



# 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 SENIOR 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   | 682 | [A] Mukund Aher       | 245  | RSPB   | 04-07-2003 | 55.000 | 108    | 112 | 112 | 112  | 1    | 131          | 134 | 137 | 137  | 1    | 249   | 1    |
| 2   | 558 | [A] Uday Mahajan      | 230  | MHR    | 13-10-2003 | 55.000 | 100    | 100 | 105 | 105  | 4    | 130          | 134 | 136 | 136  | 2    | 241   | 2    |
| 3   | 413 | [A] Akash Goud        | 240  | MHR    | 10-06-2000 | 54.720 | 103    | 103 | 106 | 106  | 2    | 130          | 134 | 137 | 134  | 3    | 240   | 3    |
| 4   | 399 | [A] Vijay Kumar       | 240  | CG     | 15-02-1999 | 54.940 | 98     | 99  | 101 | 101  | 6    | 132          | 141 | 141 | 132  | 4    | 233   | 4    |
| 5   | 686 | [A] Raja Bharti       | 235  | CG     | 19-12-2003 | 54.880 | 100    | 103 | 104 | 100  | 7    | 121          | 130 | 130 | 121  | 5    | 221   | 5    |
| 6   | 259 | [B] Balaji P.         | 215  | TND    | 05-01-2002 | 55.000 | 95     | 99  | 101 | 99   | 8    | 120          | 125 | 125 | 120  | 6    | 219   | 6    |
| 7   | 351 | [B] Kumbheswar Mallik | 215  | ORS    | 20-06-2002 | 54.640 | 95     | 98  | 100 | 98   | 9    | 120          | 120 | 125 | 120  | 7    | 218   | 7    |
|     | 684 | [A] S. Gurunaidu      | 235  | A.P.   | 09-05-2006 | 55.000 | 101    | 105 | 107 | 105  | 3    | 130          | 130 | 130 | --   |      | --    |      |
|     | 287 | [A] Prashanth         | 220  | KRN    | 21-03-2001 | 54.900 | 97     | 101 | 103 | 101  | 5    | 124          | 124 | 124 | --   |      | --    |      |
|     | 73  | [B] Vikram            | 215  | AIPSCB | 15-04-1987 | 55.000 | 95     | --  | --  | --   |      | --           | --  | --  | --   |      | --    |      |
|     | 537 | [B] Akhilesh Mandloi  | 215  | M.P.   | 12-06-1996 | 54.360 | 95     | 95  | 95  | --   |      | --           | --  | --  | --   |      | --    |      |
|     | 542 | [A] N. Tomchou Meetei | 230  | MNP    | 04-03-2006 | 55.000 | 100    | 100 | 100 | --   |      | --           | --  | --  | --   |      | --    |      |



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ITANAGAR - ARUNACHAL PRADESH



28/12/2023 to 08/01/2024

## RESULT SENIOR 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   | 191 | [A] M Raja               | 275  | RSPB     | 12-01-2000 | 61.000 | 117    | 121 | 123 | 121  | 1    | 148          | 153 | 158 | 158  | 1    | 279   | 1    |
| 2   | 641 | [A] Guru Raja            | 260  | SSCB     | 15-08-1992 | 60.660 | 117    | 121 | 121 | 121  | 3    | 147          | 152 | 156 | 152  | 2    | 273   | 2    |
| 3   | 118 | [A] Shankar Lapung       | 260  | ARN      | 22-09-2004 | 61.000 | 114    | 117 | 121 | 121  | 2    | 145          | 150 | 154 | 150  | 3    | 271   | 3    |
| 4   | 137 | [A] Shubham Todkar       | 275  | RSPB     | 19-05-1997 | 61.000 | 117    | 121 | 121 | 117  | 4    | 145          | 150 | 155 | 150  | 4    | 267   | 4    |
| 5   | 711 | [A] Charu Pesi           | 267  | ARN      | 30-09-2002 | 60.900 | 117    | 117 | 121 | 117  | 5    | 148          | 153 | 154 | 148  | 6    | 265   | 5    |
| 6   | 278 | [A] Sidhanta Gogoi       | 265  | ASM      | 04-08-2004 | 61.000 | 113    | 117 | 117 | 113  | 8    | 148          | 153 | 153 | 148  | 5    | 261   | 6    |
| 7   | 260 | [B] Ch. Rishikanta Singh | 250  | MNP      | 05-07-1998 | 61.000 | 112    | 116 | 119 | 116  | 6    | 144          | 150 | 150 | 144  | 7    | 260   | 7    |
| 8   | 723 | [A] Sanket Sargar        | 255  | MHR      | 16-10-2000 | 59.800 | 114    | 114 | 114 | 114  | 7    | 136          | 142 | 145 | 142  | 8    | 256   | 8    |
| 9   | 300 | [A] A.Ruthreshwar        | 260  | TND      | 22-08-2004 | 61.000 | 113    | 116 | 116 | 113  | 9    | 135          | 139 | 142 | 139  | 9    | 252   | 9    |
| 10  | 157 | [A] Subrahmanya          | 252  | KRN      | 12-04-2001 | 61.000 | 106    | 108 | 112 | 108  | 10   | 136          | 141 | 142 | 136  | 12   | 244   | 10   |
| 11  | 588 | [A] Lalzuidika           | 257  | MIZ      | 23-06-1997 | 61.000 | 106    | 106 | 110 | 106  | 12   | 138          | 138 | 144 | 138  | 10   | 244   | 11   |
| 12  | 160 | [A] Muna Nayak           | 252  | ORS      | 20-10-2002 | 61.000 | 108    | 108 | 112 | 108  | 11   | 135          | 135 | 135 | 135  | 13   | 243   | 12   |
| 13  | 123 | [A] Shubham Phakade      | 250  | GOA      | 27-12-1995 | 61.000 | 102    | 106 | 106 | 102  | 16   | 130          | 134 | 137 | 137  | 11   | 239   | 13   |
| 14  | 680 | [B] Nagaraj              | 245  | KRN      | 05-10-1999 | 60.700 | 102    | 102 | 106 | 102  | 14   | 130          | 137 | 137 | 130  | 14   | 232   | 14   |
|     | 627 | [C] Ahmed Ibrahim M      | 232  | KRL      | 28-03-2001 | 61.000 | 102    | 105 | 105 | 102  | 13   | 130          | 130 | 130 | --   |      | --    |      |
|     | 103 | [B] Patta Mahesh         | 235  | IWLF-PON | 16-08-2003 | 60.400 | 102    | 102 | 102 | 102  | 15   | 130          | 130 | 130 | --   |      | --    |      |
|     | 530 | [B] Karan Lahre          | 240  | CG       | 28-07-2000 | 61.000 | 102    | --  | --  | --   |      | --           | --  | --  | --   |      | --    |      |
|     | 180 | [C] Prashant Sharma      | 232  | J.K.     | 01-12-1999 | 60.500 | 102    | 102 | 102 | --   |      | --           | --  | --  | --   |      | --    |      |



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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 SENIOR 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 |
|     | 672 | [B] Anasthasius Ryndongsngi | 235  | MGH  | 10-04-1998 | 61.000 | 105    | 105 | 106 | --   |      | ---          | -- | -- | --   |      | --    |      |
|     | 10  | [B] Shivpal Singh Gurjar    | 232  | RAJ  | 01-07-1999 | 61.000 | 102    | 102 | 102 | --   |      | --           | -- | -- | --   |      | --    |      |
|     | 233 | [A] Sandeep Jith. A         | 250  | TND  | 20-11-2004 | 61.000 | 106    | 106 | 106 | --   |      | --           | -- | -- | --   |      | --    |      |
|     | 735 | [B] Saalim                  | 235  | U.P. | 12-12-2000 | 60.300 | 102    | 102 | 102 | --   |      | --           | -- | -- | --   |      | --    |      |

### BREAK RECORDS

SENIOR NATIONAL RECORDS MEN 61 kg SNATCH : MUTHUPANDI RAJA [RSPB] 120 ---> SHANKAR LAPUNG [ARN] 121

SENIOR NATIONAL RECORDS MEN 61 kg CLEAN&JERK : SHUBHAM KOLEKAR [MHR] 157 ---> M RAJA [RSPB] 158

SENIOR NATIONAL RECORDS MEN 61 kg TOTAL : SHUBHAM KOLEKAR [MHR] 272 ---> GURU RAJA [SSCB] 273

SENIOR NATIONAL RECORDS MEN 61 kg TOTAL : SHUBHAM KOLEKAR [MHR] 272 ---> M Raja [RSPB] 279



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ITANAGAR - ARUNACHAL PRADESH



