I-2 [HRN]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT JUNIOR MEN 67 kg

Competition : 01.01.2023 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	44	[A] GULSHAN KUMAR	285	BHR	01-01-2003	66.330	116	119	121	119	7	150	154	159	159	1	278	1
2	421	[A] ANIRUDDHA NIPANE	285	MHR	24-10-2003	66.330	118	121	124	121	2	150	153	156	156	2	277	2
3	494	[C] BENGIA TANI	260	ARN	26-02-2004	66.100	117	121	123	121	1	151	157	157	151	3	272	3
4	111	[B] LOGESWARAN .S	265	TND	17-05-2004	66.730	117	120	123	120	5	142	146	148	148	8	268	4
5	432	[B] KANHAIYA KUMAR	281	BHR	03-03-2002	66.040	120	123	123	120	3	147	147	149	147	9	267	5
6	458	[B] JACOB VANLALTLUANGA	270	MIZ	17-02-2002	66.740	120	123	123	120	4	140	145	146	146	10	266	6
7	253	[B] MH.SILVAN BEIHROTHATLO	260	MIZ	21-08-2004	66.520	111	116	120	116	8	148	148	152	148	7	264	7
8	430	[B] GURUKANNAN.K	265	TND	04-01-2003	66.460	111	116	116	111	13	150	156	156	150	5	261	8
9	423	[C] NIRBHAY PRATAP SINGH	260	J.K.	22-06-2003	66.900	112	112	115	112	10	140	145	148	148	6	260	9
10	93	[B] BEDABRAT BHARALI	265	ASM	19-03-2007	65.990	115	119	121	119	6	136	136	140	140	15	259	10
11	87	[B] KALLOL MAL	260	W.B.	31-08-2005	66.950	108	112	112	112	11	139	143	143	143	11	255	11
12	813	[C] MAHADEV VADER	253	MHR	12-07-2005	66.420	110	110	113	113	9	135	140	140	140	14	253	12
13	310	[C] ANUJ KUMAR	242	U.P.	16-05-2002	66.030	105	109	111	111	12	135	135	140	140	13	251	13
14	134	[C] G.HEMANTH KUMAR	245	A.P.	31-01-2002	66.780	101	101	104	101	20	139	150	150	150	4	251	14
15	804	[B] ANIL CHOUDHARY	262	DEL	15-03-2004	66.470	107	107	110	110	14	136	141	145	141	12	251	15
16	685	[D] KAMPU DEGIO	240	ARN	26-03-2006	64.900	107	111	111	107	15	130	135	140	135	16	242	16
17	175	[C] TIPPANNA S L	245	KRN	30-04-2002	66.960	104	104	107	104	17	133	136	136	133	17	237	17
18	346	[C] LOVEDEEP SINGH	245	PUN	25-07-2002	66.560	102	105	105	102	18	131	134	134	131	18	233	18



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT JUNIOR MEN 67 kg

Competition : 01.01.2023 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
	287	[C] MOHIT	245	HRN	07-06-2002	65.650	102	105	108	105	16	130	130	130	--		--	
	797	[C] YAAD RAM	250	H.P.	01-05-2002	65.640	102	102	105	102	19	133	133	--	--		--	
	329	[D] ARJUN TOMER	235	DEL	02-02-2004	66.630	95	100	105	100	21	130	130	130	--		--	
	249	[C] MOHIT	245	M.P.	02-09-2004	66.400	100	104	105	100	22	130	--	--	--		--	
	670	[D] ROHAN	230	UKD	03-06-2004	66.780	96	101	101	96	23	130	130	--	--		--	
	512	[D] JEEVAN A.REJI	225	KRL	29-10-2002	66.500	95	95	95	95	24	130	130	130	--		--	
	605	[D] ASHIF	230	UKD	11-11-2004	66.940	100	100	100	--		--	--	--	--		--	

Jury

1. Kumbasi Subramanya I-1 [KRN]
2. Rajesh Kumar I-1 [H.P.]
3. Hansa Sharma I-1 [UKD]

Referee

Center - Pramod N. Cholkar N-1 [MHR]
Left - KOMALPREET KAUR, N-2 [PUN]
Right - Nirlep Singh I-2 [U.P.]
Reserve - Ramesh Ch. Padhy I-2 [ORS]

Chief Marshal

1. Kamaldeep Singh N-1 [CHD]
2. Chanchal Yadav N-2 [H.P.]

Time Keeper

1. Swati Singh N-1 [RSPB]

Technical Controller

1. Suraj Verma N-1 [BHR]
2. Rajkumar Jamwal N-1 [H.P.]

Secretary

1. Sukhchain Singh I-2 [HRN]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT JUNIOR MEN 73 kg

Competition : 02.01.2023 08:00

Weigh in : 6:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	138	[A] KIRAN MARATHE	280	MHR	07-05-2003	72.550	122	125	125	122	3	155	--	--	155	1	277	1
2	144	[A] SHIVA CHOUDHARY	281	DEL	02-02-2004	72.700	120	123	125	123	1	145	150	154	150	6	273	2
3	205	[A] PRABAL PROTIM GOGOI	280	ASM	01-11-2004	72.980	116	119	122	119	7	148	154	156	154	2	273	3
4	180	[A] ABHISHEK MAHAJAN	280	MHR	13-01-2002	72.300	118	121	121	121	5	151	154	154	151	4	272	4
5	727	[B] A.V. YASHWANTH	270	TEL	09-11-2002	72.710	115	119	122	122	2	149	149	153	149	7	271	5
6	155	[C] AMAN	260	HRN	10-08-2002	72.570	115	120	125	120	6	145	150	154	150	5	270	6
7	314	[B] KULDEEP SAHU	270	ORS	15-01-2004	72.900	118	121	124	121	4	145	149	149	149	8	270	7
8	700	[B] PRAVESH BAISOYA	265	U.P.	02-05-2003	72.400	110	115	115	115	11	142	147	151	151	3	266	8
9	475	[B] R.S.TARUN SHARMA	265	DEL	22-10-2004	72.650	113	117	120	117	10	145	149	150	145	9	262	9
10	831	[B] HARIKARAN.B	265	TND	07-03-2002	72.030	117	120	120	117	9	142	147	147	142	10	259	10
11	188	[D] HRUDANANDA DAS	238	ORS	09-06-2007	72.950	105	108	111	111	13	137	137	137	137	11	248	11
12	758	[C] GURLAL CHAUHAN	261	PUN	03-03-2004	72.980	108	108	112	112	12	136	139	--	136	12	248	12
13	747	[D] SHANKAR KUMAR	230	BHR	15-06-2003	69.870	100	100	104	100	19	128	133	140	133	13	233	13
14	290	[D] VISHNU KUMAR	235	RAJ	15-12-2003	71.530	100	105	105	100	16	131	131	--	131	14	231	14
15	382	[D] TINS P. DAS	230	KRL	12-02-2002	70.690	100	103	104	100	17	130	130	134	130	15	230	15
	232	[C] RAVINDRA SINGH	261	UKD	23-06-2002	72.450	117	117	117	117	8	142	142	142	--		--	
	485	[C] TALUK BAGE	245	ARN	01-07-2004	72.050	110	118	118	110	14	136	136	--	--		--	
	145	[B] BOBBY SHARMA	265	UKD	05-10-2004	72.870	104	104	107	107	15	141	141	141	--		--	



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT JUNIOR MEN 73 kg

Competition : 02.01.2023 08:00

Weigh in : 6:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
	179	[D] JATIN	230	H.P.	18-01-2002	72.190	100	100	104	100	18	--	--	--	--	--	--	--
	487	[B] SAURYA PRATAP SINGH	270	BHR	01-07-2004	72.730	110	110	110	--	--	--	--	--	--	--	--	--

Jury

1. Kumbasi Subramanya I-1 [KRN]
2. Rajesh Kumar I-1 [H.P.]
3. Hansa Sharma I-1 [UKD]

Referee

- Center - K.D.S. Nagra N-1 [CHD]
Left - Ravi Sharma N-1 [RAJ]
Right - Ranu Mohanty N-1 [ORS]
Reserve - Rajneesh Bhaskar I-2 [BHR]

Chief Marshal

1. Kamaldeep Singh N-1 [CHD]
2. Chanchal Yadav N-2 [H.P.]

Time Keeper

1. Swati Singh N-1 [RSPB]

Technical Controller

1. R. Kavitha N-1 [TND]
2. Yogendra N-1 [U.P.]

Secretary

1. Sukhchain Singh I-2 [HRN]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT JUNIOR MEN 81 kg

Competition : 03.01.2023 09:30

Weigh in : 7:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	468	[A] ANUBHAV SINGH	300	RAJ	08-02-2002	79.210	125	129	132	129	3	155	159	160	155	1	284	1
2	450	[A] BHAVESH SARANG	295	C.G.	27-05-2002	80.130	130	130	133	130	2	151	156	156	151	4	281	2
3	821	[B] AAMIR MALIK	290	UKD	10-09-2004	80.360	123	127	131	131	1	147	152	152	147	8	278	3
4	486	[B] AKASH	290	U.P.	11-04-2002	80.850	122	125	125	125	5	150	155	156	150	6	275	4
5	418	[C] B. ADINARAYANA	265	A.P.	26-12-2004	80.580	120	126	126	126	4	147	151	151	147	7	273	5
6	681	[B] SHANKAR	280	HRN	10-12-2005	80.050	118	122	125	122	7	150	151	151	151	3	273	6
7	587	[B] SUMIT	270	HRN	12-12-2002	80.660	120	124	124	120	11	151	156	159	151	2	271	7
8	296	[B] LALRUATFELA	280	MIZ	05-03-2006	80.120	120	120	124	120	12	150	154	154	150	5	270	8
9	392	[C] O. BIKASH SINGH	252	MNP	03-05-2004	80.630	113	117	120	117	13	138	141	141	138	10	255	9
10	250	[C] HARKIRAT SINGH	264	PUN	14-11-2004	77.550	110	110	110	110	16	135	141	147	141	9	251	10
11	377	[C] SHIVANSH SHARMA	260	DEL	19-10-2002	73.960	113	117	117	113	14	135	139	139	135	13	248	11
12	292	[A] BANSI LAL	240	RAJ	07-01-2003	65.400	110	114	114	110	17	130	130	137	137	11	247	12
13	455	[D] RINKU VERMA	240	RAJ	25-12-2002	79.140	105	--	--	105	18	135	140	140	135	12	240	13
14	361	[C] GOKUL DAVID	250	KRL	29-06-2002	80.690	105	109	110	105	20	135	135	--	135	14	240	14
	505	[B] KRISHNABARATHI.N	280	TND	24-01-2003	79.430	124	127	127	124	6	152	152	152	--		--	
	501	[A] KULDEEP KUMAR	300	U.P.	01-01-2002	79.840	122	125	125	122	8	163	163	163	--		--	
	103	[C] MANI DHIMAN	242	CHD	14-02-2006	73.830	113	118	121	121	9	140	140	140	--		--	
	761	[C] M.ASHOK	265	A.P.	21-12-2003	80.600	120	120	120	120	10	149	149	149	--		--	



