



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT SENIOR MEN 55 kg

Competition : 07.10.2024 20:30

Weigh in : 18:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	277	[A] MUKUND AHER	240	RSPB	04.07.2003	54.900	109	113	115	113	1	133	138	141	141	1	254	1
2	301	[A] GOUD AKASH SHRINIVAS	240	RSPB	10.04.2000	55.000	108	111	111	111	2	132	136	141	136	3	247	2
3	789	[A] VIJAY KUMAR	240	C.G.	15.02.1999	54.900	101	104	104	101	8	135	139	144	139	2	240	3
4	137	[A] MUNA NAYAK	230	ORS	20.10.2002	54.950	100	104	104	104	6	130	135	140	135	4	239	4
5	205	[A] N. TOMCHOU MEETEI	239	MNP	04.03.2006	54.800	102	105	107	105	3	128	133	138	133	5	238	5
6	13	[A] S. GURUNaidu	235	A.P.	09.05.2006	54.900	102	102	105	105	4	125	130	134	130	6	235	6
7	373	[A] RAJA BHARTI	235	C.G.	19.12.2003	54.940	104	107	107	104	5	120	125	130	125	8	229	7
8	385	[A] SATHISH V	230	TND	01.05.2000	54.940	92	96	100	100	9	120	126	130	126	7	226	8
9	547	[A] KUMBHESWAR MALLIK	225	ORS	20.06.2002	54.960	97	100	102	102	7	123	123	123	123	9	225	9
	488	[B] SUMIT SHARMA	212	U.P.	24.04.2003	54.960	92	96	96	92	10	120	120	120	--	--	--	--
	535	[B] GANESH KUSHWAHA	212	M.P.	25.12.1995	54.940	92	95	95	92	11	120	120	120	--	--	--	--
	81	[B] AKSHAY BALDANIYA	220	GUJ	15.10.2000	54.740	92	92	95	92	12	120	120	120	--	--	--	--
	152	[B] KONSAM SANJU SINGH	210	ARN	06.04.1998	54.450	92	92	92	--	--	--	--	--	--	--	--	--

Jury

1. A) Shymala Shetty, KRN []
2. B) S.H. Anande Gowda, KRN []
3. C) S. Shanmugavel, TND []

Referee

- Center - Yashpal Yadav, U.P. []
Left - Bharti Kumari, J.K. []
Right - Ravi Sharma, RAJ []

Chief Marshal

1. Manohar Lal, H.P. []
2. P. SRISAILAM, AIPSCB []

Time Keeper

1. Pawan Kumar Patial, H.P. []

Technical Controller

1. Ashwini Sharma, H.P. []
2. Satish Dhiman, H.P. []

Secretary

1. Biku Sarita, ARN []



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT SENIOR MEN 61 kg

Competition : 08.10.2024 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	666	[A] M.RAJA	280	RSPB	12.01.2000	61.000	120	124	124	124	2	152	159	165	165	1	289	1
2	656	[A] CH RISHIKANTA SINGH	271	SSCB	07.05.1998	61.720	120	124	127	124	1	147	150	150	147	4	271	2
3	805	[A] CHARU PESI	280	ARN	30.09.2002	60.600	117	121	121	117	6	148	148	152	152	2	269	3
4	8	[A] SHUBHAM TODKAR	275	RSPB	19.05.1997	61.000	117	121	121	117	5	147	151	151	147	3	264	4
5	509	[A] DHANUSH KUMAR P	262	TND	01.12.2003	61.000	115	120	123	120	3	143	143	147	143	7	263	5
6	716	[A] SANKET SARGAR	260	MHR	16.10.2000	60.100	115	118	119	119	4	143	146	147	143	6	262	6
7	369	[A] GOLOM TINKU	253	ARN	12.05.2006	60.720	110	114	117	117	7	135	140	143	143	8	260	7
8	609	[A] S.MUTHUMANIYAN	265	TND	03.06.2004	61.000	110	114	117	114	10	140	140	145	145	5	259	8
9	467	[B] SUBRAHMANYA	240	KRN	12.04.2001	60.960	107	111	114	114	9	135	141	144	141	9	255	9
10	420	[A] SADANANDA BARIHA	255	ORS	15.01.2006	60.500	105	110	112	110	13	135	139	139	139	11	249	10
11	699	[B] RIKI GOGOI	240	ASM	11.12.2005	60.620	103	107	110	107	14	136	141	146	141	10	248	11
12	402	[A] LALZUIDIKA	255	MIZ	23.06.1999	60.560	106	111	114	111	12	136	142	142	136	12	247	12
13	102	[B] D. MOULALI	230	A.P.	23.12.2003	60.900	102	107	111	111	11	126	131	137	131	14	242	13
14	43	[B] HIMANSHU MAHESHWARI	239	U.P.	10.07.2003	60.400	105	109	109	105	15	130	134	137	134	13	239	14
15	149	[B] SACHIN	240	RAJ	07.05.2000	61.000	100	100	100	100	18	126	130	130	126	15	226	15
16	713	[B] KOMAL MAHESHWARI	235	C.G.	07.06.2002	57.120	100	104	104	100	17	125	130	134	125	16	225	16
	356	[A] SOURABH S	256	KRL	23.09.1999	61.000	112	112	115	115	8	140	140	140	--		--	
	156	[C] PIYUSH SINGH	228	M.P.	27.12.1999	61.000	101	104	104	101	16	125	125	125	--		--	



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06/10/2024 to 13/10/2024



RESULT SENIOR MEN 61 kg

Competition : 08.10.2024 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
499	[C]	AMAN KUMAR	227	UKD	01.07.2002	60.380	99	102	102	99	19	125	--	--	--	--	--	--
565	[B]	L. CHINGLENMANI MEITEI	246	MNP	16.02.1999	60.660	105	105	105	--	--	--	--	--	--	--	--	

Jury

1. A) K. Subramanya - KRN []
2. B) Rajneesh Bhaskar, BHR []
3. C) G.P. Sharma, U.P. []

Referee

- Center - Bharti Kumari, J.K. []
Left - Ravi Sharma, RAJ []
Right - Yashpal Yadav, U.P. []

