



IWLF NATIONAL SENIOR JUNIOR AND YOUTH WEIGHTLIFTING CHAMPIONSHIPS-2023-24

IWLF NATIONAL YOUTH, JUNIOR AND SENIOR WEIGHTLIFTING CHAMPIONSHIPS-2023-24
ITANAGAR - ARUNACHAL PRADESH



28/12/2023 to 08/01/2024

RESULT JUNIOR MEN 55 kg

Competition : 29.12.2023 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	558	[A] Uday Mahajan	230	MHR	13-10-2003	55.000	100	100	105	105	2	130	134	136	136	1	241	1
2	686	[A] Raja Bharti	235	CG	19-12-2003	54.880	100	103	104	100	3	121	130	130	121	2	221	2
3	734	[B] Sosar Tama	215	ARN	16-01-2006	55.000	90	93	93	93	4	120	127	127	120	3	213	3
4	473	[B] Rupesh Saini	205	RAJ	05-01-2005	54.800	90	90	93	90	6	115	118	118	115	4	205	4
	684	[A] S. Gurunaidu	235	A.P.	09-05-2006	55.000	101	105	107	105	1	130	130	130	--		--	
	178	[B] Shushanth Sinha	205	KRN	18-08-2003	55.000	90	90	95	90	5	115	115	115	--		--	
	3	[A] D. G. Veeresh	220	A.P.	12-06-2005	54.580	95	96	96	--		--	--	--	--		--	
	542	[A] N. Tomchou Meetei	230	MNP	04-03-2006	55.000	100	100	100	--		--	--	--	--		--	



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IWLF NATIONAL YOUTH, JUNIOR AND SENIOR WEIGHTLIFTING CHAMPIONSHIPS-2023-24
ITANAGAR - ARUNACHAL PRADESH



28/12/2023 to 08/01/2024

RESULT JUNIOR MEN 61 kg

Competition : 30.12.2023 08:30

Weigh in : 6:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	340	[A] S. Muthumaniyan	260	TND	03-06-2004	60.900	109	112	114	112	2	139	139	143	143	1	255	1
2	300	[A] A.Ruthreshwar	260	TND	22-08-2004	61.000	113	116	116	113	1	135	139	142	139	3	252	2
3	761	[B] Chera Tania	240	ARN	20-05-2005	60.240	98	102	104	102	6	134	139	142	139	2	241	3
4	407	[B] Vaibhav Pandav	235	MHR	29-02-2004	61.000	101	101	104	101	8	129	129	133	133	4	234	4
5	432	[B] Riki Gogoi	250	ASM	12-11-2005	59.980	103	103	103	103	5	130	135	135	130	5	233	5
6	323	[B] B. Veeresh	235	A.P.	16-07-2004	61.000	97	102	105	105	3	123	123	129	123	9	228	6
7	361	[B] Neelam Sopin	238	ARN	02-05-2006	60.100	99	102	104	104	4	123	127	127	123	8	227	7
8	447	[C] Sushil	220	GOA	05-08-2005	60.300	98	100	102	100	9	123	126	126	123	6	223	8
9	456	[C] Kavan K	225	KRN	16-08-2003	61.000	97	100	100	97	11	123	127	127	123	7	220	9
	103	[B] Patta Mahesh	235	IWLF-PON	16-08-2003	60.400	102	102	102	102	7	130	130	130	--		--	
	195	[C] Manohar Kumar	220	UKD	25-10-2005	59.720	98	102	102	98	10	123	123	123	--		--	
	659	[C] Chiranjeevi	225	KRN	04-01-2003	61.000	97	101	101	97	12	--	--	--	--		--	
	605	[C] S. Jeeva	222	IWLF-PON	07-06-2004	60.900	97	97	100	97	13	123	123	--	--		--	
	551	[B] Toman Kumar Bharti	245	CG	05-08-2003	60.560	103	103	103	--		--	--	--	--		--	



IWLF NATIONAL SENIOR JUNIOR AND YOUTH WEIGHTLIFTING CHAMPIONSHIPS-2023-24

IWLF NATIONAL YOUTH, JUNIOR AND SENIOR WEIGHTLIFTING CHAMPIONSHIPS-2023-24
ITANAGAR - ARUNACHAL PRADESH



28/12/2023 to 08/01/2024

RESULT JUNIOR MEN 67 kg

Competition : 31.12.2023 08:30

Weigh in : 6:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	440	[A] Bengia Tani	275	ARN	26-02-2004	66.500	118	121	121	121	2	151	159	161	161	1	282	1
2	87	[A] Bedabrata Bharali	270	ASM	19-03-2007	67.000	120	124	124	124	1	150	154	157	157	2	281	2
3	400	[A] Mahadev Vadar	270	MHR	07-12-2005	67.000	118	118	121	118	3	148	152	156	152	3	270	3
4	580	[A] Silvan Beihrothatlo	280	MIZ	21-08-2004	67.000	118	118	118	118	4	151	157	158	151	4	269	4
5	632	[A] Bansil Lal	271	RAJ	01-07-2003	67.000	115	117	120	117	5	137	137	150	137	7	254	5
6	5	[B] Nirbhay Partap Singh	252	J.K.	22-06-2003	67.000	107	107	107	107	8	137	143	151	143	5	250	6
7	556	[B] Deepak Kumar Pradhan	244	ORS	12-01-2005	66.900	107	110	110	110	7	137	137	140	137	6	247	7
	442	[B] M. Sanjay	245	IWLF-PON	15-05-2004	64.900	107	107	111	111	6	138	138	138	--		--	
	670	[B] Kampu Degio	245	ARN	26-03-2006	65.800	107	107	107	--		--	--	--	--		--	
	499	[B] Shankar Kumar	250	BHR	15-06-2003	66.320	107	107	107	--		--	--	--	--		--	