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT JUNIOR MEN 81 kg

Competition : 03.01.2023 09:30

Weigh in : 7:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
	342	[C] MAHAVEER YADAV	251	UKD	21-10-2002	80.620	108	111	111	111	15	137	137	137	--		--	
	360	[C] ARYAN CHOUDHARY	241	DEL	27-03-2003	73.770	105	110	110	105	19	135	135	135	--		--	
	203	[A] GURKARAN SINGH	310	CHD	26-06-2003	79.200	135	135	135	--		--	--	--	--		--	
	372	[B] D. GANESH	278	TEL	13-06-2004	80.040	123	123	123	--		--	--	--	--		--	

Jury

1. Pal Singh Sandhu I-1 [U.P.]
2. RVLN Ratnakar Rao I-1 [A.P.]
3. Shyamala Shetty I-1 [KRN]

Referee

- Center - Ujwala Mane N-2 [MHR]
Left - Narayan Sahu [ORS]
Right - Harbans Singh [PUN]
Reserve - Ranjeet Bhattacharjee N-1 [W.B.]

Chief Marshal

1. Vijay Hooda N-1 [AIPSCB]
2. Dr. Pawan Kumar Patial N-2 [H.P.]

Time Keeper

1. Geetha Ananda N-1 [KRN]

Technical Controller

1. Amarnath Tyagi I-2 [U.P.]
2. K. Suryanarayana I-2 [A.P.]

Secretary

1. Badeti Venkatramaiah I-1 [A.P.]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT JUNIOR MEN 89 kg

Competition : 04.01.2023 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	739	[A] ABHAY YADAV	315	U.P.	10-07-2003	88.900	141	141	145	141	2	167	171	174	171	1	312	1
2	411	[A] PRINCE MALIK	310	J.K.	02-12-2002	88.270	140	144	147	147	1	164	164	169	164	3	311	2
3	151	[B] SK.LAL BASHEER	290	A.P.	13-05-2004	88.200	131	136	140	140	3	159	166	172	166	2	306	3
4	671	[B] SANIDHYA MORE	270	MHR	26-03-2005	87.770	125	129	131	131	4	142	150	156	156	4	287	4
5	118	[B] HARISH.B	280	TND	18-01-2003	87.270	121	124	127	124	5	151	158	158	151	6	275	5
6	640	[B] SURINDERPAL SINGH	270	PUN	20-09-2003	88.460	113	113	118	113	10	145	152	156	156	5	269	6
7	570	[C] SAGAR KUMAR	265	BHR	02-08-2004	88.300	112	116	119	116	6	141	146	150	150	7	266	7
8	75	[B] G.KRISHNA BABU	270	A.P.	15-12-2005	85.760	115	120	120	115	8	145	150	160	150	8	265	8
9	602	[C] SHARWAN	268	M.P.	27-04-2004	84.040	112	116	116	116	7	140	145	150	145	9	261	9
10	388	[B] AKASH SUDAN	270	J.K.	28-03-2002	88.840	110	115	115	115	9	142	146	146	142	10	257	10
11	684	[C] VIVEK A.	242	KRL	23-04-2003	84.910	106	106	106	106	13	141	146	150	141	11	247	11
12	653	[C] KARTIKAY PATEL	262	M.P.	14-11-2004	86.570	106	106	110	110	11	136	140	140	136	12	246	12
	728	[C] BHOPENDRA	242	KRN	07-03-2003	87.320	106	110	110	106	12	136	136	136	--		--	
	538	[C] BITTU RAJPUT	242	UKD	31-08-2002	81.150	106	106	106	--		--	--	--		--		

BREAK RECORDS

JUNIORS-NLS JUNIOR MEN 89 kg SNATCH : GURMEET SINGH [HRN] 135 ---> SK.LAL BASHEER [A.P.] 140

JUNIORS-NLS JUNIOR MEN 89 kg SNATCH : SK.LAL BASHEER [A.P.] 140 ---> ABHAY YADAV [U.P.] 141

JUNIORS-NLS JUNIOR MEN 89 kg SNATCH : ABHAY YADAV [U.P.] 141 ---> PRINCE MALIK [J.K.] 147

JUNIORS-NLS JUNIOR MEN 89 kg TOTAL : RAMKARAN PRAJAPATI [UKD] 304 ---> SK.LAL BASHEER [A.P.] 306

JUNIORS-NLS JUNIOR MEN 89 kg TOTAL : SK.LAL BASHEER [A.P.] 306 ---> PRINCE MALIK [J.K.] 311

JUNIORS-NLS JUNIOR MEN 89 kg TOTAL : PRINCE MALIK [J.K.] 311 ---> ABHAY YADAV [U.P.] 312

YOUTH YOUTH MEN 89 kg SNATCH : ANKUSH KUMAR [U.P.] 126 ---> SANIDHYA MORE [MHR] 131

YOUTH YOUTH MEN 89 kg TOTAL : S. ARVIND SINGH [MNPT] 278 ---> SANIDHYA MORE [MHR] 287

3. Hansa Sharma I-1 [UKD]

Reserve - KOMALPREET KAUR, N-2 [PUN]

7/1/2023 14:28:27

Jury

1. Kumbasi Subramanya I-1 [KRN]
2. Rajesh Kumar I-1 [H.P.]

Referee

Center - Nileen Singh I-2 [U.P.]
Left - Ramesh Ch. Padhy I-2 [ORS]

Right - Pramod N. Cholkar N-1 [MHR]

Reserve - KOMALPREET KAUR, N-2 [PUN]

Chief Marshal

1. Kamaldeep Singh N-1 [CHD]
2. Chanchal Yadav N-2 [H.P.]

Time Keeper

1. Swati Singh N-1 [RSPB]

Technical Controller

1. Suraj Verma N-1 [BHR]
2. Rajkumar Jamwal N-1 [H.P.]

Secretary

1. Sukhchain Singh I-2 [HRN]

RESULT BY PRECIOUS TIME TRADING (THAILAND)

Weightlifting Meet Management



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT JUNIOR MEN 96 kg

Competition : 05.01.2023 08:00

Weigh in : 6:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	530	[B] ALOK YADAV	293	U.P.	29-12-2003	94.900	121	126	129	126	5	170	177	179	179	1	305	1
2	32	[B] RAHUL	290	HRN	02-08-2003	95.100	134	138	138	134	1	162	168	171	168	3	302	2
3	33	[A] DILBAG SINGH	300	PUN	13-10-2004	95.820	133	133	138	133	2	165	165	173	165	5	298	3
4	117	[B] PUNIT CHANDRA SAHU	280	ORS	10-06-2003	92.300	116	116	121	121	9	157	167	176	176	2	297	4
5	275	[C] M.MANKANTA	270	A.P.	13-11-2002	89.130	128	132	135	132	3	155	162	166	162	6	294	5
6	637	[B] ANIL SINGH	296	PUN	01-02-2002	95.050	120	124	127	127	4	160	162	168	162	7	289	6
7	454	[B] RITESH MHAISHALE	290	MHR	05-02-2003	95.610	124	127	127	124	8	165	171	171	165	4	289	7
8	561	[C] SUVANSH THAKUR	271	H.P.	14-02-2005	95.100	118	122	125	125	6	145	151	159	151	8	276	8
9	744	[C] KAPIL SONOWAL	255	ASM	27-11-2006	95.020	121	124	124	124	7	143	146	151	146	9	270	9
	100	[C] D.SAGAR	260	A.P.	22-11-2002	92.380	118	118	125	118	10	--	--	--	--		--	
	712	[C] PRATHAM YADAV	255	RAJ	10-03-2003	94.700	110	115	120	115	11	137	137	137	--		--	
	814	[C] KAPIL	255	DEL	22-02-2003	90.550	106	109	110	110	12	137	137	137	--		--	
	638	[B] SWAYAM	288	M.P.	10-06-2004	94.700	118	118	118	--		--	--	--	--		--	

BREAK RECORDS

JUNIORS-NLS JUNIOR MEN 96 kg CLEAN&JERK : AMAN [HRN] 176 ----> ALOK YADAV [U.P.] 179

Jury

- Pal Singh Sandhu I-1 [U.P.]
- RVLN Ratnakar Rao I-1 [A.P.]
- Shyamala Shetty I-1 [KRN]

Referee

- Center - Ujwala Mane N-2 [MHR]
 Left - Narayan Sahu [ORS]
 Right - Harbans Singh [PUN]
 Reserve - Ranjeet Bhattacharjee N-1 [W.B.]

Chief Marshal

- Vijay Hooda N-1 [AIPSCB]
- Dr. Pawan Kumar Patial N-2 [H.P.]

Time Keeper

- Geetha Ananda N-1 [KRN]

Technical Controller

- Amarnath Tyagi I-2 [U.P.]
- K. Suryanarayana I-2 [A.P.]