Chief Marshal

1. Manohar Lal, H.P. []
2. P. SRISAILAM, AIPSCB []

Time Keeper

1. Pawan Kumar Patial, H.P. []

Technical Controller

1. Ashwini Sharma, H.P. []
2. Satish Dhiman, H.P. []

Secretary

1. Biku Sarita, ARN []



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT SENIOR MEN 67 kg

Competition : 09.10.2024 09:30

Weigh in : 7:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	487	[A] K.NEELAM RAJU	295	RSPB	24.06.1999	66.500	128	133	137	133	2	162	171	171	162	4	295	1
2	763	[A] T.MADHAVAN	290	RSPB	03.12.2004	67.000	129	129	132	132	3	158	163	163	163	3	295	2
3	601	[A] JEREMY LALRINNINGA, VSM	290	SSCB	10.26.2002	67.000	133	138	138	133	1	160	161	167	161	5	294	3
4	198	[A] SIDHANTA GOGOI	280	ASM	08.04.2004	67.000	118	122	125	122	8	155	160	164	164	2	286	4
5	758	[B] MARKIO TARIO	270	ARN	01.01.2004	67.000	120	125	126	120	11	155	155	165	165	1	285	5
6	9	[B] ANIRUDDHA NIPANE	265	MHR	24.10.2003	67.000	122	126	129	126	5	150	155	158	158	6	284	6
7	37	[A] YASH KHANDAGALE	270	MHR	27.10.2007	67.000	123	126	129	129	4	145	145	152	152	8	281	7
8	608	[A] SUBHASH LAHRE	285	C.G.	12.11.2002	67.000	125	129	129	125	7	156	156	156	156	7	281	8
9	219	[B] SAGAR MADAR	265	PUN	20.05.1998	66.000	117	122	126	126	6	147	152	152	147	12	273	9
10	95	[A] MH.SILVAN BEIHROTHATLO	270	MIZ	21.08.2004	66.750	115	119	122	122	9	150	150	160	150	9	272	10
11	651	[A] KANHAIYA KUMAR	270	BHR	03.03.2002	67.000	118	118	121	121	10	145	150	150	150	10	271	11
12	550	[A] BENGIA TANI	277	ARN	26.02.2004	66.250	117	117	120	117	12	150	150	150	150	11	267	12
13	715	[B] M. SANJAY	258	PON	15.05.2004	65.250	114	119	119	114	13	140	140	147	140	15	254	13
14	686	[B] DINESH C	270	TND	17.05.2001	64.930	113	113	113	113	14	140	145	145	140	14	253	14
15	38	[B] T. THARUN	260	TND	07.12.2002	67.000	112	112	114	112	15	140	147	147	140	13	252	15
	410	[B] ZAKHUMA	260	MIZ	1.04.2001	67.000	112	112	--	--		--	--	--	--		--	
	10	[A] BANSI LAL	280	RAJ	01.07.2003	66.750	--	--	--	--		--	--	--	--		--	

Jury

1. A) K. Subramanya - KRN []
2. B) Rajneesh Bhaskar, BHR []
3. C) G.P. Sharma, U.P. []

Referee

- Center - Dharampal Mathur, H.P. []
 Left - Takio Yana, ARN []
 Right - Trupti Parasher, MHR []

Chief Marshal

1. Manohar Lal, H.P. []
2. P. SRISAILAM, AIPSCB []

Time Keeper

1. Pawan Kumar Patial, H.P. []

Technical Controller

1. Ashwini Sharma, H.P. []
2. Satish Dhiman, H.P. []

Secretary

1. Khushbu Yadav, U.P. []



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT SENIOR MEN 73 kg

Competition : 09.10.2024 18:30

Weigh in : 16:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	714	[A] N.AJITH	315	RSPB	27.01.1999	73.000	140	140	146	140	1	166	175	178	178	1	318	1
2	187	[A] LALHUNTHARA	300	SSCB	12.07.2002	73.000	127	127	130	127	7	171	176	180	171	2	298	2
3	335	[A] DEEPAK LATHER	285	HRN	25.03.2000	72.600	132	136	140	136	2	156	161	164	161	4	297	3
4	648	[A] BEDABRATA BHARALI	300	ASM	19.03.2007	72.700	127	132	135	132	3	153	161	161	161	5	293	4
5	69	[A] LOGESWARAN S.	290	TND	17.05.2004	72.840	130	133	133	130	5	156	161	164	161	3	291	5
6	319	[A] DEVAPREEDHAN. B	290	CHD	08.10.1998	72.500	128	128	132	132	4	156	156	156	156	8	288	6
7	746	[A] R. SAMSUNDAR RAJA	285	TND	23.03.1999	72.700	130	130	130	130	6	157	157	163	157	6	287	7
8	806	[A] AKSHAY GAIKWAD	290	GOA	16.04.1996	72.100	123	123	127	127	8	150	155	165	155	9	282	8
9	359	[B] P. YESU BABU	273	A.P.	11.06.1999	73.000	123	123	126	123	10	156	162	162	156	7	279	9
10	590	[B] GULAM NAVI	280	UKD	15.06.2000	72.860	122	125	125	122	11	152	152	156	152	12	274	10
11	98	[A] PUSHKAR RAJ JANGID	283	RAJ	12.12.1999	72.900	121	121	121	121	12	145	150	150	150	14	271	11
12	474	[B] PRANIT MAHAJAN	265	MHR	20.03.2004	72.540	118	121	121	118	14	152	156	156	152	11	270	12
13	538	[C] B. PRASHANTH	260	A.P.	04.12.2000	72.500	117	123	126	123	9	146	152	152	146	18	269	13
14	287	[B] N. SAMSON SINGH	275	MNP	16.03.2000	73.000	115	115	118	118	15	145	150	150	150	13	268	14
15	34	[B] TBC LALCHHANHIMA	280	MIZ	21.05.1997	72.780	115	115	115	115	20	153	153	160	153	10	268	15
16	739	[B] ADITYA	280	CHD	16.09.2000	72.800	120	120	123	120	13	147	152	153	147	17	267	16
17	447	[B] R. SHIVALINGESHWAR SAI	280	TEL	25.07.2001	72.760	116	116	120	116	16	147	155	155	147	16	263	17
18	508	[B] ROBERT TAKHELMAYUM	270	MNP	30.11.2004	73.000	115	118	118	115	18	145	145	148	148	15	263	18



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT SENIOR MEN 73 kg

Competition : 09.10.2024 18:30

Weigh in : 16:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
19	778	[B] RAVINDRA SINGH	265	UKD	23.06.2002	73.000	115	115	125	115	19	145	145	146	145	21	260	19
20	644	[C] NIRBHAY PRATAP SINGH	250	J.K.	22.06.2003	71.600	114	114	114	114	21	145	145	145	145	19	259	20
21	128	[B] YAAD RAM	265	H.P.	1.5.2002	70.900	114	114	117	114	22	145	149	149	145	20	259	21
	279	[C] NAVEEN CHANDRA	259	M.P.	01.03.1989	73.000	115	118	118	115	17	145	145	145	--		--	
	738	[B] JACOB VANLALTLUANGA	275	MIZ	17.02.2002	73.000	119	119	119	--		--	--	--	--		--	
	764	[A] JASKARAN RAM	300	PUN	05.02.2002	72.200	133	133	133	--		--	--	--	--		--	

Jury

1. A) K. Subramanya - KRN []
2. B) Rajneesh Bhaskar, BHR []
3. C) G.P. Sharma, U.P. []

Referee

- Center - Takio Yana, ARN []
Left - Trupti Parasher, MHR []
Right - Dharampal Mathur, H.P. []