28/12/2023 to 08/01/2024

## RESULT SENIOR 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   | 368 | [B] Jeremy Lalrinnunga   | 250  | MIZ    | 26-10-2002 | 66.400 | 130    | 136 | 136 | 136  | 1    | 155          | 162 | 168 | 162  | 2    | 298   | 1    |
| 2   | 484 | [A] Neelam Raju K.       | 285  | RSPB   | 24-06-1999 | 66.700 | 123    | 123 | 126 | 126  | 2    | 158          | 162 | 162 | 162  | 3    | 288   | 2    |
| 3   | 483 | [A] Lalhunthra           | 270  | SSCB   | 07-12-2002 | 67.000 | 121    | 121 | 121 | 121  | 6    | 156          | 156 | 163 | 163  | 1    | 284   | 3    |
| 4   | 440 | [A] Bengia Tani          | 275  | ARN    | 26-02-2004 | 66.500 | 118    | 121 | 121 | 121  | 5    | 151          | 159 | 161 | 161  | 4    | 282   | 4    |
| 5   | 87  | [A] Bedabrata Bharali    | 270  | ASM    | 19-03-2007 | 67.000 | 120    | 124 | 124 | 124  | 3    | 150          | 154 | 157 | 157  | 5    | 281   | 5    |
| 6   | 13  | [A] Markio Tario         | 275  | ARN    | 01-01-2004 | 67.000 | 119    | 119 | 121 | 121  | 4    | 154          | 161 | 162 | 154  | 6    | 275   | 6    |
| 7   | 719 | [A] Subhash Lahre        | 285  | CG     | 12-11-2002 | 66.900 | 120    | 120 | 123 | 120  | 7    | 148          | 153 | 158 | 153  | 7    | 273   | 7    |
| 8   | 400 | [A] Mahadev Vadar        | 270  | MHR    | 07-12-2005 | 67.000 | 118    | 118 | 121 | 118  | 10   | 148          | 152 | 156 | 152  | 8    | 270   | 8    |
| 9   | 235 | [A] Jagdish Nahak        | 265  | AIPSCB | 13-03-1998 | 67.000 | 119    | 119 | 122 | 119  | 9    | 148          | 152 | 152 | 148  | 9    | 267   | 9    |
| 10  | 165 | [A] Zakhuma              | 270  | MIZ    | 01-04-2001 | 66.200 | 116    | 116 | 120 | 116  | 11   | 145          | 145 | 150 | 145  | 10   | 261   | 10   |
|     | 408 | [A] Sam Sundar Raja R.   | 275  | TND    | 23-03-1999 | 64.050 | 119    | 123 | 123 | 119  | 8    | 146          | 146 | 146 | --   |      | --    |      |
|     | 609 | [B] Tippanna Lakkannavar | 257  | KRN    | 21-04-2002 | 66.680 | 115    | 115 | 115 | --   |      | --           | --  | --  | --   |      | --    |      |
|     | 625 | [A] Tharun T.            | 270  | TND    | 07-12-2002 | 66.300 | 118    | 118 | 118 | --   |      | --           | --  | --  | --   |      | --    |      |



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ITANAGAR - ARUNACHAL PRADESH



28/12/2023 to 08/01/2024

## RESULT SENIOR 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   | 383 | [A] N Ajith              | 310  | RSPB     | 27-01-1999 | 73.000 | 132    | 132 | 136 | 132  | 2    | 160          | 170 | --  | 170  | 1    | 302   | 1    |
| 2   | 591 | [A] Devapreedhan B       | 290  | CHD      | 08-10-1998 | 72.760 | 125    | 129 | 133 | 133  | 1    | 154          | 158 | 164 | 158  | 4    | 291   | 2    |
| 3   | 623 | [B] Shivalingeshwara Sai | 269  | TEL      | 25-07-2001 | 73.000 | 117    | 121 | 124 | 121  | 12   | 154          | 160 | 163 | 160  | 2    | 281   | 3    |
| 4   | 338 | [B] V. Purushothaman     | 264  | IWLF-PON | 16-06-1995 | 72.450 | 122    | 126 | 129 | 126  | 4    | 154          | 159 | 159 | 154  | 6    | 280   | 4    |
| 5   | 34  | [A] Ranjit Chavan        | 290  | MHR      | 20-02-1998 | 73.000 | 118    | 122 | 122 | 122  | 11   | 158          | 160 | 160 | 158  | 3    | 280   | 5    |
| 6   | 462 | [A] S. Lokeshwaran       | 280  | TND      | 17-05-2005 | 73.000 | 123    | 123 | 127 | 127  | 3    | 152          | 152 | 155 | 152  | 10   | 279   | 6    |
| 7   | 630 | [B] Hasin                | 275  | HRN      | 07-02-2001 | 71.360 | 124    | 127 | 128 | 124  | 6    | 154          | 154 | 154 | 154  | 7    | 278   | 7    |
| 8   | 650 | [A] P. Yesu Babu         | 280  | A.P.     | 11-06-1999 | 73.000 | 117    | 122 | 124 | 124  | 9    | 154          | 154 | 154 | 154  | 8    | 278   | 8    |
| 9   | 38  | [B] Mihir Kanta Sethi    | 270  | ORS      | 21-11-1996 | 73.000 | 123    | 123 | 123 | 123  | 10   | 154          | 160 | 160 | 154  | 5    | 277   | 9    |
| 10  | 583 | [A] Akshay Gaikwad       | 280  | GOA      | 16-04-1996 | 71.980 | 124    | 127 | 127 | 124  | 8    | 149          | 153 | 158 | 153  | 9    | 277   | 10   |
| 11  | 169 | [A] Jaskaran Ram         | 276  | PUN      | 05-02-2002 | 72.440 | 124    | 127 | 127 | 124  | 7    | 147          | 151 | 157 | 151  | 11   | 275   | 11   |
| 12  | 281 | [B] Prajwal              | 272  | KRN      | 24-02-2001 | 72.200 | 120    | 124 | 124 | 120  | 14   | 150          | 155 | 155 | 150  | 12   | 270   | 12   |
| 13  | 141 | [B] Robert Takhelmayum   | 265  | MNP      | 30-11-2004 | 73.000 | 120    | 125 | 125 | 120  | 13   | 148          | 153 | 153 | 148  | 14   | 268   | 13   |
| 14  | 704 | [A] Probal Pratim Gogoi  | 280  | ASM      | 11-01-2004 | 72.880 | 117    | 117 | 117 | 117  | 19   | 150          | 150 | 156 | 150  | 13   | 267   | 14   |
| 15  | 298 | [B] G. Kumar             | 270  | A.P.     | 26-05-1993 | 72.900 | 117    | 117 | 122 | 117  | 17   | 147          | 155 | 155 | 147  | 15   | 264   | 15   |
| 16  | 643 | [B] R.S. Tarun Sharma    | 267  | DEL      | 22-10-2004 | 72.600 | 117    | 117 | 117 | 117  | 18   | 147          | 151 | 151 | 147  | 16   | 264   | 16   |
| 17  | 125 | [B] Damadar Panigrahy    | 268  | ORS      | 25-02-2002 | 72.440 | 117    | 120 | 120 | 117  | 16   | 147          | 147 | 147 | 147  | 17   | 264   | 17   |
|     | 331 | [B] Mano Bala A.         | 275  | TND      | 02-08-2000 | 72.850 | 124    | 128 | 128 | 124  | 5    | 153          | 153 | 153 | --   |      | --    |      |



# 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 SENIOR 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 |
|     | 252 | [A] Ravindra Singh       | 290  | UKD    | 23-06-2002 | 72.960 | 117    | 117 | 120 | 120  | 15   | 153          | 153 | 153 | --   |      | --    |      |
|     | 218 | [B] Mahesh Asawale       | 270  | AIPSCB | 07-04-2000 | 73.000 | 121    | 123 | 123 | --   |      | --           | --  | --  | --   |      | --    |      |
|     | 437 | [A] Jacob Vanlalitluanga | 280  | MIZ    | 17-07-2002 | 72.340 | 123    | 123 | 123 | --   |      | --           | --  | --  | --   |      | --    |      |
|     | 201 | [A] Tbc Lalchhanhima     | 280  | MIZ    | 21-03-1997 | 72.480 | 117    | 117 | 117 | --   |      | --           | --  | --  | --   |      | --    |      |
|     | 349 | [A] Aditya               | 279  | PUN    | 16-09-2000 | 71.920 | 123    | 123 | 123 | --   |      | --           | --  | --  | --   |      | --    |      |