IWLF NATIONAL SENIOR JUNIOR AND YOUTH WEIGHTLIFTING CHAMPIONSHIPS-2023-24

IWLF NATIONAL YOUTH, JUNIOR AND SENIOR WEIGHTLIFTING CHAMPIONSHIPS-2023-24
ITANAGAR - ARUNACHAL PRADESH



28/12/2023 to 08/01/2024

RESULT JUNIOR MEN 73 kg

Competition : 01.01.2024 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	462	[A] S. Lokeshwaran	280	TND	17-05-2005	73.000	123	123	127	127	1	152	152	155	152	2	279	1
2	44	[B] Kuldeep Sahu	263	ORS	15-01-2004	73.000	120	123	123	120	2	148	152	154	152	1	272	2
3	704	[A] Probal Pratim Gogoi	280	ASM	11-01-2004	72.880	117	117	117	117	5	150	150	156	150	3	267	3
4	139	[B] N.V. Mahesh	270	A.P.	19-04-2005	70.500	115	119	119	119	3	147	151	154	147	4	266	4
5	643	[B] R.S. Tarun Sharma	267	DEL	22-10-2004	72.600	117	117	117	117	4	147	151	151	147	5	264	5
6	24	[C] Pranit Mahajan	255	MHR	20-03-2004	73.000	113	113	118	113	7	145	150	150	145	6	258	6
	170	[A] Vijay	276	HRN	25-12-2006	71.440	112	116	119	116	6	144	144	144	--		--	
	132	[C] Nabam Tania	250	ARN	03-01-2006	72.840	112	112	112	--		--	--	--	--		--	
	352	[A] Shivananda	250	KRN	05-07-2003													
	681	[C] Swayam Yadav	260	U.P.	26-11-2005	72.800	112	112	--	--		--	--	--	--		--	



IWLF NATIONAL SENIOR JUNIOR AND YOUTH WEIGHTLIFTING CHAMPIONSHIPS-2023-24

IWLF NATIONAL YOUTH, JUNIOR AND SENIOR WEIGHTLIFTING CHAMPIONSHIPS-2023-24
ITANAGAR - ARUNACHAL PRADESH



28/12/2023 to 08/01/2024

RESULT JUNIOR MEN 81 kg

Competition : 02.01.2024 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	645	[A] Gurkaran Singh	290	CHD	26-06-2003	77.440	132	136	143	136	1	165	169	174	169	2	305	1
2	249	[A] Sairaj Pardeshi	290	MHR	08-06-2007	76.240	127	130	133	133	2	161	166	166	161	5	294	2
3	246	[A] G. Ravisankar	295	A.P.	11-10-2004	81.000	120	120	127	120	14	155	165	173	173	1	293	3
4	679	[A] N. Krishna Bharathi	290	TND	24-01-2003	80.620	126	130	133	130	4	158	162	162	162	3	292	4
5	665	[B] B. Adinarayana	280	A.P.	26-12-2004	80.820	125	131	135	131	3	145	155	160	160	6	291	5
6	657	[B] D. Ganesh	273	TEL	13-06-2004	80.800	120	120	123	120	13	156	160	161	161	4	281	6
7	504	[B] Harkirat Singh	288	PUN	14-11-2004	79.700	125	125	125	125	6	155	155	159	155	7	280	7
8	649	[A] Lalruatfela	300	MIZ	05-03-2006	80.440	125	125	125	125	7	155	160	160	155	9	280	8
9	487	[B] Hrudananda Das	275	ORS	09-06-2007	80.140	121	125	125	125	5	151	151	160	151	11	276	9
10	546	[B] Nakul Goswami	278	U.P.	20-03-2005	79.400	121	121	124	124	8	151	152	157	152	10	276	10
11	183	[B] Dheeraj	278	HRN	07-02-2005	80.940	120	120	123	120	12	150	150	155	155	8	275	11
12	726	[B] Aamir Malik	277	U.P.	10-09-2004	80.300	123	127	127	123	9	144	148	152	148	13	271	12
13	90	[C] Sharthak Thapa	260	GOA	03-09-2005	80.460	118	118	121	118	15	140	145	150	150	12	268	13
14	431	[C] Abhi Ramachandra Adigundi	258	KRN	18-04-2003	81.000	120	120	120	120	10	146	151	151	146	14	266	14
	163	[B] Bijender	279	HRN	10-01-2003	80.900	120	124	124	120	11	156	157	157	--		--	
	416	[C] P. Ashok Kumar	270	TND	25-11-2004	73.460	118	118	118	118	16	140	140	140	--		--	
	540	[B] Gurlal Chauhan	283	PUN	03-03-2004	77.960	121	121	124	--		--	--	--	--		--	