Chief Marshal

1. Manohar Lal, H.P. []
2. P. SRISAILAM, AIPSCB []

Time Keeper

1. Pawan Kumar Patial, H.P. []

Technical Controller

1. Ashwini Sharma, H.P. []
2. Satish Dhiman, H.P. []

Secretary

1. Biku Sarita, ARN []



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT SENIOR MEN 81 kg

Competition : 10.10.2024 14:00

Weigh in : 12:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	784	[A] ABHISHEK NIPANE	310	SSCB	12.11.2001	80.140	136	140	143	140	3	175	178	191	178	1	318	1
2	305	[A] ACHINTA SHEULI	310	W.B.	24.11.2001	80.200	138	142	145	145	1	168	172	176	172	2	317	2
3	698	[A] VALLURI AJAYA BABU RAO	310	M.P.	25.11.2004	80.100	143	147	147	143	2	171	171	175	171	3	314	3
4	236	[B] SAIRAJ PARDESHI	290	MHR	08.06.2007	80.900	131	135	138	135	5	161	166	170	170	4	305	4
5	537	[A] SKILTIN PAUL	307	KRL	29.05.2000	80.300	133	133	136	133	6	164	169	173	169	7	302	5
6	416	[A] HRUDANANDA DAS	299	ORS	09.06.2007	81.000	125	129	132	132	7	160	165	170	170	6	302	6
7	573	[A] BHAVESH SARANG	305	SSCB	27.05.2002	80.400	136	140	140	136	4	165	170	170	165	8	301	7
8	264	[A] MATHAN KUMAR M	300	TND	10.10.2004	80.700	125	129	129	129	9	163	164	170	170	5	299	8
9	327	[A] KANHU CHARAN SAHU	302	ORS	03.05.1997	80.900	128	132	133	128	10	163	--	--	163	9	291	9
10	624	[B] NAKUL GOSWAMI	284	U.P.	20.03.2005	79.400	125	125	130	130	8	154	160	160	160	11	290	10
11	662	[B] RAJATH RAI B	298	KRN	25.10.1999	80.000	125	130	130	125	11	160	166	166	160	10	285	11
12	413	[B] D. GANESH	280	TEL	13.06.2004	81.000	120	123	126	123	13	158	158	165	158	12	281	12
13	322	[B] SOROM HITLAR TAGRU	270	ARN	07.02.1996	79.300	120	123	123	120	14	150	155	155	150	13	270	13
14	404	[B] ABHISHEK POONIA	273	U.P.	15.12.2000	79.700	120	125	125	120	15	150	155	--	150	14	270	14
15	755	[B] BADAL BOR	270	W.B.	04.04.1997	80.500	120	124	124	120	16	150	155	--	150	15	270	15
	566	[B] BHAGWAN SINGH RATHORE	290	RAJ	06.05.2001	80.200	120	123	126	123	12	150	150	150	--		--	
	348	[A] TRIDIP BARUAH	300	ASM	15.04.2003	80.000	136	136	137	--		--	--	--	--		--	
	725	[B] LALU TAKU	295	ARN	08.12.1998	80.700	--	--	--	--		--	--	--	--		--	



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT SENIOR MEN 81 kg

Competition : 10.10.2024 14:00

Weigh in : 12:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
	616	[A] KAPIL SINGH RATHORE	300	RAJ	16.03.1993	80.100	--	--	--	--		--	--	--	--		--	

Jury

1. A) Hansa Sharma, UKD []
2. B) Pal Singh Sandhu, U.P. []
3. C) Sabina Yadav, U.P. []

Referee

- Center - R. Kavitha, TND []
Left - Anil Chugh, RAJ []
Right - Amarnath Tyagi, U.P. []

Chief Marshal

1. Yudhvir Singh, J.K. []
2. A. Subramanya, TND []

Time Keeper

1. Shivali Kumari, H.P. []

Technical Controller

1. Komalpreet Kaur, PUN []
2. RIPAN SHARMA, H.P. []

Secretary

1. Biku Sarita, ARN []



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT SENIOR MEN 89 kg

Competition : 11.10.2024 09:30

Weigh in : 7:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	126	[A] AJAY SINGH	310	SSCB	17.04.1997	88.760	139	143	151	143	1	171	177	189	177	1	320	1
2	339	[A] SUDITYA BARUAH	310	ASM	16.12.2004	87.640	136	140	142	140	2	171	171	175	175	4	315	2
3	97	[A] KRISHNABHARATHI N	310	TND	24.01.2003	84.940	133	137	140	137	5	170	175	179	175	3	312	3
4	131	[A] G. RAVISANKAR	300	A.P.	11.10.2004	88.640	134	138	141	138	4	173	178	178	173	6	311	4
5	271	[A] SHUBHAM KUMAR	300	PUN	07.10.2000	88.240	130	130	135	130	11	166	166	177	177	2	307	5
6	334	[A] LALRUATFELA	310	MIZ	5.03.2006	87.940	128	132	135	132	9	162	169	174	174	5	306	6
7	428	[A] GULAP GOGOI	300	ASM	01.04.2000	88.340	131	136	139	139	3	160	166	166	166	9	305	7
8	72	[A] KH. JOJO MEITEI	303	MNP	05.03.1998	88.900	130	130	134	134	7	169	170	175	170	7	304	8
9	341	[B] ABHIJIT DISALE	285	MHR	06.06.2003	87.900	129	134	137	134	6	168	173	175	168	8	302	9
10	191	[B] JAMES CAREE	285	KRN	11.12.2000	87.500	126	130	132	132	8	165	165	171	165	10	297	10
11	768	[B] KRISHNA DALVI	285	MHR	25.08.2000	88.420	129	134	134	129	12	165	165	169	165	11	294	11
12	673	[B] SUMIT	285	HRN	12.12.2002	85.100	125	130	134	130	10	160	166	166	160	13	290	12
13	186	[B] ABHI R ADIGUNDI RAMACHANDRA ADIGUNDI	277	KRN	18.04.2003	86.600	129	129	132	129	13	160	165	165	160	12	289	13
14	87	[B] LAKSHY MEENA	290	RAJ	23.09.1994	89.000	123	128	132	128	14	160	160	164	160	14	288	14
15	637	[B] SURINDERPAL SINGH	295	CHD	20.09.2003	89.000	125	129	130	125	15	160	160	166	160	15	285	15
	237	[B] SUJEE YADAV	290	U.P.	07.07.1993	88.000	129	129	129	--		--	--	--	--		--	

Jury

1. A) Hansa Sharma, UKD []
2. B) Pal Singh Sandhu, U.P. []
3. C) Sabina Yadav, U.P. []

Referee

- Center - Anil Chugh, RAJ []
 Left - Amarnath Tyagi, U.P. []
 Right - R. Kavitha, TND []