# 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 SENIOR 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   | 297 | [A] Abhishek Nipane     | 310  | MHR  | 11-12-2001 | 80.340 | 132    | 136 | 139 | 139  | 4    | 171          | 180 | 180 | 171  | 1    | 310   | 1    |
| 2   | 524 | [A] Achinta Sheuli      | 300  | SSCB | 24-11-2001 | 76.380 | 137    | 140 | 141 | 141  | 3    | 168          | 168 | 168 | 168  | 4    | 309   | 2    |
| 3   | 237 | [A] Deepak Lather       | 300  | HRN  | 25-03-2000 | 77.540 | 139    | 144 | 144 | 144  | 1    | 164          | 168 | 168 | 164  | 8    | 308   | 3    |
| 4   | 324 | [A] Valluri Ajaya Babu  | 315  | M.P. | 25-11-2004 | 79.680 | 138    | 142 | 145 | 142  | 2    | 166          | 169 | 169 | 166  | 5    | 308   | 4    |
| 5   | 645 | [A] Gurkaran Singh      | 290  | CHD  | 26-06-2003 | 77.440 | 132    | 136 | 143 | 136  | 6    | 165          | 169 | 174 | 169  | 2    | 305   | 5    |
| 6   | 569 | [A] Kanhu Charana Sahu  | 295  | ORS  | 03-05-1997 | 80.940 | 132    | 136 | 139 | 136  | 5    | 168          | 173 | 173 | 168  | 3    | 304   | 6    |
| 7   | 267 | [A] Skiltin Paul        | 300  | KRL  | 29-05-2000 | 80.120 | 133    | 136 | 139 | 136  | 7    | 166          | 166 | 173 | 166  | 6    | 302   | 7    |
| 8   | 446 | [A] Bandaru Krishna     | 300  | SSCB | 25-06-2002 | 80.680 | 132    | 136 | 137 | 132  | 9    | 160          | 165 | 165 | 165  | 7    | 297   | 8    |
| 9   | 679 | [A] N. Krishna Bharathi | 290  | TND  | 24-01-2003 | 80.620 | 126    | 130 | 133 | 130  | 11   | 158          | 162 | 162 | 162  | 9    | 292   | 9    |
| 10  | 58  | [A] Bhavesh Sarang      | 300  | CG   | 27-05-2002 | 80.650 | 131    | 135 | 135 | 131  | 10   | 160          | 165 | 165 | 160  | 10   | 291   | 10   |
| 11  | 520 | [A] Parikshit Soni      | 300  | M.P. | 19-09-2001 | 79.260 | 125    | 130 | 130 | 125  | 15   | 155          | 159 | 162 | 159  | 11   | 284   | 11   |
| 12  | 339 | [B] Rajath Rai B        | 280  | KRN  | 25-10-1999 | 79.800 | 125    | 125 | 128 | 128  | 12   | 155          | 155 | 159 | 155  | 12   | 283   | 12   |
| 13  | 649 | [A] Lalruatfela         | 300  | MIZ  | 05-03-2006 | 80.440 | 125    | 125 | 125 | 125  | 17   | 155          | 160 | 160 | 155  | 13   | 280   | 13   |
|     | 185 | [B] Kushank Arora       | 280  | DEL  | 01-09-2001 | 80.600 | 126    | 130 | 133 | 133  | 8    | 155          | 155 | 155 | --   |      | --    |      |
|     | 506 | [A] Lalu Taku           | 300  | ARN  | 12-08-1998 | 80.840 | 126    | 129 | 129 | 126  | 13   | 166          | 166 | 168 | --   |      | --    |      |
|     | 347 | [B] Kuldeep Kumar       | 283  | U.P. | 01-01-2002 | 81.000 | 125    | 125 | 125 | 125  | 14   | 160          | 160 | 160 | --   |      | --    |      |
|     | 435 | [A] Atish Patil         | 290  | CG   | 27-03-1996 | 80.980 | 125    | 125 | 125 | 125  | 16   | 155          | --  | --  | --   |      | --    |      |
|     | 31  | [B] K.V. Sriram         | 285  | A.P. | 20-06-2004 | 80.800 | 125    | 125 | 125 | --   |      | --           | --  | --  | --   |      | --    |      |



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ITANAGAR - ARUNACHAL PRADESH



28/12/2023 to 08/01/2024

## RESULT SENIOR 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 |
|     | 715 | [B] K. Srinu           | 288  | A.P.   | 24-11-2001 | 80.540 | 125    | 125 | 125 | --   |      | --           | -- | -- | --   |      | --    |      |
|     | 359 | [B] Dhanaseker M.      | 280  | AIPSCB | 20-05-1997 | 80.200 | 125    | --  | --  | --   |      | --           | -- | -- | --   |      | --    |      |
|     | 675 | [B] Sorum Hitler Tagru | 280  | ARN    | 02-07-1996 | 79.600 | 125    | 125 | 125 | --   |      | --           | -- | -- | --   |      | --    |      |
|     | 276 | [B] Rajath Narayanan   | 280  | KRL    | 23-05-1995 | 78.640 | 125    | --  | --  | --   |      | --           | -- | -- | --   |      | --    |      |
|     | 666 | [A] Kiran Jagtap       | 290  | MHR    | 26-07-1998 | 80.340 | 125    | 125 | 125 | --   |      | --           | -- | -- | --   |      | --    |      |
|     | 714 | [B] N. Samson Singh    | 275  | MNP    | 16-03-2000 | 80.960 | 125    | 125 | 125 | --   |      | --           | -- | -- | --   |      | --    |      |





# 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 SENIOR MEN 89 kg

Competition : 03.01.2024 13:00

Weigh in : 11:00

| No. | LOT | NAME                     | ENT. | TEAM | BORN       | BW     | SNATCH |     |     |      |      | CLEAN & JERK |     |     |      |      | TOTAL |      |
|-----|-----|--------------------------|------|------|------------|--------|--------|-----|-----|------|------|--------------|-----|-----|------|------|-------|------|
|     |     |                          |      |      |            |        | 1      | 2   | 3   | Res. | Rank | 1            | 2   | 3   | Res. | Rank | Res.  | Rank |
| 1   | 654 | [A] Marush P.S.          | 310  | SSCB | 22-06-1999 | 88.750 | 138    | 142 | 145 | 142  | 1    | 171          | 177 | 180 | 177  | 1    | 319   | 1    |
| 2   | 365 | [A] Prince Malik         | 310  | U.P. | 12-02-2002 | 88.800 | 140    | 144 | 144 | 140  | 2    | 166          | 169 | 169 | 169  | 3    | 309   | 2    |
| 3   | 394 | [A] Baldev Guru          | 310  | PUN  | 04-12-2000 | 82.720 | 133    | 137 | 140 | 140  | 3    | 165          | 165 | 168 | 168  | 4    | 308   | 3    |
| 4   | 492 | [A] V Arulpandiyar       | 310  | RSPB | 29-07-1999 | 88.700 | 133    | 133 | 133 | 133  | 7    | 165          | 172 | 177 | 172  | 2    | 305   | 4    |
| 5   | 134 | [B] Vivek Sharma         | 299  | RAJ  | 13-03-1995 | 87.460 | 134    | 136 | 136 | 136  | 4    | 165          | 168 | 168 | 165  | 7    | 301   | 5    |
| 6   | 637 | [A] Himanshu Thapa       | 305  | M.P. | 30-03-2001 | 89.000 | 133    | 137 | 137 | 133  | 6    | 165          | 169 | 169 | 165  | 8    | 298   | 6    |
| 7   | 290 | [A] Suditya Boruah       | 300  | ASM  | 16-12-2004 | 88.020 | 131    | 131 | 131 | 131  | 8    | 165          | 167 | 173 | 167  | 5    | 298   | 7    |
| 8   | 81  | [A] Kh. Jojo Meitei      | 300  | MNP  | 05-03-1998 | 88.580 | 130    | 130 | 134 | 130  | 11   | 167          | 167 | 172 | 167  | 6    | 297   | 8    |
|     | 177 | [A] Gulap Gogoi          | 315  | ASM  | 04-01-2000 | 86.200 | 132    | 132 | 136 | 136  | 5    | 165          | 165 | 166 | --   |      | --    |      |
|     | 554 | [B] Abhijeet Panday      | 295  | PUN  | 17-09-2000 | 87.260 | 130    | 135 | 135 | 130  | 9    | 165          | --  | --  | --   |      | --    |      |
|     | 573 | [B] Janis Abbas          | 295  | KRL  | 17-01-2000 | 87.680 | 130    | 130 | 133 | 130  | 10   | 165          | 165 | 165 | --   |      | --    |      |
|     | 391 | [A] Ch. Vinay Kumar      | 305  | A.P. | 03-11-2000 | 89.000 | 130    | 130 | 130 | --   |      | --           | --  | --  | --   |      | --    |      |
|     | 89  | [B] Taba Dosum           | 295  | ARN  | 10-10-2001 | 88.920 | 130    | 130 | --  | --   |      | --           | --  | --  | --   |      | --    |      |
|     | 98  | [A] Dhairyashil Salunkhe | 300  | MHR  | 27-03-2001 | 89.000 | 130    | --  | --  | --   |      | --           | --  | --  | --   |      | --    |      |
|     | 82  | [A] Kapil Singh Rathore  | 310  | RAJ  | 16-03-1993 | 82.300 | 131    | 131 | 132 | --   |      | --           | --  | --  | --   |      | --    |      |



