



INDIAN WEIGHTLIFTING FEDERATION



Nationals Weightlifting Championships (77 years - HOW IT WENT ON !!!!!!!)

**MEN**

SENIOR MEN NATIONAL CHAMPIONSHIPS					INTER STATE MEN			BEST LIFTERS
NO.	YEAR	VENUE	WINNERS	RUNNER UP	NO.	WINNER	RUNNER UP	
1	1940	Bombay	Bengal					
2	1942	Lahore	Bengal					
3	1944	Cancelled	Due to War					
4	1945	Bangalore	Bengal / Bombay					
5	1948	Lucknow	Bengal					
6	1950	Bombay	Bombay					
7	1952	Madras	Madras					
8	1954	Delhi	Madras					
9	1956	Patiala	Railways					
10	1958	Cuttack	Railways					
11	1959	Bombay	Railways					
12	1960	Delhi	Railways					
13	1961	Ernakulam	Railways					
14	1962	Jabalpur	Railways	Services				
15	1963	Cuttack	Railways	Services				
16	1964	Calcutta	Railways					
17	1965	Coimbatore	Railways	Services	1	Madras	Delhi	
18	1966	Bangalore	Railways	Services	2	Delhi		
19	1967	Vijaywada	Services	Railways	3	Madras		
20	1968	Madras	Railways	Madras	4	Madras	Delhi	
21	1969	Bombay	Services	Railways	5	Madras	Delhi	
22	1970	Cuttack	Services	Railways	6	Tamil Nadu	Andhra Pradesh	
23	1971	Delhi	Railways	Services	7	Tamil Nadu	Maharashtra	
24	1972	Poona	Services	Railways	8	Tamil Nadu	Maharashtra	
25	1973	Indore	Railways	Services	9	Maharashtra	Punjab	
26	1974	Jabalpur	Railways	Services	10	Tamil Nadu	Maharashtra	
27	1975	Hyderabad	Railways	Services	11	Tamil Nadu		
28	1976	Ernakulam	Railways	Services	12	Punjab		
29	1977	Burnpur	Services	Railways	13	Tamil Nadu	Maharashtra	
30	1978	Calcutta	Services	Railways	14	Maharashtra	Tamil Nadu	
31	1979	Hyderabad	Railways	Services	15	Tamil Nadu	Punjab	
32	1980	Varanasi	Railways	Services	16	Tamil Nadu	Punjab	
33	1981	New Delhi	Railways	Services	17	Tamil Nadu	Punjab	E. Karunakaran
34	1982	Ernakulam	Railways	Services	18	Tamil Nadu	Punjab	B.K. Satpathi
35	1983	New Delhi	Railways	Services	19	Punjab	Tamil Nadu	J.M. Sapra
36	1984	Madras	Railways	Services	20	Andhra Pradesh	Tamil Nadu	Meherchand
37	1985	Calcutta	Services	Railways	21	Tamil Nadu	Maharashtra	J.M. Sapra
38	1985-86	Jaipur	Railways	Services	22	Maharashtra	Tamil Nadu	G. Muthuswamy
39	1986-87	Ernakulam	Services	Railways	23	Tamil Nadu	West Bengal	N. Kurnavan
40	1987-88	Jamnagar	Services	Railways	24	Tamil Nadu	Maharashtra	Pushparaj Hegde
41	1988-89	Tata Nagar	Tamil Nadu	Services	25	Railways	Maharashtra	Paramjit Sharma
42	1989-90	Thanjavur	Services	Railways	26	Maharashtra	Punjab	K.S. Muthu
43	1990-91	Ambala	Railways	Services	27	Punjab	Tamil Nadu	Dalvir Singh
44	1991-92	Bangalore	Services	Railways	28	Punjab	Tamil Nadu	Jagjivan Singh
45	1992-93	Eluru	Railways	Services	29	Punjab	Tamil Nadu	Jagjivan Singh
46	1993-94	Calcutta	Railways	Services	30	Punjab	Tamil Nadu	B. Adisekhar
47	1994-95	Poona	Railways	Services	31	Tamil Nadu	Andhra Pradesh	P.T. Karasu
48	1995-96	Trichur	Railways	Services	32	Tamil Nadu	Andhra Pradesh	Paramjit Sharma
49	1996-97	Chennai	Services	Railways	33	Tamil Nadu	Andhra Pradesh	Dalvir Singh/Satish Rai
50	1997-98	Tata Nagar	Services	Railways	34	Tamil Nadu	Maharashtra	Dalvir Singh
51	1998-99	Bangalore	Police	Services	35	Maharashtra	Punjab	Satish Rai/Sandeep Kumar
52	1999-00	Kalyan	Railways	Punjab	36	Punjab	Maharashtra	A.K. Pandian/Satish Rai
53	2000-01	Visakhapatnam	Police	Services	37	Tamil Nadu	Punjab	A.K. Pandian/Satish Rai
54	2001-02	Bhilai	Services	Punjab	38	Punjab	Tamil Nadu	T. Muthu
55	2002-03	Lucknow	Railways	Services	39	Maharashtra	Andhra Pradesh	Vicky Batta
56	2003-04	Delhi	Police	Railways	40	Punjab	Tamil Nadu	Satish Rai
57	2004-05	Guwahati	Railways	Services	41	Maharashtra	Tamil Nadu	Mohd. Zakir
58	2005-06	Yamuna Nagar	Services	Railways	42	Maharashtra	Madhya Pradesh	Raju Edwin
59	2006-07	Visakhapatnam	Railways	Police	43	Madhya Pradesh	Punjab	V.S. Rao
60	2007-08	Bhubaneswar	Railways	Services	44	Punjab	Maharashtra	G. Elumalai
61	2008-09	Pune	Services	Railways	45	Punjab	Maharashtra	K. Ravi Kumar
62	2009-10	Udaipur	Services	Railways	46	Maharashtra	Madhya Pradesh	K. Ravi Kumar
63	2010-11	Bangalore	Services	Uttar Pradesh	47	Uttar Pradesh	Madhya Pradesh	K. Ravi Kumar
64	2011-12	Behrampur	Services	Uttar Pradesh	48	Uttar Pradesh	Orissa	M. Syamlal
65	2012-13	Modinagar	Services	Railways	49	Uttar Pradesh	Madhya Pradesh	Chandrakant Mali
66	2013-14	Nagpur	Services	Railways	50	Haryana	Andhra Pradesh	S. Sathish Kumar
67	2014-15	Jaipur	Railways	Services	51	Maharashtra	Karnataka	S. Sathish Kumar
68	2015-16	Patiala	Railways	Services	52	Punjab	Madhya Pradesh	Vikas Thakur