Chief Marshal

1. Yudhvair Singh, J.K. []
2. A. Subramanya, TND []

Time Keeper

1. Shivali Kumari, H.P. []

Technical Controller

1. Komalpreet Kaur, PUN []
2. RIPAN SHARMA, H.P. []

Secretary

1. Khushbu Yadav, U.P. []



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT SENIOR MEN 96 kg

Competition : 11.10.2024 17:00

Weigh in : 15:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	680	[A] SAMBO LAPUNG	320	SSCB	03.06.1997	95.700	146	151	151	146	3	188	201	201	188	1	334	1
2	591	[A] DILBAG SINGH	330	PUN	13.10.2004	94.250	146	151	152	146	2	182	189	189	182	2	328	2
3	689	[A] SURESH KUMAR YADAV	310	ORS	23.08.1994	95.500	136	141	141	136	5	173	178	182	178	3	314	3
4	690	[A] PARV CHAUDHARY	311	U.P.	10.07.2008	95.000	132	136	140	136	6	170	175	175	170	4	306	4
5	74	[A] CH. VINAY KUMAR	295	A.P.	03.11.2000	94.300	128	135	135	135	7	168	175	175	168	5	303	5
6	377	[A] AMIT	300	HRN	12.12.2001	95.400	132	137	137	132	8	167	175	175	167	7	299	6
7	760	[B] ABHAY KATARIA	275	DEL	02.12.2004	94.400	130	130	130	130	9	160	167	173	167	6	297	7
8	433	[B] NIHAL BATTI	285	MHR	23.09.2002	91.300	123	128	128	123	13	160	167	169	160	8	283	8
9	23	[A] ADITYA KUMAR SAHU	297	ORS	19.09.2001	94.300	125	130	130	125	10	158	158	163	158	9	283	9
10	35	[B] MANIKANDAN K	275	KRL	28.02.1999	95.200	123	126	126	123	12	152	158	158	152	10	275	10
	486	[A] A. KOMAL KARTHIK	295	A.P.	23.05.2004	95.260	140	144	147	147	1	175	175	175	--		--	
	804	[A] PARVEEN	310	HRN	27.03.2000	95.250	137	137	141	137	4	168	170	170	--		--	
	241	[B] BHARATH SHETTY	270	KRN	03.11.2002	95.600	124	124	128	124	11	155	155	155	--		--	
	765	[B] MOHD. TALIB	278	U.P.	12.07.2006	89.400	123	123	123	--		--	--	--	--		--	
	920	[B] ABHISHEK	275	H.P.	18.1.1998	96.000	123	123	123	--		--	--	--	--		--	
	721	[B] HIMANSHU SHARMA	275	J.K.	11.06.2000	95.300	123	123	123	--		--	--	--	--		--	
	105	[B] AJMER SINGH	279	M.P.	11.02.1993	89.400	123	123	123	--		--	--	--	--		--	

Jury

1. A) Hansa Sharma, UKD []
2. B) Pal Singh Sandhu, U.P. []
3. C) Sabina Yadav, U.P. []

Referee

- Center - Takio Yana, ARN []
 Left - Trupti Parasher, MHR []
 Right - Dharampal Mathur, H.P. []

Chief Marshal

1. Yudhvair Singh, J.K. []
2. A. Subramanya, TND []

Time Keeper

1. Shivali Kumari, H.P. []

Technical Controller

1. Komalpreet Kaur, PUN []
2. RIPAN SHARMA, H.P. []

Secretary

1. Biku Sarita, ARN []



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT SENIOR MEN 102 kg

Competition : 12.10.2024 10:00

Weigh in : 8:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	607	[A] JAGADISH V	330	SSCB	08.11.1994	102.000	148	153	157	157	1	187	192		187	1	344	1
2	520	[A] R.RAMKUMAR	335	RSPB	10.12.2001	101.850	150	154	158	154	2	180	184	184	180	5	334	2
3	180	[A] KOJUM TABA	330	ARN	18.06.1997	98.700	146	146	147	147	4	183	189	189	183	2	330	3
4	440	[A] HARSHIT SEHRAWAT	335	RSPB	04.05.2000	101.650	146	150	150	146	5	181	190	190	181	4	327	4
5	682	[A] AJEET SINGH	310	U.P.	01.01.1997	101.100	140	140	144	140	6	182	191	191	182	3	322	5
6	646	[A] VAISHNAV THAKUR	290	MHR	31.08.2002	101.120	136	142	147	147	3	162	162	162	162	8	309	6
7	505	[A] MANI DHIMAN	300	CHD	14.02.2006	96.150	132	138	146	138	7	162	169	--	169	6	307	7
8	414	[A] VISHVAJEET KUNWAR SINGH	289	M.P.	31.12.1999	101.900	130	135	135	130	8	162	162	165	162	7	292	8
	208	[A] G.SUNIL	289	A.P.	07.11.2001	96.800	127	127	127	--		--	--	--	--		--	
	726	[A] ASHUTOSH KUMAR SINGH	300	UKD	17.12.1995	102.000	130	130	130	--		--	--	--	--		--	

Jury

1. A) Shymala Shetty, KRN []
2. B) S.H. Anande Gowda, KRN []
3. C) S. Shanmugavel, TND []

Referee

- Center - Dharampal Mathur, H.P. []
Left - Takio Yana, ARN []
Right - Trupti Parasher, MHR []

Chief Marshal

1. Pardeep Yadav, U.P. []
2. Raj Kumar Jamwal, H.P. []

Time Keeper

1. Anna Lohita, TEL []

Technical Controller

1. Ramesh. Ch. Padhy, ORS []
2. Mithuvin Jayasooryan, KRL []

Secretary

1. Khushbu Yadav, U.P. []



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT SENIOR MEN 109 kg

Competition : 13.10.2024 11:30

Weigh in : 9:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	633	[A] HARCHARAN SINGH	335	RAJ	20.08.2001	106.500	147	153	157	157	1	181	187	191	191	1	348	1
2	660	[A] VIKAS THAKUR	320	H.P.	14.11.1993	104.500	145	149	149	149	3	187	193	193	187	2	336	2
3	111	[B] MANISH	300	HRN	20.12.1998	106.300	139	144	148	148	4	177	184	190	184	3	332	3
4	141	[A] MD JAMIER HUSSAIN	335	SSCB	04.03.1993	106.300	142	151	154	151	2	180	192	192	180	4	331	4
5	452	[A] AKASH KAUSHAL	330	M.P.	27.12.2002	106.800	145	149	150	145	5	175	188	188	175	5	320	5
6	25	[A] GURSEWAK SINGH	315	PUN	26.06.2000	103.000	132	137	140	140	6	167	173	173	173	7	313	6
7	329	[B] CHIRAG WAGHWALE	300	MHR	28.03.2001	104.640	135	139	143	139	7	165	170	180	170	8	309	7
8	209	[B] AMAL N P	302	KRL	21.04.2003	105.680	129	129	132	132	9	160	170	174	174	6	306	8
9	810	[B] GURMAIL SINGH	310	J.K.	23.03.1991	108.500	130	136	136	130	10	160	170	170	170	9	300	9
10	663	[C] IMRAN KHAN	285	M.P.	06.04.1994	107.460	129	133	133	129	11	155	160	165	160	10	289	10
	67	[A] FAZIL REHAMAN	322	KRN	20.11.1999	102.100	129	129	135	135	8	173	173	173	--		--	
	21	[C] DEEPAK	284	H.P.	20.9.1999	102.500	129	129	--	129	12	155	--	--	--		--	
	492	[C] KAPIL CHAUDHARY	270	DEL	22.02.2003	105.600	129	129	135	129	13	155	157	170	--		--	
	387	[C] RANJITH KUMAR M	247	KRN	04.01.2005	108.360	105	108	108	105	14	137	137	137	--		--	
	312	[A] NAVEEN	315	HRN	27.07.1996	109.000	144	144	145	--		--	--	--	--		--	

Jury

1. A) K. Subramanya - KRN []
2. B) Rajneesh Bhaskar, BHR []
3. C) G.P. Sharma, U.P. []

Referee

- Center - Amarnath Tyagi, U.P. []
 Left - R. Kavitha, TND []
 Right - Anil Chugh, RAJ []