# 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 SENIOR 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   | 362 | [A] Jagdish Vishwakarma   | 320  | SSCB   | 08-11-1994 | 95.520 | 143    | 148 | 151 | 151  | 1    | 182          | 189 | 195 | 189  | 1    | 340   | 1    |
| 2   | 535 | [A] Harshad Wadekar       | 320  | RSPB   | 14-06-1995 | 95.820 | 146    | 146 | 150 | 146  | 2    | 177          | 188 | 195 | 188  | 2    | 334   | 2    |
| 3   | 310 | [A] Suresh Kumar Yadav    | 305  | ORS    | 23-08-1994 | 94.360 | 133    | 133 | 136 | 133  | 10   | 170          | 178 | 182 | 178  | 3    | 311   | 3    |
| 4   | 697 | [B] A. Komal Karteek      | 295  | A.P.   | 29-05-2004 | 95.260 | 126    | 131 | 135 | 135  | 4    | 160          | 170 | 175 | 175  | 4    | 310   | 4    |
| 5   | 51  | [A] Ankush Kumar          | 326  | U.P.   | 03-07-2001 | 94.460 | 141    | 141 | 144 | 141  | 3    | 165          | 170 | 170 | 165  | 8    | 306   | 5    |
| 6   | 175 | [A] Jasveer Singh         | 321  | PUN    | 01-01-2001 | 95.560 | 133    | 137 | 137 | 133  | 8    | 168          | 173 | 173 | 168  | 5    | 301   | 6    |
| 7   | 671 | [A] Vishal Rajwar         | 310  | UKD    | 04-07-1995 | 94.420 | 133    | 136 | 136 | 133  | 9    | 160          | 167 | 172 | 167  | 6    | 300   | 7    |
| 8   | 642 | [A] Harsh                 | 300  | HRN    | 11-01-2004 | 94.060 | 128    | 132 | 135 | 135  | 6    | 158          | 164 | 168 | 164  | 9    | 299   | 8    |
| 9   | 303 | [B] Yogendra Singh        | 287  | RAJ    | 15-03-2000 | 95.120 | 127    | 127 | 127 | 127  | 14   | 157          | 165 | 171 | 165  | 7    | 292   | 9    |
| 10  | 26  | [A] Ruturaj Gaikwad       | 300  | MHR    | 03-08-2000 | 94.820 | 132    | 132 | 137 | 132  | 11   | 155          | 155 | 165 | 155  | 15   | 287   | 10   |
| 11  | 305 | [B] Vikrant Singh Rajput  | 291  | DEL    | 05-05-2001 | 91.400 | 126    | 129 | 131 | 129  | 13   | 157          | 157 | 165 | 157  | 10   | 286   | 11   |
| 12  | 145 | [B] Ningam Gowda          | 286  | KRN    | 20-06-2000 | 94.420 | 126    | 129 | 129 | 126  | 15   | 155          | 160 | --  | 155  | 11   | 281   | 12   |
| 13  | 402 | [B] Jagdeep Singh         | 281  | AIPSCB | 29-01-1995 | 96.000 | 126    | 129 | --  | 126  | 17   | 155          | --  | --  | 155  | 12   | 281   | 13   |
| 14  | 765 | [B] Ajmer Singh           | 281  | M.P.   | 20-11-1993 | 90.240 | 126    | 129 | 129 | 126  | 18   | 155          | 155 | 159 | 155  | 13   | 281   | 14   |
| 15  | 194 | [B] Santhosh M K          | 281  | KRN    | 16-06-2000 | 89.100 | 126    | 129 | 129 | 126  | 16   | 155          | 155 | 155 | 155  | 14   | 281   | 15   |
|     | 253 | [A] Gurpreet Singh Bhangu | 305  | CHD    | 13-01-2001 | 91.180 | 133    | 135 | 139 | 135  | 5    | 165          | 165 | 167 | --   |      | --    |      |
|     | 639 | [A] Jaswant Singh         | 299  | U.P.   | 01-01-1990 | 95.020 | 134    | 139 | 139 | 134  | 7    | 164          | 164 | 164 | --   |      | --    |      |
|     | 244 | [A] Anil Singh            | 300  | CHD    | 01-02-2002 | 94.620 | 127    | 130 | --  | 130  | 12   | --           | --  | --  | --   |      | --    |      |



# 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 SENIOR 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 |
|     | 449 | [A] Kojum Taba                      | 335  | ARN  | 18-06-1997 | 95.750 | 142    | --  | --  | --   |      | --           | -- | -- | --   |      | --    |      |
|     | 415 | [B] Gorakshnath Dattatray Waifalkar | 275  | GOA  | 16-03-2001 | 94.540 | 126    | 126 | --  | --   |      | --           | -- | -- | --   |      | --    |      |
|     | 382 | [B] Kalyan Singh                    | 295  | H.P. | 20-09-1999 | 92.100 | 126    | 126 | 126 | --   |      | --           | -- | -- | --   |      | --    |      |
|     | 308 | [B] Aditya Kumar Sahu               | 290  | ORS  | 19-09-2001 | 93.600 | 127    | 127 | 127 | --   |      | --           | -- | -- | --   |      | --    |      |
|     | 660 | [A] Bhinder Pal                     | 320  | PUN  | 24-08-1996 | 95.670 | 140    | 140 | 140 | --   |      | --           | -- | -- | --   |      | --    |      |
|     | 140 | [A] Lakshy Meena                    | 296  | RAJ  | 23-09-1994 | 89.260 | 132    | 132 | 132 | --   |      | --           | -- | -- | --   |      | --    |      |



# 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 SENIOR 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   | 703 | [A] Sambo Lapung     | 330  | SSCB   | 03-06-1997 | 98.540  | 140    | 144 | 147 | 147  | 2    | 184          | 191 | 203 | 191  | 1    | 338   | 1    |
| 2   | 76  | [A] Harshit Sehrawat | 310  | HRN    | 05-04-2000 | 101.200 | 142    | 146 | 148 | 148  | 1    | 180          | 186 | 186 | 180  | 3    | 328   | 2    |
| 3   | 455 | [A] Ajeet Singh      | 320  | RSPB   | 01-01-1997 | 101.800 | 133    | 137 | 137 | 137  | 7    | 177          | 183 | 192 | 183  | 2    | 320   | 3    |
| 4   | 396 | [B] Amit             | 300  | HRN    | 12-12-2001 | 97.720  | 130    | 136 | 139 | 139  | 6    | 170          | 177 | 181 | 177  | 5    | 316   | 4    |
| 5   | 138 | [A] Gursewak Singh   | 310  | CHD    | 26-06-2000 | 100.500 | 133    | 135 | 141 | 141  | 3    | 167          | 174 | 178 | 174  | 6    | 315   | 5    |
| 6   | 373 | [A] Shubham          | 320  | GOA    | 10-06-1996 | 101.700 | 136    | 136 | 136 | 136  | 8    | 179          | 185 | 185 | 179  | 4    | 315   | 6    |
| 7   | 706 | [A] Gurpreet Ralh    | 320  | PUN    | 23-05-1998 | 99.620  | 130    | 134 | 138 | 134  | 10   | 172          | 177 | 180 | 172  | 7    | 306   | 7    |
| 8   | 471 | [A] Sahil Sharma     | 320  | CHD    | 17-03-1995 | 99.280  | 136    | 140 | 144 | 140  | 4    | 165          | 177 | 177 | 165  | 9    | 305   | 8    |
| 9   | 550 | [A] Kabya Boro       | 315  | ASM    | 15-03-2000 | 101.520 | 135    | 135 | 140 | 135  | 9    | 170          | 170 | 178 | 170  | 8    | 305   | 9    |
| 10  | 424 | [A] Ram Kumar        | 300  | M.P.   | 10-12-2001 | 95.820  | 133    | 138 | 140 | 140  | 5    | 161          | 167 | 167 | 161  | 10   | 301   | 10   |
|     | 688 | [B] Balraj Sharma    | 295  | AIPSCB | 16-10-1986 | 101.700 | 130    | --  | --  | --   |      | --           | --  | --  | --   |      | --    |      |