BREAK RECORDS

JUNIOR NATIONAL RECORDS MEN 81 kg CLEAN&JERK : VALLURI AJAYA BABU [M.P.] 168 ---> GURKARAN SINGH [CHD] 169

JUNIOR NATIONAL RECORDS MEN 81 kg CLEAN&JERK : VALLURI AJAYA BABU [M.P.] 168 ---> G. Ravisankar [A.P.] 173



IWLF NATIONAL SENIOR JUNIOR AND YOUTH WEIGHTLIFTING CHAMPIONSHIPS-2023-24

IWLF NATIONAL YOUTH, JUNIOR AND SENIOR WEIGHTLIFTING CHAMPIONSHIPS-2023-24
ITANAGAR - ARUNACHAL PRADESH



28/12/2023 to 08/01/2024

RESULT JUNIOR MEN 89 kg

Competition : 03.01.2024 08:30

Weigh in : 6:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	290	[A] Suditya Boruah	300	ASM	16-12-2004	88.020	131	131	131	131	4	165	167	173	167	2	298	1
2	423	[B] Abhijit Disale	280	MHR	06-06-2003	83.120	125	130	133	130	5	157	162	167	167	1	297	2
3	35	[B] Sk. Lal Basheer	295	A.P.	18-05-2004	88.900	125	131	134	134	1	152	160	160	152	6	286	3
4	464	[B] Abhay Kataria	285	DEL	12-02-2004	88.200	125	130	130	125	7	155	160	162	160	3	285	4
5	99	[B] Sanidhya Sanjay More	280	GOA	26-03-2005	88.420	132	135	137	132	3	152	157	159	152	7	284	5
6	263	[B] Dheershan.J	290	TND	30-08-2006	87.760	125	130	133	133	2	150	157	160	150	8	283	6
7	737	[B] Rohit Tehlan	280	HRN	04-09-2006	87.260	120	124	128	128	6	150	155	160	155	4	283	7
8	481	[C] Surinder Pal Singh	278	PUN	20-09-2003	87.620	122	122	125	122	10	153	157	160	153	5	275	8
9	459	[C] Mani Dhiman	270	CHD	14-02-2006	87.040	120	127	128	120	11	146	154	154	146	9	266	9
10	378	[C] Goke Taipodia	265	ARN	19-05-2004	88.500	118	118	122	118	12	141	141	145	141	12	259	10
11	142	[C] Sharwan	278	M.P.	27-04-2004	87.120	115	115	120	115	14	143	148	148	143	10	258	11
12	200	[C] Vansh Pareek	270	RAJ	31-01-2004	84.380	115	123	123	115	13	141	141	146	141	11	256	12
	375	[B] Himanshu	289	HRN	23-06-2005	88.940	124	129	129	124	8	--	--	--	--		--	
	430	[B] Prashant Baisoya	285	U.P.	03-11-2004	88.980	114	123	130	123	9	151	151	151	--		--	
	616	[C] Yesh Tewatia	255	KRN	05-03-2005	83.200	114	114	116	114	15	141	141	141	--		--	
	653	[B] G. Krishna Babu	285	A.P.	15-12-2005	88.920	117	117	117	--		--	--	--	--		--	



IWLF NATIONAL SENIOR JUNIOR AND YOUTH WEIGHTLIFTING CHAMPIONSHIPS-2023-24

IWLF NATIONAL YOUTH, JUNIOR AND SENIOR WEIGHTLIFTING CHAMPIONSHIPS-2023-24
ITANAGAR - ARUNACHAL PRADESH



28/12/2023 to 08/01/2024

RESULT JUNIOR MEN 96 kg

Competition : 04.01.2024 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	697	[B] A. Komal Karteek	295	A.P.	29-05-2004	95.260	126	131	135	135	1	160	170	175	175	2	310	1
2	420	[B] Punit Chandra Sahu	264	ORS	10-06-2003	94.620	120	125	125	125	5	160	170	177	177	1	302	2
3	18	[A] Sanover	298	U.P.	03-01-2003	93.360	127	131	132	127	3	167	167	173	173	3	300	3
4	642	[A] Harsh	300	HRN	11-01-2004	94.060	128	132	135	135	2	158	164	168	164	4	299	4
5	130	[A] Parv Chaudhary	295	U.P.	10-07-2008	95.020	119	127	132	127	4	156	159	168	159	5	286	5
6	458	[B] Swayam	295	M.P.	10-06-2004	95.720	123	126	126	123	6	153	158	163	158	6	281	6
7	66	[B] Abhishek Kumar	280	PUN	04-01-2005	94.720	120	120	123	120	8	146	151	--	146	7	266	7
8	199	[B] Tushar Chandra Dutta	264	ASM	04-08-2003	92.180	119	122	122	119	9	146	146	--	146	8	265	8
	575	[B] Sachin	264	RAJ	15-12-2003	89.300	120	120	122	122	7	150	150	152	--		--	
	92	[B] M. Ashok	290	A.P.	12-12-2003	94.720	122	122	122	--		--	--	--	--		--	
	366	[B] H. Bikash Meitei	264	MNP	21-04-2005	96.000	118	118	118	--		--	--	--	--		--	