Chief Marshal

1. Manohar Lal, H.P. []
2. P. SRISAILAM, AIPSCB []

Time Keeper

1. Pawan Kumar Patial, H.P. []

Technical Controller

1. Ashwini Sharma, H.P. []
2. Satish Dhiman, H.P. []

Secretary

1. Khushbu Yadav, U.P. []



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT SENIOR MEN +109 kg

Competition : 13.10.2024 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	524	[A] LOVEPREET SINGH	360	SSCB	09.06.1997	119.800	164	164	170	164	2	188	195	205	195	1	359	1
2	48	[A] S. RUDRAMAYAN	340	TND	10.04.2002	140.000	163	168	173	168	1	182	182	189	182	4	350	2
3	259	[B] VIPAN KUMAR	320	M.P.	30.01.1994	141.580	148	148	153	153	3	180	187	191	191	2	344	3
4	239	[A] ASHISH	330	HRN	10.04.2003	145.000	143	148	153	148	4	189	189	197	189	3	337	4
5	736	[A] DILABARDEEP SINGH	335	PUN	04.01.2000	144.300	147	152	154	147	5	180	187	187	180	5	327	5
	523	[B] ASHISH KUMAR	295	J.K.	14.11.1992	118.350	132	--	--	--		--	--	--	--		--	
	148	[A] GAGANDEEP GILL	340	PUN	04.01.1999	140.000	148	148	148	--		--	--	--	--		--	

Jury

1. A) K. Subramanya - KRN []
2. B) Rajneesh Bhaskar, BHR []
3. C) G.P. Sharma, U.P. []

Referee

Center - Ravi Sharma, RAJ []
Left - Yashpal Yadav, U.P. []
Right - Bharti Kumari, J.K. []

Chief Marshal

1. Manohar Lal, H.P. []
2. P. SRISAILAM, AIPSCB []

Time Keeper

1. Pawan Kumar Patial, H.P. []

Technical Controller

1. Ashwini Sharma, H.P. []
2. Satish Dhiman, H.P. []

Secretary

1. Khushbu Yadav, U.P. []



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT SENIOR WOMEN 45 kg

Competition : 07.10.2024 17:00

Weigh in : 15:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	600	[A] SUFNA JASMIN P S	168	KRL	25.10.2002	45.000	70	73	76	76	1	89	93	96	93	1	169	1
2	802	[A] DIPALI GURSALE	160	RSPB	10.11.1996	44.500	68	71	73	71	2	87	89	89	87	2	158	2
3	298	[A] RANI NAYAK	160	M.P.	10.08.2002	44.760	65	68	70	70	3	84	87	89	84	4	154	3
4	586	[A] HARSHADA GARUD	155	MHR	08.11.2003	44.940	68	68	71	68	4	83	83	87	83	6	151	4
5	396	[A] KAJOL SARGAR	145	MHR	04.10.2005	45.000	65	67	67	65	5	81	84	87	84	5	149	5
6	611	[A] RINKI NAYAK	140	ORS	09.01.2002	44.740	60	64	64	60	9	80	83	86	86	3	146	6
7	495	[A] CHANDRIKA TARAFDAR	155	W.B.	12.10.1996	45.000	63	63	66	63	7	80	85	85	80	7	143	7
8	121	[A] PRIYANKA	135	H.P.	31.10.2000	44.620	60	64	64	64	6	75	78	78	75	8	139	8
9	256	[A] SPANDANA K	132	KRN	15.10.2005	44.360	58	61	63	61	8	75	75	78	75	9	136	9
	478	[A] SHRAVYA	131	KRN	15.04.2005	44.720	57	57	60	57	10	75	75	75	--		--	

Jury

1. A) Hansa Sharma, UKD []
2. B) Pal Singh Sandhu, U.P. []
3. C) Sabina Yadav, U.P. []

Referee

- Center - Trupti Parasher, MHR []
Left - Dharampal Mathur, H.P. []
Right - Takio Yana, ARN []

Chief Marshal

1. Pardeep Yadav, U.P. []
2. Raj Kumar Jamwal, H.P. []

Time Keeper

1. Anna Lohita, TEL []

Technical Controller

1. Ramesh. Ch. Padhy, ORS []
2. Mithuvin Jayasooryan, KRL []

Secretary

1. Khushbu Yadav, U.P. []



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT SENIOR WOMEN 49 kg

Competition : 07.10.2024 08:00

Weigh in : 6:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	423	[A] GYANESHWARI YADAV	180	C.G.	08.03.2003	49.000	78	78	82	82	1	98	101	104	104	2	186	1
2	207	[A] KOMAL KOHAR	180	RSPB	24.07.2002	48.940	78	78	81	78	4	98	101	104	104	1	182	2
3	406	[A] PREETI	182	HRN	15.08.2002	48.620	78	78	82	78	5	96	99	103	103	3	181	3
4	45	[B] SARIKA SHINGARE	155	MHR	1.12.1998	48.740	75	78	80	78	2	95	95	95	95	5	173	4
5	797	[A] BORNALI BORAH	175	ASM	31.07.2000	49.000	72	75	75	75	7	93	96	99	96	4	171	5
6	112	[B] SOUMYA DALVI	165	MHR	18.08.2005	48.700	74	76	78	78	3	90	90	93	90	10	168	6
7	595	[A] PANCHAMI SONOWAL	175	ASM	05.05.2005	49.000	72	75	75	72	8	93	96	96	93	6	165	7
8	787	[A] VANI PURI	170	PUN	16.03.2005	48.640	68	68	71	71	12	90	93	96	93	7	164	8
9	41	[B] SAPAN KUMARI	165	BHR	07.06.2003	47.820	68	71	75	71	9	84	88	91	91	8	162	9
10	113	[A] TH. SANJU DEVI	170	MNP	17.04.2003	49.000	71	71	74	71	11	88	91	91	91	9	162	10
11	262	[B] NILAM PATEL	154	U.P.	17.12.2004	49.000	65	68	70	70	13	84	87	89	89	12	159	11
12	483	[A] K. NOMITA DEVI	172	MNP	01.03.2002	48.500	66	70	70	66	15	87	90	93	90	11	156	12
13	471	[B] MANSI CHAMUNDA	149	U.P.	01.04.2007	47.800	63	66	66	66	14	82	86	86	82	13	148	13
14	297	[B] ANU N	151	KRL	16.02.2002	47.880	62	65	67	65	16	82	82	82	82	14	147	14
15	302	[B] POSHIKA A	142	TND	24.09.2006	48.700	62	62	62	62	17	80	83	83	80	15	142	15
	63	[A] JHILLI DALABEHERA	170	ORS	03.02.1999	49.000	73	76	79	76	6	92	92	92	--		--	
	79	[B] LAKSHMI B	165	KRN	25.06.1999	48.840	71	71	74	71	10	91	91	91	--		--	
	59	[B] LAKSHANTIN KOSLE	140	C.G.	10.03.2004	48.720	62	62	62	--		--	--	--	--		--	

Jury

1. A) Hansa Sharma, UKD []
2. B) Pal Singh Sandhu, U.P. []
3. C) Sabina Yadav, U.P. []

Referee

- Center - Amarnath Tyagi, U.P. []
Left - R. Kavitha, TND []
Right - Anil Chugh, RAJ []