Secretary

- Badeti Venkatramaiah I-1 [A.P.]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT JUNIOR MEN 102 kg

Competition : 05.01.2023 17:00

Weigh in : 15:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	401	[A] AMAN	320	HRN	08-03-2003	99.970	136	140	--	136	1	170	177	--	170	1	306	1
2	698	[A] ABHIMANYU PANDAY	285	PUN	27-01-2002	97.980	120	123	123	123	6	155	160	160	160	2	283	2
3	554	[B] GOLDY KHAN	280	H.P.	01-09-2005	99.590	121	125	129	129	2	143	149	153	153	5	282	3
4	717	[B] YOGESH SHARMA	260	J.K.	07-06-2003	100.710	118	123	126	123	5	145	150	158	158	3	281	4
5	689	[B] AMAL N.P.	250	KRL	21-04-2003	100.750	110	114	117	117	10	146	151	157	157	4	274	5
6	386	[A] ASHWAR KHAN	285	H.P.	11-04-2002	96.580	120	124	124	124	4	150	159	160	150	8	274	6
7	187	[B] SANOVAR	274	U.P.	03-01-2003	97.220	117	121	121	117	9	150	158	161	150	7	267	7
8	802	[B] P.DAYA SAGAR	265	A.P.	13-07-2002	97.510	115	115	121	115	11	145	152	158	152	6	267	8
9	258	[A] AMAN CHOUDHARY	280	M.P.	29-07-2004	97.260	121	121	121	121	7	146	150	150	146	9	267	9
10	286	[B] AKSHAT SHARMA	265	DEL	04-01-2005	100.940	120	124	127	124	3	142	148	148	142	11	266	10
11	722	[B] PARSHANT KUMAR KAILLEY	272	PUN	26-06-2004	101.540	116	116	118	118	8	144	148	148	144	10	262	11
12	218	[B] Y. YASHWANTH GOUD	235	TEL	02-07-2005	96.510	105	111	111	111	12	135	140	140	135	12	246	12
13	631	[B] JASMEET SINGH	240	CHD	20-04-2004	100.120	106	106	110	110	13	135	142	142	135	13	245	13

BREAK RECORDS

YOUTH YOUTH MEN 102 kg SNATCH : BHOLA SINGH [BHR] 126 ---> GOLDY KHAN [H.P.] 129

YOUTH YOUTH MEN 102 kg CLEAN&JERK : BHOLA SINGH [BHR] 150 ---> GOLDY KHAN [H.P.] 153

YOUTH YOUTH MEN 102 kg TOTAL : BHOLA SINGH [BHR] 276 ---> GOLDY KHAN [H.P.] 282

Jury

1. Pal Singh Sandhu I-1 [U.P.]
2. RVLN Ratnakar Rao I-1 [A.P.]
3. Shyamala Shetty I-1 [KRN]

Referee

- Center - Ramesh Ch. Pady I-2 [ORS]
 Left - Pramod N. Cholkar N-1 [MHR]
 Right - KOMALPREET KAUR, N-2 [PUN]
 Reserve - Nirlep Singh I-2 [U.P.]

Chief Marshal

1. Vijay Hooda N-1 [AIPSCB]
2. Dr. Pawan Kumar Patial N-2 [H.P.]

Time Keeper

1. Geetha Ananda N-1 [KRN]

Technical Controller

1. Suraj Verma N-1 [BHR]
2. Rajkumar Jamwal N-1 [H.P.]

Secretary

1. Badeti Venkatramaiah I-1 [A.P.]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT JUNIOR MEN 109 kg

Competition : 06.01.2023 17:00

Weigh in : 15:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	436	[A] AKASH KAUSHAL	320	M.P.	27-12-2002	107.740	136	136	142	136	3	164	173	183	173	1	309	1
2	355	[B] GYANESH	300	HRN	06-03-2002	102.120	136	137	142	137	2	161	161	165	161	3	298	2
3	413	[B] BHOLA SINGH	300	BHR	05-05-2004	105.720	128	133	138	138	1	159	159	165	159	4	297	3
4	633	[B] SUJEETH.R	255	TND	04-12-2003	108.120	122	127	131	127	6	156	162	162	162	2	289	4
5	577	[B] GAUTAM SINGH	279	U.P.	26-11-2004	105.920	124	130	134	130	4	155	162	162	155	6	285	5
6	594	[B] PARWINDER SINGH	260	CHD	19-02-2003	108.170	126	130	130	126	7	157	162	163	157	5	283	6
7	513	[B] VINOD LAKHANI	275	RAJ	04-03-2003	106.310	125	129	132	129	5	147	157	157	147	9	276	7
8	124	[B] GOURAV KUMAR RANA	260	J.K.	03-01-2004	102.150	114	114	114	114	11	149	154	158	154	7	268	8
9	162	[B] PRITHVIRAJ DONGLE	250	MHR	27-09-2003	106.910	113	117	120	120	9	145	150	151	145	10	265	9
10	657	[A] MOHIT RAJPUT	273	DEL	05-05-2005	107.540	120	120	125	120	8	134	139	140	140	11	260	10
11	463	[B] JAGANNATH GOUDA	243	ORS	07-09-2003	108.170	105	110	115	110	12	140	145	148	148	8	258	11
12	379	[B] UDAY SINGH RATHORE	260	RAJ	20-02-2002	107.970	110	116	121	116	10	140	146	146	140	12	256	12
13	781	[A] SUMIT PUROHIT	210	RAJ	17-10-2005	93.070	93	100	110	100	13	116	122	126	122	13	222	13
	216	[B] PRINCE	290	HRN	27-09-2003	104.960	125	125	125	--		--	--	--	--		--	

BREAK RECORDS

JUNIORS-NLS JUNIOR MEN 109 kg SNATCH : CH PUSHPENDRA SINGH [U.P.] 135 ---> GYANESH [HRN] 137

JUNIORS-NLS JUNIOR MEN 109 kg SNATCH : GYANESH [HRN] 137 ---> BHOLA SINGH [BHR] 138

JUNIORS-NLS JUNIOR MEN 109 kg CLEAN&JERK : CH PUSHPENDRA SINGH [U.P.] 157 ---> BHOLA SINGH [BHR] 159

JUNIORS-NLS JUNIOR MEN 109 kg CLEAN&JERK : BHOLA SINGH [BHR] 159 ---> GYANESH [HRN] 161

JUNIORS-NLS JUNIOR MEN 109 kg CLEAN&JERK : GYANESH [HRN] 161 ---> SUJEETH.R [TND] 162

JUNIORS-NLS JUNIOR MEN 109 kg CLEAN&JERK : SUJEETH.R [TND] 162 ---> AKASH KAUSHAL [M.P.] 173

JUNIORS-NLS JUNIOR MEN 109 kg TOTAL : CH PUSHPENDRA SINGH [U.P.] 292 ---> BHOLA SINGH [BHR] 297

1. Pal Singh Sandhu I-1 [U.P.] Center - KOMAL PREET KAUR N-2 1. Vijay Hooda N-1 [AIPSCB]

JUNIORS-NLS JUNIOR MEN 109 kg TOTAL : BHOLA SINGH [BHR] 297 ---> GYANESH [HRN] 298

2. RVLN Ratnakar Rao I-1 [A.P.] [PUN] 2. Dr. Pawan Kumar Patial N-2 [H.P.]

JUNIORS-NLS JUNIOR MEN 109 kg TOTAL : GYANESH [HRN] 298 ---> AKASH KAUSHAL [M.P.] 309

3. Shyamala Shetty I-1 [KRN] Left - Nilep Singh I-2 [U.P.]

Right - Ramesh Ch. Padhy I-2 [ORS]
Reserve - Pramod N. Cholkar N-1 [MHR]

Time Keeper

1. Geetha Ananda N-1 [KRN]

Technical Controller

1. Suraj Verma N-1 [BHR]
2. Rajkumar Jamwal N-1 [H.P.]

Secretary

1. Badeti Venkatramaiah I-1 [A.P.]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT JUNIOR MEN +109 kg

Competition : 07.01.2023 09:30

Weigh in : 7:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	497	[A] PARAMVIR SINGH	320	CHD	05-10-2006	112.430	135	140	143	143	1	167	171	176	176	1	319	1
2	691	[A] KESAV BISSA	280	RAJ	17-12-2005	122.090	124	128	132	128	4	154	161	164	161	2	289	2
3	246	[B] NAVJOT SINGH LAL	260	C.G.	28-10-2004	123.120	116	121	125	125	5	146	153	157	157	3	282	3
4	644	[B] BANSHI SIHAG	270	HRN	17-12-2003	119.410	124	129	132	129	3	148	148	153	148	6	277	4
5	826	[B] PARAG JAIN	270	M.P.	21-03-2002	131.400	115	119	120	115	10	147	147	156	156	4	271	5
6	693	[B] TEJVEER SINGH	250	PUN	19-01-2004	138.440	120	125	130	130	2	140	140	146	140	12	270	6
7	437	[B] KISHORE KUMAR.S	240	TND	25-07-2003	110.200	110	117	121	121	7	146	151	151	146	7	267	7
8	731	[B] PRATHVIRAJ	250	RAJ	30-11-2004	138.400	115	121	126	121	6	146	146	153	146	8	267	8
9	419	[B] AKHAND PRATAP SINGH	261	U.P.	15-01-2004	112.360	116	116	120	120	8	141	148	150	141	10	261	9
10	95	[B] AMARJIT MOHARANA	240	ORS	24-12-2004	129.850	102	106	110	110	13	140	146	150	150	5	260	10
11	433	[B] CH.AVINASH	250	A.P.	06-07-2002	109.540	110	119	122	119	9	140	149	149	140	11	259	11
12	101	[B] NILESH YADAV MAHENDRAPRATAP	260	GUJ	27-07-2004	114.910	111	111	115	111	12	135	142	142	142	9	253	12
13	558	[B] AKASH R. CHANDRAN	242	KRL	07-11-2004	110.700	105	109	112	112	11	133	136	136	136	13	248	13
	220	[B] AMIYO GHOSH	236	W.B.	19-09-2003	110.020	100	100	100	--		--	--	--	--		--	