# INDIAN WEIGHTLIFTING FEDERATION



## Nationals Weightlifting Championships (77 years - HOW IT WENT ON !!!!!!!)

### MEN

SENIOR MEN NATIONAL CHAMPIONSHIPS					INTER STATE MEN			
NO.	YEAR	VENUE	WINNERS	RUNNER UP	NO.	WINNER	RUNNER UP	BEST LIFTERS
69	2016-17	Nageroil	Services	Railways	53	Maharashtra	Tamil Nadu	S. Sathish Kumar
70	2017-18	Moodbidri	Railways	Services	54	Tamil Nadu	Maharashtra	Ajay Singh
71	2018-19	Visakhapatnam	Railways	Services	55	Tamil Nadu	Punjab	Harshad Wadekar
72	2019-20	Kolkata	Services	Railways	56	Maharashtra	Chhattisgarh	Jeremy Lalrinnunga
73	2020-21	Patiala	Railways	Services	57	Punjab	Maharashtra	Siddhanta Gogoi
74	2021-22	Bhubaneswar	Railways	Services	58	Odisha	Haryana	Sanket Sargar
75	2022-23	Nagercoil	Services	Railways	59	Maharashtra	Rajasthan	Mukund Aher
76	2023-24	Itanagar	Railways	Services	60	Haryana	Maharashtra	Jeremy Lalrinnunga
77	2024-25	Nagrota Bagwan	Services	Railways	61	Tamil Nadu	Maharashtra	M. Raja