Chief Marshal

1. Pardeep Yadav, U.P. []
2. Raj Kumar Jamwal, H.P. []

Time Keeper

1. Anna Lohita, TEL []

Technical Controller

1. Ramesh. Ch. Padhy, ORS []
2. Mithuvin Jayasooryan, KRL []

Secretary

1. Khushbu Yadav, U.P. []



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT SENIOR WOMEN 55 kg

Competition : 07.10.2024 19:00

Weigh in : 17:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	224	[A] S.BINDYA RANI	195	RSPB	27.01.1999	53.000	81	83	85	85	1	107	110	117	110	1	195	1
2	554	[A] SNEHA SOREN	185	ORS	02.05.2001	55.000	78	81	83	83	2	105	108	111	108	2	191	2
3	545	[A] SHRABANI DAS	181	W.B.	16.03.2002	55.000	78	81	81	81	4	104	107	111	107	3	188	3
4	705	[A] L. NILAM DEVI	180	MNP	10.06.2004	55.000	78	82	82	82	3	100	104	107	104	4	186	4
5	603	[A] MINA SANTA	180	ORS	07.03.2007	55.000	76	79	79	79	5	94	97	102	97	5	176	5
6	558	[A] RAMANDEEP KAUR	185	PUN	02.10.1999	53.660	75	75	77	75	9	95	98	98	95	6	170	6
7	388	[B] SAKSHI MASKE	170	MHR	23.03.2001	55.000	71	74	76	76	6	90	93	96	93	7	169	7
8	741	[B] VIDHYA SHARMA	170	GUJ	20.01.2005	54.500	75	75	75	75	8	90	93	93	93	8	168	8
9	163	[B] RITHIKA V	160	TND	25.07.2004	54.800	70	74	77	74	10	88	91	96	91	9	165	9
10	578	[B] KHUSHI KUMARI	165	BHR	17.11.2005	55.960	68	71	75	75	7	88	93	93	88	10	163	10
11	330	[A] K. GUDIYA	174	U.P.	14.10.2001	54.700	70	70	73	70	11	85	85	88	88	11	158	11
	777	[B] VAISHNAVI BAMANE	160	MHR	29.04.2005	55.000	69	71	72	69	12	88	88	88	--		--	
	409	[C] KAJAL CHOUDHARY	155	H.P.	07.06.2002	54.600	68	68	68	--		--	--	--	--		--	
	134	[B] PARBHJOT KAUR	165	RAJ	13.03.2004	54.800	68	68	68	--		--	--	--	--		--	

Jury

1. A) Shymala Shetty, KRN []
2. B) S.H. Anande Gowda, KRN []
3. C) S. Shanmugavel, TND []

Referee

- Center - R. Kavitha, TND []
Left - Anil Chugh, RAJ []
Right - Amarnath Tyagi, U.P. []

Chief Marshal

1. Manohar Lal, H.P. []
2. P. SRISAILAM, AIPSCB []

Time Keeper

1. Pawan Kumar Patial, H.P. []

Technical Controller

1. Ashwini Sharma, H.P. []
2. Satish Dhiman, H.P. []

Secretary

1. Biku Sarita, ARN []



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT SENIOR WOMEN 59 kg

Competition : 09.10.2024 14:00

Weigh in : 12:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	470	[A] POPY HAZARIKA	200	RSPB	08.12.1998	59.000	85	88	90	90	1	107	111	116	111	2	201	1
2	808	[A] RIMA BHOI	180	ORS	29.08.2002	58.740	78	82	85	85	3	105	109	113	113	1	198	2
3	155	[A] SONAM SINGH	179	U.P.	18.12.2004	58.660	82	85	87	87	2	103	106	106	106	4	193	3
4	247	[A] BALO YALAM	180	ARN	08.08.2004	58.900	77	80	82	82	7	102	105	105	105	5	187	4
5	243	[A] USHA	190	HRN	09.02.2003	58.760	84	87	87	84	4	102	107	107	102	8	186	5
6	145	[B] BHUMIKA MOHITE	170	MHR	20.09.2006	58.900	74	77	79	79	8	99	103	106	106	3	185	6
7	295	[A] SNEHA	190	HRN	20.12.1999	58.800	83	88	88	83	6	102	106	111	102	9	185	7
8	62	[A] RAJYASHREE BISWAS	187	W.B.	22.10.2006	58.500	80	84	87	84	5	99	103	103	99	11	183	8
9	799	[A] P. SHAKHENBI DEVI	184	MNP	03.04.1998	58.460	77	77	80	77	13	104	109	109	104	6	181	9
10	323	[B] SAKSHI RANMALE	165	MHR	04.12.2003	58.800	73	74	77	77	12	98	100	102	102	7	179	10
11	153	[B] K. THARANGANI	173	A.P.	04.06.2009	56.060	73	78	78	78	10	93	98	105	98	12	176	11
12	272	[B] KANIKA SHREE V.R	160	TND	15.09.2006	58.920	78	78	80	78	9	94	94	97	97	13	175	12
13	766	[A] LIZA KAMSHA	175	ARN	02.10.2003	58.740	70	73	73	73	17	98	101	--	101	10	174	13
14	419	[B] ARTI KUMARI	170	DEL	11.01.2004	58.900	74	77	77	74	14	90	94	94	94	15	168	14
15	120	[B] ARSHA S S	166	KRL	26.08.2005	58.900	74	74	77	74	15	92	96	96	92	16	166	15
16	453	[B] SATABDI BHUYAN	170	ASM	08.11.2008	58.160	70	70	70	70	18	90	94	97	94	14	164	16
17	194	[B] SUJATHA RAI	150	GOA	17.11.2002	55.700	70	73	73	73	16	90	90	90	90	18	163	17
18	555	[B] MOTI JANI	170	ORS	10.06.2000	58.700	70	70	70	70	19	90	92	92	92	17	162	18



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT SENIOR WOMEN 59 kg

Competition : 09.10.2024 14:00

Weigh in : 12:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
	213	[A] VIDUSHI SHARMA	185	M.P.	04.08.2002	57.920	75	78	81	78	11	103	103	103	--		--	

Jury

1. A) Shymala Shetty, KRN []
2. B) S.H. Anande Gowda, KRN []
3. C) S. Shanmugavel, TND []

Referee

- Center - Trupti Parasher, MHR []
Left - Dharampal Mathur, H.P. []
Right - Takio Yana, ARN []

Chief Marshal

1. Pardeep Yadav, U.P. []
2. Raj Kumar Jamwal, H.P. []

Time Keeper

1. Anna Lohita, TEL []

Technical Controller

1. Ramesh. Ch. Padhy, ORS []
2. Mithuvin Jayasooryan, KRL []

Secretary

1. Khushbu Yadav, U.P. []

18/12/2024 12:11:20

RESULT BY PRECIOUS TIME TRADING (THAILAND)

