



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

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT BOOK



YOUTH



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

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



YOUTH MEN's MEDALLISTS

	LIFT	RANK	RESULT	NAME	BORN	TEAM
49 kg	TOTAL	1	191	DHANUSH . L	19-11-2006	TND
		2	188	KISHORE.V	14-12-2007	TND
		3	177	GAUTAM KUMAR	05-11-2006	BHR
55 kg	TOTAL	1	233	S.GURU NAIDU	09-05-2006	A.P.
		2	232	N. TOMCHOU MEETEI	03-04-2006	MNP
		3	216	VIJAY PRAJAPATI	13-12-2005	M.P.
61 kg	TOTAL	1	241	GOLOM TINKU	12-05-2006	ARN
		2	228	SADANANDA BARIHA	15-01-2006	ORS
		3	222	SUMIT KUMAR RAJPUT	22-08-2006	M.P.
67 kg	TOTAL	1	259	BEDABRAT BHARALI	19-03-2007	ASM
		2	255	KALLOL MAL	31-08-2005	W.B.
		3	253	MAHADEV VADER	12-07-2005	MHR
73 kg	TOTAL	1	256	SAIRAJ PARDESHI	08-06-2007	MHR
		2	254	SHARTHAK THAPA	09-03-2005	GOA
		3	253	PARANDHAMAN.S	28-08-2005	TND
81 kg	TOTAL	1	270	LALRUATFELA	05-03-2006	MIZ
		2	268	NAKUL GOSWAMI	20-03-2005	U.P.
		3	267	M.TARUN	25-05-2007	A.P.
89 kg	TOTAL	1	287	SANIDHYA MORE	26-03-2005	MHR
		2	265	G.KRISHNA BABU	15-12-2005	A.P.
		3	262	VISHAVJEET SINGH	30-06-2006	PUN
96 kg	TOTAL	1	276	SUVANSH THAKUR	14-02-2005	H.P.
		2	274	ANKUR TIWARE	01-01-2006	MHR
		3	271	N.NARASIMHA NAYAK	08-06-2005	A.P.
102 kg	TOTAL	1	290	ARYAN	25-05-2006	HRN
		2	282	GOLDY KHAN	01-09-2005	H.P.
		3	267	VISHWA.A	06-06-2005	TND
+102 kg	TOTAL	1	319	PARAMVIR SINGH	05-10-2006	CHD
		2	289	KESAV BISSA	17-12-2005	RAJ
		3	260	MOHIT RAJPUT	05-05-2005	DEL



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YOUTH WOMEN's MEDALLISTS

	LIFT	RANK	RESULT	NAME	BORN	TEAM
40 kg	TOTAL	1	124	JYOSHNA SABAR	25-01-2008	ORS
		2	123	VINATAI AHER	07-03-2005	MHR
		3	113	PRITEESMITA BHOI	14-11-2008	ORS
45 kg	TOTAL	1	147	ASMITA DHONE	01-05-2007	MHR
		2	144	AKANKSHA VYAVHARE	19-06-2007	MHR
		3	136	B.BHARGAVI	19-02-2009	A.P.
49 kg	TOTAL	1	161	PANCHAMI SONOWAL	05-05-2005	ASM
		2	152	V.SUSMITHA	18-08-2008	A.P.
		3	151	HIMANSHEE	14-03-2005	HRN
55 kg	TOTAL	1	163	KHUSHI KUMARI	17-11-2005	BHR
		2	162	MINA SANTA	07-03-2007	ORS
		3	161	T.LAVANYA	09-04-2007	A.P.
59 kg	TOTAL	1	178	NIKITA KAMLAKAR	10-12-2005	MHR
		2	170	B.HARIKA	10-08-2007	A.P.
		3	165	SAGUN RAV	25-02-2005	U.P.
64 kg	TOTAL	1	170	SONAKSHI	18-03-2006	HRN
		2	169	A.YASASRI	02-12-2005	A.P.
		3	164	SUSHMA DEVI	08-07-2005	U.P.
71 kg	TOTAL	1	170	CHELSEI	25-03-2006	DEL
		2	166	R. HARINI	02-06-2006	PON
		3	164	SRISHTI YADAV	06-06-2005	U.P.
76 kg	TOTAL	1	193	SANJANA	18-01-2007	HRN
		2	173	M.A.HASINA SHRIN	05-06-2008	TND
		3	163	HEENA	11-02-2006	PUN
81 kg	TOTAL	1	172	AMRITHA P.SUNI	16-01-2007	KRL
		2	165	R.P.KEERTHANA	20-01-2008	TND
		3	158	MUSKAN	02-03-2005	HRN
+81 kg	TOTAL	1	200	M. MARTINA DEVI	21-03-2006	MNP
		2	170	K OVIYA	02-11-2007	TND
		3	163	AAHANA KAPURIA	15-03-2005	MHR



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YOUTH SUMMARY TEAM CLASSIFICATION

No.	Team	MEN	WOMEN	SUMMARY
1	MHR : MHR	194/9	231/10	425/19
2	A.P. : A.P.	196/9	223/10	419/19
3	TND : TND	207/10	203/10	410/20
4	U.P. : U.P.	153/9	184/9	337/18
5	ORS : ORS	125/8	199/10	324/18
6	RAJ : RAJ	172/10	96/8	268/18
7	ASM : ASM	108/5	148/8	256/13
8	HRN : HRN	104/7	137/7	241/14
9	MNP : MNP	108/6	130/7	238/13
10	ARN : ARN	133/9	72/4	205/13
11	PUN : PUN	130/7	52/3	182/10
12	JKD : JKD	76/8	105/8	181/16
13	BHR : BHR	105/8	75/5	180/13
14	M.P. : M.P.	146/8	19/1	165/9
15	KRL : KRL	17/1	147/10	164/11
16	C.G. : C.G.	87/7	70/4	157/11
17	PON : PON	4/1	100/5	104/6
18	DEL : DEL	71/7	28/2	99/9
19	H.P. : H.P.	53/3	22/6	75/9
20	W.B. : W.B.	25/1	40/3	65/4
21	MIZ : MIZ	43/3	21/1	64/4
22	GOA : GOA	63/4	0/0	63/4
23	KRN : KRN	29/2	24/3	53/5
24	TEL : TEL	18/3	35/2	53/5
25	UKD : UKD	48/3	0/0	48/3
26	CHD : CHD	28/2	18/1	46/3
27	J.K. : J.K.	45/7	0/1	45/8
28	GUJ : GUJ	0/1	36/3	36/4



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YOUTH MEN'S TEAM CLASSIFICATION

No.	Team	49 kg	55 kg	61 kg	67 kg	73 kg	81 kg	89 kg	96 kg	102 kg	+102 kg	TOTAL
1	TND : TND	53/2	31/2	13/1	21/1	23/1	21/1	-	-	23/1	22/1	207/10
2	A.P. : A.P.	-	46/2	-	39/2	19/1	23/1	25/1	23/1	21/1	-	196/9
3	MHR : MHR	-	41/2	15/1	23/1	28/1	18/1	28/1	25/1	16/1	-	194/9
4	RAJ : RAJ	-	16/1	21/1	-	-	25/2	30/2	-	20/1	60/3	172/10
5	U.P. : U.P.	22/1	13/1	0/1	15/1	15/1	25/1	22/1	21/1	-	20/1	153/9
6	M.P. : M.P.	-	23/1	41/2	26/2	18/1	38/2	-	-	-	-	146/8
7	ARN : ARN	18/1	31/2	45/2	20/2	0/1	19/1	-	-	-	-	133/9
8	PUN : PUN	-	-	-	37/2	-	20/1	38/2	19/1	-	16/1	130/7
9	ORS : ORS	19/1	8/1	36/2	16/1	20/1	9/1	17/1	-	-	-	125/8
10	ASM : ASM	-	-	19/1	28/1	39/2	-	-	22/1	-	-	108/5
11	MNP : MNP	-	25/1	22/1	11/1	16/1	14/1	-	20/1	-	-	108/6
12	BHR : BHR	23/1	9/2	16/2	-	-	-	-	17/1	19/1	21/1	105/8
13	HRN : HRN	-	5/1	14/1	-	21/1	17/2	-	-	28/1	19/1	104/7
14	C.G. : C.G.	21/1	20/2	-	-	14/1	12/2	20/1	-	-	-	87/7
15	JKD : JKD	20/2	12/1	12/1	-	0/1	13/2	19/1	-	-	-	76/8
16	DEL : DEL	-	0/1	0/1	13/1	13/1	0/1	-	-	22/1	23/1	71/7
17	GOA : GOA	-	17/1	-	-	25/1	0/1	21/1	-	-	-	63/4
18	H.P. : H.P.	-	-	0/1	-	-	-	-	28/1	25/1	-	53/3
19	UKD : UKD	-	-	30/2	-	-	-	18/1	-	-	-	48/3
20	J.K. : J.K.	-	10/2	-	0/1	12/1	8/1	0/1	-	15/1	-	45/7
21	MIZ : MIZ	-	15/1	0/1	-	-	28/1	-	-	-	-	43/3
22	KRN : KRN	-	-	-	-	-	11/1	-	18/1	-	-	29/2
23	CHD : CHD	-	-	-	-	-	0/1	-	-	-	28/1	28/2
24	W.B. : W.B.	-	-	-	25/1	-	-	-	-	-	-	25/1
25	TEL : TEL	-	0/1	-	-	-	0/1	-	-	18/1	-	18/3
26	KRL : KRL	-	-	-	-	-	-	-	-	17/1	-	17/1
27	PON : PON	-	4/1	-	-	-	-	-	-	-	-	4/1
28	GUJ : GUJ	-	-	-	-	0/1	-	-	-	-	-	0/1