## INDIAN WEIGHTLIFTING FEDERATION



### NATIONAL SENIOR WEIGHTLIFTING CHAMPIONSHIPS 40 YEARS - HOW IT WENT ON WOMEN

S.No.	YEAR	VENUE	WINNER	RUNNER-UP	INTER STATE WOMEN			BEST LIFTERS
					NO	WINNER	RUNNER UP	
1	1985-86	Jaipur	Kerala	West Bengal				
2	1986-87	Ernakulam	West Bengal	Kerala				Shyamala Shetty
3	1987-88	Jamnagar	West Bengal	Punjab				Shyamala Shetty
4	1988-89	Tata Nagar	West Bengal	Bihar				Shyamala Shetty
5	1989-90	Thanjavan	West Bengal	Punjab				Jyotsna Dutta
6	1990-91	Ambala	Punjab	Tamil Nadu				Chhaya Adak
7	1991-92	Bangalore	Punjab	West Bengal				Chhaya Adak
8	1992-93	Eluru	Punjab	Tamil Nadu				Chhaya Adak
9	1993-94	Cuttack	Manipur	Punjab				K. Malleswari
10	1994-95	Poona	Karnataka	Punjab				N. Laxmi
11	1995-96	Trichur	Police	Punjab				N. Laxmi
12	1996-97	Chennai	Police	Punjab				Jeevan Jyothi/K. Malleswari
13	1997-98	Tata Nagar	Karnataka	West Bengal				N. Kunjarani Devi
14	1998-99	Bangalore	Police	Orissa				Sanamacha Chanu
15	1999-00	Kalyan	Police	Manipur				Pratima Kumari/Khoni Devi
16	2000-01	Visakhapatnam	Police	Andhra Pradesh				N. Kunjarani Devi/Gitanjali Devi
17	2001-02	Bhilia	Andhra Pradesh	Punjab				Sanamacha Chanu
18	2002-03	Lucknow	Police	Punjab				N. Kunjarani Devi
19	2003-04	Delhi	Karnataka	Police				Simple Bhumrah
20	2004-05	Guwahati	Andhra Pradesh	Uttar Pradesh				Simple Bhumrah
21	2005-06	Yamuna Nagar	Andhra Pradesh	Manipur				P. Sailaja
22	2006-07	Visakhapatnam	Police	Andhra Pradesh				L. Monika Devi
23	2007-08	Bhubaneswar	Police	Manipur				L. Monika Devi
24	2008-09	Pune	Andhra Pradesh	Manipur				P. Sailaja
25	2009-10	Udaipur	Police	Manipur				Ng. Soniya Chanu
26	2010-11	Bangalore	Manipur	Punjab				Kh. Sanjita Chanu
27	2011-12	Behrampur	Manipur	Punjab				Ng. Soniya Chanu
28	2012-13	Modinagar	Railways	Punjab				Ng. Soniya Chanu
29	2013-14	Nagpur	Haryana	Manipur				Kh. Sanjita Chanu
30	2014-15	Jaipur	Punjab	Police				B. Usha
31	2015-16	Patiala	Railways	Police				Reena
32	2016-17	Nagercoil	Railways	Andhra Pradesh				S. Mirabai Chanu
33	2017-18	Moodbidri	Railways	Police	1	Andhra Pradesh	Manipur	Rakhi Halder
34	2018-19	Visakhapatnam	Maharashtra	Railways	2	Maharashtra	Manipur	S. Mirabai Chanu
35	2019-20	Kolkata	Railways	Maharashtra	3	Maharashtra	Manipur	S. Mirabai Chanu
36	2020-21	Patiala	Railways	Haryana	4	Haryana	Uttar Pradesh	Komal Kohar
37	2021-22	Bhubaneswar	Railways	Manipur	5	Manipur	Punjab	Komal Kohar
38	2022-23	Nagercoil	Railways	Maharashtra	6	Maharashtra	Haryana	Komal Kohar
39	2023-24	Itanagar	Railways	Haryana	7	Haryana	Maharashtra	Dipali Gursale
40	2024-25	Nagrota Bagwan	Railways	Punjab	8	Punjab	Haryana	Sufna Jasmin P.S.