# 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 SENIOR MEN 109 kg

Competition : 07.01.2024 13:00

Weigh in : 11:00

| No. | LOT | NAME                      | ENT. | TEAM   | BORN       | BW      | SNATCH |     |     |      |      | CLEAN & JERK |     |     |      |      | TOTAL |      |
|-----|-----|---------------------------|------|--------|------------|---------|--------|-----|-----|------|------|--------------|-----|-----|------|------|-------|------|
|     |     |                           |      |        |            |         | 1      | 2   | 3   | Res. | Rank | 1            | 2   | 3   | Res. | Rank | Res.  | Rank |
| 1   | 454 | [A] Lovepreet Singh       | 330  | SSCB   | 09-06-1997 | 109.000 | 155    | 160 | 164 | 160  | 1    | 185          | 185 | 190 | 185  | 1    | 345   | 1    |
| 2   | 55  | [A] Md Jameer Hussain     | 330  | SSCB   | 04-03-1993 | 105.560 | 143    | 143 | 148 | 148  | 2    | 184          | 193 | 198 | 184  | 2    | 332   | 2    |
| 3   | 216 | [A] Naveen                | 320  | HRN    | 27-07-1996 | 108.600 | 141    | 144 | 147 | 144  | 3    | 176          | 180 | 184 | 184  | 3    | 328   | 3    |
| 4   | 282 | [A] Manish                | 330  | HRN    | 01-01-1999 | 107.180 | 142    | 142 | 142 | 142  | 4    | 174          | 179 | 184 | 179  | 4    | 321   | 4    |
| 5   | 271 | [A] Akash Kaushal         | 306  | M.P.   | 27-12-2002 | 108.300 | 135    | 135 | 138 | 138  | 6    | 170          | 178 | 184 | 178  | 5    | 316   | 5    |
| 6   | 421 | [A] Prathyush             | 304  | KRN    | 04-09-2000 | 108.680 | 134    | 137 | 137 | 134  | 10   | 160          | 170 | 175 | 175  | 6    | 309   | 6    |
| 7   | 208 | [A] Ankur Singh           | 320  | U.P.   | 10-01-1996 | 107.700 | 140    | 145 | 145 | 140  | 5    | 162          | 167 | 171 | 167  | 10   | 307   | 7    |
| 8   | 153 | [A] Ashish                | 310  | J.K.   | 14-11-1992 | 108.360 | 136    | 136 | 136 | 136  | 7    | 171          | 181 | --  | 171  | 7    | 307   | 8    |
| 9   | 567 | [A] B.S.D. Vishnu Vardhan | 315  | A.P.   | 14-06-1998 | 107.260 | 135    | 135 | 139 | 135  | 8    | 170          | 176 | 176 | 170  | 8    | 305   | 9    |
| 10  | 757 | [B] Imran Khan            | 297  | M.P.   | 06-04-1994 | 106.740 | 134    | 137 | 137 | 134  | 9    | 160          | 160 | 167 | 167  | 9    | 301   | 10   |
|     | 669 | [B] Dinesh Kumar          | 295  | AIPSCB | 01-04-1993 | 108.720 | --     | --  | --  | --   |      | --           | --  | --  | --   |      | --    |      |
|     | 457 | [B] Jagdeep Singh         | 295  | CHD    | 30-11-1998 | 108.120 | 134    | 134 | 134 | --   |      | --           | --  | --  | --   |      | --    |      |
|     | 162 | [A] Unnikrishnan S        | 310  | KRL    | 03-04-1991 | 109.000 | 135    | 135 | 136 | --   |      | --           | --  | --  | --   |      | --    |      |
|     | 108 | [B] Anil Kumar Sharma     | 294  | RAJ    | 03-08-1996 | 102.180 | 134    | 134 | 134 | --   |      | --           | --  | --  | --   |      | --    |      |
|     | 327 | [B] Avinash Yadav         | 294  | U.P.   | 15-08-2003 | 102.180 | 134    | --  | --  | --   |      | --           | --  | --  | --   |      | --    |      |



# 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 SENIOR 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   | 515 | [A] Gurdeep Singh              | 340  | RSPB   | 01-10-1995 | 161.800 | 145    | 155 | 161 | 161  | 2    | 192          | 201 | --  | 201  | 1    | 362   | 1    |
| 2   | 696 | [A] S. Rudramayan              | 340  | RSPB   | 10-04-2002 | 135.000 | 155    | 160 | 165 | 165  | 1    | 175          | 182 | 187 | 187  | 4    | 352   | 2    |
| 3   | 626 | [A] Hitesh Kumar               | 330  | SSCB   | 09-12-1997 | 143.600 | 143    | 147 | 152 | 147  | 5    | 180          | 185 | 190 | 190  | 2    | 337   | 3    |
| 4   | 117 | [A] Gagandeep Gill             | 339  | PUN    | 27-07-2002 | 139.700 | 144    | 144 | 144 | 144  | 8    | 181          | 189 | 194 | 189  | 3    | 333   | 4    |
| 5   | 738 | [B] Dilabardeep Singh          | 325  | CHD    | 04-01-2000 | 149.450 | 139    | 145 | 148 | 148  | 4    | 175          | 180 | 184 | 184  | 5    | 332   | 5    |
| 6   | 217 | [B] Shyopat Singh              | 315  | RAJ    | 17-11-1989 | 127.060 | 142    | 146 | 149 | 146  | 6    | 177          | 177 | 183 | 177  | 7    | 323   | 6    |
| 7   | 461 | [B] Vinod Lakhani              | 320  | RAJ    | 04-03-2003 | 111.520 | 140    | 147 | 151 | 151  | 3    | 171          | 171 | 177 | 171  | 8    | 322   | 7    |
| 8   | 213 | [A] Banshi Sihag               | 326  | HRN    | 17-12-2003 | 120.000 | 139    | 144 | 144 | 144  | 7    | 170          | 180 | 180 | 170  | 9    | 314   | 8    |
| 9   | 161 | [B] Gurpreet Singh             | 310  | GOA    | 19-11-1992 | 145.150 | 136    | 139 | 139 | 136  | 9    | 170          | 177 | 188 | 177  | 6    | 313   | 9    |
| 10  | 36  | [D] Amogh Harish Sharma        | 180  | IWLF   | 05-01-2008 | 111.880 | 75     | 80  | 85  | 85   | 10   | 95           | 101 | 101 | 95   | 10   | 180   | 10   |
|     | 485 | [C] Manish Kumar               | 300  | AIPSCB | 24-03-1998 | 127.870 | --     | --  | --  | --   |      | --           | --  | --  | --   |      | --    |      |
|     | 158 | [B] Choudhary Pushpendra Singh | 310  | H.P.   | 07-10-2002 | 110.550 | 136    | 136 | 136 | --   |      | --           | --  | --  | --   |      | --    |      |
|     | 203 | [B] Sharavanan                 | 310  | KRN    | 17-10-1996 | 160.120 | 140    | 140 | 140 | --   |      | --           | --  | --  | --   |      | --    |      |



# 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 SENIOR 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   | 592 | [A] Dipali Gursale     | 165  | RSPB   | 10-11-1996 | 44.840 | 68     | 68 | 71 | 71   | 1    | 85           | 89 | 93 | 89   | 2    | 160   | 1    |
| 2   | 445 | [A] Chandrika Tarafdar | 157  | W.B.   | 12-10-1996 | 45.000 | 64     | 68 | 70 | 68   | 2    | 85           | 90 | 96 | 90   | 1    | 158   | 2    |
| 3   | 360 | [A] Veena              | 155  | CG     | 19-03-1998 | 44.820 | 63     | 66 | -- | 63   | 5    | 81           | 85 | 96 | 85   | 3    | 148   | 3    |
| 4   | 713 | [A] B. Rajeswari       | 155  | A.P.   | 19-07-2002 | 45.000 | 62     | 66 | 66 | 66   | 3    | 80           | 84 | 84 | 80   | 4    | 146   | 4    |
| 5   | 116 | [A] Apeksha Dhone      | 157  | MHR    | 01-01-2004 | 44.940 | 60     | 63 | 65 | 63   | 6    | 80           | 80 | 84 | 80   | 5    | 143   | 5    |
| 6   | 581 | [A] Anu N              | 140  | KRL    | 16-02-2002 | 43.680 | 60     | 60 | 60 | 60   | 9    | 80           | 80 | 80 | 80   | 6    | 140   | 6    |
|     | 386 | [A] Rani Nayak         | 155  | M.P.   | 08-10-2002 | 44.760 | 65     | 68 | 68 | 65   | 4    | 84           | 84 | 84 | --   |      | --    |      |
|     | 419 | [A] Priyanka           | 150  | H.P.   | 31-10-2000 | 44.080 | 60     | 63 | 63 | 60   | 7    | 80           | 80 | 80 | --   |      | --    |      |
|     | 465 | [A] Rani               | 140  | AIPSCB | 01-03-1997 | 45.000 | 60     | 60 | -- | 60   | 8    | --           | -- | -- | --   |      | --    |      |
|     | 621 | [B] Km Baby            | 140  | UKD    | 06-02-1994 | 44.500 | 60     | 60 | 60 | --   |      | --           | -- | -- | --   |      | --    |      |