BREAK RECORDS

JUNIOR NATIONAL RECORDS MEN 96 kg TOTAL : AMAN [HRN] 306 ---> A. KOMAL KARTEEK [A.P.] 310



IWLF NATIONAL SENIOR JUNIOR AND YOUTH WEIGHTLIFTING CHAMPIONSHIPS-2023-24

IWLF NATIONAL YOUTH, JUNIOR AND SENIOR WEIGHTLIFTING CHAMPIONSHIPS-2023-24
ITANAGAR - ARUNACHAL PRADESH



28/12/2023 to 08/01/2024

RESULT JUNIOR MEN 102 kg

Competition : 05.01.2024 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	91	[B] M. Rakesh	280	TND	10-06-2003	101.800	122	126	129	129	2	148	153	157	157	2	286	1
2	414	[B] Prashant Kumar Kalley	270	PUN	26-06-2004	101.480	119	124	124	119	9	149	155	160	160	1	279	2
3	33	[B] Pratham Yadav	295	RAJ	03-10-2003	97.600	127	129	133	129	1	149	154	154	149	5	278	3
4	75	[B] Kapil Sonowal	285	ASM	27-12-2006	101.800	119	123	126	123	7	150	153	153	153	3	276	4
5	572	[C] Y. Yashwanth	260	TEL	02-07-2005	96.160	118	123	123	123	6	145	145	150	150	4	273	5
6	545	[B] Ankur Tiwari	275	MHR	01-01-2006	100.900	122	125	128	128	3	145	150	150	145	7	273	6
7	570	[C] Kapil Chaudhary	266	DEL	22-02-2003	101.260	118	120	120	120	8	140	140	146	146	6	266	7
8	529	[C] Vivek A	258	KRL	23-04-2003	97.260	117	120	120	117	10	142	148	149	142	8	259	8
	523	[B] Jaideep	295	HRN	21-12-2005	98.900	125	129	129	125	4	160	163	163	--	--	--	--
	209	[B] Aman Choudhary	290	M.P.	29-07-2004	101.200	122	122	125	125	5	158	162	162	--	--	--	--
	526	[C] Priyanshu Raj	260	BHR	05-09-2006	97.060	118	118	118	--	--	--	--	--	--	--	--	--
	151	[C] Abhimanyu Shukla	267	DEL	08-10-2003	96.500	117	117	117	--	--	--	--	--	--	--	--	--
	277	[C] Sanket Prabhakar Chandilkar	257	KRN	29-06-2003	102.000	117	117	117	--	--	--	--	--	--	--	--	--
	121	[B] A. Vishwa	280	TND	06-06-2005	98.500	117	117	117	--	--	--	--	--	--	--	--	--
	304	[B] Mukesh Singh	287	U.P.	09-05-2003	97.300	123	123	123	--	--	--	--	--	--	--	--	--
	172	[C] Subodh	257	UKD	05-06-2005	96.160	117	117	117	--	--	--	--	--	--	--	--	--



IWLF NATIONAL SENIOR JUNIOR AND YOUTH WEIGHTLIFTING CHAMPIONSHIPS-2023-24

IWLF NATIONAL YOUTH, JUNIOR AND SENIOR WEIGHTLIFTING CHAMPIONSHIPS-2023-24
ITANAGAR - ARUNACHAL PRADESH



28/12/2023 to 08/01/2024

RESULT JUNIOR MEN 109 kg

Competition : 07.01.2024 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	443	[C] Suvansh Thakur	255	H.P.	14-02-2005	106.360	117	122	127	127	4	150	157	166	166	1	293	1
2	463	[C] Bhola Singh	280	BHR	05-05-2004	103.780	125	130	132	132	1	155	160	163	160	2	292	2
3	647	[C] Vivek	279	HRN	15-10-2003	103.000	125	129	132	129	3	152	152	156	152	4	281	3
4	628	[C] Jagannatha Gouda	278	ORS	07-09-2003	106.140	122	125	125	122	7	155	155	161	155	3	277	4
5	316	[C] Ajay Ashok Mujawar	260	KRN	05-09-2003	104.460	110	115	121	115	8	150	150	152	152	5	267	5
6	552	[C] Atharv Dodmani	255	MHR	12-02-2003	102.740	110	118	118	110	10	140	145	--	140	6	250	6
	135	[B] Akshat Sharma	285	DEL	01-04-2005	109.000	128	131	131	131	2	160	160	160	--		--	
	731	[B] Devendra Singh	284	RAJ	02-09-2005	103.640	123	127	130	127	5	159	159	159	--		--	
	71	[B] Sujeeth R.	290	TND	12-04-2003	108.160	120	126	126	126	6	160	160	160	--		--	
	604	[D] Depanshu Chib	250	H.P.	18-07-2003	103.450	110	113	113	113	9	--	--	--	--		--	
	539	[D] Amal Salas	250	KRL	18-09-2003	105.900	110	110	110	--		--	--	--	--		--	
	256	[D] Virender Singh	250	RAJ	25-12-2003	106.460	110	--	--	--		--	--	--	--		--	