Weightlifting Meet Management



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT SENIOR WOMEN 64 kg

Competition : 10.10.2024 08:00

Weigh in : 6:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	70	[A] NIRUPAMA DEVI	210	RSPB	05.10.2000	63.900	87	89	91	91	3	115	120	120	120	1	211	1
2	780	[A] DITIMONI SONOWAL	200	ASM	04.12.2003	63.700	87	90	92	92	1	115	118	120	118	2	210	2
3	220	[A] REENA	200	HRN	08.11.2004	63.820	83	87	91	91	2	105	105	110	110	4	201	3
4	273	[A] K. ROSHILATA DEVI	197	MNP	11.07.1999	63.760	83	85	87	87	4	105	109	115	109	5	196	4
5	541	[A] G. LALITHA	185	A.P.	08.09.1998	63.820	83	86	88	86	5	104	108	111	108	6	194	5
6	562	[A] GAURI PANDEY	200	RSPB	15.06.1998	62.820	80	84	84	80	8	105	110	117	110	3	190	6
7	463	[B] HIMALI NAGESH KAMBLE	170	GOA	01.10.2002	63.540	80	85	85	85	6	100	104	107	104	8	189	7
8	559	[A] SONALI YADU	180	C.G.	19.09.2002	63.600	79	83	84	79	10	102	107	111	107	7	186	8
9	549	[A] L. KOWSHIKA	185	PON	18.03.2004	64.000	78	80	82	80	9	99	102	105	102	10	182	9
10	426	[B] A. YASASRI	170	A.P.	02.12.2005	62.400	74	74	78	78	11	96	101	103	103	9	181	10
11	77	[A] ANKITA	180	RAJ	10.04.2006	63.900	78	82	82	78	12	100	100	104	100	11	178	11
12	664	[A] POSEN KONGKANG	188	ARN	14.01.2003	60.800	73	75	77	75	14	95	95	95	95	12	170	12
	28	[B] POOJA PARDESHI	175	MHR	16.04.2001	63.160	81	83	85	83	7	100	100	101	--		--	
	285	[B] SUKARNA ADAK	174	W.B.	10.01.2003	63.600	75	78	78	75	13	93	93	95	--		--	
	161	[B] APRAJITA BHUYAN	175	ORS	27.10.2002	63.920	73	75	75	73	15	92	92	92	--		--	
	223	[B] EPHAM QUASAR KHANAM	170	ARN	25.03.2001	61.000	72	72	--	--		--	--	--	--		--	
	727	[B] ANUSHA	163	KRN	04.05.2003	60.540	72	72	72	--		--	--	--	--		--	
	761	[C] BEULAH PT	160	KRN	11.01.2002	63.440	71	71	71	--		--	--	--	--		--	

Jury

1. A) Shymala Shetty, KRN []
2. B) S.H. Anande Gowda, KRN []
3. C) S. Shanmugavel, TND []

Referee

- Center - Dharampal Mathur, H.P. []
 Left - Takio Yana, ARN []
 Right - Trupti Parasher, MHR []

Chief Marshal

1. Pardeep Yadav, U.P. []
2. Raj Kumar Jamwal, H.P. []

Time Keeper

1. Anna Lohita, TEL []

Technical Controller

1. Ramesh. Ch. Padhy, ORS []
2. Mithuvin Jayasooryan, KRL []

Secretary

1. Biku Sarita, ARN []



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT SENIOR WOMEN 71 kg

Competition : 10.10.2024 18:30

Weigh in : 16:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	374	[A] HARJINDER KAUR	220	PUN	14.10.1996	70.540	92	95	98	98	1	119	125	130	125	1	223	1
2	630	[A] S. PALLAVI	185	A.P.	13.07.2003	64.520	90	94	97	94	2	108	114	118	114	2	208	2
3	177	[A] M.LEKHA MAALYA	200	RSPB	19.08.2003	71.000	83	86	86	83	4	105	109	112	112	3	195	3
4	142	[A] BHAWANA	205	HRN	20.07.2005	67.200	89	89	92	89	3	105	109	109	105	5	194	4
5	96	[A] LALCHHANHIMI	200	MIZ	14.04.1992	71.000	80	83	85	83	5	106	110	113	110	4	193	5
6	728	[A] THANUSHA	194	KRN	27.04.2002	70.660	82	82	86	82	7	105	110	110	105	6	187	6
7	104	[A] SIVA RANJANI J	180	TND	18.04.2004	69.000	80	83	83	83	6	94	97	100	100	7	183	7
8	29	[B] YASHASWINI	171	KRN	16.02.2001	65.400	74	78	81	81	9	95	99	102	99	8	180	8
9	748	[A] CHELSI	183	DEL	25.03.2006	70.960	75	79	82	82	8	95	98	98	95	11	177	9
10	352	[B] MONILA M	180	TND	14.11.2006	65.900	74	77	79	77	11	93	99	99	99	9	176	10
11	703	[B] PHANJOURBAM ROSHNI	180	ARN	12.08.2000	69.900	76	80	80	76	13	97	97	100	97	10	173	11
12	430	[B] KRITIKA RANA	180	H.P.	12.07.2003	69.760	74	77	77	77	12	93	95	95	93	12	170	12
13	476	[B] RENJINI R S	169	KRL	15.11.2001	70.400	74	76	76	74	14	93	96	96	93	13	167	13
	521	[A] P. UMESHWORI DEVI	210	MNP	28.07.2002	70.100	80	85	85	80	10	110	110	--	--		--	
	744	[B] NIDHI GANDHI	170	GUJ	13.10.1999	67.200	75	75	75	--		--	--	-	--		--	

Jury

1. A) Shymala Shetty, KRN []
2. B) S.H. Anande Gowda, KRN []
3. C) S. Shanmugavel, TND []

Referee

- Center - Amarnath Tyagi, U.P. []
Left - R. Kavitha, TND []
Right - Anil Chugh, RAJ []

Chief Marshal

1. Pardeep Yadav, U.P. []
2. Raj Kumar Jamwal, H.P. []

Time Keeper

1. Anna Lohita, TEL []

Technical Controller

1. Ramesh. Ch. Padhy, ORS []
2. Mithuvin Jayasooryan, KRL []

Secretary

1. Khushbu Yadav, U.P. []



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT SENIOR WOMEN 76 kg

Competition : 11.10.2024 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	324	[A] HARMANPREET KAUR	210	PUN	09.10.2001	75.500	90	94	96	96	1	118	123	127	127	1	223	1
2	307	[A] RAKHI	200	HRN	11.10.1996	74.920	87	90	92	92	2	117	123	128	123	2	215	2
3	593	[A] HEENA	205	PUN	11.02.2006	73.260	81	85	88	88	5	111	117	123	123	3	211	3
4	116	[A] DEEPIKA HANDA	203	CHD	03.01.1985	72.000	87	87	90	90	3	111	114	114	114	4	204	4
5	697	[A] NICEMOL THOMAS	202	KRL	09.12.1999	74.960	85	88	90	90	4	106	112	112	106	5	196	5
6	200	[A] S. CHAOBA CHANU	207	MNP	01.05.2004	75.350	84	87	90	87	6	105	108	108	105	6	192	6
7	795	[A] PALATI DHATHRI	200	RSPB	22.06.2003	75.420	84	87	87	87	8	105	110	110	105	8	192	7
8	627	[A] SOWETA KUNDU	195	W.B.	28.12.2002	73.740	84	87	90	87	7	100	104	104	104	9	191	8
9	246	[A] A.TUMINA DEVI	199	MNP	26.01.1999	75.200	83	83	83	83	9	105	110	110	105	7	188	9
10	782	[B] B. NANI	180	A.P.	25.03.2002	71.150	78	78	81	81	10	100	100	104	100	11	181	10
11	300	[A] MAGANTI KEERIT	180	ORS	03.12.2001	75.560	76	81	81	76	12	97	101	104	101	10	177	11
	197	[B] NANCY PANDEY	173	M.P.	09.09.2002	72.240	76	78	78	76	11	97	97	97	--		--	