BREAK RECORDS

JUNIORS-NLS JUNIOR MEN +109 kg TOTAL : S. RUDRAMAYAN [TND] 313 ----> PARAMVIR SINGH [CHD] 319

Jury

1. Kumbasi Subramanya I-1 [KRN]
2. Rajesh Kumar I-1 [H.P.]
3. Hansa Sharma I-1 [UKD]

Referee

Center - Pramod N. Cholkar N-1 [MHR]
Left - KOMALPREET KAUR, N-2 [PUN]
Right - Nirlep Singh I-2 [U.P.]
Reserve - Ramesh Ch. Padhy I-2 [ORS]

Chief Marshal

1. Vijay Hooda N-1 [AIPSCB]
2. Dr. Pawan Kumar Patial N-2 [H.P.]

Time Keeper

1. Swati Singh N-1 [RSPB]

Technical Controller

1. Suraj Verma N-1 [BHR]
2. Rajkumar Jamwal N-1 [H.P.]

Secretary

1. Sukhchain Singh I-2 [HRN]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT JUNIOR WOMEN 45 kg

Competition : 29.12.2022 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	654	[A] SUFNA JASMIN P.S.	156	KRL	25-10-2002	44.760	68	71	73	73	1	87	90	92	87	1	160	1
2	73	[B] B. RAJESWARI	145	A.P.	10-02-2002	44.800	62	66	68	68	2	80	84	84	80	2	148	2
3	578	[B] ANJALI PATEL	144	U.P.	10-08-2004	44.780	63	66	66	66	3	77	81	81	77	4	143	3
4	750	[A] RANI NAYAK	150	M.P.	10-08-2002	44.300	60	63	65	63	4	73	73	81	73	5	136	4
5	456	[B] MEGHA AHER	130	MHR	20-05-2006	44.170	56	59	59	56	7	75	79	82	79	3	135	5
6	729	[C] POSHIKA A	120	TND	24-09-2006	44.890	56	60	60	60	5	68	72	74	68	8	128	6
7	580	[B] VANI PURI	125	PUN	16-03-2005	44.530	54	57	60	57	6	68	--	--	68	10	125	7
8	632	[B] REKHAMONI GOGOI	130	ASM	11-12-2004	44.560	53	56	56	56	8	65	69	69	69	7	125	8
9	834	[C] TINAMONI SONOWAL	118	ASM	03-04-2002	43.480	50	53	55	55	9	65	68	68	68	9	123	9
10	439	[C] TAGRIK NAYA	115	ARN	04-04-2006	44.180	50	52	54	54	10	65	69	72	69	6	123	10
11	270	[C] SANDIYA GUNGLI	110	ARN	27-12-2004	43.770	47	50	52	50	11	65	65	65	65	11	115	11

BREAK RECORDS

JUNIORS-NLS JUNIOR WOMEN 45 kg SNATCH : JHILLI DALABEHERA [ORS] 71 ---> SUFNA JASMIN P.S. [KRL] 73

NATIONAL RECORDS-3-8-2022 SENIOR WOMEN 45 kg SNATCH : KOMAL KOHAR [HRN] 72 ---> SUFNA JASMIN P.S. [KRL] 73

Jury

1. Kumbasi Subramanya I-1 [KRN]
2. Rajesh Kumar I-1 [H.P.]
3. Hansa Sharma I-1 [UKD]

Referee

- Center - Narayan Sahu I-1 [ORS]
 Left - Harbans Singh I-1 [PUN]
 Right - Ranjeet Bhattacharjee N-1 [W.B.]
 Reserve - Ujwala Mane N-2 [MHR]

Chief Marshal

1. Kamaldeep Singh N-1 [CHD]
2. Chanchal Yadav N-2 [H.P.]

Time Keeper

1. Swati Singh N-1 [RSPB]

Technical Controller

1. Amarnath Tyagi I-2 [U.P.]
2. K. Suryanarayana I-2 [A.P.]

Secretary

1. Sukhchain Singh I-2 [HRN]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT JUNIOR WOMEN 49 kg

Competition : 29.12.2022 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	708	[A] GYANESHWARI YADAV	175	C.G.	08-03-2003	48.220	73	76	78	78	1	92	92	95	92	1	170	1
2	499	[A] PREETI	165	HRN	15-08-2002	48.150	70	73	73	73	2	90	90	92	90	4	163	2
3	519	[A] PANCHAMI SONOWAL	150	ASM	05-05-2005	48.150	66	70	71	70	6	86	91	92	91	2	161	3
4	130	[A] RADHA SONI	166	U.P.	27-04-2003	48.540	70	72	72	70	5	91	91	91	91	3	161	4
5	208	[A] TH. SANJU DEVI	158	MNP	17-04-2003	48.360	68	72	72	72	3	86	90	90	86	6	158	5
6	508	[A] PRATIKSHA SATHE	150	MHR	24-12-2002	48.340	65	69	71	69	7	85	85	89	85	7	154	6
7	89	[B] SANDHYA RANI NAYAK	148	ORS	04-04-2003	48.110	64	67	67	64	9	84	87	89	87	5	151	7
8	364	[A] HIMANSHEE	158	HRN	14-03-2005	48.220	67	71	74	71	4	80	82	82	80	9	151	8
9	740	[A] RITHIKA.V	155	TND	25-07-2004	48.680	67	67	70	67	8	84	84	87	84	8	151	9
10	816	[B] AISANGFA GOGOI	140	ASM	16-12-2007	48.730	59	63	65	63	10	79	79	82	79	10	142	10
11	551	[B] YAMUNA . L	120	TND	25-11-2003	48.600	51	53	55	55	11	69	72	74	72	11	127	11
	18	[B] JIVEETHA	140	KRN	01-06-2002	48.490	55	55	55	--		--	--	--	--	--	--	--
	9	[B] SONU	125	RAJ	10-04-2003	45.100	51	51	51	--		--	--	--	--	--	--	--

BREAK RECORDS

JUNIORS-NLS JUNIOR WOMEN 49 kg SNATCH : JHILLI DALABEHERA [ORS] 76 ---> GYANESHWARI YADAV [C.G.] 78

YOUTH YOUTH WOMEN 49 kg SNATCH : PANCHAMI SONOWAL [ASM] 68 ---> HIMANSHEE [HRN] 71

Jury

1. Pal Singh Sandhu I-1 [U.P.]
2. RVLN Ratnakar Rao I-1 [A.P.]
3. Shyamala Shetty I-1 [KRN]

Referee

- Center - Rajneesh Bhaskar I-2 [BHR]
 Left - K.D.S. Nagra N-1 [CHD]
 Right - Ravi Sharma N-1 [RAJ]
 Reserve - Ranu Mohanty N-1 [ORS]

Chief Marshal

1. Vijay Hooda N-1 [AIPSCB]
2. Dr. Pawan Kumar Patial N-2 [H.P.]

Time Keeper

1. Geetha Ananda N-1 [KRN]

Technical Controller

1. R. Kavitha N-1 [TND]
2. Yogendra N-1 [U.P.]

Secretary

1. Badeti Venkatramaiah I-1 [A.P.]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT JUNIOR WOMEN 55 kg

Competition : 30.12.2022 08:00

Weigh in : 6:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	707	[A] USHA	180	HRN	09-02-2003	54.400	77	80	83	83	1	100	104	104	100	1	183	1
2	201	[B] L. NILAM DEVI	164	MNP	06-10-2004	53.430	70	70	74	74	2	90	94	97	94	4	168	2
3	800	[A] VIDUSHI SHARMA	172	M.P.	04-08-2002	54.590	68	71	73	71	7	93	96	98	96	2	167	3
4	672	[B] KHUSHI KUMARI	165	BHR	17-11-2005	54.350	68	72	74	74	3	86	89	89	89	8	163	4
5	675	[B] ANAI WANGSU	160	ARN	10-04-2004	54.650	67	70	73	73	4	89	92	92	89	6	162	5
6	690	[B] MINA SANTA	150	ORS	07-03-2007	54.930	68	71	71	71	6	85	88	91	91	5	162	6
7	68	[A] V. MADHUMITHA	175	PON	13-09-2004	52.250	65	65	70	65	12	95	101	101	95	3	160	7
8	153	[C] GITASHREE SONOWAL	146	ASM	22-11-2005	52.050	63	66	68	68	8	83	86	89	86	10	154	8
9	2	[B] B.CHANDRIKA	155	A.P.	10-08-2005	51.210	64	64	66	66	9	84	88	92	88	9	154	9
10	363	[B] KUM KUM YADAV	155	U.P.	03-06-2004	54.480	65	68	68	65	11	86	89	91	89	7	154	10
11	568	[C] MANIQUAM SHETTY N.	140	KRL	02-04-2002	52.940	62	65	65	65	10	81	81	86	86	11	151	11
12	541	[B] SHALINI	155	J.K.	01-01-2004	51.770	63	66	66	63	14	82	86	89	86	12	149	12
13	331	[C] GAGAN DEEP KAUR	135	RAJ	06-06-2004	53.600	60	63	66	63	13	78	81	85	81	13	144	13
14	182	[C] YUKTHIKA	140	KRN	27-05-2002	53.850	55	60	60	60	17	75	80	82	80	14	140	14
	726	[B] BARSHA BOR	160	W.B.	12-08-2007	54.700	69	71	73	71	5	86	86	86	--		--	
	115	[C] JASHANPREET KAUR	135	PUN	13-06-2004	53.050	60	63	63	60	15	75	75	--	--		--	
	759	[C] SHALU	137	DEL	20-08-2003	53.700	60	64	64	60	16	75	75	75	--		--	
	240	[B] KAJAL CHOUDHARY	160	H.P.	07-06-2002	54.110	62	62	62	--		--	--	--	--		--	



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT JUNIOR WOMEN 55 kg

Competition : 30.12.2022 08:00

Weigh in : 6:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
	349	[A] SAKSHI RANMALE	175	MHR	04-12-2003	54.700	71	71	71	--		--	--	--	--		--	
	193	[C] APEKSHA PANWAR	130	RAJ	21-06-2004	53.130	55	55	55	--		--	--	--	--		--	
	110	[B] ASHA SHEULI	156	W.B.	25-02-2005	52.700	68	68	68	--		--	--	--	--		--	

Jury

1. Pal Singh Sandhu I-1 [U.P.]
2. RVLN Ratnakar Rao I-1 [A.P.]
3. Shyamala Shetty I-1 [KRN]

Referee

- Center - Ujwala Mane N-2 [MHR]
Left - Narayan Sahu [ORS]
Right - Harbans Singh [PUN]
Reserve - Ranjeet Bhattacharjee N-1 [W.B.]

