



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

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



# RESULT BOOK

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## SENIOR



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

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



## SENIOR MEN'S MEDALLISTS

	LIFT	RANK	RESULT	NAME	BORN	TEAM
55 kg	TOTAL	1	254	MUKUND AHER	04-07-2003	MHR
		2	247	PRASHANT KOLI	05-02-1999	SSCB
		3	237	KOMAL MAHESWARI	07-06-2002	C.G.
61 kg	TOTAL	1	271	SUBHAM T.TODKAR	19-05-1997	RSPB
		2	267	CHARU PESI	03-09-2002	SSCB
		3	265	SIDHANTA GOGOI	08-04-2004	ASM
67 kg	TOTAL	1	286	MADHAVAN.T	03-12-2004	TND
		2	283	SUBHASH LAHRE	10-11-2002	SSCB
		3	280	MARKIO TARIO	01-01-2004	ARN
73 kg	TOTAL	1	313	N.AJITH	27-01-1999	RSPB
		2	296	L SADANANDA SINGH	01-04-2002	SSCB
		3	286	MIHIR KANTA SETHI	21-11-1996	ORS
81 kg	TOTAL	1	323	AJAY SINGH SHEKHAWAT	17-04-1997	RAJ
		2	303	VALLURI AJAY BABU	25-11-2004	M.P.
		3	303	KANHU CHARANA SAHU	03-05-1997	ORS
89 kg	TOTAL	1	322	AMARJIT GURU	23-07-1995	RSPB
		2	315	MARUSH PS	22-06-1996	SSCB
		3	315	GOURAV	28-06-1995	AIPSCB
96 kg	TOTAL	1	335	JAGDISH VISHAKARMA	09-09-1997	SSCB
		2	332	HARSHAD WADEKAR	14-06-1995	RSPB
		3	324	VAISHNAV THAKUR	31-08-2002	MHR
102 kg	TOTAL	1	335	KOJUM TABA	18-06-1997	SSCB
		2	335	MD. JAMEIR HUSSAIN	03-04-1993	ASM
		3	334	HARCHARAN SINGH	20-08-2001	RAJ
109 kg	TOTAL	1	343	LOVEPREET SINGH	06-09-1997	SSCB
		2	342	AVINASH	20-08-2000	PUN
		3	332	PRADEEP KUMAR YADAV	05-03-2001	U.P.
+109 kg	TOTAL	1	365	GURDEEP SINGH	01-10-1995	RSPB
		2	351	VIPAN KUMAR	30-01-1994	SSCB
		3	332	S.RUDRAMAYAN	10-04-2002	RSPB



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## SENIOR WOMEN'S MEDALLISTS

	LIFT	RANK	RESULT	NAME	BORN	TEAM
45 kg	TOTAL	1	164	KOMAL KOHAR	24-07-2002	RSPB
		2	160	SUFNA JASMIN P.S.	25-10-2002	KRL
		3	159	SARIKA SHINGARE	01-12-1998	RSPB
49 kg	TOTAL	1	171	JHILLI DALABEHERA	03-02-1999	ORS
		2	170	GYANESHWARI YADAV	08-03-2003	C.G.
		3	169	SAKSHI MASKE	23-03-2001	MHR
55 kg	TOTAL	1	190	S. BINDYARANI DEVI	27-01-1999	RSPB
		2	184	SHRABANI DAS	16-03-2002	W.B.
		3	183	USHA	09-02-2003	HRN
59 kg	TOTAL	1	192	POPY HAZARIKA	08-12-1998	RSPB
		2	191	SUKARNA ADAK	10-01-2003	W.B.
		3	187	SNEHA	20-12-1999	HRN
64 kg	TOTAL	1	206	S. NIRUPAMA DEVI	05-10-2000	RSPB
		2	202	S.PALLAVI	13-07-2003	A.P.
		3	197	K. ROSHILATA DEVI	07-11-1999	MNP
71 kg	TOTAL	1	214	HARJINDER KAUR	14-10-1996	PUN
		2	201	AMANDEEP KAUR	07-08-1989	AIPSCB
		3	195	MEENA KUMARI PAWAR	15-08-1989	PUN
76 kg	TOTAL	1	210	LALCHHANHIMI	14-04-1992	MIZ
		2	204	VANDANA GUPTA	17-12-1994	RSPB
		3	198	ANJANA SREEJITH	25-02-2003	KRL
81 kg	TOTAL	1	222	PUNAM YADAV	09-07-1995	RSPB
		2	213	VANSITA VERMA	18-10-2001	CHD
		3	208	N. LALITHA	13-05-1996	RSPB
87 kg	TOTAL	1	206	AKSHATA KAMATI	02-08-1999	KRN
		2	205	B.N.USHA	02-04-1995	RSPB
		3	201	KOMAL WAKALE	01-11-1990	MHR
+87 kg	TOTAL	1	213	PURNIMA PANDEY	16-10-1997	U.P.
		2	204	ANN MARIA M.T.	21-08-1998	RSPB
		3	203	MONIKA	13-11-1992	RAJ



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## SENIOR SUMMARY TEAM CLASSIFICATION

No.	Team	MEN	WOMEN	SUMMARY
1	RSPB : RSPB	219/9	261/10	480/19
2	MHR : MHR	195/10	189/9	384/19
3	HRN : HRN	93/7	179/10	272/17
4	U.P. : U.P.	139/10	117/9	256/19
5	ORS : ORS	144/9	109/7	253/16
6	SSCB : SSCB	248/10	0/0	248/10
7	A.P. : A.P.	107/7	137/8	244/15
8	AIPSCB : AIPSCB	93/8	142/9	235/17
9	RAJ : RAJ	156/12	63/4	219/16
10	PUN : PUN	144/10	73/6	217/16
11	MNP : MNP	27/3	178/10	205/13
12	ASM : ASM	78/9	113/6	191/15
13	KRN : KRN	74/8	114/6	188/14
14	KRL : KRL	117/8	67/5	184/13
15	C.G. : C.G.	86/7	74/4	160/11
16	ARN : ARN	85/8	70/4	155/12
17	TND : TND	116/9	31/2	147/11
18	MIZ : MIZ	94/6	28/1	122/7
19	M.P. : M.P.	105/9	16/1	121/10
20	PON : PON	53/6	48/4	101/10
21	CHD : CHD	68/6	25/1	93/7
22	TEL : TEL	52/3	38/2	90/5
23	UKD : UKD	70/8	19/1	89/9
24	J.K. : J.K.	71/5	17/2	88/7
25	W.B. : W.B.	0/0	69/3	69/3
26	BHR : BHR	51/6	0/0	51/6
27	GOA : GOA	50/3	0/0	50/3
28	DEL : DEL	40/5	0/0	40/5
29	H.P. : H.P.	15/6	0/6	15/12



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## SENIOR 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	SSCB : SSCB	25/1	25/1	25/1	25/1	14/1	25/1	28/1	28/1	28/1	25/1	248/10
2	RSPB : RSPB	22/1	28/1	-	28/1	15/1	28/1	25/1	22/1	-	51/2	219/9
3	MHR : MHR	49/2	16/1	32/2	21/1	19/1	14/1	23/1	21/1	-	-	195/10
4	RAJ : RAJ	-	-	-	19/2	51/4	-	15/2	37/2	13/1	21/1	156/12
5	ORS : ORS	15/1	17/1	7/1	38/2	23/1	22/2	22/1	-	-	-	144/9
6	PUN : PUN	-	13/1	-	0/1	30/2	19/1	0/1	20/1	25/1	37/2	144/10
7	U.P. : U.P.	0/1	-	10/1	12/1	0/1	22/1	18/1	18/1	43/2	16/1	139/10
8	KRL : KRL	-	28/2	-	11/1	22/1	24/2	16/1	-	16/1	-	117/8
9	TND : TND	17/1	15/1	45/2	10/1	18/1	11/1	-	-	0/1	0/1	116/9
10	A.P. : A.P.	33/2	-	-	22/1	3/1	32/2	-	-	17/1	-	107/7
11	M.P. : M.P.	14/2	-	-	-	25/1	34/2	14/2	-	18/1	0/1	105/9
12	MIZ : MIZ	-	41/2	34/2	13/1	6/1	-	-	-	-	-	94/6
13	HRN : HRN	-	-	-	20/1	25/2	10/1	21/1	17/1	0/1	-	93/7
14	AIPSCB : AIPSCB	-	12/2	4/1	-	-	23/1	17/1	16/1	21/1	0/1	93/8
15	C.G. : C.G.	41/2	24/2	-	0/1	21/2	-	-	-	-	-	86/7
16	ARN : ARN	0/1	22/1	41/2	0/2	16/1	6/1	-	-	-	-	85/8
17	ASM : ASM	-	23/1	0/1	17/1	13/2	0/1	-	25/2	0/1	-	78/9
18	KRN : KRN	16/1	8/1	18/2	-	12/2	-	0/1	-	-	20/1	74/8
19	J.K. : J.K.	-	-	12/1	-	-	21/1	0/1	19/1	19/1	-	71/5
20	UKD : UKD	-	-	14/2	8/2	-	-	19/1	-	14/2	15/1	70/8
21	CHD : CHD	12/1	-	14/2	-	0/1	-	20/1	-	-	22/1	68/6
22	PON : PON	-	29/2	-	9/2	-	15/2	-	-	-	-	53/6
23	TEL : TEL	-	-	-	30/2	-	-	-	-	22/1	-	52/3
24	BHR : BHR	-	0/1	36/2	0/1	0/1	-	-	-	15/1	-	51/6
25	GOA : GOA	-	-	22/1	-	11/1	-	-	-	-	17/1	50/3
26	DEL : DEL	-	-	9/1	18/1	4/1	9/2	-	-	-	-	40/5
27	MNP : MNP	19/1	-	-	-	0/1	8/1	-	-	-	-	27/3
28	H.P. : H.P.	-	0/2	0/1	0/2	-	-	-	15/1	-	-	15/6