## INDIAN WEIGHTLIFTING FEDERATION



### Youth Nationals Weightlifting Championships (20 years - HOW IT WENT ON !!!!!!!)

NO.	YEAR	VENUE	BOYS			GIRLS		
			WINNERS	RUNNER UP	BEST LIFTER	WINNER	RUNNER UP	BEST LIFTER
1	2003-04	Kozhikode	Andhra Pradesh	Maharashtra	Sunil Naik	Maharashtra	Andhra Pradesh	M. Siva Rani
2	2004-05	Andheri	Andhra Pradesh	Maharashtra	Sukhen Dey	Andhra Pradesh	Maharashtra	B. Prameela Valli
3	2005-06	Bhilai	Andhra Pradesh	Maharashtra	Sukhen Dey	Andhra Pradesh	Manipur	M. Sunibala Devi
4	2007-08	Imphal	Manipur	Orissa	Gaurav Dubey	Manipur	Andhra Pradesh	S. Yamini
5	2009-10	Rajhara Mines	Manipur	Orissa	Gaurav Dubey	Manipur	Andhra Pradesh	M. Santoshi
6	2010-11	Jagadhri	Assam	Chhattisgarh	Ganesh Mali	Orissa	Andhra Pradesh	Pramila Krisani
7	2011-12	Itanagar	Manipur	Arunachal Pradesh	Neeraj Sharma	Manipur	Orissa	Chandrika Tarafdar
8	2012-13	Delhi	Uttar Pradesh	Maharashtra	Sambo Lapung	Manipur	Andhra Pradesh	Chandrika Tarafdar
9	2013-14	Guwahati	Manipur	Punjab	Ragala Venkat Rahul	Manipur	Andhra Pradesh	Mohini Chavan
10	2014-15	Yamuna Nagar	Manipur	Uttar Pradesh	Jamjang Deru	Manipur	Maharashtra	Pooja Gupta
11	2015-16	Patna	Haryana	Andhra Pradesh	Gulam Navi	Maharashtra	Manipur	Rupa Hanagandi
12	2016-17	Bhubaneswar	Orissa	Maharashtra	Gulam Navi	Maharashtra	Manipur	Mohini Chavan
13	2017-18	Visakhapatnam	Andhra Pradesh	Telangana	Achinta Sheuli	Manipur	Maharashtra	L. Nilam Devi
14	2018-19	Nagpur	Maharashtra	Uttar Pradesh	Jacob Vanlalduanga	Maharashtra	Manipur	Ch. Nirmala Devi
15	2019-20	Bodh Gaya	Andhra Pradesh	Maharashtra	Charu Pesi	Maharashtra	Andhra Pradesh	KVL Pavani Kumari
16	2020-21	Patiala	Andhra Pradesh	Uttar Pradesh	N. Tomchou Meetei	Maharashtra	Andhra Pradesh	Akanksha Vyavahare
17	2021-22	Bhubaneswar	Andhra Pradesh	Tamil Nadu	T. Madhavan	Uttar Pradesh	Andhra Pradesh	Akanksha Vyavahare
18	2022-23	Nagercoil	Tamil Nadu	Andhra Pradesh	S. Gurunaidu	Maharashtra	Andhra Pradesh	Jyoshna Sabar
19	2023-24	Itanagar	Uttar Pradesh	Tamil Nadu	Babulal Hembrom	Maharashtra	Andhra Pradesh	Jyoshna Sabar
20	2024-25	Nagrota Bagwan	Andhra Pradesh	Assam	Yash Khandagale	Andhra Pradesh	Maharashtra	Jyoshna Sabar