Chief Marshal

1. Vijay Hooda N-1 [AIPSCB]
2. Dr. Pawan Kumar Patial N-2 [H.P.]

Time Keeper

1. Geetha Ananda N-1 [KRN]

Technical Controller

1. Amarnath Tyagi I-2 [U.P.]
2. K. Suryanarayana I-2 [A.P.]

Secretary

1. Badeti Venkatramaiah I-1 [A.P.]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT JUNIOR WOMEN 59 kg

Competition : 01.01.2023 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	129	[A] SONAM SINGH	177	U.P.	18-12-2004	58.550	80	80	83	80	1	100	102	104	104	2	184	1
2	252	[B] M.DEEPANAYOMI	170	A.P.	24-06-2002	58.350	72	75	77	75	4	98	102	105	105	1	180	2
3	238	[A] NIKITA KAMLAKAR	180	MHR	10-12-2005	58.040	70	73	75	75	5	96	100	103	103	3	178	3
4	255	[B] BALO YALAM	165	ARN	08-08-2004	58.700	74	76	77	74	6	97	101	101	97	4	171	4
5	817	[B] B.HARIKA	160	A.P.	10-08-2007	58.380	72	76	79	76	2	90	94	96	94	6	170	5
6	96	[B] LIZA KAMSHA	165	ARN	02-10-2003	58.760	70	73	73	73	9	95	98	98	95	5	168	6
7	294	[A] SONALI YADU	180	C.G.	19-09-2002	58.730	76	80	80	76	3	92	97	97	92	11	168	7
8	524	[B] BIBARI BORO	165	ASM	23-12-2002	57.380	70	72	74	74	8	90	93	94	93	7	167	8
9	516	[B] T.M.KEERTHANA	170	TND	21-10-2004	56.630	74	74	77	74	7	92	92	92	92	10	166	9
10	400	[B] APARAJITA BHUYAN	160	ORS	27-10-2002	58.450	70	75	75	70	10	90	90	93	93	8	163	10
11	1	[C] SHANDRELLA HUYAM	154	MNP	06-10-2005	58.810	65	68	70	68	12	85	89	92	92	9	160	11
12	352	[C] KIUCHANGLIU GANGMEI	154	MNP	21-10-2004	55.760	63	66	68	68	13	86	90	93	90	12	158	12
13	767	[B] SHITAL JADHAV	165	MHR	26-01-2003	57.740	65	65	69	65	14	82	85	87	85	13	150	13
14	172	[C] ASHWITHA V	145	KRN	20-04-2002	55.250	58	62	66	62	15	76	81	81	76	14	138	14
15	338	[C] AARTI	151	DEL	11-01-2004	56.230	58	60	60	58	17	76	76	--	76	15	134	15
	257	[B] PRIYANKA MOURYA	160	J.K.	08-06-2002	57.960	70	70	70	70	11	90	90	--	--		--	
	5	[C] KHUSHBOO KUMARI	138	BHR	12-01-2004	58.810	58	58	60	60	16	76	76	76	--		--	
	317	[B] ROSHNI	175	PUN	10-05-2004	58.560	71	71	71	--		--	--	--		--		

Jury

1. Pal Singh Sandhu I-1 [U.P.]
2. RVLN Ratnakar Rao I-1 [A.P.]
3. Shyamala Shetty I-1 [KRN]

Referee

- Center - Ravi Sharma N-1 [RAJ]
 Left - Ranu Mohanty N-1 [ORS]
 Right - Rajneesh Bhaskar I-2 [BHR]
 Reserve - K.D.S. Nagra N-1 [CHD]

Chief Marshal

1. Vijay Hooda N-1 [AIPSCB]
2. Dr. Pawan Kumar Patial N-2 [H.P.]

Time Keeper

1. Geetha Ananda N-1 [KRN]

Technical Controller

1. R. Kavitha N-1 [TND]
2. Yogendra N-1 [U.P.]

Secretary

1. Badeti Venkatramaiah I-1 [A.P.]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT JUNIOR WOMEN 64 kg

Competition : 03.01.2023 08:00

Weigh in : 6:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	723	[A] BHAWNA	210	HRN	20-07-2005	62.950	85	85	89	85	1	107	112	112	107	1	192	1
2	301	[A] DITIMONI SONOWAL	187	ASM	04-12-2003	63.950	78	81	81	81	2	99	103	106	106	2	187	2
3	88	[A] KH. ANJALI DEVI	187	MNP	03-06-2003	60.750	75	79	82	79	4	95	100	106	100	3	179	3
4	426	[A] POSEN KONGKANG	185	ARN	14-01-2003	60.610	75	78	80	78	5	94	98	99	98	4	176	4
5	375	[A] L.KOWSHIKA	185	PON	18-03-2004	63.730	75	78	80	80	3	95	98	99	95	6	175	5
6	748	[B] A.YASASRI	160	A.P.	02-12-2005	60.720	68	73	73	73	8	90	96	101	96	5	169	6
7	457	[B] C. HARSHIKA	169	PON	31-10-2007	60.540	69	73	76	73	7	88	92	92	88	8	161	7
8	503	[B] DEBAKI KHILLA	163	ORS	17-03-2002	63.110	65	65	65	65	10	90	94	98	94	7	159	8
9	131	[B] KETAKI PATIL	150	MHR	09-04-2003	61.900	65	70	72	70	9	83	83	87	87	9	157	9
10	266	[B] B.SRI LOHITA	140	A.P.	18-03-2002	59.800	60	60	60	60	11	80	85	87	85	10	145	10
	302	[A] JYOTI YADAV	174	U.P.	30-12-2003	61.980	74	77	77	74	6	93	93	93	--		--	
	276	[B] DEEPSIKHA BORO	165	ASM	13-10-2002	59.610	67	67	67	--		--	--	--	--		--	
	770	[C] SALBEENA ASLAM SHALLA	139	J.K.	28-08-2003	63.000	60	60	60	--		--	--	--	--		--	
	357	[C] PALAK MANHAS	100	J.K.	06-03-2004	63.760	--	--	--	--		--	--	--	--		--	
	140	[B] SANGEETA PADHY	168	ORS	21-03-2003	63.640	75	75	75	--		--	--	--	--		--	
	564	[B] ANKITA	170	RAJ	04-10-2006	62.150	--	--	--	--		--	--	--	--		--	

Jury

1. Kumbasi Subramanya I-1 [KRN]
2. Rajesh Kumar I-1 [H.P.]
3. Hansa Sharma I-1 [UKD]

Referee

- Center - Ranu Mohanty N-1 [ORS]
 Left - Rajneesh Bhaskar I-2 [BHR]
 Right - K.D.S. Nagra N-1 [CHD]
 Reserve - Ravi Sharma N-1 [RAJ]

Chief Marshal

1. Kamaldeep Singh N-1 [CHD]
2. Chanchal Yadav N-2 [H.P.]

Time Keeper

1. Swati Singh N-1 [RSPB]

Technical Controller

1. R. Kavitha N-1 [TND]
2. Yogendra N-1 [U.P.]

Secretary

1. Sukhchain Singh I-2 [HRN]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT JUNIOR WOMEN 71 kg

Competition : 03.01.2023 19:30

Weigh in : 17:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	509	[A] NAVDEEP KAUR	190	PUN	15-11-2003	71.000	77	77	80	80	2	108	114	114	114	1	194	1
2	537	[A] SRASHTI	196	U.P.	12-06-2002	69.700	80	84	84	84	1	100	105	109	109	2	193	2
3	137	[A] M.LEKHAMAALYA	180	TND	19-08-2003	71.000	74	77	77	74	10	98	102	104	102	3	176	3
4	668	[B] T. RENUKA	165	A.P.	16-04-2004	65.690	74	74	77	74	7	101	101	106	101	4	175	4
5	828	[B] H. RODI CHANU	175	MNP	03-04-2004	68.040	70	75	78	78	3	90	96	96	96	7	174	5
6	397	[B] CHELSI	172	DEL	25-03-2006	69.520	70	73	74	74	8	89	93	96	96	6	170	6
7	278	[B] B.NANI	165	A.P.	25-03-2002	66.490	73	73	78	73	11	90	96	100	96	5	169	7
8	70	[B] TANUSHA	170	KRN	27-04-2002	68.130	74	74	78	74	6	94	94	94	94	8	168	8
9	679	[B] SONGITA SADHANIDAR	178	ASM	16-08-2004	68.520	72	75	78	75	4	86	91	94	91	10	166	9
10	542	[B] R. HARINI	175	PON	02-06-2006	70.500	71	74	76	74	5	92	95	95	92	9	166	10
11	776	[B] M. ANUSHA	150	TEL	23-08-2003	68.350	65	70	70	70	12	85	90	93	90	11	160	11
12	54	[B] SANDHYA SARODE	175	MHR	24-08-2005	70.680	71	74	74	74	9	85	88	88	85	13	159	12
13	6	[B] AKTA BANJARE	160	C.G.	24-08-2005	67.390	67	70	70	70	13	85	90	90	85	12	155	13
14	178	[C] PRATHYUSHA T.V.	137	KRL	10-04-2004	70.350	58	60	60	58	14	79	--	--	79	14	137	14
	754	[B] KRITIKA RANA	160	H.P.	12-07-2003	70.020	58	58	58	--		--	--	--	--		--	

BREAK RECORDS

JUNIORS-NLS JUNIOR WOMEN 71 kg CLEAN&JERK : ARMANDEEP KAUR [RAJ] 105 ----> SRASHTI [U.P.] 109

JUNIORS-NLS JUNIOR WOMEN 71 kg CLEAN&JERK : SRASHTI [U.P.] 109 ----> NAVDEEP KAUR [PUN] 114

JUNIORS-NLS JUNIOR WOMEN 71 kg TOTAL : ARMANDEEP KAUR [RAJ] 187 ----> SRASHTI [U.P.] 193

JUNIORS-NLS JUNIOR WOMEN 71 kg TOTAL : SRASHTI [U.P.] 193 ----> NAVDEEP KAUR [PUN] 194

Jury

1. Pal Singh Sandhu I-1 [U.P.]
2. RVLN Ratnakar Rao I-1 [A.P.]
3. Shyamala Shetty I-1 [KRN]

Referee

- Center - Ramesh Ch. Padhy I-2 [ORS]
 Left - Pramod N. Cholkar N-1 [MHR]
 Right - KOMALPREET KAUR, N-2 [PUN]
 Reserve - Nirlep Singh I-2 [U.P.]