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## SENIOR 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	RSPB : RSPB	51/2	-	28/1	28/1	28/1	-	25/1	51/2	25/1	25/1	261/10
2	MHR : MHR	22/1	23/1	21/1	15/1	-	22/1	-	-	45/2	41/2	189/9
3	HRN : HRN	-	21/1	23/1	23/1	21/1	38/2	-	21/1	32/2	0/1	179/10
4	MNP : MNP	16/1	18/2	22/1	21/1	23/1	19/1	37/2	-	-	22/1	178/10
5	AIPSCB : AIPSCB	0/1	17/1	17/1	22/1	22/1	25/1	21/1	18/1	-	0/1	142/9
6	A.P. : A.P.	37/2	-	-	20/1	25/1	-	0/1	22/1	33/2	-	137/8
7	U.P. : U.P.	14/1	20/2	-	0/1	0/1	21/1	-	19/1	15/1	28/1	117/9
8	KRN : KRN	15/1	19/1	-	-	16/1	16/1	-	-	48/2	-	114/6
9	ASM : ASM	-	22/1	14/1	17/1	20/1	-	-	-	40/2	-	113/6
10	ORS : ORS	-	58/3	37/2	14/1	0/1	-	-	-	-	-	109/7
11	C.G. : C.G.	18/1	25/1	13/1	18/1	-	-	-	-	-	-	74/4
12	PUN : PUN	-	0/1	-	-	-	51/2	22/1	0/1	-	0/1	73/6
13	ARN : ARN	-	13/1	20/1	19/1	18/1	-	-	-	-	-	70/4
14	W.B. : W.B.	19/1	-	25/1	25/1	-	-	-	-	-	-	69/3
15	KRL : KRL	25/1	-	-	-	-	0/1	23/1	0/1	-	19/1	67/5
16	RAJ : RAJ	-	-	-	-	0/1	-	20/1	20/1	-	23/1	63/4
17	PON : PON	-	-	15/1	-	17/2	-	16/1	-	-	-	48/4
18	TEL : TEL	21/1	-	-	-	-	-	17/1	-	-	-	38/2
19	TND : TND	-	15/1	-	16/1	-	-	-	-	-	-	31/2
20	MIZ : MIZ	-	-	-	-	-	-	28/1	-	-	-	28/1
21	CHD : CHD	-	-	-	-	-	-	-	25/1	-	-	25/1
22	UKD : UKD	-	-	-	-	19/1	-	-	-	-	-	19/1
23	J.K. : J.K.	-	-	-	0/1	-	17/1	-	-	-	-	17/2
24	M.P. : M.P.	-	-	16/1	-	-	-	-	-	-	-	16/1
25	H.P. : H.P.	0/1	-	0/2	-	-	0/1	0/1	0/1	-	-	0/6



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## SENIOR SUMMARY MEDALS

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



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## SENIOR MEN 's MEDALS

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





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## SENIOR WOMEN 's MEDALS

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



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## RESULT SENIOR MEN 55 kg

Competition : 30.12.2022 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	443	[A] MUKUND AHER	240	MHR	04-07-2003	54.800	108	112	114	114	1	132	135	140	140	1	254	1
2	449	[A] PRASHANT KOLI	247	SSCB	05-02-1999	54.260	107	110	113	113	2	128	134	134	134	3	247	2
3	47	[A] KOMAL MAHESWARI	235	C.G.	07-06-2002	54.550	100	104	104	100	8	131	135	137	137	2	237	3
4	83	[A] A.GUNASEKAR	240	RSPB	11-05-1996	54.770	103	105	108	108	3	127	127	127	127	9	235	4
5	615	[A] UDAY MAHAJAN	240	MHR	13-10-2003	54.800	103	103	106	103	5	131	131	135	131	5	234	5
6	621	[A] S.GURU NAIDU	240	A.P.	09-05-2006	54.900	100	104	106	104	4	125	129	133	129	8	233	6
7	482	[A] N. TOMCHOU MEETEI	230	MNP	03-04-2006	54.300	98	102	102	102	6	125	130	135	130	6	232	7
8	234	[A] VIJAY KUMAR MAHESHWARI	240	C.G.	15-02-1999	54.620	100	100	103	100	9	132	137	138	132	4	232	8
9	268	[A] SURIYA.A	230	TND	23-03-2000	53.100	97	97	101	101	7	125	129	133	129	7	230	9
10	788	[B] EZILARASAN	202	KRN	25-11-1998	54.580	90	94	97	97	10	120	126	130	126	10	223	10
11	353	[A] KUMBHESWAR MALLIK	217	ORS	20-06-2002	54.450	90	95	100	95	13	117	122	126	122	11	217	11
12	683	[A] VIJAY PRAJAPATI	230	M.P.	13-12-2005	53.800	96	96	100	96	11	114	119	120	120	13	216	12
13	791	[B] T. KUMARA SWAMY	215	A.P.	23-11-2000	54.880	94	100	100	94	14	121	121	130	121	12	215	13
14	199	[A] SADAM HUSEN NAZEER	230	CHD	24-01-1995	54.440	95	100	100	95	12	115	121	--	115	14	210	14
	233	[B] SAALIM	208	U.P.	12-12-2000	54.500	90	94	94	90	15	115	115	115	--		--	
	303	[B] DEJUM GADI	210	ARN	05-05-2001	54.900	90	90	90	--		--	--	--	--		--	
	827	[B] PIYUSH SINGH	210	M.P.	27-12-1999	54.900	90	90	--	--		--	--	--	--		--	

### 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

NATIONAL RECORDS - 2022 SENIOR MEN 55 kg SNATCH : SANKET SARGAR [MHR] 113 ----> MUKUND AHER [MHR] 114

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

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

YOUTH JUNIOR MEN 55 kg

Right - Nirlep Singh I-2 [U.P.]

Reserve - Ramesh Ch. Padhy I-2

[ORS]

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 SENIOR 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	492	[A] SUBHAM T.TODKAR	270	RSPB	19-05-1997	60.430	113	117	119	119	1	145	149	152	152	1	271	1
2	779	[A] CHARU PESI	270	SSCB	03-09-2002	60.550	114	118	120	118	2	145	149	154	149	3	267	2
3	534	[A] SIDHANTA GOGOI	270	ASM	08-04-2004	60.900	112	112	116	116	3	142	149	157	149	2	265	3
4	812	[A] SHANKAR LAPUNG	240	ARN	22-09-2004	60.680	108	112	112	112	4	137	143	145	143	4	255	4
5	836	[A] LALZUIDIKA	260	MIZ	23-06-1997	60.160	108	112	112	112	5	136	140	144	140	8	252	5
6	738	[A] ZAKHUMA	255	MIZ	01-04-2001	60.090	110	114	114	110	6	140	144	144	140	7	250	6
7	742	[A] SOURABH S.	245	KRL	23-09-1999	60.400	109	113	113	109	8	136	141	141	141	5	250	7
8	340	[A] S. ARAVINDH	252	PON	26-07-2000	60.700	109	109	111	109	9	140	144	144	140	6	249	8
9	29	[A] MUNA NAYAK	250	ORS	20-10-2002	60.930	107	111	111	107	10	137	144	144	137	9	244	9
10	566	[A] AKSHAY FADATARE	250	MHR	19-10-2000	60.380	110	110	115	110	7	130	137	137	130	12	240	10
11	86	[B] PRADEEP . U	233	TND	25-05-1997	60.440	96	101	104	104	12	130	135	135	130	10	234	11
12	254	[B] KARAN LAHRE	234	C.G.	28-07-2000	57.140	100	104	106	104	11	130	135	135	130	11	234	12
13	465	[A] SAGAR MADAR	245	PUN	20-05-1998	60.160	104	104	110	104	13	125	130	135	130	13	234	13
14	248	[C] SUKHWINDER SINGH	220	AIPSCB	14-10-1990	60.950	95	100	103	103	14	123	127	127	127	15	230	14
15	410	[B] PATTI MAHESH	227	PON	16-08-2003	60.100	96	98	101	101	16	123	128	128	128	14	229	15
16	674	[B] RAHUL JANGDE	226	C.G.	20-06-2002	60.390	95	95	100	100	17	123	127	127	123	17	223	16
17	655	[B] AHMED IBRAHIM. M	225	KRL	28-03-2001	61.000	96	101	102	96	18	123	127	130	127	16	223	17
18	126	[B] SUBRAMANYA	225	KRN	12-04-2001	60.900	95	100	100	95	19	123	123	-	123	18	218	18



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

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



## RESULT SENIOR 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
	460	[A] SHAM LAL	236	H.P.	12-09-2004	60.300	98	102	105	102	15	124	124	124	--		--	
	608	[A] ABHISHEK JAMWAL	250	H.P.	27-08-1996	60.770	95	95	95	95	20	--	--	--	--		--	
	263	[C] SHIVAJI SHINDE	205	AIPSCB	15-11-1990	61.000	95	95	95	--		--	--	--	--		--	
	320	[B] SONU KUMAR	230	BHR	01-02-2005	60.600	104	104	104	--		--	--	--	--		--	