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No.	Team	40 kg	45 kg	49 kg	55 kg	59 kg	64 kg	71 kg	76 kg	81 kg	+81 kg	TOTAL
1	MHR : MHR	25/1	53/2	-	17/1	50/2	-	43/2	20/1	-	23/1	231/10
2	A.P. : A.P.	22/1	23/1	25/1	45/2	25/1	25/1	19/1	17/1	-	22/1	223/10
3	TND : TND	-	20/1	-	18/1	17/1	17/1	15/1	44/2	47/2	25/1	203/10
4	ORS : ORS	51/2	35/2	20/1	41/2	31/2	21/1	-	-	-	-	199/10
5	U.P. : U.P.	17/1	21/1	16/1	-	23/1	23/1	23/1	21/1	21/1	19/1	184/9
6	ASM : ASM	-	31/2	49/2	-	39/2	-	13/1	16/1	-	-	148/8
7	KRL : KRL	16/1	7/1	17/1	14/1	14/1	16/1	14/2	-	28/1	21/1	147/10
8	HRN : HRN	-	-	38/2	20/2	-	28/1	-	28/1	23/1	-	137/7
9	MNP : MNP	-	-	-	15/1	21/1	38/2	28/2	-	-	28/1	130/7
10	JKD : JKD	-	23/2	-	25/2	18/1	25/2	14/1	-	-	-	105/8
11	PON : PON	-	-	-	-	-	37/2	41/2	22/1	-	-	100/5
12	RAJ : RAJ	20/1	27/2	-	-	13/1	10/2	12/1	14/1	-	-	96/8
13	BHR : BHR	-	17/2	-	28/1	-	12/1	18/1	-	-	-	75/5
14	ARN : ARN	21/1	32/2	19/1	-	-	-	-	-	-	-	72/4
15	C.G. : C.G.	37/2	-	-	-	-	13/1	20/1	-	-	-	70/4
16	PUN : PUN	-	19/1	-	-	-	-	10/1	23/1	-	-	52/3
17	W.B. : W.B.	-	-	40/2	0/1	-	-	-	-	-	-	40/3
18	GUJ : GUJ	-	-	-	19/1	12/1	-	5/1	-	-	-	36/3
19	TEL : TEL	-	-	-	-	-	-	-	15/1	-	20/1	35/2
20	DEL : DEL	-	-	-	-	-	0/1	28/1	-	-	-	28/2
21	KRN : KRN	-	-	-	-	-	17/2	7/1	-	-	-	24/3
22	H.P. : H.P.	0/2	-	-	0/1	-	13/2	9/1	-	-	-	22/6
23	MIZ : MIZ	-	-	-	21/1	-	-	-	-	-	-	21/1
24	M.P. : M.P.	-	-	-	-	-	19/1	-	-	-	-	19/1
25	CHD : CHD	-	-	-	-	-	-	-	18/1	-	-	18/1
26	J.K. : J.K.	0/1	-	-	-	-	-	-	-	-	-	0/1



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YOUTH 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	
1	MHR : MHR	4	3	2	3	1	1	1	1	1	1	1													
2	HRN : HRN	3		2		1	1	1		1		1	1									1			
3	ASM : ASM	2			2	1	1	2		1	2	1		1											
4	A.P. : A.P.	1	4	4	4	1		2	1	2															
5	TND : TND	1	4	2	2	3	1	1	1	2		1		1			1								
6	ORS : ORS	1	2	1	1	1	2	1		1	3	1		1		1		1	1						
7	MNP : MNP	1	1		1	1	2		1	1	1	1	1			2									
8	H.P. : H.P.	1	1															1		1	1				
9	DEL : DEL	1		1	1									2											
10	BHR : BHR	1		1		1		1	1	1	1				1			2	1						
11	ARN : ARN	1				1	2	2	2	1			1			1									
12	KRL : KRL	1				1				2	2		2						1	1	1				
13	MIZ : MIZ	1				1						1													
14	CHD : CHD	1							1																
15	U.P. : U.P.		1	3	2	4	1	1		1	1	2		1											
16	PON : PON		1		2						1	1												1	
17	W.B. : W.B.		1		1				1																
18	RAJ : RAJ		1			1	2		1	2	2	1	2	1	1		3								
19	GOA : GOA		1			1				1															
20	M.P. : M.P.			2	1			1	2		1		1		1										
21	PUN : PUN			2			1	3	1		1	1					1								
22	C.G. : C.G.					1	2	1	1				2	1	1							1			
23	JKD : JKD						1	1	1				2	2	4	2									
24	TEL : TEL						1		1			1													
25	UKD : UKD						1		1								1								
26	GUJ : GUJ							1							1							1			
27	KRN : KRN								1							1		1	1	1	1				
28	J.K. : J.K.											1			1				1	1					1



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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
1	MHR : MHR	2	1	1	1			1	1		1	1												
2	TND : TND	1	1	2	1	3								1			1							
3	A.P. : A.P.	1	1	2	1	1		1	1	1														
4	H.P. : H.P.	1	1																					
5	ASM : ASM	1			2			1		1														
6	HRN : HRN	1				1		1		1			1									1		
7	ARN : ARN	1					2	1	1	1						1								
8	MIZ : MIZ	1										1												
9	CHD : CHD	1																						
10	U.P. : U.P.		1		2	1	1					2		1										
11	MNP : MNP		1		1		1				1		1			1								
12	RAJ : RAJ		1			1	1		1	1	2	1	1				1							
13	GOA : GOA		1			1				1														
14	ORS : ORS		1				1	1		1	1					1		1	1					
15	W.B. : W.B.		1																					
16	M.P. : M.P.			2	1				2		1		1		1									
17	DEL : DEL			1	1									2										
18	BHR : BHR			1		1		1		1	1							1						
19	PUN : PUN			1			1	2	1		1	1												
20	C.G. : C.G.					1	1						2		1							1		
21	JKD : JKD						1	1						1	2									
22	UKD : UKD						1		1								1							
23	KRN : KRN								1							1								
24	TEL : TEL								1															
25	KRL : KRL									1														
26	J.K. : J.K.											1			1				1	1				1
27	PON : PON																						1	
28	GUJ : GUJ																							



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YOUTH WOMEN '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
1	MHR : MHR	2	2	1	2	1	1			1												
2	HRN : HRN	2		2			1					1										
3	ORS : ORS	1	1	1	1	1	1				2	1		1								
4	ASM : ASM	1				1	1	1			2	1		1								
5	MNP : MNP	1				1	1		1	1		1				1						
6	KRL : KRL	1				1				1	2		2						1	1	1	
7	BHR : BHR	1							1						1			1	1			
8	DEL : DEL	1																				
9	A.P. : A.P.		3	2	3			1		1												
10	TND : TND		3		1		1	1	1	2		1										
11	PON : PON		1		2						1	1										
12	U.P. : U.P.			3		3		1		1	1											
13	PUN : PUN			1				1									1					
14	W.B. : W.B.				1				1													
15	ARN : ARN					1		1	1				1									
16	MIZ : MIZ					1																
17	C.G. : C.G.						1	1	1					1								
18	RAJ : RAJ						1			1			1	1	1		2					
19	TEL : TEL						1					1										
20	GUJ : GUJ							1							1							1
21	M.P. : M.P.							1														
22	JKD : JKD								1				2	1	2	2						
23	CHD : CHD								1													
24	KRN : KRN																	1	1	1		
25	H.P. : H.P.																	1		1	1	
26	J.K. : J.K.																					