Chief Marshal

1. Vijay Hooda N-1 [AIPSCB]
2. Dr. Pawan Kumar Patial N-2 [H.P.]

Time Keeper

1. Geetha Ananda N-1 [KRN]

Technical Controller

1. Suraj Verma N-1 [BHR]
2. Rajkumar Jamwal N-1 [H.P.]

Secretary

1. Badeti Venkatramaiah I-1 [A.P.]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT JUNIOR WOMEN 76 kg

Competition : 04.01.2023 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	77	[A] ANJANA SREEJITH	190	KRL	25-02-2003	75.190	82	86	89	86	1	106	112	119	112	1	198	1
2	80	[A] SANJANA	200	HRN	18-01-2007	74.390	82	85	86	82	2	107	111	111	111	2	193	2
3	241	[A] V. SAHITHI	190	TEL	15-10-2002	71.640	76	79	82	79	4	97	102	105	102	3	181	3
4	721	[B] SHREYA GANMUKHI	160	MHR	24-02-2004	75.910	74	77	77	74	6	92	96	99	96	4	170	4
5	260	[A] PRATIKSHA KADU	175	MHR	17-10-2003	74.700	73	76	78	78	5	83	86	90	90	8	168	5
6	327	[A] HEENA	165	PUN	11-02-2006	71.650	68	71	71	71	7	82	90	92	92	7	163	6
7	262	[A] S. RITHIKA	176	PON	15-09-2005	71.660	70	74	74	70	9	86	92	95	92	6	162	7
8	736	[B] JYOTI YADAV	147	U.P.	31-12-2005	73.030	65	70	70	70	8	80	85	89	89	9	159	8
9	518	[B] MONALI SAHOO	162	ORS	14-09-2003	75.550	65	70	70	65	14	85	90	94	94	5	159	9
10	283	[B] NISHEL DELPHINA DSOUZA	140	KRN	15-03-2003	73.360	60	66	68	68	12	80	85	88	85	10	153	10
11	384	[B] VYDHADI DEVI	145	PON	09-04-2004	74.770	65	69	73	69	11	79	83	86	83	11	152	11
12	206	[B] MANVI	150	HRN	28-08-2002	74.730	69	73	73	69	10	78	79	83	83	12	152	12
13	148	[B] DEVIKA	140	CHD	17-07-2006	74.140	67	71	72	67	13	81	86	86	81	13	148	13
14	760	[B] M. RAMA DEVI	154	MNP	25-03-2005	72.550	65	70	70	65	15	80	80	84	80	14	145	14
	50	[A] P.DHATRI	170	A.P.	22-06-2003	75.700	80	84	85	80	3	100	100	100	--		--	
	793	[B] KANIKA	160	H.P.	11-09-2002	74.530	59	63	67	63	16	81	81	81	--		--	
	347	[B] AKAM KOUR	104	J.K.	01-05-2004	73.370	--	--	--	--		--	--	--	--		--	

BREAK RECORDS

YOUTH YOUTH WOMEN 76 kg SNATCH : JYOTI YADAV [HRN] 73 ----> SANJANA [HRN] 82

YOUTH YOUTH WOMEN 76 kg CLEAN&JERK : JYOTI YADAV [HRN] 106 ----> SANJANA [HRN] 111

YOUTH YOUTH WOMEN 76 kg TOTAL : JYOTI YADAV [HRN] 179 ----> SANJANA [HRN] 193

- Jury**
1. Pal Singh Sandhu I-1 [U.P.]
 2. RVLN Ratnakar Rao I-1 [A.P.]
 3. Shyamala Shetty I-1 [KRN]

- Referee**
- Center - KOMALPREET KAUR, N-2 [PUN]
- Left - Nirlep Singh I-2 [U.P.]
- Right - Ramesh Ch. Padhy I-2 [ORS]
- Reserve - Pramod N. Cholkar N-1 [MHR]

- Chief Marshal**
1. Vijay Hooda N-1 [AIPSCB]
 2. Dr. Pawan Kumar Patial N-2 [H.P.]

- Time Keeper**
1. Geetha Ananda N-1 [KRN]

Technical Controller

1. Suraj Verma N-1 [BHR]
2. Rajkumar Jamwal N-1 [H.P.]

Secretary

1. Badeti Venkatramaiah I-1 [A.P.]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT JUNIOR WOMEN 81 kg

Competition : 03.01.2023 14:30

Weigh in : 12:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	61	[B] TAMANA	204	HRN	10-05-2002	81.000	83	83	86	83	2	111	116	118	116	1	199	1
2	730	[B] KALPANA YADAV	188	U.P.	10-07-2002	79.720	82	82	86	86	1	105	110	115	105	2	191	2
3	49	[B] AMRITHA P.SUNI	173	KRL	16-01-2007	79.870	73	76	78	76	4	91	94	96	96	3	172	3
4	272	[B] SHEETAL BHATI	180	HRN	17-12-2004	79.820	77	80	80	77	3	94	97	97	94	5	171	4
5	242	[B] SWETALINA NAYAK	159	ORS	02-01-2002	80.680	70	74	78	74	5	88	92	95	95	4	169	5

Jury

1. Pal Singh Sandhu I-1 [U.P.]
2. RVLN Ratnakar Rao I-1 [A.P.]
3. Shyamala Shetty I-1 [KRN]

Referee

- Center - Ravi Sharma N-1 [RAJ]
Left - Ranu Mohanty N-1 [ORS]
Right - Rajneesh Bhaskar I-2 [BHR]
Reserve - K.D.S. Nagra N-1 [CHD]

Chief Marshal

1. Vijay Hooda N-1 [AIPSCB]
2. Dr. Pawan Kumar Patial N-2 [H.P.]

Time Keeper

1. Geetha Ananda N-1 [KRN]

Technical Controller

1. R. Kavitha N-1 [TND]
2. Yogendra N-1 [U.P.]

Secretary

1. Badeti Venkatramaiah I-1 [A.P.]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT JUNIOR WOMEN 87 kg

Competition : 06.01.2023 10:30

Weigh in : 8:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	771	[B] DEEKSHA	185	CHD	30-11-2002	82.590	73	76	76	76	2	93	97	100	97	1	173	1
2	610	[B] SONAM YADAV	166	U.P.	11-11-2003	85.420	70	74	77	77	1	89	93	95	95	2	172	2
3	478	[B] ABHISHIKTA KADULURI	160	ORS	26-04-2004	81.630	70	73	76	73	4	90	94	94	94	3	167	3
4	656	[B] AAYUSHI UMESHBHAI GAJJAR	165	GUJ	18-08-2003	81.800	70	73	74	70	5	90	93	98	93	4	163	4
5	415	[B] RASHMI	175	HRN	18-07-2002	83.850	68	71	75	75	3	87	87	94	87	5	162	5
6	521	[B] PRIYANKA	152	DEL	17-07-2003	82.830	63	67	67	67	6	78	83	83	83	6	150	6
7	236	[B] KRISHNAPRIYA B.	133	KRL	07-10-2003	85.020	55	59	62	59	7	78	82	82	82	7	141	7

Jury

1. Pal Singh Sandhu I-1 [U.P.]
2. RVLN Ratnakar Rao I-1 [A.P.]
3. Shyamala Shetty I-1 [KRN]

Referee

- Center - Harbans Singh
I-1 [PUN]
Left - Ranjeet Bhattacharjee N-1 [W.B.]
Right - Ujwala Mane N-2 [MHR]
Reserve - Narayan Sahu
I-1 [ORS]

Chief Marshal

1. Vijay Hooda N-1 [AIPSCB]
2. Dr. Pawan Kumar Patial N-2 [H.P.]

Time Keeper

1. Geetha Ananda N-1 [KRN]

Technical Controller

1. Amarnath Tyagi I-2 [U.P.]
2. K. Suryanarayana I-2 [A.P.]

Secretary

1. Badeti Venkatramaiah I-1 [A.P.]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT JUNIOR WOMEN +87 kg

Competition : 06.01.2023 14:30

Weigh in : 12:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	8	[A] M. MARTINA DEVI	198	MNP	21-03-2006	109.180	85	85	85	85	1	108	112	115	115	1	200	1
2	642	[B] R.GAYATRI	155	A.P.	21-11-2003	91.650	65	69	72	72	3	90	95	98	98	2	170	2
3	71	[B] AAHANA KAPURIA	140	MHR	15-03-2005	146.580	70	74	78	74	2	85	89	97	89	5	163	3
4	307	[B] ICHHA PATEL	155	U.P.	08-09-2004	97.650	68	71	71	71	4	88	90	94	90	4	161	4
5	143	[B] MEGHA CHAND	155	UKD	13-09-2002	100.820	64	66	71	66	7	85	90	96	90	3	156	5
6	511	[B] SAKSHI KESHWARWANI	160	J.K.	25-07-2004	87.110	68	72	72	68	5	85	85	90	85	6	153	6
7	734	[B] A MOHANA PRIYA	145	TND	21-01-2003	111.770	60	66	71	66	6	80	85	85	85	7	151	7
8	815	[B] J PRIYADARSHINI	140	TND	02-08-2003	99.620	58	63	66	63	8	78	82	--	78	9	141	8
9	210	[B] DIVYA P.	135	KRL	11-07-2006	103.410	57	61	64	61	9	78	84	85	78	8	139	9
10	801	[B] GOWDA POOJA YASHODHAR	135	KRN	25-05-2003	97.000	57	60	60	57	10	78	78	83	78	10	135	10
	772	[B] SEHAJ	155	PUN	08-12-2002	102.820	65	65	65	--		--	--	--	--		--	