### 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 SENIOR 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	311	[B] MADHAVAN.T	280	TND	03-12-2004	65.670	125	129	131	129	1	152	153	157	157	5	286	1
2	12	[B] SUBHASH LAHRE	277	SSCB	10-11-2002	66.340	122	122	125	125	3	153	158	162	158	3	283	2
3	122	[B] MARKIO TARIO	280	ARN	01-01-2004	66.860	122	122	122	122	4	153	158	166	158	4	280	3
4	76	[B] AKSHAY GAIKWAD	280	GOA	16-04-1996	66.900	122	126	130	126	2	152	153	158	153	7	279	4
5	226	[B] SHUBHAM KOLEKAR	270	MHR	01-11-1999	66.170	115	119	122	119	9	154	160	165	160	1	279	5
6	44	[A] GULSHAN KUMAR	285	BHR	01-01-2003	66.330	116	119	121	119	10	150	154	159	159	2	278	6
7	746	[B] LALHUNTHARA	275	MIZ	07-12-2002	66.740	118	118	118	118	11	155	162	163	155	6	273	7
8	494	[C] BENGIA TANI	260	ARN	26-02-2004	66.100	117	121	123	121	5	151	157	157	151	8	272	8
9	111	[B] LOGESWARAN .S	265	TND	17-05-2004	66.730	117	120	123	120	8	142	146	148	148	10	268	9
10	432	[B] KANHAIYA KUMAR	281	BHR	03-03-2002	66.040	120	123	123	120	6	147	147	149	147	12	267	10
11	458	[B] JACOB VANLALTLUANGA	270	MIZ	17-02-2002	66.740	120	123	123	120	7	140	145	146	146	14	266	11
12	574	[B] ZAHEER KHAN	266	UKD	16-01-2001	66.040	115	116	119	116	13	144	147	148	148	11	264	12
13	706	[C] DEVARAJ KT	245	KRN	19-01-1999	66.850	112	117	120	117	12	140	146	150	146	13	263	13
14	423	[C] NIRBHAY PRATAP SINGH	260	J.K.	22-06-2003	66.900	112	112	115	112	16	140	145	148	148	9	260	14
15	237	[B] GOVINDA MAHAJAN	270	MHR	06-03-2000	65.740	115	119	119	115	15	144	148	148	144	15	259	15
16	310	[C] ANUJ KUMAR	242	U.P.	16-05-2002	66.030	105	109	111	111	17	135	135	140	140	18	251	16
17	804	[B] ANIL CHOUDHARY	262	DEL	15-03-2004	66.470	107	107	110	110	18	136	141	145	141	17	251	17
18	532	[C] DIPAK RAMESH MAHAJAN	247	CHD	22-10-1991	65.400	105	109	109	105	21	135	141	147	141	16	246	18



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

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



## RESULT SENIOR 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
19	453	[C] SACHIN RAUTA	245	ORS	10-04-1997	66.880	106	110	110	106	19	133	133	--	133	22	239	19
20	552	[C] MANOJ KUMAR	247	CHD	22-08-1995	65.890	104	104	107	104	23	134	--	--	134	19	238	20
21	175	[C] TIPPANNA S L	245	KRN	30-04-2002	66.960	104	104	107	104	22	133	136	136	133	21	237	21
22	446	[D] ARJUN A	240	AIPSCB	10-06-1994	66.800	102	106	106	102	24	133	133	--	133	20	235	22
	27	[B] APURBA CHETIA	270	ASM	03-03-1991	65.230	115	120	120	115	14	--	--	--	--		--	
	461	[C] GANESH R	240	UKD	12-05-1996	65.900	105	108	--	105	20	--	--	--	--		--	
	797	[C] YAAD RAM	250	H.P.	01-05-2002	65.640	102	102	105	102	25	133	133	--	--		--	

### 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 SENIOR MEN 73 kg

Competition : 02.01.2023 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	647	[A] N.AJITH	315	RSPB	27-01-1999	72.600	135	140	143	143	1	165	165	170	170	1	313	1
2	204	[A] L SADANANDA SINGH	295	SSCB	01-04-2002	72.700	128	134	137	137	2	154	159	177	159	3	296	2
3	284	[A] MIHIR KANTA SETHI	285	ORS	21-11-1996	72.900	123	123	126	126	4	156	160	165	160	2	286	3
4	627	[B] J.KOTESWARA RAO	270	A.P.	26-01-2001	71.720	122	125	127	125	5	150	154	157	154	8	279	4
5	498	[A] RANJEET CHAVAN	285	MHR	20-02-1998	72.100	122	122	124	122	10	157	165	165	157	4	279	5
6	444	[B] HASEEN	270	HRN	02-07-2001	71.660	124	124	127	127	3	149	154	154	149	13	276	6
7	279	[B] PUSKARRAJ JANGID	270	RAJ	12-12-1999	72.560	122	125	125	122	8	154	158	158	154	6	276	7
8	144	[A] SHIVA CHOUDHARY	281	DEL	02-02-2004	72.700	120	123	125	123	6	145	150	154	150	12	273	8
9	205	[A] PRABAL PROTIM GOGOI	280	ASM	01-11-2004	72.980	116	119	122	119	12	148	154	156	154	9	273	9
10	727	[B] A.V. YASHWANTH	270	TEL	09-11-2002	72.710	115	119	122	122	9	149	149	153	149	14	271	10
11	473	[C] MANOJ KUMAR SAHU	260	ORS	18-10-2000	72.570	115	119	122	119	11	145	150	154	150	11	269	11
12	491	[B] R. SHIVALINGESHWAR SAI	270	TEL	25-07-2001	72.270	115	118	118	115	14	150	154	158	154	7	269	12
13	663	[B] TBC LALCHHANHIMA	270	MIZ	21-03-1997	70.520	112	116	116	112	20	150	155	158	155	5	267	13
14	700	[B] PRAVESH BAISOYA	265	U.P.	02-05-2003	72.400	110	115	115	115	16	142	147	151	151	10	266	14
15	328	[B] DHILIJITH D.S.	265	KRL	19-02-2001	72.750	111	115	118	115	15	147	147	151	147	15	262	15
16	831	[B] HARIKARAN.B	265	TND	07-03-2002	72.030	117	120	120	117	13	142	147	147	142	17	259	16
17	496	[C] POTHABATTULA DHARMA RAO	245	PON	15-01-2001	72.480	109	112	115	112	19	140	145	150	145	16	257	17
18	597	[C] VISHAL PANWAR	254	UKD	10-12-1998	72.330	108	110	114	114	18	137	140	143	140	18	254	18



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

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



## RESULT SENIOR MEN 73 kg

Competition : 02.01.2023 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
	733	[A] KAPIL SINGH	285	RAJ	16-03-1993	72.800	123	123	125	123	7	157	157	158	--		--	
	291	[A] ADITYA	280	PUN	16-09-2000	72.400	115	119	--	115	17	145	--	--	--		--	
	485	[C] TALUK BAGE	245	ARN	01-07-2004	72.050	110	118	118	110	21	136	136	--	--		--	
	823	[C] SAKSHAM CHOUDHARY	245	UKD	11-11-2002	72.520	108	111	--	108	22	137	137	139	--		--	
	285	[C] RUBA TADU	250	ARN	04-05-2001	68.840	112	112	112	--		--	--	--	--		--	
	487	[B] SAURYA PRATAP SINGH	270	BHR	01-07-2004	72.730	110	110	110	--		--	--	--	--		--	
	583	[C] KESHAV SAHU	250	C.G.	22-08-1990	72.990	108	108	--	--		--	--	--	--		--	
	735	[C] TARUN KUMAR	260	H.P.	10-08-1997	72.090	108	108	108	--		--	--	--	--		--	
	282	[C] SAHIL KUTLEHRIA	245	H.P.	25-01-1997	72.930	108	108	108	--		--	--	--	--		--	
	467	[C] V. PURUSHOTHAMAN	260	PON	16-06-1995	70.980	--	--	--	--		--	--	--	--		--	

### 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 SENIOR MEN 81 kg

Competition : 03.01.2023 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	209	[A] AJAY SINGH SHEKHAWAT	315	RAJ	17-04-1997	81.000	137	141	149	149	1	166	174	--	174	1	323	1
2	819	[A] VALLURI AJAY BABU	300	M.P.	25-11-2004	79.560	135	139	142	139	3	164	168	168	164	8	303	2
3	451	[A] KANHU CHARANA SAHU	290	ORS	03-05-1997	79.350	128	128	132	132	9	160	166	171	171	3	303	3
4	810	[B] SKILTIN PAUL	290	KRL	29-05-2000	80.240	132	136	139	139	2	163	167	168	163	9	302	4
5	376	[A] NITEK JANGID	312	RAJ	16-11-2001	77.120	133	135	135	135	5	166	169	169	166	6	301	5
6	105	[A] RAGHVEER SINGH	300	PUN	21-03-1995	80.860	127	131	134	134	6	165	167	170	167	5	301	6
7	194	[A] ABHISHEK NIPANE	310	MHR	11-12-2001	79.870	126	131	131	126	14	167	173	178	173	2	299	7
8	37	[B] PRABAKARAN.P	280	TND	19-09-1996	80.520	121	125	125	125	15	161	166	169	169	4	294	8
9	269	[A] ANSHUL	290	HRN	20-07-1998	80.190	132	132	137	132	8	160	167	167	160	10	292	9
10	15	[A] LALU TAKU	300	ARN	08-12-1998	79.530	125	125	129	125	16	162	166	166	166	7	291	10
11	163	[A] ARUL PANDIAN	295	RSPB	29-07-1999	80.650	126	130	132	132	10	156	162	163	156	12	288	11
12	166	[A] BANDARU KRISHNA	300	SSCB	25-06-2002	77.430	127	133	133	133	7	153	158	160	153	17	286	12
13	370	[A] GULAP GOGOI	290	ASM	01-04-2000	80.980	128	133	133	128	12	155	155	155	155	14	283	13
14	450	[A] BHAVESH SARANG	295	C.G.	27-05-2002	80.130	130	130	133	130	11	151	156	156	151	20	281	14
15	694	[B] SANKER GANESH	290	GOA	06-06-1992	80.530	123	127	130	127	13	153	158	158	153	16	280	15
16	711	[B] GURJEET KUMAR	290	PUN	20-05-1996	80.000	124	128	128	124	17	155	159	159	155	13	279	16
17	529	[B] ATISH PATIL	290	C.G.	27-03-1996	80.330	120	124	125	120	21	150	155	158	158	11	278	17
18	587	[B] SUMIT	270	HRN	12-12-2002	80.660	120	124	124	120	22	151	156	159	151	18	271	18