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RESULT YOUTH MEN 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	407	[A] DHANUSH . L	190	TND	19-11-2006	48.800	81	81	85	81	2	100	108	110	110	1	191	1
2	774	[A] KISHORE.V	180	TND	14-12-2007	49.000	80	84	87	84	1	96	100	104	104	2	188	2
3	479	[A] GAUTAM KUMAR	180	BHR	05-11-2006	48.800	75	75	79	75	5	102	107	107	102	3	177	3
4	195	[A] TUFAIL	168	U.P.	15-01-2007	48.400	68	68	71	71	7	97	101	104	101	4	172	4
5	398	[A] MAOULESH YADAV	170	C.G.	18-01-2005	48.500	76	80	80	76	4	86	90	93	90	7	166	5
6	669	[A] Aman Munda	150	JKD	01-01-2007	48.700	70	73	75	75	6	91	91	94	91	6	166	6
7	389	[A] HARSHABARDAN SAHU	148	ORS	22-05-2009	47.700	63	70	73	70	8	85	90	93	93	5	163	7
8	215	[A] YUKAM DADA	160	ARN	04-11-2005	48.700	69	74	74	69	9	85	89	89	85	8	154	8
	666	[A] Babulal Hembrom	150	JKD	07-10-2007	48.800	78	82	82	78	3	104	104	104	--		--	

BREAK RECORDS

YOUTH YOUTH MEN 49 kg CLEAN&JERK : BHAKTRAM DESTI [ORS] 108 ---> DHANUSH . L [TND] 110

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 YOUTH 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	621	[A] S.GURU NAIDU	240	A.P.	09-05-2006	54.900	100	104	106	104	1	125	129	133	129	2	233	1
2	482	[A] N. TOMCHOU MEETEI	230	MNP	03-04-2006	54.300	98	102	102	102	2	125	130	135	130	1	232	2
3	683	[A] VIJAY PRAJAPATI	230	M.P.	13-12-2005	53.800	96	96	100	96	3	114	119	120	120	3	216	3
4	280	[B] YASH KHANDAGALE	205	MHR	27-10-2007	54.920	93	95	98	95	4	107	112	115	112	7	207	4
5	113	[B] PRABANJAN S	200	TND	12-09-2005	54.750	90	93	93	90	6	114	118	118	114	5	204	5
6	159	[B] SOSAR TAMA	200	ARN	16-01-2006	54.620	84	87	90	87	12	114	117	119	117	4	204	6
7	306	[B] CHAITANYA MALI	200	MHR	01-09-2005	54.630	84	87	90	90	9	105	112	118	112	6	202	7
8	225	[B] D. VEERESH	200	A.P.	13-06-2005	53.460	90	90	93	90	8	110	115	115	110	8	200	8
9	562	[B] SUSHIL	200	GOA	08-05-2005	54.780	90	90	90	90	10	108	113	113	108	11	198	9
10	235	[A] RUPESH SAIN	215	RAJ	01-05-2005	54.800	87	87	90	87	13	110	114	--	110	9	197	10
11	703	[C] ISAK MALSAWMTLUANGA	180	MIZ	16-07-2008	54.800	85	88	88	88	11	105	105	108	108	10	196	11
12	809	[B] VIKAS LAHRE	200	C.G.	18-07-2005	54.400	85	90	92	90	7	106	--	--	106	14	196	12
13	169	[B] VAIBHAV SWAMI	195	U.P.	01-08-2007	53.030	87	90	91	91	5	102	102	102	102	17	193	13
14	514	[C] Om Kumar	170	JKD	05-11-2008	54.750	79	84	88	84	16	107	113	113	107	12	191	14
15	127	[C] SIME TARA	180	ARN	02-03-2006	54.790	80	85	85	85	15	100	102	102	102	16	187	15
16	648	[C] P.MAHENDRAN	190	TND	17-12-2005	54.080	80	86	86	80	18	106	106	108	106	13	186	16
17	57	[C] MD. ZULFEQUAR ALI	190	BHR	01-02-2005	54.280	80	85	85	85	14	98	102	102	98	20	183	17
18	811	[C] MANOJ MADHI	183	ORS	13-07-2008	55.000	80	86	86	80	19	103	107	107	103	15	183	18



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

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT YOUTH 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
19	67	[C] SAYEED AHTISHAM ANDRABI	162	J.K.	15-01-2007	54.890	70	77	80	80	20	96	100	100	100	19	180	19
20	298	[C] HANSRAJ MARKANDEY	180	C.G.	20-03-2005	54.040	75	80	80	75	21	96	100	102	100	18	175	20
21	380	[C] MANISH THAKRAN	174	HRN	06-08-2005	54.300	75	75	80	75	22	96	96	101	96	22	171	21
22	309	[C] V. VISHVHA	170	PON	12-04-2005	54.400	66	70	75	75	23	96	96	96	96	23	171	22
23	591	[C] SARIK	172	J.K.	01-07-2006	53.860	70	74	74	70	25	96	98	98	96	21	166	23
	214	[C] SUNNY KUMAR	180	BHR	27-12-2006	54.730	78	81	83	83	17	102	102	102	--		--	
	59	[C] DHEERAJ KUMAR	174	DEL	03-01-2007	54.290	70	74	77	74	24	96	96	96	--		--	
	724	[C] MOHAN KETHAVATH	162	TEL	02-09-2006	54.460	66	71	71	66	26	96	96	96	--		--	

BREAK RECORDS

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

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

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 YOUTH 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	337	[A] GOLOM TINKU	235	ARN	12-05-2006	60.390	103	106	109	106	1	130	135	135	135	1	241	1
2	833	[B] SADANANDA BARIHA	222	ORS	15-01-2006	60.730	95	100	103	103	2	125	125	128	125	2	228	2
3	213	[B] SUMIT KUMAR RAJPUT	230	M.P.	22-08-2006	60.300	98	98	98	98	5	124	124	131	124	3	222	3
4	60	[B] DIKASH YUMNAM	222	MNP	26-08-2006	60.050	98	102	102	102	3	118	123	123	118	6	220	4
5	720	[C] AJAY	212	RAJ	22-06-2005	60.470	92	97	97	92	10	123	126	126	123	4	215	5
6	125	[B] MANOHAR KUMAR	230	UKD	25-10-2005	58.570	95	100	100	95	7	120	125	128	120	5	215	6
7	745	[C] RIKI GOGOI	210	ASM	11-12-2005	60.150	92	96	99	99	4	115	115	120	115	10	214	7
8	618	[B] SAMIR KHAN	225	M.P.	01-01-2008	60.430	94	98	99	94	9	118	122	123	118	7	212	8
9	476	[C] NEELAM SOPIN	210	ARN	05-02-2006	57.920	90	94	99	94	8	117	121	121	117	8	211	9
10	442	[C] NITESH KUMAR SINGH	215	BHR	26-01-2005	60.930	91	95	97	95	6	115	120	120	115	9	210	10
11	488	[C] RAHUL MAHAJAN	208	MHR	05-10-2005	60.300	90	90	90	90	12	105	109	113	109	13	199	11
12	366	[C] ANUSH	200	HRN	13-08-2006	60.560	85	90	94	85	15	109	114	118	114	11	199	12
13	545	[C] SUBASH.S	195	TND	06-03-2005	58.730	85	89	93	89	14	104	108	111	108	14	197	13
14	565	[C] Suraj kumar mahto	183	JKD	22/2/2007	59.450	80	86	90	90	11	105	105	110	105	15	195	14
15	219	[C] PRAFULLA KHADA	187	ORS	07-01-2008	59.400	80	84	84	84	16	105	110	112	110	12	194	15
16	43	[C] MD. HASEEN	185	UKD	25-01-2005	60.350	80	80	82	80	18	103	103	103	103	16	183	16
	697	[B] HARISH KUMAR	229	U.P.	30-10-2005	60.290	90	90	92	90	13	125	130	130	--		--	
	641	[C] ISHWAR SINGH	195	H.P.	31-07-2005	59.750	80	80	83	83	17	103	103	--	--		--	



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

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT YOUTH 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
	320	[B] SONU KUMAR	230	BHR	01-02-2005	60.600	104	104	104	--		--	--	--	--		--	
	650	[A] RAVI YADAV	235	DEL	14-11-2005	60.590	103	103	103	--		-	--	--	--		--	
	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 YOUTH 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	93	[B] BEDABRAT BHARALI	265	ASM	19-03-2007	65.990	115	119	121	119	1	136	136	140	140	3	259	1
2	87	[B] KALLOL MAL	260	W.B.	31-08-2005	66.950	108	112	112	112	3	139	143	143	143	1	255	2
3	813	[C] MAHADEV VADER	253	MHR	12-07-2005	66.420	110	110	113	113	2	135	140	140	140	2	253	3
4	324	[C] N.V.MAHESH	255	A.P.	19-04-2005	66.170	104	108	111	111	4	135	139	139	139	4	250	4
5	737	[C] AKASH.P	240	TND	16-02-2005	66.490	106	111	111	111	5	132	132	139	132	7	243	5
6	685	[D] KAMPU DEGIO	240	ARN	26-03-2006	64.900	107	111	111	107	7	130	135	140	135	5	242	6
7	489	[D] MOHAMAD SHAHJAHAN	230	PUN	29-11-2006	66.590	100	103	105	105	8	127	132	134	134	6	239	7
8	378	[D] DILJOT SINGH	237	PUN	08-12-2005	66.620	105	105	109	109	6	128	132	132	128	9	237	8
9	472	[D] K.ANIL KUMAR	220	A.P.	09-05-2005	66.860	100	104	108	104	9	125	130	138	130	8	234	9
10	422	[D] DEEPAK KUMAR PRADHAN	208	ORS	12-01-2005	64.800	90	96	100	100	10	118	118	125	125	10	225	10
11	308	[D] AYUSH	208	U.P.	06-01-2009	65.930	93	96	99	99	11	118	121	121	118	14	217	11
12	84	[D] VALLURI AKHIL	225	M.P.	13-07-2007	61.390	90	95	95	95	15	118	121	125	121	12	216	12
13	687	[D] DEVASHISH SHARMA	230	DEL	30-08-2005	65.370	90	95	99	95	14	120	120	123	120	13	215	13
14	79	[D] VINAYAK PATEL	230	M.P.	29-07-2006	66.980	92	96	96	96	13	118	118	118	118	15	214	14
15	396	[D] L. WILSON SINGH	216	MNP	21-11-2007	65.440	90	90	95	90	16	118	118	122	122	11	212	15
	623	[D] TAGRIK TANI	220	ARN	02-02-2007	65.730	92	96	100	96	12	123	123	123	--		--	
	470	[D] HARSH VARDHAN	193	J.K.	15-01-2007	66.000	85	88	88	88	17	118	--	--	--		--	