## INDIAN WEIGHTLIFTING FEDERATION



### Junior Nationals Weightlifting Championships (61 years - HOW IT WENT ON !!!!!!!)

NO.	YEAR	VENUE	MEN				WOMEN		
			WINNERS	RUNNER UP	BEST LIFTER	WINNER	RUNNER UP	BEST LIFTER	
40	2003-04	Kozhikode	40 Maharashtra	Andhra Pradesh	S. Mohan Sundaram	16 Andhra Pradesh	Manipur	Renu Bala	
41	2004-05	Andheri	41 Andhra Pradesh	Maharashtra	V. Vinoth Kumar	17 Andhra Pradesh	Uttar Pradesh	K. Kalyani	
42	2005-06	Bhilai	42 Punjab	Maharashtra	B. Rajkumar	18 Andhra Pradesh	Manipur	P. Harita	
43	2006-07	Chennai	43 Uttar Pradesh	Andhra Pradesh	Rustam Sarang	19 Andhra Pradesh	Manipur	S. Yamini	
44	2007-08	Imphal	44 Manipur	Uttar Pradesh	K. Ravi Kumar	20 Andhra Pradesh	Manipur	S. Yamini	
45	2008-09	Noida	45 Uttar Pradesh	Andhra Pradesh	Sukhen Dey	21 Andhra Pradesh	Punjab	S. Yamini	
46	2009-10	Rajhara Mines	46 Uttar Pradesh	Haryana	S. Sathish Kumar	22 Manipur	Andhra Pradesh	M. Santoshi	
47	2010-11	Jagadhri	47 Orissa	Uttar Pradesh	Yukar Sibi	23 Manipur	Andhra Pradesh	Kh. Sanjita Chanu	
48	2011-12	Itanagar	48 Andhra Pradesh	Orissa	Neeraj Sharma	24 Manipur	Andhra Pradesh	S. Mirabai Chanu	
49	2012-13	Delhi	49 Andhra Pradesh	Uttar Pradesh	Apurba Chetia	25 Andhra Pradesh	Manipur	M. Santoshi	
50	2013-14	Guwahati	50 Maharashtra	Andhra Pradesh	Kojum Taba	26 Punjab	Orissa	S. Mirabai Chanu	
51	2014-15	Yamuna Nagar	51 Maharashtra	Haryana	R.V. Rahul	27 Manipur	Maharashtra	Pramila Krisani	
52	2015-16	Patna	52 Maharashtra	Punjab	Kojum Taba	28 Punjab	Manipur	S. Thasana Chanu	
53	2016-17	Bhubaneswar	53 Haryana	Maharashtra	Gulam Navi	29 Maharashtra	Manipur	Manalisha Sonowal	
54	2017-18	Visakhapatnam	54 Punjab	Tamil Nadu	Achinta Sheuli	30 Maharashtra	Andhra Pradesh	Mandeep	
55	2018-19	Nagpur	55 Tamil Nadu	Maharashtra	Shubham Kolekar	31 Maharashtra	Arunachal Pradesh	G. Lalitha	
56	2019-20	Bodh Gaya	56 Tamil Nadu	Andhra Pradesh	Siddhanta Gogoi	32 Maharashtra	Manipur	KVL Pavani Kumari	
57	2020-21	Patiala	57 Maharashtra	Tamil Nadu	Sanket Sargar	33 Maharashtra	Andhra Pradesh	Komal Kohar	
58	2021-22	Bhubaneswar	58 Andhra Pradesh	Uttar Pradesh	T. Madhavan	34 Maharashtra	Andhra Pradesh	KVL Pavani Kumari	
59	2022-23	Nagercoil	59 Maharashtra	Tamil Nadu	Mukund Aher	35 Haryana	Uttar Pradesh	Sufna Jasmin P.S.	
60	2023-24	Itanagar	60 Maharashtra	Tamil Nadu	Uday Mahajan	36 Maharashtra	Andhra Pradesh	L. Nilam Devi	
61	2024-25	Nagrota Bagwan	61 Andhra Pradesh	Haryana	N. Tomchou Meetei	37 Andhra Pradesh	Maharashtra	Akanksha Vyavahare	