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

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



## RESULT SENIOR MEN 81 kg

Competition : 03.01.2023 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
19	371	[C] RAJATH RAI	265	KRN	25-10-1995	77.040	117	117	120	117	25	146	150	153	153	15	270	19
20	296	[B] LALRUATFELA	280	MIZ	05-03-2006	80.120	120	120	124	120	23	150	154	154	150	21	270	20
21	713	[B] JAMES CAREE	270	KRN	11-12-2000	79.570	119	123	123	119	24	146	151	151	151	19	270	21
22	402	[B] KUSHANK ARORA	275	DEL	09-01-2001	80.190	118	123	127	123	18	146	146	150	146	23	269	22
23	629	[C] V. NARASIMHA NAIDU	265	A.P.	08-04-2001	78.830	117	121	121	121	20	146	146	146	146	22	267	23
24	292	[A] BANSI LAL	240	RAJ	07-01-2003	65.400	110	114	114	110	26	130	130	137	137	24	247	24
	596	[A] PAPUL CHANGMAI	320	ASM	01-01-1994	80.830	136	136	140	136	4	165	165	165	--		--	
	501	[A] KULDEEP KUMAR	300	U.P.	01-01-2002	79.840	122	125	125	122	19	163	163	163	--		--	
	203	[A] GURKARAN SINGH	310	CHD	26-06-2003	79.200	135	135	135	--		--	--	--	--		--	
	7	[B] L. SUNDERJIT SINGH	280	MNP	20-01-1999	80.730	118	118	118	--		--	--	--	--		--	
	161	[A] VINESH KUMAR	241	RAJ	01-01-2000	66.400	103	103	103	--		--	--	--	--		--	
	316	[C] VINOD CHAUDHARY	265	BHR	16-11-2001	78.830	117	117	117	--		--	--	--	--		--	

### BREAK RECORDS

JUNIORS-NLS JUNIOR MEN 81 kg CLEAN&JERK : VALLURI AJAYA BABU [M.P.] 161 ---> VALLURI AJAY BABU [M.P.] 164

NATIONAL RECORDS-3-8-2022 SENIOR MEN 81 kg SNATCH : AJAY SINGH [SSCB] 148 ---> AJAY SINGH SHEKHAWAT [RAJ] 149

### 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 SENIOR MEN 89 kg

Competition : 04.01.2023 12:30

Weigh in : 10:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	420	[A] AMARJIT GURU	315	RSPB	23-07-1995	88.150	138	143	146	146	2	168	173	176	176	1	322	1
2	190	[A] MARUSH PS	310	SSCB	22-06-1996	88.250	138	142	145	142	3	167	173	181	173	3	315	2
3	661	[A] GOURAV	310	AIPSCB	28-06-1995	88.220	140	144	145	140	6	170	175	177	175	2	315	3
4	739	[A] ABHAY YADAV	315	U.P.	10-07-2003	88.900	141	141	145	141	4	167	171	174	171	5	312	4
5	411	[A] PRINCE MALIK	310	J.K.	02-12-2002	88.270	140	144	147	147	1	164	164	169	164	13	311	5
6	151	[B] SK.LAL BASHEER	290	A.P.	13-05-2004	88.200	131	136	140	140	5	159	166	172	166	10	306	6
7	351	[A] NIKHIL TUGNAIT	320	PUN	09-11-1999	87.750	137	137	137	137	8	164	166	171	166	11	303	7
8	617	[A] HIMANSHU THAPA	300	M.P.	30-03-2001	87.880	130	130	131	131	11	160	160	168	168	9	299	8
9	635	[A] JANIS ABBAS	295	KRL	17-01-2000	84.170	128	131	133	128	16	165	171	176	171	4	299	9
10	785	[A] GURMUKH SINGH	301	M.P.	01-01-1993	85.010	132	137	141	137	7	161	167	170	161	15	298	10
11	741	[A] U. SIVAPRAKASH	310	PON	17-02-1996	88.610	133	133	138	133	9	165	171	171	165	12	298	11
12	223	[A] DHAIRYASHIL SALUNKHE	310	MHR	27-03-2001	88.150	128	133	133	128	14	170	174	174	170	8	298	12
13	22	[A] ANIL KUMAR SAHU	305	ORS	12-10-1994	84.900	127	127	132	127	17	170	180	180	170	7	297	13
14	424	[B] A.S.R.K. YADAV	280	A.P.	05-06-2002	88.480	126	132	132	126	18	160	170	--	170	6	296	14
15	710	[A] JAMALUDEEN.N	295	TND	27-07-2001	88.920	132	137	139	132	10	161	168	170	161	14	293	15
16	183	[B] RANJAN	275	HRN	19-05-2001	88.170	130	134	134	130	12	160	166	166	160	16	290	16
17	261	[B] VIVEK SWAMI	286	ORS	22-07-2000	88.210	130	134	136	130	13	160	160	169	160	17	290	17
18	447	[A] KH. JOJO MEITEI	300	MNP	03-05-1998	87.970	128	133	133	128	15	155	160	170	160	19	288	18



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

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



## RESULT SENIOR MEN 89 kg

Competition : 04.01.2023 12:30

Weigh in : 10:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
19	147	[B] RAFEEQUE C.	270	KRL	06-04-1998	85.460	122	122	122	122	21	155	160	160	160	18	282	19
20	808	[B] TABA DOSUM	270	ARN	10-10-2001	88.960	120	124	127	124	19	150	156	159	156	20	280	20
21	471	[B] VIKRANT	275	DEL	05-05-2001	87.470	120	120	124	124	20	151	156	156	151	21	275	21
22	335	[B] PRINCE KUMAR	270	DEL	05-01-1996	87.900	120	120	125	120	22	150	155	155	150	22	270	22
	504	[A] SOURAV GOGOI	295	ASM	01-03-1995	88.690	125	125	125	--		--	--	--	--		--	
	277	[B] G. HARISH	270	PON	02-07-2000	85.430	120	120	120	--		--	--	--	--		--	

### 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

### 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 SENIOR 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	427	[A] JAGDISH VISHAKARMA	340	SSCB	09-09-1997	95.840	142	146	149	149	1	182	186	194	186	2	335	1
2	78	[A] HARSHAD WADEKAR	330	RSPB	14-06-1995	94.960	146	150	150	146	2	180	186	193	186	1	332	2
3	555	[A] VAISHNAV THAKUR	305	MHR	31-08-2002	94.820	142	142	142	142	5	173	178	182	182	3	324	3
4	480	[A] SURESH YADAV	320	ORS	23-08-1994	95.490	137	141	144	144	3	174	179	183	179	4	323	4
5	207	[A] GURMEET	310	HRN	22-11-2001	95.970	142	142	145	142	4	165	171	171	171	5	313	5
6	217	[A] GURPREET SINGH BHANGU	300	CHD	13-01-2001	92.310	132	134	138	138	6	163	168	171	168	6	306	6
7	585	[B] VISHAL RAJWAR	295	UKD	04-05-1995	94.470	131	136	140	136	7	161	161	169	161	7	297	7
8	46	[B] ANKUSH	296	U.P.	03-07-2001	95.840	128	128	130	128	9	157	163	--	157	9	285	8
9	345	[C] BHEEM SINGH	280	AIPSCB	10-05-1996	92.640	123	123	123	123	13	152	157	157	157	8	280	9
10	762	[B] MANIKANDAN K.	290	KRL	28-02-1999	96.000	124	124	126	124	12	155	155	175	155	11	279	10
11	786	[C] SUKHDEEP	280	RAJ	02-06-2001	89.180	123	126	128	126	10	152	152	152	152	12	278	11
12	556	[B] RK YADAV	285	M.P.	24-08-1994	96.000	123	123	126	123	14	155	160	161	155	10	278	12
	835	[A] GURPREET RALH	310	PUN	23-05-1998	95.920	130	135	139	135	8	175	175	175	--	--	--	--
	604	[B] LOKCHAND	290	KRN	24-04-2001	95.540	126	126	--	126	11	--	--	--	--	--	--	--
	11	[A] PARMPAL SINGH	300	M.P.	23-08-1998	89.540	128	128	128	--	--	--	--	--	--	--	--	--
	792	[B] YOGENDRA SINGH	290	RAJ	15-03-2000	94.160	123	123	123	--	--	--	--	--	--	--	--	--
	523	[C] BUNTI CHAUDHARY	274	J.K.	25-12-2001	90.300	123	123	123	--	--	--	--	--	--	--	--	--

### BREAK RECORDS

JUNIORS-NLS JUNIOR MEN 96 kg CLEAN&JERK : AMAN [HRN] 176 ----> VAISHNAV THAKUR [MHR] 182

JUNIORS-NLS JUNIOR MEN 96 kg TOTAL : AMAN [HRN] 306 ----> VAISHNAV THAKUR [MHR] 324

### 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 SENIOR 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	4	[A] KOJUM TABA	340	SSCB	18-06-1997	97.630	146	150	154	150	2	182	185	189	185	2	335	1
2	160	[A] MD. JAMEIR HUSSAIN	320	ASM	03-04-1993	101.200	141	141	147	147	4	180	188	188	188	1	335	2
3	184	[A] HARCHARAN SINGH	330	RAJ	20-08-2001	101.470	147	151	151	1	175	180	183	183	4	334	3	
4	646	[A] HARSHIT SEHRAWAT	330	RSPB	04-05-2000	101.550	143	147	150	150	3	177	177	183	183	3	333	4
5	481	[A] CHIRAG WAGHAVALA	305	MHR	28-03-2003	99.230	135	139	142	142	5	165	170	175	175	8	317	5
6	323	[A] SACHIN MEHMI	315	PUN	11--08-1995	102.000	140	144	145	140	6	176	182	182	176	7	316	6
7	94	[A] SIDDHANT	300	J.K.	16-08-2000	101.370	130	135	139	135	9	170	180	185	180	5	315	7
8	222	[A] AJIT SINGH	316	U.P.	01-01-1997	101.120	137	137	141	137	7	177	181	181	177	6	314	8
9	401	[A] AMAN	320	HRN	08-03-2003	99.970	136	140	--	136	8	170	177	--	170	9	306	9
10	572	[A] BALRAJ SHARMA	301	AIPSCB	16-10-1986	100.300	126	129	132	132	10	160	165	170	170	11	302	10
11	132	[A] KALYAN SINGH	300	H.P.	20-09-1999	101.070	130	134	135	130	11	170	170	175	170	10	300	11
12	667	[B] ANIL SHARMA	280	RAJ	08-03-1996	100.040	126	126	126	126	13	154	160	163	163	12	289	12
	185	[A] PARASH SONOWAL	305	ASM	16-12-1996	100.990	126	126	130	130	12	160	161	161	--		--	