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 YOUTH 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	63	[B] SAIRAJ PARDESHI	265	MHR	08-06-2007	71.510	114	117	119	117	1	135	139	143	139	4	256	1
2	563	[C] SHARTHAK THAPA	240	GOA	09-03-2005	71.880	108	111	111	111	6	135	140	143	143	1	254	2
3	393	[D] PARANDHAMAN.S	235	TND	28-08-2005	71.670	104	109	113	113	2	129	136	140	140	2	253	3
4	445	[B] NIRAJ PRADHAN	270	ASM	06-11-2005	72.380	110	113	115	113	4	140	144	144	140	3	253	4
5	365	[C] VIJAY	245	HRN	25-12-2006	71.660	109	113	116	113	3	137	141	141	137	6	250	5
6	188	[D] HRUDANANDA DAS	238	ORS	09-06-2007	72.950	105	108	111	111	5	137	137	137	137	5	248	6
7	500	[C] D.PREM SAGAR	255	A.P.	20-10-2006	71.740	108	113	113	108	7	136	136	146	136	7	244	7
8	158	[D] KARAN SINDHU	235	M.P.	01-08-2007	71.900	100	104	108	104	8	118	118	122	122	11	226	8
9	625	[D] AYUSH RAI	228	ASM	03-09-2005	70.580	96	101	101	96	10	125	130	130	130	8	226	9
10	709	[D] Y. YAIPHABA SINGH	230	MNP	13-02-2006	70.800	92	96	99	99	9	118	122	126	126	9	225	10
11	651	[D] SWAYAM YADAV	230	U.P.	26-11-2005	72.530	93	98	98	93	11	120	125	130	125	10	218	11
12	799	[D] DEVVRAT SHARMA	215	C.G.	22-06-2007	71.290	90	96	96	90	14	115	119	121	119	12	209	12
13	619	[D] BANTU	210	DEL	15-01-2005	68.160	90	93	93	93	12	115	115	117	115	14	208	13
14	339	[D] SUHAIL MALIK	200	J.K.	10-12-2005	71.130	88	90	92	92	13	115	117	117	115	13	207	14
	441	[D] NABAM TANIA	235	ARN	01-03-2006	68.950	104	104	104	--		--	--	--	--		--	
	181	[D] GAURAV SHUSHILBHAI RANKA	210	GUJ	02-05-2005	71.300	88	88	88	--		--	--	--	--		--	
	350	[D] Harshit Bage	203	JKD	04-10-2008	70.800	88	88	90	--		--	--	--	--		--	

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 YOUTH 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	296	[B] LALRUATFELA	280	MIZ	05-03-2006	80.120	120	120	124	120	2	150	154	154	150	2	270	1
2	682	[C] NAKUL GOSWAMI	261	U.P.	20-03-2005	76.860	112	112	117	112	6	145	149	156	156	1	268	2
3	265	[C] M.TARUN	255	A.P.	25-05-2007	77.550	110	114	119	119	3	140	145	148	148	3	267	3
4	548	[B] KUSH CHOUDHARY	268	M.P.	27-05-2005	79.890	114	117	119	117	4	144	151	151	144	4	261	4
5	616	[D] DHEERSHAN J	240	TND	30-08-2006	79.680	113	113	118	113	5	140	143	148	143	5	256	5
6	527	[C] KUNAL PAHWA	243	PUN	26-07-2005	77.550	98	103	106	106	9	130	136	138	136	7	242	6
7	297	[D] TAYAR RONIK	220	ARN	10-10-2007	76.640	93	97	100	100	12	121	130	138	138	6	238	7
8	318	[C] SUJAL PATIL	250	MHR	03-09-2006	80.500	105	110	110	105	10	130	130	135	130	9	235	8
9	224	[D] TUSHAR	240	HRN	17-09-2005	76.250	100	100	104	104	11	125	130	134	130	8	234	9
10	634	[D] HIMANSHU NATH	240	M.P.	21-03-2006	78.490	102	106	108	106	7	122	126	126	126	10	232	10
11	381	[D] YUVRAJ SINGH	215	RAJ	13-02-2006	81.000	92	97	100	97	14	115	122	125	122	11	219	11
12	659	[D] L. DINESH	222	MNP	04-01-2005	79.040	97	99	99	97	13	115	120	120	120	13	217	12
13	547	[D] Mukesh kumar mahto	195	JKD	25/4/2006	74.400	95	100	100	95	16	120	122	125	122	12	217	13
14	374	[D] RITESH YADAV	220	C.G.	21-09-2005	77.290	94	94	97	94	17	112	116	119	116	15	210	14
15	434	[D] HRUTHIK B L	195	KRN	12-08-2005	73.370	85	89	92	92	18	110	114	118	118	14	210	15
16	769	[D] HARI OM SHARMA	204	RAJ	10-04-2007	80.640	93	97	101	97	15	111	116	116	111	17	208	16
17	714	[D] BALARAM SENAPATI	196	ORS	13-06-2006	79.910	85	89	92	92	19	110	114	116	114	16	206	17
18	649	[D] MOHAMMAD UNZER BHAT	195	J.K.	18-10-2006	74.470	85	85	85	85	23	110	113	113	110	18	195	18



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

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT YOUTH 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
	103	[C] MANI DHIMAN	242	CHD	14-02-2006	73.830	113	118	121	121	1	140	140	140	--		--	
	156	[C] ROHIT	250	HRN	09-04-2006	77.520	106	111	111	106	8	136	136	136	--		--	
	264	[D] VARUN JOSIYA	202	DEL	20-02-2007	80.200	86	90	90	90	20	110	110	110	--		--	
	549	[D] SAMEER NIRALA	195	C.G.	26-06-2005	77.190	85	88	88	88	21	110	110	110	--		--	
	553	[D] J. SAI VARDHAN	195	TEL	16-09-2007	80.900	85	89	89	85	22	110	110	110	--		--	
	304	[D] PAWAN	240	GOA	02-03-2006	77.440	--	--	--	--		--	--	--	--		--	
	688	[D] Piyush kumar singh	195	JKD	10-08-2006	73.330	85	85	86	--		--	--	--	--		--	

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 YOUTH 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	671	[B] SANIDHYA MORE	270	MHR	26-03-2005	87.770	125	129	131	131	1	142	150	156	156	1	287	1
2	75	[B] G.KRISHNA BABU	270	A.P.	15-12-2005	85.760	115	120	120	115	4	145	150	160	150	3	265	2
3	330	[B] VISHAVJEET SINGH	270	PUN	30-06-2006	82.870	124	127	127	124	2	138	138	142	138	5	262	3
4	123	[C] RISHABH YADAV	255	U.P.	16-03-2006	82.650	108	108	108	108	6	136	145	150	150	2	258	4
5	695	[C] AMAN	245	GOA	22-04-2007	88.450	110	115	118	115	3	130	137	142	142	4	257	5
6	243	[C] VEER SINGH	230	C.G.	19-06-2006	87.590	106	111	114	114	5	118	125	132	125	7	239	6
7	23	[C] Rohan kumar mahto	200	JKD	20/3/2008	81.980	97	100	104	104	7	123	127	132	127	6	231	7
8	636	[C] SARTHAK CHOUDHARY	210	UKD	02-02-2006	82.550	90	99	99	99	8	122	128	--	122	9	221	8
9	174	[C] ROSHAN KUMAR SETHI	200	ORS	02-11-2005	88.390	90	95	98	98	9	115	120	123	123	8	221	9
10	368	[C] BALVEER SINGH	200	RAJ	01-01-2006	85.030	92	96	98	96	10	112	116	118	118	10	214	10
11	600	[C] HASRAT SINGH	210	PUN	18-02-2008	82.190	90	93	96	96	11	110	114	116	114	11	210	11
12	824	[C] ABISHEK	210	RAJ	09-12-2007	83.370	91	96	96	96	12	111	111	119	111	12	207	12
	540	[C] UDAY ALI	210	J.K.	08-06-2005	83.030	90	90	90	--		--	--	--	--		--	

BREAK RECORDS

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

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

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. Pady 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 YOUTH 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	561	[C] SUVANSH THAKUR	271	H.P.	14-02-2005	95.100	118	122	125	125	1	145	151	159	151	2	276	1
2	753	[C] ANKUR TIWARE	275	MHR	01-01-2006	94.620	118	121	124	124	2	144	150	153	150	3	274	2
3	764	[C] N.NARASIMHA NAYAK	265	A.P.	08-06-2005	90.350	112	118	118	118	4	145	153	153	153	1	271	3
4	744	[C] KAPIL SONOWAL	255	ASM	27-11-2006	95.020	121	124	124	124	3	143	146	151	146	4	270	4
5	64	[C] PARV CHOUDHARY	248	U.P.	10-07-2008	95.730	103	107	112	107	5	132	137	139	139	5	246	5
6	595	[C] H. BIKASH MEITEI	235	MNP	21-04-2005	94.450	100	104	108	104	6	125	132	132	125	6	229	6
7	121	[C] ANSH	200	PUN	10-04-2005	89.270	85	90	94	94	7	110	115	119	119	7	213	7
8	136	[C] MANOJ KUMAR	195	KRN	15-02-2006	89.090	85	88	90	90	9	110	113	115	115	8	205	8
9	14	[C] AMAN MEHTA	203	BHR	07-02-2007	94.750	88	91	93	91	8	111	111	115	111	9	202	9