IWLF NATIONAL SENIOR JUNIOR AND YOUTH WEIGHTLIFTING CHAMPIONSHIPS-2023-24

IWLF NATIONAL YOUTH, JUNIOR AND SENIOR WEIGHTLIFTING CHAMPIONSHIPS-2023-24
ITANAGAR - ARUNACHAL PRADESH



28/12/2023 to 08/01/2024

RESULT JUNIOR MEN +109 kg

Competition : 07.01.2024 08:30

Weigh in : 6:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	461	[B] Vinod Lakhani	320	RAJ	04-03-2003	111.520	140	147	151	151	1	171	171	177	171	1	322	1
2	213	[A] Banshi Sihag	326	HRN	17-12-2003	120.000	139	144	144	144	2	170	180	180	170	2	314	2
3	96	[C] Jeenath Kumar J.	280	TND	09-04-2006	126.060	123	123	127	123	4	156	156	160	160	4	283	3
4	622	[C] Navjot Singh Lal	271	CG	28-10-2004	125.340	120	124	125	120	6	151	156	160	160	3	280	4
5	589	[C] Tejveer Singh	285	PUN	19-01-2004	133.720	120	128	134	128	3	145	147	155	147	7	275	5
6	744	[C] Akhand Pratap Singh	281	U.P.	15-01-2004	114.940	115	121	121	121	5	146	150	150	146	9	267	6
7	652	[D] Harshit Shrishail Angadi	250	KRN	22-11-2004	115.100	110	116	122	116	7	140	150	157	150	5	266	7
8	730	[C] Pruthviraj Dongale	275	MHR	27-09-2003	123.940	115	115	119	115	9	145	150	150	150	6	265	8
9	466	[D] Kushal	265	DEL	14-04-2005	109.800	113	116	116	113	11	146	152	152	146	8	259	9
10	315	[D] Shashank	250	KRN	14-12-2004	113.250	110	115	118	115	8	141	146	146	141	10	256	10
11	293	[D] Bharat Bhushan	260	H.P.	18-10-2003	118.700	110	110	114	114	10	140	140	146	140	11	254	11
12	36	[D] Amogh Harish Sharma	180	IWLF	05-01-2008	111.880	75	80	85	85	13	95	101	101	95	12	180	12
	732	[D] Dharendra Singh	250	RAJ	11-04-2004	112.800	111	115	115	111	12	140	140	--	--		--	

BREAK RECORDS

JUNIOR NATIONAL RECORDS MEN +109 kg SNATCH : AVINASH [PUN] 148 ----> VINOD LAKHANI [RAJ] 151

JUNIOR NATIONAL RECORDS MEN +109 kg TOTAL : PARAMVIR SINGH [CHD] 319 ----> VINOD LAKHANI [RAJ] 322



IWLF NATIONAL SENIOR JUNIOR AND YOUTH WEIGHTLIFTING CHAMPIONSHIPS-2023-24

IWLF NATIONAL YOUTH, JUNIOR AND SENIOR WEIGHTLIFTING CHAMPIONSHIPS-2023-24
ITANAGAR - ARUNACHAL PRADESH



28/12/2023 to 08/01/2024

RESULT JUNIOR WOMEN 45 kg

Competition : 29.12.2023 17:30

Weigh in : 15:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	116	[A] Apeksha Dhone	157	MHR	01-01-2004	44.940	60	63	65	63	1	80	80	84	80	2	143	1
2	488	[A] R. Bhavani	140	A.P.	20-03-2008	44.720	55	61	64	61	2	75	81	84	81	1	142	2
3	80	[B] Tagrik Naya	131	ARN	04-04-2006	44.220	51	54	56	56	3	68	72	72	72	4	128	3
4	59	[B] Sandiya Gungli	122	ARN	27-12-2004	44.900	50	50	53	53	4	68	72	76	72	3	125	4
	585	[B] Humanshi Gurjar	117	RAJ	26-09-2003	44.460	50	50	53	50	5	67	67	67	--		--	
	676	[B] Shipra	117	RAJ	13-10-2003	43.500	50	50	50	--		--	--	--	--		--	



IWLF NATIONAL SENIOR JUNIOR AND YOUTH WEIGHTLIFTING CHAMPIONSHIPS-2023-24

IWLF NATIONAL YOUTH, JUNIOR AND SENIOR WEIGHTLIFTING CHAMPIONSHIPS-2023-24
ITANAGAR - ARUNACHAL PRADESH



28/12/2023 to 08/01/2024

RESULT JUNIOR WOMEN 49 kg

Competition : 30.12.2023 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	148	[B] Panchami Sonowal	164	ASM	05-05-2005	48.560	73	75	77	75	1	93	96	96	96	1	171	1
2	326	[A] Arati Tatgunti	170	MHR	22-06-2005	46.840	72	75	75	72	3	92	94	96	94	2	166	2
3	593	[A] Soumya Dalvi	170	MHR	18-08-2005	48.280	71	74	76	74	2	91	91	93	91	3	165	3
4	475	[A] Nilam Patel	168	U.P.	17-12-2004	49.000	68	71	72	68	6	85	89	91	91	4	159	4
5	474	[B] Th. Sanju Devi	150	MNP	17-04-2003	48.920	67	70	72	70	4	83	86	88	86	7	156	5
6	313	[B] Sandhya Rani Nayak	158	ORS	04-04-2003	48.300	65	69	72	69	5	84	84	87	87	6	156	6
7	594	[B] B. Chandrika	160	A.P.	10-08-2005	48.980	64	67	69	67	7	84	88	91	88	5	155	7
8	502	[C] Poshika A.	131	TND	24-09-2006	48.460	59	59	62	62	8	76	81	81	76	9	138	8
9	767	[C] Neetu	140	HRN	08-06-2005	49.000	59	62	62	62	9	76	76	81	76	10	138	9
10	289	[C] Yukar Amak	125	ARN	02-08-2005	49.000	59	59	61	59	10	75	77	79	79	8	138	10
	754	[B] Sonu Nayak	150	RAJ	10-04-2003	49.000	59	62	62	59	11	--	--	--	--		--	
	329	[C] Hetvi Jayeshbhai Limbani	131	GUJ	23-05-2004	48.900	59	59	59	--		--	--	--	--		--	
	692	[B] Vani Puri	151	PUN	16-03-2005	48.500	65	65	66	--		--	--	--	--		--	
	721	[C] L. Yamuna	131	TND	25-11-2003	48.320	59	59	59	--		--	--	--	--		--	