### BREAK RECORDS

JUNIORS-NLS JUNIOR MEN 102 kg CLEAN&JERK : HARCHARAN SINGH [RAJ] 168 ---> CHIRAG WAGHAVALA [MHR] 175

### 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 SENIOR 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	322	[A] LOVEPREET SINGH	345	SSCB	06-09-1997	108.540	155	161	162	155	2	181	188	--	188	1	343	1
2	48	[A] AVINASH	330	PUN	20-08-2000	107.400	157	162	162	162	1	174	175	180	180	3	342	2
3	539	[A] PRADEEP KUMAR YADAV	335	U.P.	05-03-2001	108.550	144	148	151	151	3	181	186	193	181	2	332	3
4	313	[A] AKHIL SARGARI	306	TEL	16-03-2000	107.560	133	140	144	144	4	168	174	179	174	7	318	4
5	200	[A] VIKRAM JIT SINGH	301	AIPSCB	26-10-1992	108.760	130	135	140	140	5	160	170	175	175	6	315	5
6	588	[A] MOHIT TEVATIYA	310	U.P.	14-10-1992	108.490	136	141	142	136	9	171	176	176	176	5	312	6
7	536	[A] ASHISH	320	J.K.	14-11-1992	108.670	135	140	140	135	11	173	177	180	177	4	312	7
8	436	[A] AKASH KAUSHAL	320	M.P.	27-12-2002	107.740	136	136	142	136	10	164	173	183	173	8	309	8
9	150	[B] B.S.D. VISHNU VARDHAN	300	A.P.	14-06-1998	108.170	131	136	140	136	8	166	175	175	166	9	302	9
10	109	[A] UNNIKRISHN S	305	KRL	03-04-1991	108.840	132	137	141	137	7	165	174	174	165	10	302	10
11	413	[B] BHOLA SINGH	300	BHR	05-05-2004	105.720	128	133	138	138	6	159	159	165	159	11	297	11
12	34	[B] VIPIN KUMAR	290	UKD	30-05-1988	108.310	131	131	--	131	12	153	--	--	153	12	284	12
13	781	[A] SUMIT PUROHIT	210	RAJ	17-10-2005	93.070	93	100	110	100	15	116	122	126	122	13	222	13
	520	[B] SURAJ JOSHI	282	UKD	01-12-1993	107.620	130	130	135	130	13	--	--	--	--		--	
	315	[B] VIGNESH.K	282	TND	13-05-1998	107.640	127	127	131	127	14	156	156	156	--		--	
	626	[B] CHAMPAK DUTTA	300	ASM	25-04-1991	107.530	130	130	131	--		--	--	--	--		--	
	336	[A] NAVEEN	310	HRN	27-07-1996	108.820	140	140	140	--		--	--	--	--		--	

### BREAK RECORDS

JUNIORS-NLS JUNIOR MEN 109 kg SNATCH : CH PUSHPENDRA SINGH [U.P.] 135 ---> 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 TOTAL : CH PUSHPENDRA SINGH [U.P.] 292 ---> BHOLA SINGH [BHR] 297

JUNIORS-NLS JUNIOR MEN 109 kg SNATCH : CH PUSHPENDRA SINGH [U.P.] 135 ---> 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 TOTAL : CH PUSHPENDRA SINGH [U.P.] 292 ---> BHOLA SINGH [BHR] 297

JUNIORS-NLS JUNIOR MEN 109 kg SNATCH : CH PUSHPENDRA SINGH [U.P.] 135 ---> 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 TOTAL : CH PUSHPENDRA SINGH [U.P.] 292 ---> BHOLA SINGH [BHR] 297

JUNIORS-NLS JUNIOR MEN 109 kg SNATCH : CH PUSHPENDRA SINGH [U.P.] 135 ---> 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 TOTAL : CH PUSHPENDRA SINGH [U.P.] 292 ---> BHOLA SINGH [BHR] 297



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

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



## RESULT SENIOR 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	406	[A] GURDEEP SINGH	350	RSPB	01-10-1995	161.300	150	160	165	160	1	205	--	--	205	1	365	1
2	38	[A] VIPAN KUMAR	350	SSCB	30-01-1994	154.600	151	156	156	156	2	185	195	210	195	2	351	2
3	189	[A] S.RUDRAMAYAN	330	RSPB	10-04-2002	142.700	148	155	160	155	3	177	183	183	177	6	332	3
4	464	[A] DILABARDEEP SINGH	320	CHD	01-04-2000	143.800	140	141	146	141	6	177	185	190	185	3	326	4
5	90	[A] SHOPAT SINGH	310	RAJ	17-11-1998	126.400	140	144	145	145	4	175	180	184	180	5	325	5
6	533	[A] KUSHAL GOWDA	310	KRN	12-03-1999	166.900	140	140	146	140	7	180	186	187	180	4	320	6
7	19	[A] GAGANDEEP GILL	325	PUN	29-07-2002	134.450	141	141	145	141	5	176	181	185	176	7	317	7
8	782	[A] RAJVEER SINGH	330	PUN	29-09-1999	123.300	140	140	145	140	8	170	180	181	170	9	310	8
9	354	[A] GURPREET SINGH	310	GOA	19-11-1992	148.900	132	136	140	136	10	170	182	190	170	8	306	9
10	362	[B] ASHWINI	290	U.P.	09-09-2000	120.900	132	132	138	132	13	162	164	170	164	10	296	10
11	212	[B] ANURAG	297	UKD	27-10-1999	125.960	132	132	136	132	12	162	162	163	163	11	295	11
	598	[A] IMRAN KHAN	305	M.P.	06-04-1994	111.800	136	141	141	136	9	165	165	165	--		--	
	332	[B] KARTHIK	294	TND	17-11-1993	126.180	132	135	137	135	11	162	162	162	--		--	
	62	[A] KAVINDER	300	AIPSCB	15-01-1996	116.200	132	132	--	--		--	--	--	--		--	

### BREAK RECORDS

JUNIORS-NLS JUNIOR MEN +109 kg SNATCH : AVINASH [PUN] 148 ---> S.RUDRAMAYAN [RSPB] 155

JUNIORS-NLS JUNIOR MEN +109 kg CLEAN&JERK : S. RUDRAMAYAN [TND] 175 ---> GAGANDEEP GILL [PUN] 176

JUNIORS-NLS JUNIOR MEN +109 kg CLEAN&JERK : GAGANDEEP GILL [PUN] 176 ---> S.RUDRAMAYAN [RSPB] 177

JUNIORS-NLS JUNIOR MEN +109 kg TOTAL : S. RUDRAMAYAN [TND] 313 ---> GAGANDEEP GILL [PUN] 317

JUNIORS-NLS JUNIOR MEN +109 kg TOTAL : GAGANDEEP GILL [PUN] 317 ---> S.RUDRAMAYAN [RSPB] 332

### 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 SENIOR WOMEN 45 kg

Competition : 29.12.2022 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	440	[A] KOMAL KOHAR	165	RSPB	24-07-2002	44.780	70	72	74	74	1	90	92	92	90	1	164	1
2	654	[A] SUFNA JASMIN P.S.	156	KRL	25-10-2002	44.760	68	71	73	73	2	87	90	92	87	5	160	2
3	69	[A] SARIKA SHINGARE	160	RSPB	01-12-1998	44.770	67	67	69	69	4	88	90	92	90	3	159	3
4	211	[A] DIPALI GURSALE	150	MHR	10-11-1996	45.000	66	66	69	69	3	84	84	89	89	4	158	4
5	152	[A] T. PRIYA DARSHINI	155	TEL	03-03-2000	44.840	63	65	67	65	9	87	90	94	90	2	155	5
6	751	[B] K.V.L. PAVANI KUMARI	150	A.P.	05-03-2003	44.930	64	68	68	68	7	80	84	86	86	6	154	6
7	628	[A] CHANDRIKA TARAFDAR	159	W.B.	12-10-1996	44.430	65	69	69	69	5	85	90	90	85	8	154	7
8	92	[A] VEENA	160	C.G.	19-03-1998	44.600	66	66	66	66	8	85	89	90	85	7	151	8
9	73	[B] B. RAJESWARI	145	A.P.	10-02-2002	44.800	62	66	68	68	6	80	84	84	80	9	148	9
10	567	[A] KH. REDIYA DEVI	150	MNP	02-03-2000	44.320	60	64	64	64	10	80	80	84	80	10	144	10
11	560	[B] THUSHMITHA	140	KRN	15-10-1996	44.830	62	62	62	62	11	79	85	85	79	11	141	11
12	359	[B] SUHANI SINGH RAJPUT	145	U.P.	30-05-1998	44.330	59	61	64	61	12	75	78	81	78	12	139	12
	506	[B] RANI	130	AIPSCB	01-03-1997	44.380	55	57	57	57	13	75	--	--	--		--	
	58	[A] PRIYANKA	150	H.P.	31-12-2000	44.460	55	59	59	55	14	75	75	75	--		--	