# 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 SENIOR 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   | 448 | [B] Jhilli Dalabehera  | 165  | RSPB | 03-02-1999 | 48.900 | 74     | 77 | 79 | 77   | 1    | 93           | 96 | 96 | 96   | 2    | 173   | 1    |
| 2   | 148 | [B] Panchami Sonowal   | 164  | ASM  | 05-05-2005 | 48.560 | 73     | 75 | 77 | 75   | 4    | 93           | 96 | 96 | 96   | 1    | 171   | 2    |
| 3   | 275 | [A] Gyaneshwari Yadav  | 180  | CG   | 08-03-2003 | 49.000 | 77     | 77 | 77 | 77   | 2    | 94           | 94 | 97 | 94   | 4    | 171   | 3    |
| 4   | 150 | [A] Preeti             | 170  | HRN  | 15-08-2002 | 48.900 | 76     | 76 | 76 | 76   | 3    | 95           | 98 | 98 | 95   | 3    | 171   | 4    |
| 5   | 596 | [A] Komal Kohar        | 170  | RSPB | 24-07-2002 | 48.960 | 74     | 77 | 77 | 74   | 6    | 93           | 98 | 98 | 93   | 6    | 167   | 5    |
| 6   | 240 | [A] Sarika Shingare    | 167  | MHR  | 12-01-1998 | 49.000 | 72     | 74 | 74 | 72   | 8    | 91           | 94 | 94 | 94   | 5    | 166   | 6    |
| 7   | 428 | [B] Lakshmi B          | 160  | KRN  | 25-06-1999 | 48.850 | 71     | 74 | 76 | 74   | 5    | 88           | 91 | 94 | 91   | 7    | 165   | 7    |
| 8   | 593 | [A] Soumya Dalvi       | 170  | MHR  | 18-08-2005 | 48.280 | 71     | 74 | 76 | 74   | 7    | 91           | 91 | 93 | 91   | 8    | 165   | 8    |
| 9   | 182 | [B] K. Nomita Devi     | 160  | MNP  | 01-03-2002 | 48.780 | 70     | 74 | 74 | 70   | 9    | 90           | 94 | 95 | 90   | 10   | 160   | 9    |
| 10  | 475 | [A] Nilam Patel        | 168  | U.P. | 17-12-2004 | 49.000 | 68     | 71 | 72 | 68   | 13   | 85           | 89 | 91 | 91   | 9    | 159   | 10   |
| 11  | 474 | [B] Th. Sanju Devi     | 150  | MNP  | 17-04-2003 | 48.920 | 67     | 70 | 72 | 70   | 10   | 83           | 86 | 88 | 86   | 12   | 156   | 11   |
| 12  | 313 | [B] Sandhya Rani Nayak | 158  | ORS  | 04-04-2003 | 48.300 | 65     | 69 | 72 | 69   | 11   | 84           | 84 | 87 | 87   | 11   | 156   | 12   |
| 13  | 508 | [C] Sufna Jasmin P S   | 148  | KRL  | 25-10-2002 | 48.820 | 68     | 71 | 71 | 68   | 12   | 85           | 90 | 90 | 85   | 13   | 153   | 13   |
| 14  | 43  | [C] Jeevitha           | 148  | KRN  | 01-06-2002 | 49.000 | 65     | 68 | 68 | 65   | 14   | 83           | 86 | 86 | 83   | 14   | 148   | 14   |
|     | 692 | [B] Vani Puri          | 151  | PUN  | 16-03-2005 | 48.500 | 65     | 65 | 66 | --   |      | --           | -- | -- | --   |      | --    |      |





# 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 SENIOR 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   | 307 | [A] S. Bindyarani Devi | 195  | RSPB   | 27-01-1999 | 54.220 | 79     | 79 | 81 | 81   | 3    | 109          | --  | --  | 109  | 1    | 190   | 1    |
| 2   | 602 | [A] Sneha Soren        | 185  | ORS    | 02-05-2001 | 54.750 | 76     | 80 | 82 | 82   | 2    | 103          | 107 | 110 | 107  | 2    | 189   | 2    |
| 3   | 482 | [A] Gauri Pandey       | 190  | RSPB   | 15-06-1998 | 54.820 | 79     | 82 | 82 | 79   | 6    | 105          | 111 | 111 | 105  | 3    | 184   | 3    |
| 4   | 250 | [A] Shrabani Das       | 177  | W.B.   | 16-03-2002 | 54.800 | 77     | 77 | 80 | 77   | 7    | 103          | 105 | 107 | 105  | 4    | 182   | 4    |
| 5   | 77  | [A] Ananya Patil       | 180  | MHR    | 14-01-2001 | 54.920 | 80     | 83 | 86 | 83   | 1    | 98           | 98  | 102 | 98   | 7    | 181   | 5    |
| 6   | 739 | [B] Ramandeep Kaur     | 171  | PUN    | 02-10-1999 | 54.140 | 73     | 76 | 79 | 79   | 5    | 96           | 100 | 103 | 100  | 5    | 179   | 6    |
| 7   | 335 | [B] L. Nilam Devi      | 170  | MNP    | 10-06-2004 | 54.700 | 75     | 78 | 80 | 80   | 4    | 94           | 97  | 97  | 97   | 8    | 177   | 7    |
| 8   | 410 | [A] Boni Mangkhya      | 175  | ARN    | 06-04-2004 | 54.960 | 72     | 75 | 77 | 75   | 10   | 99           | 103 | 103 | 99   | 6    | 174   | 8    |
| 9   | 579 | [A] V. Susmitha        | 178  | A.P.   | 18-08-2008 | 53.520 | 74     | 74 | 77 | 77   | 8    | 96           | 101 | 101 | 96   | 10   | 173   | 9    |
| 10  | 79  | [C] Maniquam Shetty N. | 156  | KRL    | 04-02-2002 | 53.120 | 68     | 72 | 75 | 75   | 9    | 88           | 93  | 96  | 96   | 9    | 171   | 10   |
| 11  | 52  | [A] Pramila Krisani    | 176  | ORS    | 09-01-1996 | 53.060 | 72     | 76 | 76 | 72   | 11   | 93           | 95  | 100 | 95   | 11   | 167   | 11   |
| 12  | 257 | [A] Tanushree Mondal   | 175  | W.B.   | 28-02-2003 | 53.120 | 70     | 72 | 72 | 70   | 14   | 90           | 90  | 95  | 95   | 12   | 165   | 12   |
| 13  | 74  | [B] Yukthika           | 162  | KRN    | 27-05-2002 | 54.540 | 68     | 71 | 71 | 71   | 12   | 88           | 91  | 93  | 93   | 13   | 164   | 13   |
| 14  | 207 | [B] Kumkum Yadav       | 165  | U.P.   | 06-03-2004 | 54.420 | 69     | 69 | 71 | 69   | 15   | 88           | 92  | 95  | 92   | 14   | 161   | 14   |
| 15  | 601 | [C] Bibari Boro        | 154  | ASM    | 25-12-2002 | 54.220 | 70     | 73 | 73 | 70   | 13   | 88           | 88  | 88  | 88   | 15   | 158   | 15   |
|     | 83  | [B] Ashwitha B         | 160  | KRN    | 20-04-2002 | 54.900 | 68     | 70 | 70 | 68   | 16   | 88           | 88  | 88  | --   |      | --    |      |
|     | 143 | [B] Manalisha Sonowal  | 170  | AIPSCB | 01-01-1995 | 55.000 | 74     | 74 | 75 | --   |      | --           | --  | --  | --   |      | --    |      |



# 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 SENIOR 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   | 254 | [A] Usha              | 190  | HRN    | 02-09-2003 | 57.460 | 82     | 85 | 87 | 87   | 1    | 103          | 106 | 106 | 103  | 5    | 190   | 1    |
| 2   | 60  | [A] Harjeet Kour      | 195  | AIPSCB | 22-11-1993 | 58.800 | 80     | 83 | 83 | 83   | 4    | 102          | 106 | 106 | 106  | 1    | 189   | 2    |
| 3   | 617 | [A] Davinder Kaur     | 190  | AIPSCB | 11-03-1995 | 58.850 | 80     | 83 | 85 | 83   | 3    | 102          | 105 | 105 | 105  | 3    | 188   | 3    |
| 4   | 115 | [A] Popy Hazarika     | 195  | RSPB   | 08-12-1998 | 58.800 | 81     | 84 | 86 | 84   | 2    | 103          | 106 | 106 | 103  | 4    | 187   | 4    |
| 5   | 306 | [B] Sagun Rav         | 178  | U.P.   | 24-02-2005 | 58.980 | 79     | 82 | 85 | 82   | 5    | 96           | 100 | 104 | 100  | 7    | 182   | 5    |
| 6   | 27  | [A] Abhirami P Mathew | 186  | KRL    | 21-03-2000 | 55.920 | 78     | 81 | 83 | 81   | 6    | 100          | 104 | 104 | 100  | 8    | 181   | 6    |
| 7   | 273 | [A] M. Depanayaomi    | 180  | A.P.   | 24-06-2002 | 58.320 | 74     | 77 | 80 | 80   | 7    | 100          | 103 | 103 | 100  | 9    | 180   | 7    |
| 8   | 144 | [A] T.M. Keerthana    | 190  | TND    | 21-10-2004 | 58.000 | 76     | 79 | 83 | 79   | 9    | 96           | 99  | 100 | 100  | 10   | 179   | 8    |
| 9   | 389 | [A] Liza Kamsa        | 184  | ARN    | 10-02-2003 | 58.720 | 73     | 73 | 76 | 73   | 15   | 100          | 105 | 107 | 105  | 2    | 178   | 9    |
| 10  | 186 | [B] P. Shakhenbi DeVi | 170  | MNP    | 03-04-1998 | 59.000 | 75     | 75 | 79 | 75   | 12   | 97           | 102 | 105 | 102  | 6    | 177   | 10   |
| 11  | 655 | [A] Reena             | 185  | HRN    | 11-08-2004 | 58.260 | 79     | 82 | 82 | 79   | 8    | 98           | 101 | 101 | 98   | 11   | 177   | 11   |
| 12  | 101 | [A] Sakshi Ranmale    | 180  | MHR    | 04-12-2003 | 58.780 | 73     | 76 | 78 | 76   | 11   | 97           | 100 | 100 | 97   | 12   | 173   | 12   |
| 13  | 549 | [B] Balo Yalam        | 175  | ARN    | 08-08-2004 | 58.220 | 73     | 76 | 79 | 76   | 10   | 95           | 95  | 100 | 95   | 13   | 171   | 13   |
| 14  | 561 | [B] Aparajita Bhuyan  | 168  | ORS    | 27-10-2002 | 58.700 | 73     | 76 | 76 | 73   | 13   | 93           | 93  | 95  | 95   | 14   | 168   | 14   |
| 15  | 673 | [B] Moti Jani         | 171  | ORS    | 10-06-2000 | 58.960 | 73     | 73 | 73 | 73   | 14   | 93           | 96  | 96  | 93   | 15   | 166   | 15   |
|     | 119 | [B] Sujata Rai        | 166  | GOA    | 17-11-2002 | 57.060 | 73     | 73 | 73 | --   |      | --           | --  | --  | --   |      | --    |      |