IWLF NATIONAL SENIOR JUNIOR AND YOUTH WEIGHTLIFTING CHAMPIONSHIPS-2023-24

IWLF NATIONAL YOUTH, JUNIOR AND SENIOR WEIGHTLIFTING CHAMPIONSHIPS-2023-24
ITANAGAR - ARUNACHAL PRADESH



28/12/2023 to 08/01/2024

RESULT JUNIOR WOMEN 55 kg

Competition : 31.12.2023 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	335	[B] L. Nilam Devi	170	MNP	10-06-2004	54.700	75	78	80	80	1	94	97	97	97	1	177	1
2	579	[A] V. Susmitha	178	A.P.	18-08-2008	53.520	74	74	77	77	2	96	101	101	96	2	173	2
3	257	[A] Tanushree Mondal	175	W.B.	28-02-2003	53.120	70	72	72	70	7	90	90	95	95	3	165	3
4	685	[B] Nikita Kamalakar	170	MHR	12-10-2005	54.560	68	71	71	71	4	93	96	96	93	5	164	4
5	387	[C] Shalu	153	DEL	20-08-2003	53.280	65	65	68	68	10	85	90	94	94	4	162	5
6	517	[B] Kanika Shree.V.R.	160	TND	15-09-2006	54.680	67	71	74	71	3	88	91	98	91	7	162	6
7	207	[B] Kumkum Yadav	165	U.P.	06-03-2004	54.420	69	69	71	69	9	88	92	95	92	6	161	7
8	574	[C] Aisangfa Gogoi	150	ASM	16-12-2007	53.620	66	70	72	70	5	85	88	90	90	8	160	8
9	344	[B] T. Lavanya	163	A.P.	09-07-2007	54.300	70	73	73	70	6	90	94	94	90	9	160	9
10	480	[B] Pipi Yangfo	157	ARN	18-10-2006	53.780	65	68	70	68	12	86	90	90	86	10	154	10
11	635	[B] Vidhya Hariram Sharma	165	GUJ	20-01-2005	54.560	68	70	71	68	11	83	86	88	83	13	151	11
12	472	[C] Gagandeep Kour	156	RAJ	06-06-2004	54.040	61	65	65	65	13	80	85	88	85	11	150	12
13	40	[B] Payal	157	HRN	11-05-2005	55.000	65	68	68	65	14	80	85	85	85	12	150	13
14	205	[C] Sonakshi	155	HRN	18-03-2006	55.000	66	69	72	69	8	80	84	84	80	14	149	14
	384	[C] Khushi Kumari	150	BHR	17-11-2005	54.540	71	71	71	--		--	--	--	--		--	



IWLF NATIONAL SENIOR JUNIOR AND YOUTH WEIGHTLIFTING CHAMPIONSHIPS-2023-24

IWLF NATIONAL YOUTH, JUNIOR AND SENIOR WEIGHTLIFTING CHAMPIONSHIPS-2023-24
ITANAGAR - ARUNACHAL PRADESH



28/12/2023 to 08/01/2024

RESULT JUNIOR WOMEN 59 kg

Competition : 01.01.2024 17:15

Weigh in : 15:15

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	306	[B] Sagun Rav	178	U.P.	24-02-2005	58.980	79	82	85	82	1	96	100	104	100	2	182	1
2	144	[A] T.M. Keerthana	190	TND	21-10-2004	58.000	76	79	83	79	3	96	99	100	100	3	179	2
3	389	[A] Liza Kamsa	184	ARN	10-02-2003	58.720	73	73	76	73	7	100	105	107	105	1	178	3
4	655	[A] Reena	185	HRN	11-08-2004	58.260	79	82	82	79	2	98	101	101	98	4	177	4
5	101	[A] Sakshi Ranmale	180	MHR	04-12-2003	58.780	73	76	78	76	5	97	100	100	97	5	173	5
6	549	[B] Balo Yalam	175	ARN	08-08-2004	58.220	73	76	79	76	4	95	95	100	95	7	171	6
7	356	[C] Kiuchangliu Gangmei	150	MNP	21-10-2004	55.380	67	70	72	70	8	87	91	95	95	6	165	7
8	50	[B] B. Harika	170	A.P.	10-08-2007	58.940	70	74	74	70	9	86	88	92	92	8	162	8
9	751	[B] Geetanjali Jagdale	175	MHR	03-02-2003	58.460	73	76	78	73	6	86	86	86	86	11	159	9
10	507	[B] Rajyashree Biswas	158	W.B.	20-10-2006	57.180	70	74	74	70	10	87	87	87	87	9	157	10
11	512	[C] Tiluchana Phukan	153	ASM	11-10-2007	57.900	65	69	69	69	11	86	86	88	86	10	155	11
	67	[C] Kajal	154	PUN	25-04-2004	58.280	65	65	68	65	12	86	86	86	--		--	
	288	[B] Nidhi Thakur	160	H.P.	02-12-2005	56.360	65	68	69	65	13	86	86	--	--		--	
	152	[C] Pragya Sharma	151	RAJ	23-07-2005	58.840	65	65	65	--		--	--	--	--		--	