### BREAK RECORDS

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

JUNIORS-NLS JUNIOR WOMEN 45 kg SNATCH : SUFNA JASMIN P.S. [KRL] 73 ---> KOMAL KOHAR [RSPB] 74

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

NATIONAL RECORDS-3-8-2022 SENIOR WOMEN 45 kg SNATCH : SUFNA JASMIN P.S. [KRL] 73 ---> KOMAL KOHAR [RSPB] 74

### 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 SENIOR 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	606	[A] JHILLI DALABEHERA	170	ORS	03-02-1999	48.740	73	76	76	76	3	93	95	97	95	1	171	1
2	708	[A] GYANESHWARI YADAV	175	C.G.	08-03-2003	48.220	73	76	78	78	1	92	92	95	92	4	170	2
3	569	[A] SAKSHI MASKE	170	MHR	23-03-2001	48.730	72	75	77	77	2	92	95	95	92	3	169	3
4	528	[A] BORNALI BORAH	170	ASM	31-07-2000	48.730	69	69	73	73	5	90	94	94	94	2	167	4
5	499	[A] PREETI	165	HRN	15-08-2002	48.150	70	73	73	73	6	90	90	92	90	6	163	5
6	130	[A] RADHA SONI	166	U.P.	27-04-2003	48.540	70	72	72	70	10	91	91	91	91	5	161	6
7	17	[A] LAKSHMI B	160	KRN	25-06-1999	48.860	69	72	72	72	7	88	91	91	88	7	160	7
8	412	[A] K. NOMITA DEVI	159	MNP	03-01-2002	46.770	65	68	71	71	9	85	85	90	85	10	156	8
9	768	[B] KANE POOJA DINKAR	140	AIPSCB	21-11-1996	48.230	66	66	69	69	12	77	81	83	83	12	152	9
10	89	[B] SANDHYA RANI NAYAK	148	ORS	04-04-2003	48.110	64	67	67	64	15	84	87	89	87	8	151	10
11	740	[A] RITHIKA.V	155	TND	25-07-2004	48.680	67	67	70	67	13	84	84	87	84	11	151	11
12	198	[B] RINKY NAYAK	143	ORS	09-01-2002	47.700	60	63	66	63	16	83	86	89	86	9	149	12
13	507	[B] TECHI NADAM	130	ARN	25-03-1999	48.370	60	63	65	65	14	80	84	84	80	13	145	13
	414	[A] H. JINARANI DEVI	167	MNP	15-12-1996	48.120	73	76	76	73	4	95	95	95	--		--	
	660	[A] POOJA GUPTA	160	U.P.	08-10-1998	48.570	71	74	74	71	8	--	--	--	--		--	
	417	[A] RAMANDEEP KAUR	170	PUN	02-10-1999	48.420	70	73	73	70	11	88	88	88	--		--	

### BREAK RECORDS

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

### 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 SENIOR 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	581	[A] S. BINDYARANI DEVI	210	RSPB	27-01-1999	54.900	83	--	--	83	1	107	--	--	107	1	190	1
2	787	[A] SHRABANI DAS	188	W.B.	16-03-2002	54.730	73	76	78	78	5	102	106	109	106	2	184	2
3	707	[A] USHA	180	HRN	09-02-2003	54.400	77	80	83	83	2	100	104	104	100	3	183	3
4	39	[A] PHAMDOM RANIBALA DEVI	180	MNP	01-02-1998	54.450	77	80	83	80	3	95	98	100	98	5	178	4
5	599	[A] ANANYA PATIL	195	MHR	14-01-2001	54.380	80	80	84	80	4	97	101	101	97	7	177	5
6	784	[B] BONI MANGKHYA	160	ARN	04-06-2004	54.750	72	75	77	77	6	98	98	98	98	4	175	6
7	383	[A] PRAMILA KRISANI	171	ORS	09-01-1996	54.800	72	76	76	76	9	95	98	101	98	6	174	7
8	699	[A] SNEHA SOREN	169	ORS	05-02-2001	52.600	71	74	76	76	8	97	102	102	97	8	173	8
9	620	[A] ABIRAMI P MATHEW	170	AIPSCB	21-03-2000	54.400	73	73	77	77	7	90	95	--	90	11	167	9
10	800	[A] VIDUSHI SHARMA	172	M.P.	04-08-2002	54.590	68	71	73	71	10	93	96	98	96	9	167	10
11	68	[A] V. MADHUMITHA	175	PON	13-09-2004	52.250	65	65	70	65	12	95	101	101	95	10	160	11
12	153	[C] GITASHREE SONOWAL	146	ASM	22-11-2005	52.050	63	66	68	68	11	83	86	89	86	12	154	12
13	399	[C] KIRAN	145	C.G.	24-08-1996	52.320	62	62	64	62	13	83	83	85	83	13	145	13
	757	[B] NATASHA NEGI	160	H.P.	20-02-1998	54.550	62	62	62	--		--	--	--	--		--	
	240	[B] KAJAL CHOUDHARY	160	H.P.	07-06-2002	54.110	62	62	62	--		--	--	--	--		--	

### 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 SENIOR WOMEN 59 kg

Competition : 01.01.2023 18:30

Weigh in : 16:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	289	[A] POPY HAZARIKA	200	RSPB	08-12-1998	58.600	83	85	85	85	2	104	107	110	107	1	192	1
2	305	[A] SUKARNA ADAK	195	W.B.	10-01-2003	58.630	82	85	87	85	1	103	106	109	106	3	191	2
3	701	[A] SNEHA	185	HRN	20-12-1999	58.330	83	83	83	83	4	100	104	109	104	5	187	3
4	65	[A] DAVINDER KAUR	180	AIPSCB	11-03-1995	58.800	80	83	85	83	3	101	105	105	101	6	184	4
5	515	[B] P. SHAKHENBI DEVI	171	MNP	03-04-1998	58.200	77	77	81	77	6	102	106	109	106	2	183	5
6	252	[B] M.DEEPANAYOMI	170	A.P.	24-06-2002	58.350	72	75	77	75	8	98	102	105	105	4	180	6
7	255	[B] BALO YALAM	165	ARN	08-08-2004	58.700	74	76	77	74	9	97	101	101	97	7	171	7
8	294	[A] SONALI YADU	180	C.G.	19-09-2002	58.730	76	80	80	76	7	92	97	97	92	11	168	8
9	524	[B] BIBARI BORO	165	ASM	23-12-2002	57.380	70	72	74	74	11	90	93	94	93	8	167	9
10	516	[B] T.M.KEERTHANA	170	TND	21-10-2004	56.630	74	74	77	74	10	92	92	92	92	10	166	10
11	493	[B] POOJA PARDESHI	166	MHR	16-04-2001	58.860	70	73	75	73	12	90	93	93	90	12	163	11
12	579	[B] MOTI JANI	160	ORS	10-06-2000	58.600	70	70	73	70	13	90	93	93	93	9	163	12
	459	[A] SALONI SINGH	187	U.P.	25-10-2001	58.080	82	82	82	82	5	100	100	100	--		--	
	257	[B] PRIYANKA MOURYA	160	J.K.	08-06-2002	57.960	70	70	70	70	14	90	90	--	--		--	

### BREAK RECORDS

JUNIORS-NLS JUNIOR WOMEN 59 kg TOTAL : SUKARNA ADAK [W.B.] 187 ----> SUKARNA ADAK [W.B.] 191

### Jury

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

### Referee

Center - Ranjeet Bhattacharjee N-1 [W.B.]  
 Left - Ujwala Mane N-2 [MHR]  
 Right - Narayan Sahu 1 [ORS]  
 Reserve - Harbans Singh I-1 [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. 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 SENIOR 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	557	[A] S. NIRUPAMA DEVI	210	RSPB	05-10-2000	63.670	85	88	91	88	2	113	115	118	118	1	206	1
2	230	[A] S.PALLAVI	190	A.P.	13-07-2003	63.190	86	90	94	90	1	108	112	114	112	3	202	2
3	40	[A] K. ROSHILATA DEVI	197	MNP	07-11-1999	63.480	82	83	83	83	5	105	110	114	114	2	197	3
4	28	[A] JASVIR KAUR	195	AIPSCB	22-02-1993	63.940	82	86	88	86	3	108	108	110	110	4	196	4
5	723	[A] BHAWANA	210	HRN	20-07-2005	62.950	85	85	89	85	4	107	112	112	107	5	192	5
6	301	[A] DITIMONI SONOWAL	187	ASM	04-12-2003	63.950	78	81	81	81	6	99	103	106	106	6	187	6
7	52	[A] ANNU	190	UKD	08-08-1997	62.900	80	85	85	80	7	100	105	110	105	7	185	7
8	426	[A] POSEN KONGKANG	185	ARN	14-01-2003	60.610	75	78	80	78	9	94	98	99	98	8	176	8
9	375	[A] L.KOWSHIKA	185	PON	18-03-2004	63.730	75	78	80	80	8	95	98	99	95	10	175	9
10	24	[B] NAGASHREE	170	KRN	12-03-2001	63.760	77	77	81	77	10	95	95	95	95	9	172	10
	302	[A] JYOTI YADAV	174	U.P.	30-12-2003	61.980	74	77	77	74	11	93	93	93	--		--	
	321	[B] S. MARIYAMMAL	172	PON	19-06-2001	61.180	72	75	75	72	12	93	93	--	--		--	
	140	[B] SANGEETA PADHY	168	ORS	21-03-2003	63.640	75	75	75	--		--	--	--	--		--	
	564	[B] ANKITA	170	RAJ	04-10-2006	62.150	--	--	--	--		--	--	--	--		--	