# 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 SENIOR 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   | 369 | [A] S. Nirupama Devi     | 200  | RSPB     | 05-10-2000 | 64.000 | 83     | 86 | 88 | 88   | 1    | 108          | 112 | --  | 112  | 1    | 200   | 1    |
| 2   | 41  | [A] Ditimoni Sonowal     | 190  | ASM      | 04-12-2003 | 64.000 | 83     | 85 | 87 | 87   | 2    | 105          | 110 | 114 | 110  | 2    | 197   | 2    |
| 3   | 343 | [A] S. Pallavi           | 190  | A.P.     | 13-07-2003 | 63.580 | 75     | 83 | 84 | 84   | 3    | 101          | 104 | 104 | 104  | 4    | 188   | 3    |
| 4   | 613 | [A] Kh. Anjali Devi      | 187  | MNP      | 06-03-2003 | 62.240 | 75     | 75 | 79 | 79   | 8    | 100          | 104 | 107 | 104  | 3    | 183   | 4    |
| 5   | 22  | [B] Posen Kongkang       | 167  | ARN      | 14-01-2003 | 61.320 | 76     | 79 | 81 | 81   | 4    | 97           | 101 | 101 | 101  | 5    | 182   | 5    |
| 6   | 354 | [A] Ankita               | 190  | RAJ      | 10-04-2006 | 63.220 | 78     | 81 | 81 | 81   | 5    | 100          | 104 | 105 | 100  | 6    | 181   | 6    |
| 7   | 388 | [A] Pooja Pardeshi       | 185  | MHR      | 16-04-2001 | 63.660 | 78     | 81 | 81 | 81   | 6    | 98           | 98  | 102 | 98   | 8    | 179   | 7    |
| 8   | 69  | [A] L. Kowshika          | 177  | IWLF-PON | 18-03-2004 | 63.960 | 77     | 80 | 82 | 80   | 7    | 98           | 101 | 101 | 98   | 7    | 178   | 8    |
| 9   | 215 | [A] Jyoti Yadav          | 175  | U.P.     | 30-12-2003 | 63.840 | 75     | 79 | 79 | 79   | 9    | 95           | 100 | 100 | 95   | 10   | 174   | 9    |
| 10  | 46  | [A] Alka                 | 184  | PUN      | 03-12-1996 | 63.380 | 78     | 78 | 78 | 78   | 11   | 95           | 100 | 100 | 95   | 9    | 173   | 10   |
| 11  | 299 | [A] Himali Nagesh Kamble | 180  | GOA      | 01-10-2002 | 61.040 | 75     | 75 | 78 | 75   | 13   | 95           | 98  | --  | 95   | 11   | 170   | 11   |
|     | 759 | [B] Epham Quasar Khanam  | 166  | ARN      | 25-03-2001 | 60.120 | 75     | 75 | 78 | 78   | 10   | 95           | 95  | 95  | --   |      | --    |      |
|     | 243 | [A] Sonali Yadu          | 185  | CG       | 19-09-2002 | 59.850 | 76     | 76 | 79 | 76   | 12   | 98           | 98  | 98  | --   |      | --    |      |
|     | 571 | [B] Jyoti Kumari         | 170  | RAJ      | 17-11-1999 | 62.620 | 75     | 75 | 75 | --   |      | --           | --  | --  | --   |      | --    |      |



# 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 SENIOR 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   | 322 | [A] Harjinder Kaur   | 204  | PUN    | 04-10-1996 | 70.960 | 88     | 91 | 96 | 96   | 1    | 117          | 121 | 124 | 124  | 1    | 220   | 1    |
| 2   | 15  | [A] Sarbjeet Kaur    | 198  | PUN    | 04-04-1992 | 70.420 | 82     | 85 | 87 | 87   | 2    | 109          | 109 | 112 | 112  | 3    | 199   | 2    |
| 3   | 636 | [A] Jasvir Kaur      | 196  | AIPSCB | 22-02-1993 | 69.340 | 82     | 85 | 87 | 85   | 3    | 106          | 109 | 111 | 111  | 4    | 196   | 3    |
| 4   | 494 | [A] Meena Kumari     | 190  | CHD    | 15-08-1989 | 70.540 | 79     | 79 | 83 | 79   | 5    | 107          | 112 | 116 | 112  | 2    | 191   | 4    |
| 5   | 743 | [A] Armandeep Kour   | 189  | RAJ    | 07-10-2002 | 69.940 | 80     | 83 | 83 | 83   | 4    | 105          | 108 | 108 | 105  | 6    | 188   | 5    |
| 6   | 555 | [A] Ch. Nirmala Devi | 196  | AIPSCB | 19-06-2001 | 71.000 | 77     | 81 | 81 | 77   | 8    | 105          | 110 | 112 | 110  | 5    | 187   | 6    |
| 7   | 114 | [A] Sushma Devi      | 177  | U.P.   | 07-08-2005 | 69.690 | 78     | 78 | 78 | 78   | 6    | 96           | 96  | 101 | 96   | 8    | 174   | 7    |
| 8   | 597 | [B] Nicemol Thomas   | 173  | KRL    | 09-12-1999 | 69.400 | 77     | 77 | 82 | 77   | 7    | 96           | 96  | 96  | 96   | 7    | 173   | 8    |
|     | 25  | [A] Akta Banjare     | 177  | CG     | 24-08-2005 | 69.160 | 77     | 77 | 77 | --   |      | --           | --  | --  | --   |      | --    |      |

### BREAK RECORDS

SENIOR NATIONAL RECORDS WOMEN 71 kg SNATCH : LALCHHANHIMI [MIZ] 95 ----> HARJINDER KAUR [PUN] 96

SENIOR NATIONAL RECORDS WOMEN 71 kg CLEAN&JERK : HARJINDER KAUR [PUN] 123 ----> HARJINDER KAUR [PUN] 124

SENIOR NATIONAL RECORDS WOMEN 71 kg TOTAL : LALCHHANHIMI [MIZ] 217 ----> HARJINDER KAUR [PUN] 220



# 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 SENIOR 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   | 136 | [A] Pooja Yadav            | 190  | AIPSCB | 15-07-1996 | 75.540 | 86     | 89 | 91 | 91   | 2    | 107          | 111 | 113 | 113  | 2    | 204   | 1    |
| 2   | 309 | [A] Harmanpreet Kaur       | 195  | CHD    | 09-10-2001 | 76.000 | 85     | 89 | 89 | 89   | 3    | 114          | 117 | 117 | 114  | 1    | 203   | 2    |
| 3   | 678 | [A] Pompi Saikia           | 201  | CHD    | 09-01-1996 | 75.220 | 87     | 90 | 92 | 92   | 1    | 108          | 112 | 112 | 108  | 6    | 200   | 3    |
| 4   | 661 | [A] Khaidem Sarjubala Devi | 203  | ARN    | 01-10-1999 | 75.380 | 83     | 86 | 88 | 86   | 5    | 108          | 113 | 113 | 113  | 3    | 199   | 4    |
| 5   | 694 | [A] Sanjana                | 200  | HRN    | 18-01-2007 | 75.940 | 84     | 87 | 87 | 84   | 6    | 106          | 110 | 117 | 110  | 4    | 194   | 5    |
| 6   | 687 | [A] P. Dathri              | 190  | A.P.   | 22-06-2003 | 74.420 | 80     | 84 | 88 | 88   | 4    | 100          | 105 | 109 | 105  | 7    | 193   | 6    |
| 7   | 495 | [A] Manpreet Kaur          | 202  | PUN    | 02-01-1996 | 76.000 | 83     | 83 | 87 | 83   | 8    | 108          | 113 | 113 | 108  | 5    | 191   | 7    |
| 8   | 497 | [A] A. Tumina Devi         | 185  | MNP    | 26-01-1999 | 74.440 | 80     | 83 | 85 | 83   | 7    | 100          | 104 | 104 | 100  | 9    | 183   | 8    |
| 9   | 167 | [B] V. Sahithi             | 177  | TEL    | 15-10-2002 | 75.800 | 79     | 79 | 79 | 79   | 11   | 98           | 101 | 103 | 101  | 8    | 180   | 9    |
|     | 603 | [A] Navdeep Kaur           | 203  | PUN    | 15-11-2003 | 73.000 | 83     | 83 | 86 | 83   | 9    | 115          | 116 | 118 | --   |      | --    |      |
|     | 346 | [A] S. Chaoba Chanu        | 180  | MNP    | 01-05-2004 | 75.700 | 80     | 80 | 82 | 80   | 10   | 100          | 100 | --  | --   |      | --    |      |