IWLF NATIONAL SENIOR JUNIOR AND YOUTH WEIGHTLIFTING CHAMPIONSHIPS-2023-24

IWLF NATIONAL YOUTH, JUNIOR AND SENIOR WEIGHTLIFTING CHAMPIONSHIPS-2023-24
ITANAGAR - ARUNACHAL PRADESH



28/12/2023 to 08/01/2024

RESULT JUNIOR WOMEN 64 kg

Competition : 02.01.2024 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	41	[A] Ditimoni Sonowal	190	ASM	04-12-2003	64.000	83	85	87	87	1	105	110	114	110	1	197	1
2	613	[A] Kh. Anjali Devi	187	MNP	06-03-2003	62.240	75	75	79	79	5	100	104	107	104	2	183	2
3	22	[B] Posen Kongkang	167	ARN	14-01-2003	61.320	76	79	81	81	2	97	101	101	101	3	182	3
4	354	[A] Ankita	190	RAJ	10-04-2006	63.220	78	81	81	81	3	100	104	105	100	4	181	4
5	69	[A] L. Kowshika	177	IWLF-PON	18-03-2004	63.960	77	80	82	80	4	98	101	101	98	5	178	5
6	187	[A] C. Harshika	176	IWLF-PON	31-10-2007	62.580	74	77	79	79	6	94	97	99	97	6	176	6
7	215	[A] Jyoti Yadav	175	U.P.	30-12-2003	63.840	75	79	79	79	7	95	100	100	95	9	174	7
8	39	[B] Shandrella Huyam	165	MNP	10-06-2005	63.620	68	72	75	75	8	95	95	100	95	8	170	8
9	390	[A] Ketaki Patil	175	MHR	09-04-2003	62.000	70	70	75	75	9	90	95	97	95	10	170	9
10	296	[B] Barsha Bor	174	W.B.	12-08-2007	61.960	73	73	75	73	10	92	95	98	95	7	168	10
11	733	[B] Simardeep Kaur	165	PUN	17-07-2003	62.800	70	73	73	73	12	90	94	98	94	11	167	11
12	525	[A] A. Yasasri	175	A.P.	02-12-2005	62.700	70	70	74	70	17	94	99	99	94	12	164	12
13	193	[B] Drishti	170	HRN	04-07-2006	62.060	70	73	73	70	15	90	92	92	92	13	162	13
14	336	[B] J. Sivaranjani	153	TND	18-04-2004	63.380	70	70	73	73	11	86	88	88	88	15	161	14
15	429	[B] Ravandeep Kaur	168	PUN	08-11-2003	61.720	72	72	74	72	14	89	93	93	89	14	161	15
16	724	[B] Khushboo Kumari	155	BHR	12-01-2004	63.890	66	72	75	72	13	87	90	90	87	16	159	16
	664	[B] Aarti	153	DEL	01-11-2004	63.560	66	70	74	70	16	87	87	87	--		--	



IWLF NATIONAL SENIOR JUNIOR AND YOUTH WEIGHTLIFTING CHAMPIONSHIPS-2023-24

IWLF NATIONAL YOUTH, JUNIOR AND SENIOR WEIGHTLIFTING CHAMPIONSHIPS-2023-24
ITANAGAR - ARUNACHAL PRADESH



28/12/2023 to 08/01/2024

RESULT JUNIOR WOMEN 71 kg

Competition : 03.01.2024 15:00

Weigh in : 13:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	662	[B] Chelsi	168	DEL	25-03-2006	70.620	80	83	85	85	1	98	102	105	105	1	190	1
2	225	[A] Manju	175	HRN	27-07-2005	70.620	75	78	80	80	2	98	98	102	102	4	182	2
3	174	[A] T. Renuka	175	A.P.	16-04-2004	70.360	73	78	81	78	4	98	103	103	103	2	181	3
4	133	[A] M. Anusha	178	TEL	22-08-2003	70.280	78	78	80	78	5	101	101	105	101	5	179	4
5	171	[A] Nanchangfa Borgohain	175	ASM	06-12-2007	67.960	74	74	77	74	9	94	98	102	102	3	176	5
6	114	[A] Sushma Devi	177	U.P.	07-08-2005	69.690	78	78	78	78	6	96	96	101	96	6	174	6
7	166	[A] Kritika Rana	180	H.P.	12-07-2003	70.300	70	75	78	75	7	90	93	96	93	8	168	7
8	164	[B] Sangeeta Padhy	160	ORS	21-03-2003	69.200	70	74	77	74	8	90	93	95	93	7	167	8
9	229	[B] Kh. Elizah Chanu	150	MNP	01-04-2006	65.480	68	68	71	71	11	90	90	93	90	9	161	9
	564	[A] M. Lakhamalaya	180	TND	19-06-2008	71.000	76	79	81	79	3	97	97	98	--		--	
	742	[B] S. Rithika	162	IWLF-PON	15-09-2005	70.840	68	71	74	71	10	90	90	90	--		--	
	25	[A] Akta Banjare	177	CG	24-08-2005	69.160	77	77	77	--		--	--	--	--		--	