Jury

1. A) Shymala Shetty, KRN []
2. B) S.H. Anande Gowda, KRN []
3. C) S. Shanmugavel, TND []

Referee

- Center - Trupti Parasher, MHR []
Left - Dharampal Mathur, H.P. []
Right - Takio Yana, ARN []

Chief Marshal

1. Pardeep Yadav, U.P. []
2. Raj Kumar Jamwal, H.P. []

Time Keeper

1. Anna Lohita, TEL []

Technical Controller

1. Ramesh. Ch. Padhy, ORS []
2. Mithuvin Jayasooryan, KRL []

Secretary

1. Biku Sarita, ARN []



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT SENIOR WOMEN 81 kg

Competition : 10.10.2024 14:00

Weigh in : 12:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	233	[A] VANSHITA VERMA	215	RSPB	08.10.2001	80.040	87	91	91	91	1	120	122	132	122	1	213	1
2	793	[A] MANPREET KAUR	200	PUN	02.01.1996	77.740	78	82	86	86	2	106	111	114	114	2	200	2
3	380	[A] K.OVIYA	190	TND	02.11.2007	80.720	80	83	85	85	3	103	108	113	113	3	198	3
4	792	[A] TAMANA	190	HRN	10.05.2002	80.240	82	86	86	82	6	108	113	113	113	4	195	4
5	439	[A] ANJANA SREEJITH	187	KRL	25.02.2003	76.900	80	84	84	80	8	103	106	111	111	5	191	5
6	759	[A] R.P.KEERTHANA	196	TND	20.01.2008	81.000	81	84	84	84	4	102	102	105	102	7	186	6
7	584	[B] W. SAPANA DEVI	183	MNP	15.01.2003	80.900	78	78	81	78	11	103	107	110	107	6	185	7
8	391	[A] KANTA	190	RAJ	07.08.1997	78.600	80	83	83	83	5	98	101	101	101	8	184	8
9	351	[A] BHAVANA	185	U.P.	02.08.2002	81.000	79	82	82	79	9	99	99	--	99	9	178	9
10	310	[A] NAVDEEP KAUR	185	CHD	14.02.1987	78.600	81	83	83	81	7	92	--	--	92	10	173	10
	250	[B] MONIKA	180	CHD	10.03.1995	78.840	78	82	82	78	10	100	100	100	--		--	
	596	[B] RAKSHA	172	H.P.	08.05.1996	79.400	77	79	79	77	12	95	95	95	--		--	

Jury

1. A) Hansa Sharma, UKD []
2. B) Pal Singh Sandhu, U.P. []
3. C) Sabina Yadav, U.P. []

Referee

- Center - R. Kavitha, TND []
Left - Anil Chugh, RAJ []
Right - Amarnath Tyagi, U.P. []

Chief Marshal

1. Yudhvir Singh, J.K. []
2. A. Subramanya, TND []

Time Keeper

1. Shivali Kumari, H.P. []

Technical Controller

1. Komalpreet Kaur, PUN []
2. RIPAN SHARMA, H.P. []

Secretary

1. Biku Sarita, ARN []



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT SENIOR WOMEN 87 kg

Competition : 13.10.2024 08:00

Weigh in : 6:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	363	[A] AROKIYA ALISH	215	RSPB	05.11.2000	85.340	90	94	94	94	1	120	128	135	128	1	222	1
2	244	[A] USHA S- R	199	KRN	21.08.2000	86.340	83	87	91	87	4	114	119	125	119	2	206	2
3	653	[A] TAMANNA	200	HRN	13.02.2002	83.640	88	88	92	92	2	113	116	116	113	3	205	3
4	125	[A] MODHUSMRITA BARUAH	210	ASM	01.02.1993	86.100	88	88	92	88	3	106	112	112	112	4	200	4
5	567	[A] MANISHA	180	H.P.	14.11.1997	84.900	80	83	86	83	5	102	107	111	111	5	194	5

Jury

1. A) Shymala Shetty, KRN []
2. B) S.H. Anande Gowda, KRN []
3. C) S. Shanmugavel, TND []

Referee

- Center - Yashpal Yadav, U.P. []
Left - Bharti Kumari, J.K. []
Right - Ravi Sharma, RAJ []

Chief Marshal

1. Pardeep Yadav, U.P. []
2. Raj Kumar Jamwal, H.P. []

Time Keeper

1. Anna Lohita, TEL []

Technical Controller

1. Ramesh. Ch. Padhy, ORS []
2. Mithuvin Jayasooryan, KRL []

Secretary

1. Biku Sarita, ARN []



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT SENIOR WOMEN +87 kg

Competition : 13.10.2024 09:30

Weigh in : 7:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	657	[A] MEHAK SHARMA	220	PUN	01.04.1995	109.100	99	104	107	104	1	132	137	140	140	1	244	1
2	65	[A] M. MARTINA DEVI	230	MNP	21.03.2006	108.420	97	100	103	100	2	128	132	138	132	2	232	2
3	7	[A] T. SATYA JYOTHI	185	A.P.	30.08.1998	98.960	88	93	94	94	4	120	124	124	124	3	218	3
4	730	[A] PURNIMA PANDEY	185	U.P.	16.10.1997	108.420	94	99	99	99	3	108	114	121	114	4	213	4
5	88	[A] BISNA VARGHESE	190	KRL	08.01.1997	97.940	78	82	82	82	6	102	107	110	107	5	189	5
6	791	[A] NIVETHA T	176	KRN	27.02.1997	101.120	77	81	81	77	8	96	102	106	106	6	183	6
7	304	[A] AAYUSHI GAJJAR	173	GUJ	18.8.2003	87.720	75	79	82	79	7	95	99	101	101	8	180	7
8	144	[A] KRISHNAPRIYA B	185	KRL	07.10.2003	97.160	77	77	80	77	9	96	96	102	102	7	179	8
	58	[A] MUSKAN SINGH	200	HRN	23.11.2002	101.820	87	88	92	88	5	105	105	105	--		--	

Jury

1. A) Shymala Shetty, KRN []
2. B) S.H. Anande Gowda, KRN []
3. C) S. Shanmugavel, TND []

Referee

- Center - Takio Yana, ARN []
Left - Trupti Parasher, MHR []
Right - Dharampal Mathur, H.P. []

Chief Marshal

1. Pardeep Yadav, U.P. []
2. Raj Kumar Jamwal, H.P. []

Time Keeper

1. Anna Lohita, TEL []

Technical Controller

1. Ramesh. Ch. Padhy, ORS []
2. Mithuvin Jayasooryan, KRL []

Secretary

1. Biku Sarita, ARN []