# 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 SENIOR 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   | 49  | [A] Vanshita Verma      | 215  | RSPB | 08-10-2001 | 80.800 | 86     | 90 | 96 | 96   | 1    | 113          | 124 | 124 | 124  | 1    | 220   | 1    |
| 2   | 11  | [A] Navdeep Kaur        | 190  | CHD  | 14-02-1987 | 78.900 | 82     | 84 | 86 | 86   | 2    | 102          | 102 | 104 | 104  | 5    | 190   | 2    |
| 3   | 548 | [A] Anjana Sreejith     | 185  | KRL  | 25-02-2003 | 77.820 | 80     | 83 | 85 | 83   | 5    | 101          | 107 | 110 | 107  | 2    | 190   | 3    |
| 4   | 12  | [A] Monika              | 195  | HRN  | 03-10-1995 | 76.200 | 80     | 83 | 85 | 83   | 4    | 105          | 108 | 108 | 105  | 4    | 188   | 4    |
| 5   | 677 | [A] W. Sapana Devi      | 185  | MNP  | 05-01-2003 | 79.540 | 80     | 83 | 83 | 80   | 6    | 103          | 107 | 111 | 107  | 3    | 187   | 5    |
| 6   | 264 | [A] Ch. Sri Lakshmi     | 190  | A.P. | 19-10-2004 | 81.000 | 80     | 83 | 85 | 85   | 3    | 99           | 99  | 104 | 99   | 6    | 184   | 6    |
|     | 248 | [A] Warepam Anjali Devi | 195  | ARN  | 13-02-2002 | 76.100 | 80     | 80 | 80 | --   |      | --           | --  | --  | --   |      | --    |      |

### BREAK RECORDS

SENIOR NATIONAL RECORDS WOMEN 81 kg CLEAN&JERK : VANSHITA VERMA [CHD] 123 ----> VANSHITA VERMA [RSPB] 124



# 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 SENIOR WOMEN 87 kg

Competition : 06.01.2024 12:30

Weigh in : 10:30

| No. | LOT | NAME                    | ENT. | TEAM   | BORN       | BW     | SNATCH |    |    |      |      | CLEAN & JERK |     |     |      |      | TOTAL |      |
|-----|-----|-------------------------|------|--------|------------|--------|--------|----|----|------|------|--------------|-----|-----|------|------|-------|------|
|     |     |                         |      |        |            |        | 1      | 2  | 3  | Res. | Rank | 1            | 2   | 3   | Res. | Rank | Res.  | Rank |
| 1   | 612 | [A] R. Arockiya Alish   | 215  | RSPB   | 05-11-2000 | 86.520 | 88     | 91 | 94 | 91   | 2    | 118          | 122 | 127 | 127  | 1    | 218   | 1    |
| 2   | 104 | [A] Komal Wakale        | 200  | MHR    | 01-11-1990 | 87.000 | 89     | 93 | 95 | 93   | 1    | 110          | 115 | 119 | 119  | 2    | 212   | 2    |
| 3   | 578 | [A] Usha S R            | 210  | KRN    | 21-08-2000 | 86.820 | 84     | 88 | 91 | 91   | 3    | 112          | 118 | 122 | 118  | 3    | 209   | 3    |
| 4   | 582 | [A] Tammana             | 190  | HRN    | 05-10-2002 | 83.960 | 83     | 86 | 88 | 88   | 5    | 111          | 116 | 122 | 116  | 4    | 204   | 4    |
| 5   | 283 | [A] Tamanna             | 195  | HRN    | 13-02-2002 | 87.000 | 87     | 91 | 91 | 87   | 6    | 107          | 107 | 110 | 110  | 6    | 197   | 5    |
| 6   | 624 | [B] Shivani Yadav       | 187  | ORS    | 05-01-2001 | 83.980 | 82     | 85 | 85 | 85   | 7    | 110          | 117 | 117 | 110  | 5    | 195   | 6    |
| 7   | 514 | [A] Dimpi Dutta         | 190  | AIPSCB | 11-05-1999 | 86.340 | 83     | 86 | 88 | 88   | 4    | 106          | 112 | 112 | 106  | 7    | 194   | 7    |
| 8   | 47  | [A] Swapna Priya Baruah | 192  | ARN    | 24-09-1996 | 87.000 | 82     | 82 | 82 | 82   | 10   | 106          | 106 | 109 | 106  | 8    | 188   | 8    |
| 9   | 439 | [A] Manisha             | 190  | H.P.   | 14-11-1996 | 83.520 | 82     | 84 | 84 | 82   | 9    | 101          | 105 | 107 | 105  | 9    | 187   | 9    |
| 10  | 562 | [A] Shivangi Singh      | 190  | U.P.   | 29-03-2000 | 86.200 | 82     | 85 | 88 | 85   | 8    | 101          | 101 | 101 | 101  | 10   | 186   | 10   |
|     | 489 | [A] Yogita Khedkar      | 190  | MHR    | 15-06-2002 | 85.420 | 83     | 83 | 83 | --   |      | --           | --  | --  | --   |      | --    |      |
|     | 226 | [B] Kinjal Sapara       | 183  | RAJ    | 14-06-1999 | 82.360 | 82     | 82 | 82 | --   |      | --           | --  | --  | --   |      | --    |      |

### BREAK RECORDS

SENIOR NATIONAL RECORDS WOMEN 87 kg CLEAN&JERK : P. ANURADHA [TND] 126 ----> R. AROCKIYA ALISH [RSPB] 127



# 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 SENIOR 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   | 528 | [A] Mehak Sharma    | 235  | PUN    | 01-04-1995 | 108.240 | 92     | 97 | 105 | 105  | 1    | 123          | 130 | 135 | 135  | 1    | 240   | 1    |
| 2   | 701 | [A] Manpreet Kaur   | 210  | AIPSCB | 15-09-1989 | 108.360 | 94     | 99 | 99  | 99   | 3    | 125          | 133 | 136 | 133  | 2    | 232   | 2    |
| 3   | 648 | [A] Ann Mariya M.T. | 210  | RSPB   | 21-08-1998 | 123.520 | 85     | 90 | 93  | 93   | 4    | 110          | 120 | 132 | 120  | 3    | 213   | 3    |
| 4   | 634 | [B] Muskan Singh    | 184  | HRN    | 28-11-2002 | 100.740 | 84     | 89 | 89  | 84   | 8    | 107          | 113 | 117 | 117  | 4    | 201   | 4    |
| 5   | 127 | [B] T. Satya Jyothi | 185  | A.P.   | 30-08-1998 | 92.840  | 80     | 88 | 91  | 88   | 5    | 102          | 108 | 112 | 112  | 5    | 200   | 5    |
| 6   | 640 | [A] Ruchika Dhore   | 195  | MHR    | 26-07-2001 | 90.460  | 83     | 86 | 88  | 86   | 6    | 99           | 104 | 104 | 104  | 7    | 190   | 6    |
| 7   | 536 | [A] Jasbir Kaur     | 200  | CHD    | 08-08-1988 | 103.360 | 85     | 85 | 90  | 85   | 7    | 105          | 112 | 117 | 105  | 6    | 190   | 7    |
| 8   | 500 | [B] Ichha Patel     | 169  | IWLF   | 08-09-2004 | 103.900 | 70     | 70 | 73  | 73   | 10   | 90           | 96  | 98  | 98   | 8    | 171   | 8    |
|     | 222 | [A] Purnima Pandey  | 200  | U.P.   | 16-10-1997 | 105.680 | 95     | 99 | 103 | 99   | 2    | --           | --  | --  | --   |      | --    |      |
|     | 231 | [A] Pooja           | 197  | H.P.   | 23-06-1996 | 87.900  | 80     | 80 | 80  | 80   | 9    | --           | --  | --  | --   |      | --    |      |

### BREAK RECORDS

SENIOR NATIONAL RECORDS WOMEN +87 kg SNATCH : PURNIMA PANDEY [U.P.] 104 ---> MEHAK SHARMA [PUN] 105

SENIOR NATIONAL RECORDS WOMEN +87 kg CLEAN&JERK : MANPREET KAUR [PUN] 128 ---> MANPREET KAUR [AIPSCB] 133

SENIOR NATIONAL RECORDS WOMEN +87 kg CLEAN&JERK : MANPREET KAUR [PUN] 128 ---> Mehak Sharma [PUN] 135

SENIOR NATIONAL RECORDS WOMEN +87 kg TOTAL : ANN MARIYA M.T. [KRL] 231 ---> MANPREET KAUR [AIPSCB] 232

SENIOR NATIONAL RECORDS WOMEN +87 kg TOTAL : ANN MARIYA M.T. [KRL] 231 ---> Mehak Sharma [PUN] 240