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 YOUTH 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	409	[A] ARYAN	300	HRN	25-05-2006	100.000	125	130	130	130	1	155	160	164	160	1	290	1
2	554	[B] GOLDY KHAN	280	H.P.	01-09-2005	99.590	121	125	129	129	2	143	149	153	153	2	282	2
3	348	[B] VISHWA.A	255	TND	06-06-2005	101.250	110	115	118	115	5	142	146	152	152	3	267	3
4	286	[B] AKSHAT SHARMA	265	DEL	04-01-2005	100.940	120	124	127	124	3	142	148	148	142	4	266	4
5	502	[B] CH. VAMSI	250	A.P.	08-02-2006	97.690	107	112	117	117	4	133	137	139	139	7	256	5
6	601	[B] DEVENDRA SINGH	255	RAJ	09-02-2005	101.390	113	117	117	113	7	141	145	145	141	5	254	6
7	404	[B] PRIYANSHU RAJ	250	BHR	05-09-2006	99.430	100	104	108	108	10	131	136	140	140	6	248	7
8	218	[B] Y. YASHWANTH GOUD	235	TEL	02-07-2005	96.510	105	111	111	111	9	135	140	140	135	8	246	8
9	107	[B] ABY SYRIL	245	KRL	06-10-2005	96.150	110	115	115	115	6	130	137	137	130	10	245	9
10	72	[B] HARSHVARDHAN KADAM	255	MHR	11-02-2005	100.980	107	111	115	111	8	132	132	137	132	9	243	10
11	665	[B] MISEM CHOUDHARY	205	J.K.	25-06-2006	99.990	90	90	95	90	11	115	115	118	118	11	208	11

BREAK RECORDS

YOUTH YOUTH MEN 102 kg SNATCH : BHOLA SINGH [BHR] 126 ---> GOLDY KHAN [H.P.] 129
 YOUTH YOUTH MEN 102 kg SNATCH : GOLDY KHAN [H.P.] 129 ---> AMAN [HRN] 136
 YOUTH YOUTH MEN 102 kg CLEAN&JERK : BHOLA SINGH [BHR] 150 ---> VISHWA.A [TND] 152
 YOUTH YOUTH MEN 102 kg CLEAN&JERK : VISHWA.A [TND] 152 ---> GOLDY KHAN [H.P.] 153
 YOUTH YOUTH MEN 102 kg CLEAN&JERK : GOLDY KHAN [H.P.] 153 ---> ARYAN [HRN] 160
 YOUTH YOUTH MEN 102 kg TOTAL : BHOLA SINGH [BHR] 276 ---> GOLDY KHAN [H.P.] 282
 YOUTH YOUTH MEN 102 kg TOTAL : GOLDY KHAN [H.P.] 282 ---> ARYAN [HRN] 290
 YOUTH YOUTH MEN 102 kg TOTAL : ARYAN [HRN] 290 ---> AMAN [HRN] 306

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 YOUTH MEN +102 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	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	2	154	161	164	161	2	289	2
3	657	[A] MOHIT RAJPUT	273	DEL	05-05-2005	107.540	120	120	125	120	3	134	139	140	140	7	260	3
4	120	[A] JEENATHKUMAR. R	230	TND	04-09-2006	116.760	105	110	113	113	5	142	147	148	147	3	260	4
5	543	[A] UJJWAL KUMAR	260	BHR	20-06-2006	114.220	111	111	114	114	4	135	140	142	140	6	254	5
6	221	[A] TUSHAR CHOUDHARY	242	U.P.	07-12-2008	102.800	102	107	112	112	6	140	146	149	140	5	252	6
7	794	[A] SHAH HUSSAIN	240	HRN	26-01-2008	104.100	103	108	111	108	7	135	142	147	142	4	250	7
8	391	[A] UPENDRA SINGH	235	RAJ	22-09-2006	102.110	105	109	109	105	8	125	138	138	125	8	230	8
9	781	[A] SUMIT PUROHIT	210	RAJ	17-10-2005	93.070	93	100	110	100	9	116	122	126	122	10	222	9
10	343	[A] LOVEDEEP SINGH	191	PUN	03-12-2006	102.550	90	90	95	95	10	116	120	124	124	9	219	10

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 YOUTH WOMEN 40 kg

Competition : 29.12.2022 10:00

Weigh in : 8:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	607	[A] JYOSHNA SABAR	112	ORS	25-01-2008	39.720	48	51	53	53	2	64	71	73	71	1	124	1
2	510	[A] VINATAI AHER	127	MHR	07-03-2005	38.830	51	54	57	57	1	66	66	71	66	2	123	2
3	385	[A] PRITEESMITA BHOI	101	ORS	14-11-2008	39.900	45	49	50	50	3	56	60	63	63	3	113	3
4	191	[A] B.NEERAJA	105	A.P.	28-06-2007	40.000	45	49	51	49	4	58	62	65	62	4	111	4
5	462	[A] KAKEN DOYOM	100	ARN	07-07-2006	38.120	41	43	45	45	5	55	58	60	60	5	105	5
6	652	[A] SALONI SAINI	86	RAJ	12-07-2005	39.200	38	41	43	41	6	48	54	54	54	6	95	6
7	108	[A] KUMKUM DHRUW	84	C.G.	13-01-2007	39.470	35	40	45	40	7	50	55	55	50	7	90	7
8	550	[A] VIDHI SAHU	70	C.G.	24-03-2007	39.120	30	35	38	38	8	40	45	45	40	8	78	8
9	775	[A] SANDHAYA YADAV	69	U.P.	03-12-2006	36.730	27	30	33	33	9	37	40	40	37	10	70	9
10	104	[A] AKSHAYA T.S.	64	KRL	09-09-2005	39.890	27	30	30	27	13	37	40	40	37	9	64	10
	431	[A] ANAMIKA	84	H.P.	18-01-2009	37.550	27	29	32	32	10	37	37	--	--		--	
	531	[A] SAPNA KASHYAP	68	J.K.	04-02-2007	31.900	27	29	31	29	11	37	37	37	--		--	
	593	[A] TANISHA RANI	84	H.P.	05-07-2009	39.300	27	29	31	29	12	37	--	--	--		--	

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 YOUTH 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	763	[B] ASMITA DHONE	135	MHR	01-05-2007	44.710	58	62	65	65	1	77	80	82	82	1	147	1
2	165	[B] AKANKSHA VYAVHARE	140	MHR	19-06-2007	44.230	59	62	65	65	2	74	77	79	79	2	144	2
3	202	[B] B.BHARGAVI	125	A.P.	19-02-2009	44.540	57	60	60	60	5	71	76	83	76	3	136	3
4	119	[B] MINA SINGH	131	ORS	11-05-2008	44.740	54	58	61	61	3	69	74	76	74	4	135	4
5	571	[B] MANSI CHAMUNDA	132	U.P.	04-01-2007	44.470	57	57	57	57	7	72	76	79	72	5	129	5
6	729	[C] POSHIKA A	120	TND	24-09-2006	44.890	56	60	60	60	4	68	72	74	68	7	128	6
7	580	[B] VANI PURI	125	PUN	16-03-2005	44.530	54	57	60	57	6	68	--	--	68	8	125	7
8	439	[C] TAGRIK NAYA	115	ARN	04-04-2006	44.180	50	52	54	54	8	65	69	72	69	6	123	8
9	704	[C] LAXMI TIWARI	106	RAJ	29-12-2006	44.170	48	50	51	51	9	59	61	63	61	9	112	9
10	251	[C] JANMONI PEGU	98	ASM	02-02-2005	44.700	43	43	46	46	10	55	58	60	60	11	106	10
11	42	[C] RIYAMONI BORO	95	ASM	02-03-2005	44.170	42	42	45	45	13	55	58	60	60	10	105	11
12	830	[C] PUNGNI TARA	100	ARN	25-07-2008	44.350	45	45	48	45	12	55	58	60	58	13	103	12
13	197	[C] LALITA BHATRA	101	ORS	15-10-2006	44.920	45	50	50	45	11	56	56	58	58	14	103	13
14	390	[C] Manisha Soren	82	JKD	03-10-2007	43.200	36	39	42	39	17	56	59	62	59	12	98	14
15	97	[C] Babita kumari	82	JKD	01-01-2007	44.880	36	39	42	42	14	50	54	56	54	15	96	15
16	756	[C] MUSKAN SAINI	90	RAJ	27-08-2007	44.550	40	45	45	40	15	50	55	55	50	16	90	16
17	575	[C] SHREYA CHANDRA	85	BHR	14-10-2005	44.930	37	40	43	40	16	50	50	50	50	17	90	17
18	749	[C] SALONI KUMARI	80	BHR	02.02.2007	44.120	35	35	38	38	18	47	48	51	48	18	86	18



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

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT YOUTH 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
19	229	[C] ROSE MARIYA XAVIER A.	87	KRL	12-05-2006	42.260	35	35	38	35	19	47	47	50	47	19	82	19