### BREAK RECORDS

JUNIORS-NLS JUNIOR WOMEN 64 kg SNATCH : BHAWANA [HRN] 88 ---> S.PALLAVI [A.P.] 90

JUNIORS-NLS JUNIOR WOMEN 64 kg TOTAL : BHAWANA [HRN] 201 ---> S.PALLAVI [A.P.] 202

### 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 SENIOR WOMEN 71 kg

Competition : 03.01.2023 21:00

Weigh in : 19:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	622	[A] HARJINDER KAUR	215	PUN	14-10-1996	70.340	88	91	93	91	1	115	120	123	123	1	214	1
2	773	[A] AMANDEEP KAUR	200	AIPSCB	07-08-1989	69.450	84	88	90	88	2	107	111	113	113	2	201	2
3	82	[A] MEENA KUMARI PAWAR	197	PUN	15-08-1989	69.130	83	86	86	83	7	112	112	119	112	3	195	3
4	686	[A] TRUPTI MANE	200	MHR	20-09-2001	69.830	83	83	86	86	3	105	107	107	107	6	193	4
5	537	[A] SRASHTI	196	U.P.	12-06-2002	69.700	80	84	84	84	6	100	105	109	109	4	193	5
6	51	[A] MANDEEP	199	HRN	10-04-1997	64.870	85	85	88	85	4	107	111	111	107	5	192	6
7	247	[A] P.UMESHWORI DEVI	196	MNP	28-07-2002	69.700	77	82	87	82	9	105	112	114	105	7	187	7
8	267	[A] RENU	199	HRN	20-01-1992	70.520	80	80	82	80	10	103	107	108	103	8	183	8
9	256	[A] SONAM	190	J.K.	05-07-1999	69.790	78	83	83	83	8	94	98	98	94	10	177	9
10	70	[B] TANUSHA	170	KRN	27-04-2002	68.130	74	74	78	74	11	94	94	94	94	9	168	10
	403	[A] NICEMOL THOMAS	180	KRL	09-12-1999	68.800	82	82	84	84	5	100	100	100	--		--	
	825	[A] RAKSHA DEVI	185	H.P.	08-05-1996	70.420	74	74	74	--		--	--	--	--		--	

### BREAK RECORDS

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

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

NATIONAL RECORDS-3-8-2022 SENIOR WOMEN 71 kg CLEAN&JERK : LALCHHANHIMI [MIZ] 122 ----> HARJINDER KAUR [PUN] 123

### 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 SENIOR WOMEN 76 kg

Competition : 04.01.2023 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	805	[A] LALCHHANHIMI	210	MIZ	14-04-1992	73.230	85	89	90	90	2	115	120	124	120	1	210	1
2	259	[A] VANDANA GUPTA	210	RSPB	17-12-1994	72.900	85	88	90	90	1	110	114	121	114	2	204	2
3	77	[A] ANJANA SREEJITH	190	KRL	25-02-2003	75.190	82	86	89	86	3	106	112	119	112	3	198	3
4	85	[A] HARMANPREET KAUR	200	PUN	09-10-2001	75.400	84	84	84	84	5	112	112	115	112	4	196	4
5	466	[A] RENU DEVI	180	AIPSCB	10-03-1989	75.000	82	85	85	85	4	105	108	108	105	5	190	5
6	154	[A] ARMANDEEP KAUR	191	RAJ	10-07-2002	72.170	80	83	85	83	6	105	105	108	105	7	188	6
7	128	[A] S. CHAOBA CHANU	188	MNP	05-01-2004	73.400	79	79	82	82	7	100	105	108	105	6	187	7
8	325	[A] A. TUMINA DEVI	193	MNP	26-01-1999	73.590	79	79	82	79	10	105	105	109	105	8	184	8
9	241	[A] V. SAHITHI	190	TEL	15-10-2002	71.640	76	79	82	79	9	97	102	105	102	9	181	9
10	262	[A] S. RITHIKA	176	PON	15-09-2005	71.660	70	74	74	70	11	86	92	95	92	10	162	10
	50	[A] P.DHATRI	170	A.P.	22-06-2003	75.700	80	84	85	80	8	100	100	100	--		--	
	25	[A] MANISHA	190	H.P.	14-11-1997	75.000	76	76	76	--		--	--	--	--		--	

### 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 SENIOR 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	452	[A] PUNAM YADAV	210	RSPB	09-07-1995	79.680	93	97	100	100	1	110	115	122	122	2	222	1
2	676	[A] VANSITA VERMA	215	CHD	18-10-2001	79.430	87	87	90	90	3	114	119	123	123	1	213	2
3	680	[B] N. LALITHA	205	RSPB	13-05-1996	79.970	88	88	92	92	2	112	116	119	116	4	208	3
4	133	[B] CH.SRI LAKSHMI	185	A.P.	19-10-2004	80.660	80	86	90	86	5	100	109	114	114	5	200	4
5	61	[B] TAMANA	204	HRN	10-05-2002	81.000	83	83	86	83	8	111	116	118	116	3	199	5
6	341	[B] RAKHI PUROHIT	193	RAJ	23-06-1999	79.420	85	88	90	88	4	106	110	113	110	6	198	6
7	730	[B] KALPANA YADAV	188	U.P.	10-07-2002	79.720	82	82	86	86	6	105	110	115	105	7	191	7
8	102	[B] DEVARE MAYURI RAMCHANDRA	180	AIPSCB	28-02-1999	81.000	81	83	86	86	7	100	100	106	100	8	186	8
	149	[B] NAVDEEP KAUR	180	PUN	14-02-1987	76.300	78	81	83	81	9	100	100	100	--		--	
	31	[B] POOJA	190	H.P.	23-06-1996	79.750	78	78	78	--		--	--	--	--		--	
	358	[B] PRATHIBHA KUMARI M.P.	175	KRL	17-05-2001	80.680	78	78	78	--		--	--	--	--		--	

### BREAK RECORDS

NATIONAL RECORDS-3-8-2022 SENIOR WOMEN 81 kg SNATCH : PUNAM YADAV [RSPB] 99 ----> PUNAM YADAV [RSPB] 100

NATIONAL RECORDS-3-8-2022 SENIOR WOMEN 81 kg CLEAN&JERK : SWAPNA PRIYA BARIAH [ASM] 121 ----> PUNAM YADAV [RSPB] 122

NATIONAL RECORDS-3-8-2022 SENIOR WOMEN 81 kg CLEAN&JERK : PUNAM YADAV [RSPB] 122 ----> VANSITA VERMA [CHD] 123

NATIONAL RECORDS-3-8-2022 SENIOR WOMEN 81 kg TOTAL : PUNAM YADAV [RSPB] 220 ----> PUNAM YADAV [RSPB] 222

### 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 SENIOR WOMEN 87 kg

Competition : 06.01.2023 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	231	[A] AKSHATA KAMATI	210	KRN	02-08-1999	84.360	82	85	87	85	9	118	121	121	121	1	206	1
2	394	[A] B.N.USHA	215	RSPB	02-04-1995	86.970	90	90	93	90	2	110	115	115	115	2	205	2
3	74	[A] KOMAL WAKALE	210	MHR	01-11-1990	86.790	90	90	90	90	5	111	115	115	111	4	201	3
4	274	[A] SNEHAL BHONGALE	200	MHR	14-04-2001	85.740	85	85	90	90	3	107	111	113	111	5	201	4
5	611	[A] MODHUSMRITA BARUAH	210	ASM	01-02-1993	85.660	86	86	90	90	4	108	108	109	109	9	199	5
6	522	[A] USHA S R	185	KRN	21-08-2000	86.080	84	88	91	88	6	109	114	115	109	8	197	6
7	664	[B] SWAPNA PRIYA BARUAH	180	ASM	24-09-1996	86.060	79	82	83	83	10	105	110	113	113	3	196	7
8	477	[A] RAKHI	190	HRN	11-10-1996	82.310	83	87	90	87	7	109	115	115	109	7	196	8
9	677	[B] T.SATYA JYOTHI	175	A.P.	30-08-1998	85.380	80	85	89	85	8	100	107	110	110	6	195	9
10	609	[B] K.SIROMANI	185	A.P.	10-10-1993	86.630	85	90	90	90	1	100	108	108	100	12	190	10
11	116	[A] SHIVANGI SINGH	188	U.P.	29-03-2000	86.140	82	86	86	82	11	106	110	110	106	11	188	11
12	299	[B] SMRITI	180	HRN	30-07-1991	82.360	80	80	83	80	12	102	107	110	107	10	187	12

### Jury

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

### Referee

- Center - Nirlep 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]



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

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



## RESULT SENIOR 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	438	[A] PURNIMA PANDEY	220	U.P.	16-10-1997	105.190	91	95	100	100	1	113	--	--	113	4	213	1
2	228	[A] ANN MARIA M.T.	215	RSPB	21-08-1998	125.180	86	86	86	86	4	113	118	118	118	1	204	2
3	790	[A] MONIKA	205	RAJ	13-11-1992	122.260	86	89	91	89	2	105	109	114	114	3	203	3
4	8	[A] M. MARTINA DEVI	198	MNP	21-03-2006	109.180	85	85	85	85	6	108	112	115	115	2	200	4
5	192	[B] RUCHIKA DHORE	190	MHR	26-07-2001	87.350	80	83	85	85	5	100	104	107	104	5	189	5
6	26	[A] YOGITA KHEDAKAR	192	MHR	15-06-2002	87.130	83	86	90	86	3	102	107	107	102	6	188	6
7	696	[B] BISNA VARGHESE	180	KRL	08-01-1997	94.400	80	82	84	82	7	100	103	105	100	7	182	7
	624	[B] JASBIR KAUR	180	AIPSCB	08-08-1988	108.120	80	80	--	--		--	--	--	--		--	
	112	[A] MUSKAN SINGH	200	HRN	28-11-2002	94.110	89	89	89	--		--	--	--	--		--	
	490	[A] MEHAK SHARMA	210	PUN	01-04-1995	111.190	90	90	90	--		--	--	--	--		--	