BREAK RECORDS

JUNIOR NATIONAL RECORDS WOMEN 71 kg SNATCH : SRASHTI SINGH [U.P.] 84 ----> CHELSI [DEL] 85



IWLF NATIONAL SENIOR JUNIOR AND YOUTH WEIGHTLIFTING CHAMPIONSHIPS-2023-24

IWLF NATIONAL YOUTH, JUNIOR AND SENIOR WEIGHTLIFTING CHAMPIONSHIPS-2023-24
ITANAGAR - ARUNACHAL PRADESH



28/12/2023 to 08/01/2024

RESULT JUNIOR WOMEN 76 kg

Competition : 04.01.2024 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	694	[A] Sanjana	200	HRN	18-01-2007	75.940	84	87	87	84	2	106	110	117	110	1	194	1
2	687	[A] P. Dathri	190	A.P.	22-06-2003	74.420	80	84	88	88	1	100	105	109	105	2	193	2
3	644	[A] Shreya Ganamukhi	180	MHR	24-02-2004	75.780	74	77	79	77	4	97	100	103	103	3	180	3
4	274	[B] Hasinashirin M.A.	159	TND	05-06-2008	71.440	75	78	80	80	3	90	93	93	93	5	173	4
5	699	[B] Srishthi Yadav	169	U.P.	06-06-2005	73.320	72	72	74	74	5	92	92	92	92	6	166	5
6	511	[B] Grishma Thorat	170	MHR	25-03-2008	75.020	70	73	73	70	6	90	96	101	96	4	166	6
	72	[B] Annapurna Choudhary	159	RAJ	21-10-2005	71.050	69	69	69	--		--	--	--	--		--	



IWLF NATIONAL SENIOR JUNIOR AND YOUTH WEIGHTLIFTING CHAMPIONSHIPS-2023-24

IWLF NATIONAL YOUTH, JUNIOR AND SENIOR WEIGHTLIFTING CHAMPIONSHIPS-2023-24
ITANAGAR - ARUNACHAL PRADESH



28/12/2023 to 08/01/2024

RESULT JUNIOR WOMEN 81 kg

Competition : 05.01.2024 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	113	[A] Oviya K.	190	TND	11-02-2007	80.340	78	81	83	83	2	98	102	105	105	1	188	1
2	255	[B] R.P. Keerthana	180	TND	20-01-2008	80.500	76	80	83	83	1	97	101	104	104	2	187	2
3	70	[B] Jyoti Yadav	160	U.P.	31-12-2005	76.200	73	77	77	73	3	85	89	89	85	4	158	3
4	61	[B] Vydhadi Devi	153	IWLF-PON	09-04-2004	76.540	65	70	75	70	4	85	85	--	85	5	155	4
5	204	[B] K. Thejashwini Poojari	150	KRN	06-01-2005	77.140	65	65	67	65	5	85	87	89	87	3	152	5



IWLF NATIONAL SENIOR JUNIOR AND YOUTH WEIGHTLIFTING CHAMPIONSHIPS-2023-24

IWLF NATIONAL YOUTH, JUNIOR AND SENIOR WEIGHTLIFTING CHAMPIONSHIPS-2023-24
ITANAGAR - ARUNACHAL PRADESH



28/12/2023 to 08/01/2024

RESULT JUNIOR WOMEN 87 kg

Competition : 06.01.2024 09:00

Weigh in : 7:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	122	[A] Amritha P Suni	178	KRL	16-01-2007	85.400	74	77	80	77	2	95	101	105	101	1	178	1
2	615	[B] Gajjar Aayushi Umeshbhai	170	GUJ	18-08-2003	82.320	70	73	76	76	3	90	94	97	97	2	173	2
3	513	[A] Y. Chaitna Kumari	170	A.P.	12-08-2006	85.700	68	74	78	78	1	86	86	91	91	5	169	3
4	1	[B] Priyanka	183	DEL	17-07-2003	87.000	73	73	76	73	6	94	98	98	94	3	167	4
5	131	[B] Priti Deshmukh	160	MHR	25-02-2003	86.500	69	72	74	74	4	92	95	95	92	4	166	5
6	325	[B] Abhishiktha Kaduluri	157	ORS	26-04-2004	82.100	70	73	75	73	5	90	93	93	90	7	163	6
7	111	[A] Devika	150	CHD	17-07-2006	81.900	67	67	67	67	8	80	85	90	90	6	157	7
8	279	[B] Nakusha P Patil	155	KRN	23-04-2003	81.180	65	70	76	70	7	85	91	91	85	9	155	8
9	320	[B] Sandhya Rai	143	U.P.	05-10-2005	81.820	57	61	65	65	10	84	88	92	88	8	153	9
10	563	[B] Sakshi Kesarwani	164	U.P.	25-07-2004	86.260	66	66	69	66	9	84	84	84	84	10	150	10
	19	[B] K. Indhumathi	127	IWLF-PON	08-01-2005	83.640	56	59	62	59	11	80	80	80	--		--	



IWLF NATIONAL SENIOR JUNIOR AND YOUTH WEIGHTLIFTING CHAMPIONSHIPS-2023-24

IWLF NATIONAL YOUTH, JUNIOR AND SENIOR WEIGHTLIFTING CHAMPIONSHIPS-2023-24
ITANAGAR - ARUNACHAL PRADESH



28/12/2023 to 08/01/2024

RESULT JUNIOR WOMEN +87 kg

Competition : 06.01.2024 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	500	[B] Ichha Patel	169	IWLF	08-09-2004	103.900	70	70	73	73	2	90	96	98	98	1	171	1
2	29	[B] R. Gayatri	180	A.P.	21-11-2003	97.000	70	74	78	74	1	92	96	99	96	2	170	2
3	479	[B] Divya P	150	KRL	11-07-2006	105.680	65	69	71	71	3	88	93	99	93	3	164	3
4	311	[B] Mohanapriya A.	147	TND	21-01-2003	117.900	63	68	73	68	4	80	80	92	80	4	148	4
5	228	[B] Khushi	150	HRN	12-10-2003	113.000	64	67	67	64	5	78	85	85	78	5	142	5
6	633	[B] Sharon James	135	J.K.	18-4-2003	88.700	57	57	57	57	6	78	--	--	78	6	135	6