BREAK RECORDS

YOUTH YOUTH WOMEN 45 kg CLEAN&JERK : KVL PAVANI KUMARI [A.P.] 80 ---> ASMITA DHONE [MHR] 82

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
[PUN]
- Right - Ranjeet Bhattacharjee N-1
[W.B.]
- Reserve - Ujwala Mane N-2 [MHR]

I-1

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 YOUTH 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	519	[A] PANCHAMI SONOWAL	150	ASM	05-05-2005	48.150	66	70	71	70	3	86	91	92	91	1	161	1
2	273	[B] V.SUSMITHA	140	A.P.	18-08-2008	48.320	64	68	70	70	2	79	82	85	82	2	152	2
3	364	[A] HIMANSHEE	158	HRN	14-03-2005	48.220	67	71	74	71	1	80	82	82	80	4	151	3
4	612	[B] KOYEL BAR	143	W.B.	22-06-2008	47.980	64	67	69	67	4	80	83	83	80	3	147	4
5	816	[B] AISANGFA GOGOI	140	ASM	16-12-2007	48.730	59	63	65	63	5	79	79	82	79	5	142	5
6	66	[B] MINA SANTA	132	ORS	27-03-2008	48.580	58	62	64	62	6	73	73	75	75	7	137	6
7	589	[B] YUKAR AMAK	130	ARN	08-02-2005	48.240	55	57	58	58	7	73	77	79	77	6	135	7
8	344	[B] RAJYASHREE HALDER	122	W.B.	20-10-2006	48.330	52	57	57	57	9	64	70	74	70	8	127	8
9	99	[B] SHERIN P. BENNY	112	KRL	09-12-2006	48.600	52	55	57	57	8	63	68	68	68	9	125	9
10	98	[B] SHIVANI YADAV	120	U.P.	01-07-2006	48.410	53	56	58	56	10	64	67	69	67	10	123	10
11	732	[B] NEETU	120	HRN	08-06-2005	47.750	50	54	54	54	11	62	66	68	66	11	120	11

BREAK RECORDS

YOUTH YOUTH WOMEN 49 kg SNATCH : PANCHAMI SONOWAL [ASM] 68 ----> V.SUSMITHA [A.P.] 70

YOUTH YOUTH WOMEN 49 kg SNATCH : V.SUSMITHA [A.P.] 70 ----> 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 YOUTH 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	672	[B] KHUSHI KUMARI	165	BHR	17-11-2005	54.350	68	72	74	74	1	86	89	89	89	2	163	1
2	690	[B] MINA SANTA	150	ORS	07-03-2007	54.930	68	71	71	71	4	85	88	91	91	1	162	2
3	10	[C] T.LAVANYA	148	A.P.	09-04-2007	54.090	64	68	73	73	2	84	88	88	88	3	161	3
4	2	[B] B.CHANDRIKA	155	A.P.	10-08-2005	51.210	64	64	66	66	7	84	88	92	88	4	154	4
5	333	[B] RAMCHHANCHHUAHI	150	MIZ	22-12-2006	54.240	65	65	69	65	8	80	85	90	85	5	150	5
6	592	[B] JYOTI	150	HRN	05-10-2006	54.630	67	69	71	69	5	80	82	82	80	7	149	6
7	590	[B] VIDHYA HARIRAM SHARMA	150	GUJ	20-01-2005	54.350	65	68	68	68	6	80	80	83	80	8	148	7
8	139	[C] V. R. KANIKASHREE	125	TND	15-09-2006	54.500	55	60	65	60	9	75	80	84	84	6	144	8
9	603	[C] MAAHI BABHULKAR	130	MHR	07-11-2006	53.020	56	60	60	60	10	73	76	80	76	9	136	9
10	752	[C] TULASI SAHU	122	ORS	23-08-2006	54.980	52	56	59	56	11	68	72	75	72	11	128	10
11	45	[C] CH. YAIPHABI	130	MNP	22-10-2006	53.960	52	55	55	52	13	70	73	77	73	10	125	11
12	525	[C] ARSHA S.S.	120	KRL	26-08-2005	53.040	55	58	58	55	12	65	70	71	65	12	120	12
13	705	[C] Anupama kumari	115	JKD	25/12/2005	54.280	52	52	54	52	15	65	69	69	65	13	117	13
14	326	[C] Manisha Kumari	115	JKD	08-03-2007	50.700	52	52	54	52	14	63	66	66	63	14	115	14
	726	[B] BARSHA BOR	160	W.B.	12-08-2007	54.700	69	71	73	71	3	86	86	86	--		--	
	798	[C] TANYA	115	H.P.	07-01-2008	53.280	52	52	52	--		--	--	--	--		--	
	658	[B] PAYAL	150	HRN	04-05-2005	54.280	65	65	65	--		--	--	--	--		--	

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 YOUTH 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	238	[A] NIKITA KAMLAKAR	180	MHR	10-12-2005	58.040	70	73	75	75	2	96	100	103	103	1	178	1
2	817	[B] B.HARIKA	160	A.P.	10-08-2007	58.380	72	76	79	76	1	90	94	96	94	2	170	2
3	582	[A] SAGUN RAV	178	U.P.	25-02-2005	57.700	68	72	74	74	3	90	91	97	91	5	165	3
4	803	[B] BHUMIKA MOHITE	170	MHR	20-09-2006	57.630	71	71	74	71	4	93	97	97	93	3	164	4
5	1	[C] SHANDRELLA HUYAM	154	MNP	06-10-2005	58.810	65	68	70	68	5	85	89	92	92	4	160	5
6	818	[C] TILUCHANA PHUKAN	150	ASM	11-10-2007	57.980	67	70	70	67	7	81	83	84	84	6	151	6
7	244	[C] RIJUMONI KHATOWAL	150	ASM	24-10-2006	57.540	67	70	70	67	6	81	81	83	81	7	148	7
8	30	[C] Seema marandi	110	JKD	15/8/2008	57.190	58	62	63	63	8	72	75	79	75	8	138	8
9	135	[C] S.BHARANIPRIYA	130	TND	31-03-2006	58.770	60	63	63	63	9	70	74	77	74	9	137	9
10	484	[C] BIDUSMITA BHOI	121	ORS	31-07-2006	56.500	55	58	58	58	10	66	71	74	74	10	132	10
11	678	[C] SUMITRA MALLICK	134	ORS	10-04-2006	55.870	54	54	59	54	12	70	76	76	70	12	124	11
12	766	[C] ANU SREE N.B.	110	KRL	20-01-2005	56.900	50	50	56	50	14	62	68	71	71	11	121	12
13	429	[C] GUDIYA KUMAWAT	120	RAJ	11-11-2007	56.830	50	53	53	50	13	66	69	71	69	13	119	13
14	36	[C] JAISRI RATHORE	110	GUJ	26-11-2006	57.530	50	54	57	54	11	60	64	64	64	14	118	14

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 YOUTH 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	559	[A] SONAKSHI	180	HRN	18-03-2006	61.120	75	80	80	75	1	90	95	99	95	2	170	1
2	748	[B] A.YASASRI	160	A.P.	02-12-2005	60.720	68	73	73	73	4	90	96	101	96	1	169	2
3	334	[B] SUSHMA DEVI	171	U.P.	08-07-2005	63.660	70	74	74	74	2	90	95	95	90	3	164	3
4	457	[B] C. HARSHIKA	169	PON	31-10-2007	60.540	69	73	76	73	3	88	92	92	88	4	161	4
5	55	[B] TIKI MOHINI MALLIK	142	ORS	02-05-2008	61.850	62	66	68	66	5	80	84	86	84	5	150	5
6	387	[B] NG. BALLERINA DEVI	146	MNP	20-11-2006	62.370	62	65	65	65	7	75	80	80	80	7	145	6
7	167	[B] SHEETAL RAJPUT	140	M.P.	01-01-2006	60.500	60	62	64	64	9	76	79	80	80	8	144	7
8	719	[B] KH. ELIZAH CHANU	151	MNP	04-01-2006	63.350	62	66	66	62	10	78	82	86	82	6	144	8
9	227	[C] M.MONILA	130	TND	14-11-2006	63.130	61	61	64	64	8	73	77	81	77	9	141	9
10	576	[C] REENUMOL P.R.	120	KRL	01-10-2007	61.700	57	61	65	65	6	68	73	75	75	11	140	10
11	517	[C] A. NAKSHATHRA	138	PON	28-12-2005	61.220	60	60	63	60	11	74	77	80	74	12	134	11
12	170	[C] Jenis Barla	100	Jkd	16/6/2006	59.730	51	56	58	56	12	73	73	76	76	10	132	12
13	3	[C] HEMA MANDAVI	112	C.G.	12-11-2006	59.360	48	52	54	54	13	60	64	66	66	13	120	13
14	428	[C] MONIKA SHARMA	100	BHR	16-07-2008	63.160	46	49	52	52	14	58	62	62	58	15	110	14
15	692	[C] Rani kumari	100	JKD	28/11/2007	60.290	45	48	49	49	16	57	64	64	57	17	106	15
16	702	[C] KRISHANA OJHA	100	RAJ	25-03-2005	63.280	45	48	48	45	21	55	60	65	60	14	105	16
17	743	[C] SWAPNA Y.J	100	KRN	11-07-2005	59.150	45	47	49	49	15	55	58	58	55	20	104	17
18	171	[C] SHAILAJA	100	KRN	21-01-2005	60.000	45	48	48	45	18	55	58	58	58	16	103	18