### BREAK RECORDS

JUNIORS-NLS JUNIOR WOMEN +87 kg SNATCH : M. MARTINA DEVI [MNP] 84 ---> YOGITA KHEDAKAR [MHR] 86

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 ---> 74	KOMAL KOHAR	RSPB	24-07-2002	29.12.2022
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 ---> 74	KOMAL KOHAR	RSPB	24-07-2002	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
JUNIORS-NLS - JUNIOR	WOMEN 59 kg	TOTAL 187 ---> 191	SUKARNA ADAK	W.B.	10-01-2003	01.01.2023
JUNIORS-NLS - JUNIOR	WOMEN 64 kg	SNATCH 88 ---> 90	S.PALLAVI	A.P.	13-07-2003	03.01.2023
JUNIORS-NLS - JUNIOR	WOMEN 64 kg	TOTAL 201 ---> 202	S.PALLAVI	A.P.	13-07-2003	03.01.2023
JUNIORS-NLS - JUNIOR	MEN 81 kg	CLEAN&JERK 161 ---> 164	VALLURI AJAY BABU	M.P.	25-11-2004	03.01.2023
NATIONAL RECORDS-3-8-2022 - SENIOR	MEN 81 kg	SNATCH 148 ---> 149	AJAY SINGH SHEKHAWAT	RAJ	17-04-1997	03.01.2023
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 ---> 193	SRASHTI	U.P.	12-06-2002	04.01.2023
NATIONAL RECORDS-3-8-2022 - SENIOR	WOMEN 71 kg	CLEAN&JERK 122 ---> 123	HARJINDER KAUR	PUN	14-10-1996	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
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
JUNIORS-NLS - JUNIOR	MEN 96 kg	CLEAN&JERK 176 ---> 182	VAISHNAV THAKUR	MHR	31-08-2002	05.01.2023
JUNIORS-NLS - JUNIOR	MEN 96 kg	TOTAL 306 ---> 324	VAISHNAV THAKUR	MHR	31-08-2002	05.01.2023
JUNIORS-NLS - JUNIOR	MEN 102 kg	CLEAN&JERK 168 ---> 175	CHIRAG WAGHAVALA	MHR	28-03-2003	06.01.2023
NATIONAL RECORDS-3-8-2022 - SENIOR	WOMEN 81 kg	SNATCH 99 ---> 100	PUNAM YADAV	RSPB	09-07-1995	06.01.2023

NATIONAL RECORDS-3-8-2022 - SENIOR	WOMEN 81 kg	CLEAN&JERK 121 ----> 123	VANSITA VERMA	CHD	18-10-2001	06.01.2023
NATIONAL RECORDS-3-8-2022 - SENIOR	WOMEN 81 kg	CLEAN&JERK 121 ----> 122	PUNAM YADAV	RSPB	09-07-1995	06.01.2023
NATIONAL RECORDS-3-8-2022 - SENIOR	WOMEN 81 kg	TOTAL 220 ----> 222	PUNAM YADAV	RSPB	09-07-1995	06.01.2023
JUNIORS-NLS - JUNIOR	WOMEN +87 kg	SNATCH 84 ----> 86	YOGITA KHEDAKAR	MHR	15-06-2002	06.01.2023
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	CLEAN&JERK 157 ----> 159	BHOLA SINGH	BHR	05-05-2004	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	SNATCH 148 ----> 155	S.RUDRAMAYAN	RSPB	10-04-2002	07.01.2023
JUNIORS-NLS - JUNIOR	MEN +109 kg	CLEAN&JERK 175 ----> 177	S.RUDRAMAYAN	RSPB	10-04-2002	07.01.2023
JUNIORS-NLS - JUNIOR	MEN +109 kg	CLEAN&JERK 175 ----> 176	GAGANDEEP GILL	PUN	29-07-2002	07.01.2023
JUNIORS-NLS - JUNIOR	MEN +109 kg	TOTAL 313 ----> 332	S.RUDRAMAYAN	RSPB	10-04-2002	07.01.2023
JUNIORS-NLS - JUNIOR	MEN +109 kg	TOTAL 313 ----> 317	GAGANDEEP GILL	PUN	29-07-2002	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	615.194
2	N.AJITH	27-01-1999	RSPB	72.600	313	605.653
3	AJAY SINGH SHEKHAWAT	17-04-1997	RAJ	81.000	323	593.127
4	SUBHAM T.TODKAR	19-05-1997	RSPB	60.430	271	587.849
5	MADHAVAN.T	03-12-2004	TND	65.670	286	568.499
6	PRASHANT KOLI	05-02-1999	SSCB	54.260	247	560.654
7	CHARU PESI	03-09-2002	SSCB	60.550	267	559.517
8	SUBHASH LAHRE	10-11-2002	SSCB	66.340	283	548.930
9	SIDHANTA GOGOI	08-04-2004	ASM	60.900	265	545.715
10	AMARJIT GURU	23-07-1995	RSPB	88.150	322	542.909
11	MARKIO TARIO	01-01-2004	ARN	66.860	280	529.836
12	SHUBHAM KOLEKAR	01-11-1999	MHR	66.170	279	523.576
13	AKSHAY GAIKWAD	16-04-1996	GOA	66.900	279	523.576
14	GULSHAN KUMAR	01-01-2003	BHR	66.330	278	517.368
15	GOURAV	28-06-1995	AIPSCB	88.220	315	504.683
16	MARUSH PS	22-06-1996	SSCB	88.250	315	504.683
17	L SADANANDA SINGH	01-04-2002	SSCB	72.700	296	503.105
18	KOJUM TABA	18-06-1997	SSCB	97.630	335	502.941
19	MD. JAMEIR HUSSAIN	03-04-1993	ASM	101.200	335	502.941
20	HARCHARAN SINGH	20-08-2001	RAJ	101.470	334	497.971
21	HARSHIT SEHRAWAT	04-05-2000	RSPB	101.550	333	493.035
22	ABHAY YADAV	10-07-2003	U.P.	88.900	312	488.891
23	KOMAL MAHESWARI	07-06-2002	C.G.	54.550	237	488.732
24	LALHUNTHARA	07-12-2002	MIZ	66.740	273	487.097
25	JAGDISH VISHAKARMA	09-09-1997	SSCB	95.840	335	487.055
26	PRINCE MALIK	02-12-2002	J.K.	88.270	311	483.705
27	BENGIA TANI	26-02-2004	ARN	66.100	272	481.195
28	SHANKAR LAPUNG	22-09-2004	ARN	60.680	255	480.253
29	VALLURI AJAY BABU	25-11-2004	M.P.	79.560	303	479.658
30	KANHU CHARANA SAHU	03-05-1997	ORS	79.350	303	479.658
31	A.GUNASEKAR	11-05-1996	RSPB	54.770	235	475.165
32	SKILTIN PAUL	29-05-2000	KRL	80.240	302	474.419
33	HARSHAD WADEKAR	14-06-1995	RSPB	94.960	332	472.715
34	NITEK JANGID	16-11-2001	RAJ	77.120	301	469.221
35	RAGHVEER SINGH	21-03-1995	PUN	80.860	301	469.221
36	UDAY MAHAJAN	13-10-2003	MHR	54.800	234	468.481
37	S.GURU NAIDU	09-05-2006	A.P.	54.900	233	461.864
38	LALZUIDIKA	23-06-1997	MIZ	60.160	252	461.739
39	ABHISHEK NIPANE	11-12-2001	MHR	79.870	299	458.944
40	SK.LAL BASHEER	13-05-2004	A.P.	88.200	306	458.351





# 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	KOMAL KOHAR	24-07-2002	RSPB	44.780	164	602.731
2	SUFNA JASMIN P.S.	25-10-2002	KRL	44.760	160	555.264
3	S. BINDYARANI DEVI	27-01-1999	RSPB	54.900	190	553.742
4	SARIKA SHINGARE	01-12-1998	RSPB	44.770	159	543.819
5	DIPALI GURSALE	10-11-1996	MHR	45.000	158	532.540
6	T. PRIYA DARSHINI	03-03-2000	TEL	44.840	155	499.684
7	SHRABANI DAS	16-03-2002	W.B.	54.730	184	497.753
8	K.V.L. PAVANI KUMARI	05-03-2003	A.P.	44.930	154	489.055
9	CHANDRIKA TARAFDAR	12-10-1996	W.B.	44.430	154	489.055
10	USHA	09-02-2003	HRN	54.400	183	488.823
11	JHILLI DALABEHERA	03-02-1999	ORS	48.740	171	482.106
12	HARJINDER KAUR	14-10-1996	PUN	70.340	214	479.481
13	GYANESHWARI YADAV	08-03-2003	C.G.	48.220	170	472.804
14	SAKSHI MASKE	23-03-2001	MHR	48.730	169	463.628
15	VEENA	19-03-1998	C.G.	44.600	151	458.116
16	S. NIRUPAMA DEVI	05-10-2000	RSPB	63.670	206	455.611
17	PUNAM YADAV	09-07-1995	RSPB	79.680	222	446.434
18	PHAMDOM RANIBALA DEVI	01-02-1998	MNP	54.450	178	445.846
19	BORNALI BORAH	31-07-2000	ASM	48.730	167	445.651
20	ANANYA PATIL	14-01-2001	MHR	54.380	177	437.580
21	POPY HAZARIKA	08-12-1998	RSPB	58.600	192	433.107
22	B. RAJESWARI	10-02-2002	A.P.	44.800	148	428.573
23	S.PALLAVI	13-07-2003	A.P.	63.190	202	426.880
24	SUKARNA ADAK	10-01-2003	W.B.	58.630	191	425.659
25	BONI MANGKHYA	04-06-2004	ARN	54.750	175	421.369
26	PRAMILA KRISANI	09-01-1996	ORS	54.800	174	413.423
27	PREETI	15-08-2002	HRN	48.150	163	411.167
28	SNEHA SOREN	05-02-2001	ORS	52.600	173	405.583
29	SNEHA	20-12-1999	HRN	58.330	187	396.759
30	RADHA SONI	27-04-2003	U.P.	48.540	161	394.646
31	LALCHHANHIMI	14-04-1992	MIZ	73.230	210	393.826
32	K. ROSHILATA DEVI	07-11-1999	MNP	63.480	197	392.777
33	KH. REDIYA DEVI	02-03-2000	MNP	44.320	144	391.288
34	AMANDEEP KAUR	07-08-1989	AIPSCB	69.450	201	389.364
35	VANSITA VERMA	18-10-2001	CHD	79.430	213	389.091
36	LAKSHMI B	25-06-1999	KRN	48.860	160	386.561
37	JASVIR KAUR	22-02-1993	AIPSCB	63.940	196	386.193
38	DAVINDER KAUR	11-03-1995	AIPSCB	58.800	184	376.006
39	P. SHAKHENBI DEVI	03-04-1998	MNP	58.200	183	369.260
40	THUSHMITHA	15-10-1996	KRN	44.830	141	364.857