BREAK RECORDS

JUNIORS-NLS JUNIOR WOMEN +87 kg CLEAN&JERK : M. MARTINA DEVI [MNP] 108 ----> M. MARTINA DEVI [MNP] 115

JUNIORS-NLS JUNIOR WOMEN +87 kg TOTAL : M. MARTINA DEVI [MNP] 191 ----> M. MARTINA DEVI [MNP] 200

Jury

1. Pal Singh Sandhu I-1 [U.P.]
2. RVLN Ratnakar Rao I-1 [A.P.]
3. Shyamala Shetty I-1 [KRN]

Referee

- Center - Rajneesh Bhaskar I-2 [BHR]
 Left - K.D.S. Nagra N-1 [CHD]
 Right - Ravi Sharma N-1 [RAJ]
 Reserve - Ranu Mohanty N-1 [ORS]

Chief Marshal

1. Vijay Hooda N-1 [AIPSCB]
2. Dr. Pawan Kumar Patial N-2 [H.P.]

Time Keeper

1. Geetha Ananda N-1 [KRN]

Technical Controller

1. R. Kavitha N-1 [TND]
2. Yogendra N-1 [U.P.]

Secretary

1. Badeti Venkatramaiah I-1 [A.P.]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



GROUP OF JURIES AND REFEREES

JURY Member Group 1 :

KUMBASI SUBRAMANYA I-1 [KRN] *President of Jury
RAJESH KUMAR I-1 [H.P.]
HANSA SHARMA I-1 [UKD]

JURY Member Group 2 :

PAL SINGH SANDHU I-1 [U.P.] *President of Jury
RVLN RATNAKAR RAO I-1 [A.P.]
SHYAMALA SHETTY I-1 [KRN]

REFEREE Member Group 1 :

NIRLEP SINGH I-2 [U.P.]
RAMESH CH. PADHY I-2 [ORS]
PRAMOD N. CHOLKAR N-1 [MHR]
KOMALPREET KAUR, N-2 [PUN]

REFEREE Member Group 2 :

RAJNEESH BHASKAR I-2 [BHR]
K.D.S. NAGRA N-1 [CHD]
RAVI SHARMA N-1 [RAJ]
RANU MOHANTY N-1 [ORS]

REFEREE Member Group 3 :

NARAYAN SAHU I-1 [ORS]
HARBANS SINGH I-1 [PUN]
RANJEET BHATTACHARJEE N-1 [W.B.]
UJWALA MANE N-2 [MHR]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



GROUP OF OTHER COMPETITION OFFICIALS

CHIEF MARSHAL Member Group 1 :

KAMALDEEP SINGH N-1 [CHD]

CHANCHAL YADAV N-2 [H.P.]

CHIEF MARSHAL Member Group 2 :

VIJAY HOODA N-1 [AIPSCB]

DR. PAWAN KUMAR PATIAL N-2 [H.P.]

TIMEKEEPER Member Group 1 :

SWATI SINGH N-1 [RSPB]

TIMEKEEPER Member Group 2 :

GEETHA ANANDA N-1 [KRN]

TECHNICAL CONTROLLER Member Group 1 :

SURAJ VERMA N-1 [BHR]

RAJKUMAR JAMWAL N-1 [H.P.]

TECHNICAL CONTROLLER Member Group 2 :

R. KAVITHA N-1 [TND]

YOGENDRA N-1 [U.P.]

TECHNICAL CONTROLLER Member Group 3 :

AMARNATH TYAGI I-2 [U.P.]

K. SURYANARAYANA I-2 [A.P.]

SECRETARY Member Group 1 :

SUKHCHAIN SINGH I-2 [HRN]

SECRETARY Member Group 2 :

BADETI VENKATRAMAIAH I-1 [A.P.]

FOP IC Member Group 1 :

P. SRI SAILAM N-1 [AIPSCB]

SPEAKER Member Group 1 :

NARENDER PAL SINGH CHAUHAN I-1, [U.P.]

TRAINING IC Member Group 1 :

ADITYA DWIVEDI N-2 [M.P.]

MITHUVIN JAYASOORYAN N-2 [KRL]

WARMUP IC Member Group 1 :

MANISH BHAN N-1 [RAJ]

WOMEN WEIGHIN Member Group 1 :

MONA SINHA N-2 [U.P.]

AKANSHA KAMALE N-2 [M.P.]

TECHNICAL DELEGATE Member Group 1 :

SAHDEV YADAV I-1 [U.P.]

COMPETITION DIRECTOR Member Group 1 :

S.H. ANANDE GOWDA I-1 [KRN]

TSR ENGINEERS Member Group 1 :

AJAY KUMAR DAS N-1 [SSCB]

PURAN BHATT N-2 [IWLF]
SHIVAM MISHRA N-2 [IWLF]
VISHAL CHOUDHARY N-2 [IWLF]
SUNEET CHOPRA N-1 [IWLF]

FOP IC Member Group 2 :

DAYAL SINGH SAINI N-3 [J.K.]

FOP IC Member Group 2 :

D. SAILOO N-2 [TEL]

SPEAKER Member Group 2 :

KRISHNARAJ K I-1 [KRN]

WARMUP IC Member Group 2 :

SAKIL AHMAD N-1 [RAJ]



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



NEW RECORDS

RECORDS	CATRGORY	NEW RECORDS	NAME	TEAM	BORN	DATE
JUNIORS-NLS - JUNIOR	WOMEN 45 kg	SNATCH 71 ---> 73	SUFNA JASMIN P.S.	KRL	25-10-2002	29.12.2022
NATIONAL RECORDS-3-8-2022 - SENIOR	WOMEN 45 kg	SNATCH 72 ---> 73	SUFNA JASMIN P.S.	KRL	25-10-2002	29.12.2022
JUNIORS-NLS - JUNIOR	MEN 55 kg	SNATCH 108 ---> 114	MUKUND AHER	MHR	04-07-2003	30.12.2022
JUNIORS-NLS - JUNIOR	MEN 55 kg	CLEAN&JERK 139 ---> 140	MUKUND AHER	MHR	04-07-2003	30.12.2022
JUNIORS-NLS - JUNIOR	MEN 55 kg	TOTAL 244 ---> 254	MUKUND AHER	MHR	04-07-2003	30.12.2022
NATIONAL RECORDS-3-8-2022 - SENIOR	MEN 55 kg	SNATCH 113 ---> 114	MUKUND AHER	MHR	04-07-2003	30.12.2022
YOUTH - YOUTH	MEN 55 kg	CLEAN&JERK 126 ---> 130	N. TOMCHOU MEETEI	MNP	03-04-2006	30.12.2022
YOUTH - YOUTH	MEN 55 kg	TOTAL 230 ---> 233	S.GURU NAIDU	A.P.	09-05-2006	30.12.2022
JUNIORS-NLS - JUNIOR	WOMEN 49 kg	SNATCH 76 ---> 78	GYANESHWARI YADAV	C.G.	08-03-2003	30.12.2022
YOUTH - YOUTH	WOMEN 49 kg	SNATCH 68 ---> 71	HIMANSHEE	HRN	14-03-2005	30.12.2022
JUNIORS-NLS - JUNIOR	WOMEN 71 kg	CLEAN&JERK 105 ---> 114	NAVDEEP KAUR	PUN	15-11-2003	04.01.2023
JUNIORS-NLS - JUNIOR	WOMEN 71 kg	CLEAN&JERK 105 ---> 109	SRASHTI	U.P.	12-06-2002	04.01.2023
JUNIORS-NLS - JUNIOR	WOMEN 71 kg	TOTAL 187 ---> 194	NAVDEEP KAUR	PUN	15-11-2003	04.01.2023
JUNIORS-NLS - JUNIOR	WOMEN 71 kg	TOTAL 187 ---> 193	SRASHTI	U.P.	12-06-2002	04.01.2023
JUNIORS-NLS - JUNIOR	MEN 89 kg	SNATCH 135 ---> 140	SK.LAL BASHEER	A.P.	13-05-2004	04.01.2023
JUNIORS-NLS - JUNIOR	MEN 89 kg	TOTAL 304 ---> 306	SK.LAL BASHEER	A.P.	13-05-2004	04.01.2023
YOUTH - YOUTH	MEN 89 kg	SNATCH 126 ---> 131	SANIDHYA MORE	MHR	26-03-2005	04.01.2023
YOUTH - YOUTH	MEN 89 kg	TOTAL 278 ---> 287	SANIDHYA MORE	MHR	26-03-2005	04.01.2023
JUNIORS-NLS - JUNIOR	MEN 89 kg	SNATCH 135 ---> 147	PRINCE MALIK	J.K.	02-12-2002	04.01.2023
JUNIORS-NLS - JUNIOR	MEN 89 kg	SNATCH 135 ---> 141	ABHAY YADAV	U.P.	10-07-2003	04.01.2023
JUNIORS-NLS - JUNIOR	MEN 89 kg	TOTAL 304 ---> 312	ABHAY YADAV	U.P.	10-07-2003	04.01.2023
JUNIORS-NLS - JUNIOR	MEN 89 kg	TOTAL 304 ---> 311	PRINCE MALIK	J.K.	02-12-2002	04.01.2023
YOUTH - YOUTH	WOMEN 76 kg	SNATCH 73 ---> 82	SANJANA	HRN	18-01-2007	04.01.2023
YOUTH - YOUTH	WOMEN 76 kg	CLEAN&JERK 106 ---> 111	SANJANA	HRN	18-01-2007	04.01.2023
YOUTH - YOUTH	WOMEN 76 kg	TOTAL 179 ---> 193	SANJANA	HRN	18-01-2007	04.01.2023
JUNIORS-NLS - JUNIOR	MEN 96 kg	CLEAN&JERK 176 ---> 179	ALOK YADAV	U.P.	29-12-2003	05.01.2023
YOUTH - YOUTH	MEN 102 kg	SNATCH 126 ---> 129	GOLDY KHAN	H.P.	01-09-2005	05.01.2023
YOUTH - YOUTH	MEN 102 kg	CLEAN&JERK 150 ---> 153	GOLDY KHAN	H.P.	01-09-2005	05.01.2023
YOUTH - YOUTH	MEN 102 kg	TOTAL 276 ---> 282	GOLDY KHAN	H.P.	01-09-2005	05.01.2023
JUNIORS-NLS - JUNIOR	WOMEN +87 kg	CLEAN&JERK 108 ---> 115	M. MARTINA DEVI	MNP	21-03-2006	06.01.2023
JUNIORS-NLS - JUNIOR	WOMEN +87 kg	TOTAL 191 ---> 200	M. MARTINA DEVI	MNP	21-03-2006	06.01.2023
JUNIORS-NLS - JUNIOR	MEN 109 kg	SNATCH 135 ---> 138	BHOLA SINGH	BHR	05-05-2004	06.01.2023