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

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT YOUTH 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
19	21	[C] PALLAVI CHOUDHARY	120	H.P.	15-02-2008	59.300	45	50	50	45	17	55	60	60	55	18	100	19
20	643	[C] ANAMIKA	120	H.P.	15-10-2008	59.250	45	48	48	45	20	55	58	58	55	19	100	20
	281	[C] KIRTI SOLANKI	100	DEL	30-09-2006	61.000	45	47	47	45	19	55	55	55	--		--	
	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 YOUTH 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	397	[B] CHELSI	172	DEL	25-03-2006	69.520	70	73	74	74	2	89	93	96	96	1	170	1
2	542	[B] R. HARINI	175	PON	02-06-2006	70.500	71	74	76	74	1	92	95	95	92	2	166	2
3	114	[B] SRISHTI YADAV	147	U.P.	06-06-2005	68.900	68	71	73	73	4	88	91	95	91	3	164	3
4	54	[B] SANDHYA SARODE	175	MHR	24-08-2005	70.680	71	74	74	74	3	85	88	88	85	7	159	4
5	765	[B] RAJNANDINI AMANE	165	MHR	28-04-2006	68.240	70	73	73	70	5	83	87	92	87	5	157	5
6	6	[B] AKTA BANJARE	160	C.G.	24-08-2005	67.390	67	70	70	70	6	85	90	90	85	6	155	6
7	584	[C] J.DEVI SRI	140	A.P.	30-08-2008	65.250	60	65	65	65	9	80	86	89	89	4	154	7
8	408	[C] SHALINI KUMARI	110	BHR	18-06-2005	70.580	62	66	69	69	7	79	79	81	81	12	150	8
9	288	[B] A. DEBAARBINA	143	MNP	15-11-2005	69.040	60	64	67	64	11	80	84	86	84	8	148	9
10	56	[C] P. CHARUMATHI	133	PON	16-07-2006	67.840	60	63	63	63	12	75	79	83	83	9	146	10
11	783	[C] BHUVANESHWARI.P	132	TND	11-07-2006	69.920	60	64	66	64	10	75	81	84	81	11	145	11
12	312	[C] Aruhi Kumari	100	JKD	09-09-2007	68.970	60	62	62	60	14	78	83	83	83	10	143	12
13	796	[C] CHABINA SONOWAL	130	ASM	19-02-2005	64.630	63	63	65	65	8	73	76	78	76	13	141	13
14	239	[C] KUM KUM	120	RAJ	11-02-2005	65.840	55	60	62	60	15	65	69	72	69	15	129	14
15	176	[C] A. PREMIKA DEVI	126	MNP	05-10-2006	66.050	50	54	57	57	16	65	70	75	70	14	127	15
16	526	[C] JASHANDEEP KAUR	130	PUN	10-04-2006	66.800	53	58	61	61	13	62	69	70	62	17	123	16
17	300	[C] PRAGYA SHARMA	130	H.P.	20-02-2006	64.510	49	54	59	54	17	61	66	66	61	18	115	17
18	614	[C] DHIYA JAYARAJ	105	KRL	28-02-2008	64.280	46	49	51	49	18	55	60	64	60	19	109	18



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

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



RESULT YOUTH 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
19	778	[C] THEJASHWINI. P	100	KRN	06-01-2005	65.420	43	46	48	43	21	55	60	64	64	16	107	19
20	546	[C] GOPIKA C.K.	100	KRL	26-10-2005	69.980	43	47	50	47	19	55	59	59	59	20	106	20
21	820	[C] KOMAL LAXMANBHAI DEVRAPALLI	115	GUJ	10-06-2005	65.670	45	50	50	45	20	55	55	61	55	21	100	21

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 YOUTH 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	80	[A] SANJANA	200	HRN	18-01-2007	74.390	82	85	86	82	1	107	111	111	111	1	193	1
2	718	[B] M.A.HASINA SHRIN	160	TND	05-06-2008	74.140	71	75	78	78	2	91	95	99	95	2	173	2
3	327	[A] HEENA	165	PUN	11-02-2006	71.650	68	71	71	71	3	82	90	92	92	4	163	3
4	262	[A] S. RITHIKA	176	PON	15-09-2005	71.660	70	74	74	70	7	86	92	95	92	3	162	4
5	535	[B] KEERTI	162	U.P.	19-08-2008	75.480	67	70	70	70	6	90	93	93	90	5	160	5
6	483	[B] GRISHMA THORAT	150	MHR	25-03-2008	73.800	63	67	70	70	5	85	85	90	90	6	160	6
7	425	[B] K.SUBIKSHA	155	TND	22-04-2006	74.840	70	74	74	70	4	85	89	89	85	7	155	7
8	148	[B] DEVIKA	140	CHD	17-07-2006	74.140	67	71	72	67	8	81	86	86	81	8	148	8
9	91	[B] B.ROCHISHMATI	130	A.P.	29-08-2009	72.280	57	61	64	64	9	70	75	80	80	9	144	9
10	795	[B] ASTHA GOGOI	126	ASM	11-03-2006	72.140	55	55	57	57	11	66	71	75	71	10	128	10
11	16	[B] V. SAHASRA	116	TEL	16-03-2008	72.430	53	57	62	57	10	63	67	71	71	11	128	11
12	645	[B] TANUSHKA CHOUHAN	106	RAJ	13-05-2007	71.300	48	54	56	48	12	58	58	58	58	12	106	12

BREAK RECORDS

YOUTH YOUTH WOMEN 76 kg SNATCH : JYOTI YADAV [HRN] 73 ---> M.A.HASINA SHRIN [TND] 78

YOUTH YOUTH WOMEN 76 kg SNATCH : M.A.HASINA SHRIN [TND] 78 ---> 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 YOUTH 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	49	[B] AMRITHA P.SUNI	173	KRL	16-01-2007	79.870	73	76	78	76	1	91	94	96	96	1	172	1
2	41	[B] R.P.KEERTHANA	160	TND	20-01-2008	79.850	72	72	75	75	2	85	90	96	90	2	165	2
3	544	[B] MUSKAN	160	HRN	02-03-2005	78.400	70	74	74	70	3	88	96	96	88	3	158	3
4	495	[B] R.PRIYA	120	TND	20-01-2005	79.900	60	65	65	60	5	82	87	91	87	4	147	4
5	448	[B] PUNAM YADAV	140	U.P.	29-08-2006	76.460	62	66	68	66	4	75	80	80	75	5	141	5

BREAK RECORDS

JUNIORS-NLS JUNIOR WOMEN 81 kg SNATCH : KALPANA YADAV [U.P.] 90 ---> PUNAM YADAV [RSPB] 100

JUNIORS-NLS JUNIOR WOMEN 81 kg CLEAN&JERK : AKSHATA KAMATI [KRN] 120 ---> PUNAM YADAV [RSPB] 122

JUNIORS-NLS JUNIOR WOMEN 81 kg TOTAL : KALPANA YADAV [U.P.] 201 ---> PUNAM YADAV [RSPB] 222

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 TOTAL : PUNAM YADAV [RSPB] 220 ---> PUNAM YADAV [RSPB] 222

YOUTH YOUTH WOMEN 81 kg SNATCH : CH. SRILAKSHMI [A.P.] 81 ---> PUNAM YADAV [RSPB] 100

YOUTH YOUTH WOMEN 81 kg CLEAN&JERK : CH. SRILAKSHMI [A.P.] 104 ---> PUNAM YADAV [RSPB] 122

YOUTH YOUTH WOMEN 81 kg TOTAL : CH. SRILAKSHMI [A.P.] 185 ---> 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 YOUTH WOMEN +81 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	789	[A] K OVIYA	165	TND	02-11-2007	85.730	69	73	75	75	2	85	90	95	95	2	170	2
3	71	[B] AAHANA KAPURIA	140	MHR	15-03-2005	146.580	70	74	78	74	4	85	89	97	89	3	163	3
4	474	[A] Y.CHAITANA KUMARI	140	A.P.	12-08-2006	84.170	65	70	74	74	3	84	88	94	88	4	162	4
5	210	[B] DIVYA P.	135	KRL	11-07-2006	103.410	57	61	64	61	5	78	84	85	78	5	139	5
6	715	[A] U. LAXMI PRASANNA	106	TEL	09-07-2008	86.590	48	48	52	52	6	58	58	64	64	6	116	6
7	725	[A] SWARNA TIWARI	113	U.P.	17-12-2009	91.600	48	51	51	51	7	58	62	65	62	7	113	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 - Rajneesh Bhaskar I-2 [BHR]
Left - K.D.S. Nagra N-1 [CHD]
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Secretary

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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

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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
YOUTH - YOUTH	MEN 49 kg	CLEAN&JERK 108 ---> 110	DHANUSH . L	TND	19-11-2006	29.12.2022
YOUTH - YOUTH	WOMEN 45 kg	CLEAN&JERK 80 ---> 82	ASMITA DHONE	MHR	01-05-2007	29.12.2022
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
YOUTH - YOUTH	WOMEN 49 kg	SNATCH 68 ---> 70	V.SUSMITHA	A.P.	18-08-2008	30.12.2022
YOUTH - YOUTH	WOMEN 49 kg	SNATCH 68 ---> 71	HIMANSHEE	HRN	14-03-2005	30.12.2022
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
YOUTH - YOUTH	WOMEN 76 kg	SNATCH 73 ---> 78	M.A.HASINA SHRIN	TND	05-06-2008	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
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	CLEAN&JERK 150 ---> 152	VISHWA.A	TND	06-06-2005	05.01.2023
YOUTH - YOUTH	MEN 102 kg	TOTAL 276 ---> 282	GOLDY KHAN	H.P.	01-09-2005	05.01.2023
YOUTH - YOUTH	MEN 102 kg	SNATCH 126 ---> 136	AMAN	HRN	08-03-2003	06.01.2023
YOUTH - YOUTH	MEN 102 kg	CLEAN&JERK 150 ---> 160	ARYAN	HRN	25-05-2006	06.01.2023
YOUTH - YOUTH	MEN 102 kg	TOTAL 276 ---> 306	AMAN	HRN	08-03-2003	06.01.2023
YOUTH - YOUTH	MEN 102 kg	TOTAL 276 ---> 290	ARYAN	HRN	25-05-2006	06.01.2023
JUNIORS-NLS - JUNIOR	WOMEN 81 kg	SNATCH 90 ---> 100	PUNAM YADAV	RSPB	09-07-1995	06.01.2023
JUNIORS-NLS - JUNIOR	WOMEN 81 kg	CLEAN&JERK 120 ---> 122	PUNAM YADAV	RSPB	09-07-1995	06.01.2023
JUNIORS-NLS - JUNIOR	WOMEN 81 kg	TOTAL 201 ---> 222	PUNAM YADAV	RSPB	09-07-1995	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 ---> 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
YOUTH - YOUTH	WOMEN 81 kg	SNATCH 81 ---> 100	PUNAM YADAV	RSPB	09-07-1995	06.01.2023
YOUTH - YOUTH	WOMEN 81 kg	CLEAN&JERK 104 ---> 122	PUNAM YADAV	RSPB	09-07-1995	06.01.2023
YOUTH - YOUTH	WOMEN 81 kg	TOTAL 185 ---> 222	PUNAM YADAV	RSPB	09-07-1995	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	TOTAL 313 ---> 319	PARAMVIR SINGH	CHD	05-10-2006	07.01.2023
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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	S.GURU NAIDU	09-05-2006	A.P.	54.900	233	812.811
2	N. TOMCHOU MEETEI	03-04-2006	MNP	54.300	232	801.281
3	GOLOM TINKU	12-05-2006	ARN	60.390	241	637.331
4	VIJAY PRAJAPATI	13-12-2005	M.P.	53.800	216	631.962
5	DHANUSH . L	19-11-2006	TND	48.800	191	615.923
6	KISHORE.V	14-12-2007	TND	49.000	188	584.368
7	BEDABRAT BHARALI	19-03-2007	ASM	65.990	259	574.673
8	YASH KHANDAGALE	27-10-2007	MHR	54.920	207	548.644
9	SAIRAJ PARDESHI	08-06-2007	MHR	71.510	256	546.897
10	KALLOL MAL	31-08-2005	W.B.	66.950	255	545.715
11	SHARTHAK THAPA	09-03-2005	GOA	71.880	254	532.831
12	MAHADEV VADER	12-07-2005	MHR	66.420	253	531.625
13	SADANANDA BARIHA	15-01-2006	ORS	60.730	228	530.109
14	NIRAJ PRADHAN	06-11-2005	ASM	72.380	253	525.895
15	PARANDHAMAN.S	28-08-2005	TND	71.670	253	525.895
16	SOSAR TAMA	16-01-2006	ARN	54.620	204	522.672
17	PRABANJAN S	12-09-2005	TND	54.750	204	522.672
18	N.V.MAHESH	19-04-2005	A.P.	66.170	250	510.971
19	CHAITANYA MALI	01-09-2005	MHR	54.630	202	505.842
20	VIJAY	25-12-2006	HRN	71.660	250	505.463
21	HRUDANANDA DAS	09-06-2007	ORS	72.950	248	492.155
22	D. VEERESH	13-06-2005	A.P.	53.460	200	489.395
23	PARAMVIR SINGH	05-10-2006	CHD	112.430	319	487.591
24	SUMIT KUMAR RAJPUT	22-08-2006	M.P.	60.300	222	485.167
25	SANIDHYA MORE	26-03-2005	MHR	87.770	287	484.314
26	GAUTAM KUMAR	05-11-2006	BHR	48.800	177	478.303
27	SUSHIL	08-05-2005	GOA	54.780	198	473.326
28	DIKASH YUMNAM	26-08-2006	MNP	60.050	220	470.799
29	D.PREM SAGAR	20-10-2006	A.P.	71.740	244	466.275
30	RUPESH SAIN	01-05-2005	RAJ	54.800	197	465.431
31	AKASH.P	16-02-2005	TND	66.490	243	464.970
32	KAMPU DEGIO	26-03-2006	ARN	64.900	242	458.644
33	VIKAS LAHRE	18-07-2005	C.G.	54.400	196	457.629
34	ISAK MALSAWMTLUANGA	16-07-2008	MIZ	54.800	196	457.629
35	MOHAMAD SHAHJAHAN	29-11-2006	PUN	66.590	239	440.027
36	SUVANSH THAKUR	14-02-2005	H.P.	95.100	276	437.440
37	MANOHAR KUMAR	25-10-2005	UKD	58.570	215	436.183
38	AJAY	22-06-2005	RAJ	60.470	215	436.183
39	TUFAIL	15-01-2007	U.P.	48.400	172	434.873
40	VAIBHAV SWAMI	01-08-2007	U.P.	53.030	193	434.771



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WOMEN 's ROBI TOTAL POINT

R.	NAME	BORN	TEAM	B.WEIGHT	TOTAL	POINT
1	JYOSHNA SABAR	25-01-2008	ORS	39.720	124	754.016
2	VINATAI AHER	07-03-2005	MHR	38.830	123	734.005
3	ASMITA DHONE	01-05-2007	MHR	44.710	147	593.482
4	PANCHAMI SONOWAL	05-05-2005	ASM	48.150	161	576.848
5	SANJANA	18-01-2007	HRN	74.390	193	566.570
6	AKANKSHA VYAVHARE	19-06-2007	MHR	44.230	144	554.192
7	PRITEESMITA BHOI	14-11-2008	ORS	39.900	113	553.813
8	KHUSHI KUMARI	17-11-2005	BHR	54.350	163	524.049
9	B.NEERAJA	28-06-2007	A.P.	40.000	111	521.916
10	MINA SANTA	07-03-2007	ORS	54.930	162	513.444
11	T.LAVANYA	09-04-2007	A.P.	54.090	161	502.991
12	V.SUSMITHA	18-08-2008	A.P.	48.320	152	476.510
13	HIMANSHEE	14-03-2005	HRN	48.220	151	466.175
14	B.BHARGAVI	19-02-2009	A.P.	44.540	136	458.351
15	MINA SINGH	11-05-2008	ORS	44.740	135	447.251
16	M. MARTINA DEVI	21-03-2006	MNP	109.180	200	446.172
17	NIKITA KAMLAKAR	10-12-2005	MHR	58.040	178	439.383
18	KAKEN DOYOM	07-07-2006	ARN	38.120	105	433.940
19	B.CHANDRIKA	10-08-2005	A.P.	51.210	154	433.940
20	KOYEL BAR	22-06-2008	W.B.	47.980	147	426.400
21	SONAKSHI	18-03-2006	HRN	61.120	170	412.074
22	A.YASASRI	02-12-2005	A.P.	60.720	169	404.076
23	RAMCHHANCHHUAHI	22-12-2006	MIZ	54.240	150	397.614
24	M.A.HASINA SHRIN	05-06-2008	TND	74.140	173	393.935
25	JYOTI	05-10-2006	HRN	54.630	149	388.877
26	MANSI CHAMUNDA	04-01-2007	U.P.	44.470	129	384.559
27	VIDHYA HARIRAM SHARMA	20-01-2005	GUJ	54.350	148	380.274
28	AISANGFA GOGOI	16-12-2007	ASM	48.730	142	380.094
29	B.HARIKA	10-08-2007	A.P.	58.380	170	377.139
30	AMRITHA P.SUNI	16-01-2007	KRL	79.870	172	375.419
31	POSHIKA A	24-09-2006	TND	44.890	128	374.744
32	CHELSEI	25-03-2006	DEL	69.520	170	366.354
33	SUSHMA DEVI	08-07-2005	U.P.	63.660	164	365.709
34	V. R. KANIKASHREE	15-09-2006	TND	54.500	144	347.191
35	VANI PURI	16-03-2005	PUN	44.530	125	346.353
36	C. HARSHIKA	31-10-2007	PON	60.540	161	343.955
37	SAGUN RAV	25-02-2005	U.P.	57.700	165	341.533
38	R. HARINI	02-06-2006	PON	70.500	166	338.493
39	MINA SANTA	27-03-2008	ORS	48.580	137	337.424
40	BHUMIKA MOHITE	20-09-2006	MHR	57.630	164	334.705