JUNIORS-NLS - JUNIOR	MEN 109 kg	SNATCH 135 ---> 137	GYANESH	HRN	06-03-2002	06.01.2023
JUNIORS-NLS - JUNIOR	MEN 109 kg	CLEAN&JERK 157 ---> 162	SUJEETH.R	TND	04-12-2003	06.01.2023
JUNIORS-NLS - JUNIOR	MEN 109 kg	CLEAN&JERK 157 ---> 161	GYANESH	HRN	06-03-2002	06.01.2023
JUNIORS-NLS - JUNIOR	MEN 109 kg	CLEAN&JERK 157 ---> 159	BHOLA SINGH	BHR	05-05-2004	06.01.2023
JUNIORS-NLS - JUNIOR	MEN 109 kg	TOTAL 292 ---> 298	GYANESH	HRN	06-03-2002	06.01.2023
JUNIORS-NLS - JUNIOR	MEN 109 kg	TOTAL 292 ---> 297	BHOLA SINGH	BHR	05-05-2004	06.01.2023
JUNIORS-NLS - JUNIOR	MEN 109 kg	CLEAN&JERK 157 ---> 173	AKASH KAUSHAL	M.P.	27-12-2002	07.01.2023
JUNIORS-NLS - JUNIOR	MEN 109 kg	TOTAL 292 ---> 309	AKASH KAUSHAL	M.P.	27-12-2002	07.01.2023
JUNIORS-NLS - JUNIOR	MEN +109 kg	TOTAL 313 ---> 319	PARAMVIR SINGH	CHD	05-10-2006	07.01.2023



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



MEN 's ROBI TOTAL POINT

R.	NAME	BORN	TEAM	B.WEIGHT	TOTAL	POINT
1	MUKUND AHER	04-07-2003	MHR	54.800	254	879.611
2	KOMAL MAHESWARI	07-06-2002	C.G.	54.550	237	698.794
3	UDAY MAHAJAN	13-10-2003	MHR	54.800	234	669.839
4	S.GURU NAIDU	09-05-2006	A.P.	54.900	233	660.377
5	N. TOMCHOU MEETEI	03-04-2006	MNP	54.300	232	651.009
6	LOKESH K R	16-12-2002	TND	54.800	230	632.552
7	SHANKAR LAPUNG	22-09-2004	ARN	60.680	255	630.372
8	GULSHAN KUMAR	01-01-2003	BHR	66.330	278	577.283
9	ANIRUDDHA NIPANE	24-10-2003	MHR	66.330	277	570.414
10	ABHAY YADAV	10-07-2003	U.P.	88.900	312	562.506
11	PRINCE MALIK	02-12-2002	J.K.	88.270	311	556.539
12	BALAJI P	05-01-2002	TND	54.570	219	537.518
13	BENGIA TANI	26-02-2004	ARN	66.100	272	536.922
14	SHENBAGARAJ.P	17-07-2002	TND	60.150	242	529.793
15	SK.LAL BASHEER	13-05-2004	A.P.	88.200	306	527.366
16	GOLOM TINKU	12-05-2006	ARN	60.390	241	522.556
17	KUMBHESWAR MALLIK	20-06-2002	ORS	54.450	217	521.383
18	VIJAY PRAJAPATI	13-12-2005	M.P.	53.800	216	513.444
19	LOGESWARAN .S	17-05-2004	TND	66.730	268	511.137
20	KANHAIYA KUMAR	03-03-2002	BHR	66.040	267	504.829
21	JACOB VANLALTLUANGA	17-02-2002	MIZ	66.740	266	498.575
22	SURAJIT CHANGMAI	22-07-2003	ASM	54.900	214	497.821
23	SHUBHAM KALBHOR	01-01-2004	MHR	61.000	237	494.295
24	MH.SILVAN BEIHROTHATLO	21-08-2004	MIZ	66.520	264	486.230
25	RAJA BHARTI	19-12-2003	C.G.	54.000	212	482.532
26	GURUKANNAN.K	04-01-2003	TND	66.460	261	468.117
27	KIRAN MARATHE	07-05-2003	MHR	72.550	277	464.151
28	NIRBHAY PRATAP SINGH	22-06-2003	J.K.	66.900	260	462.185
29	BEDABRAT BHARALI	19-03-2007	ASM	65.990	259	456.306
30	PRABAL PROTIM GOGOI	01-11-2004	ASM	72.980	273	442.256
31	SHIVA CHOUDHARY	02-02-2004	DEL	72.700	273	442.256
32	PATTA MAHESH	16-08-2003	PON	60.100	229	441.008
33	AMAN	08-03-2003	HRN	99.970	306	439.216
34	ABHISHEK MAHAJAN	13-01-2002	MHR	72.300	272	436.898
35	SADANANDA BARIHA	15-01-2006	ORS	60.730	228	434.643
36	KALLOL MAL	31-08-2005	W.B.	66.950	255	433.313
37	A.V. YASHWANTH	09-11-2002	TEL	72.710	271	431.584
38	AMAN	10-08-2002	HRN	72.570	270	426.317
39	KULDEEP SAHU	15-01-2004	ORS	72.900	270	426.317
40	SANIDHYA MORE	26-03-2005	MHR	87.770	287	426.218



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



WOMEN 's ROBI TOTAL POINT

R.	NAME	BORN	TEAM	B.WEIGHT	TOTAL	POINT
1	SUFNA JASMIN P.S.	25-10-2002	KRL	44.760	160	688.830
2	USHA	09-02-2003	HRN	54.400	183	613.450
3	B. RAJESWARI	10-02-2002	A.P.	44.800	148	531.664
4	GYANESHWARI YADAV	08-03-2003	C.G.	48.220	170	528.312
5	SONAM SINGH	18-12-2004	U.P.	58.550	184	490.537
6	BHAWNA	20-07-2005	HRN	62.950	192	476.510
7	ANJALI PATEL	10-08-2004	U.P.	44.780	143	474.303
8	L. NILAM DEVI	06-10-2004	MNP	53.430	168	461.739
9	PREETI	15-08-2002	HRN	48.150	163	459.439
10	M.DEEPANAYOMI	24-06-2002	A.P.	58.350	180	455.998
11	VIDUSHI SHARMA	04-08-2002	M.P.	54.590	167	452.672
12	RADHA SONI	27-04-2003	U.P.	48.540	161	440.977
13	PANCHAMI SONOWAL	05-05-2005	ASM	48.150	161	440.977
14	NIKITA KAMLAKAR	10-12-2005	MHR	58.040	178	439.383
15	DITIMONI SONOWAL	04-12-2003	ASM	63.950	187	436.520
16	NAVDEEP KAUR	15-11-2003	PUN	71.000	194	419.404
17	KHUSHI KUMARI	17-11-2005	BHR	54.350	163	417.645
18	TH. SANJU DEVI	17-04-2003	MNP	48.360	158	414.267
19	SRASHTI	12-06-2002	U.P.	69.700	193	412.266
20	TAMANA	10-05-2002	HRN	81.000	199	411.393
21	ANJANA SREEJITH	25-02-2003	KRL	75.190	198	409.778
22	ANAI WANGSU	10-04-2004	ARN	54.650	162	409.194
23	MINA SANTA	07-03-2007	ORS	54.930	162	409.194
24	RANI NAYAK	10-08-2002	M.P.	44.300	136	401.464
25	V. MADHUMITHA	13-09-2004	PON	52.250	160	392.652
26	MEGHA AHER	20-05-2006	MHR	44.170	135	391.742
27	BALO YALAM	08-08-2004	ARN	58.700	171	384.559
28	PRATIKSHA SATHE	24-12-2002	MHR	48.340	154	380.440
29	KH. ANJALI DEVI	03-06-2003	MNP	60.750	179	377.507
30	B.HARIKA	10-08-2007	A.P.	58.380	170	377.139
31	SANJANA	18-01-2007	HRN	74.390	193	376.399
32	SONALI YADU	19-09-2002	C.G.	58.730	168	362.600
33	LIZA KAMSHA	02-10-2003	ARN	58.760	168	362.600
34	KALPANA YADAV	10-07-2002	U.P.	79.720	191	358.972
35	POSEN KONGKANG	14-01-2003	ARN	60.610	176	356.895
36	RITHIKA.V	25-07-2004	TND	48.680	151	356.373
37	HIMANSHEE	14-03-2005	HRN	48.220	151	356.373
38	SANDHYA RANI NAYAK	04-04-2003	ORS	48.110	151	356.373
39	BIBARI BORO	23-12-2002	ASM	57.380	167	355.479
40	L.KOWSHIKA	18-03-2004	PON	63.730	175	350.204