



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT JUNIOR MEN 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	205	[A] N. TOMCHOU MEETEI	239	MNP	04.03.2006	54.800	102	105	107	105	1	128	133	138	133	1	238	1
2	13	[A] S. GURUNaidu	235	A.P.	09.05.2006	54.900	102	102	105	105	2	125	130	134	130	2	235	2
3	531	[A] L.DHANUSH	225	TND	19.11.2006	55.000	100	104	104	104	3	116	122	127	127	3	231	3
4	641	[B] BISHNU SONOWAL	205	ASM	27.09.2006	54.450	85	89	92	89	4	115	120	123	120	4	209	4
5	166	[B] SIME TARA	205	ARN	02.03.2006	54.800	88	88	88	88	6	110	114	114	114	6	202	5
6	529	[B] ABHIRAJ BIJU	209	KRL	28.02.2004	54.900	85	85	90	85	7	110	115	120	115	5	200	6
	551	[B] RISHABH PARASHER	213	U.P.	04.08.2008	54.950	85	85	89	89	5	115	115	115	--		--	
	130	[C] RUHI TAMA	195	ARN	18.05.2006	54.900	85	85	85	--		--	--	--	--		--	
	50	[B] AKHILESH KUMAR	210	BHR	01.12.2004	54.750	93	93	93	--		--	--	--	--		--	
	358	[A] RUPESH SAIN	225	RAJ	05.01.2005	54.480	93	93	93	--		--	--	--	--		--	

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 JUNIOR MEN 61 kg

Competition : 08.10.2024 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	369	[A] GOLOM TINKU	253	ARN	12.05.2006	60.720	110	114	117	117	2	135	140	143	143	1	260	1
2	296	[A] A.RUDRESHWAR	256	TND	22.08.2004	61.000	112	116	119	119	1	136	140	140	140	3	259	2
3	420	[A] SADANANDA BARIHA	255	ORS	15.01.2006	60.500	105	110	112	110	4	135	139	139	139	4	249	3
4	699	[B] RIKI GOGOI	240	ASM	11.12.2005	60.620	103	107	110	107	6	136	141	146	141	2	248	4
5	481	[B] SUNIL SINGH	230	PUN	13.09.2009	59.900	107	111	111	111	3	126	127	131	131	6	242	5
6	518	[C] NIKHIL KOLI	225	MHR	18.09.2006	60.900	104	107	110	107	5	125	130	134	130	7	237	6
7	460	[B] VIKAS LAHRE	230	C.G.	18.07.2005	60.420	100	104	104	104	9	125	129	133	133	5	237	7
8	539	[B] NEELAM SOPIN	235	ARN	05.02.2006	60.820	100	104	107	107	7	125	125	125	125	10	232	8
9	548	[B] VISHWA S	232	TND	06.09.2004	60.660	100	103	105	103	10	129	132	135	129	8	232	9
10	552	[C] B. VEERESH	230	A.P.	16.07.2004	61.000	102	106	109	106	8	125	125	132	125	9	231	10
11	707	[C] ANUSH LOKHANDE	225	MHR	21.12.2007	60.200	98	101	101	98	11	119	123	123	123	11	221	11
12	6	[C] J. BALAKRISHNA	225	TEL	10.05.2008	60.650	97	101	101	97	12	119	119	122	119	13	216	12
13	510	[C] K. MOHAN	219	TEL	02.09.2006	59.800	90	98	98	90	15	115	120	125	120	12	210	13
14	254	[D] ANAKHIN VARGHESE	205	KRL	11.10.2004	58.000	90	98	98	90	14	115	120	120	115	14	205	14
	577	[D] GANESH.V	210	KRN	23.12.2009	59.000	95	95	99	95	13	118	118	118	--		--	
	812	[B] DIKASH YUMNAM	236	MNP	28.08.2006	61.000	105	105	105	--		--	--	--	--		--	
	490	[B] MANOHAR KUMAR	240	UKD	25.10.2005	61.000	104	104	105	--		--	--	--	--		--	

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 JUNIOR MEN 67 kg

Competition : 09.10.2024 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	37	[A] YASH KHANDAGALE	270	MHR	27.10.2007	67.000	123	126	129	129	1	145	145	152	152	1	281	1
2	95	[A] MH.SILVAN BEIHROTHATLO	270	MIZ	21.08.2004	66.750	115	119	122	122	2	150	150	160	150	2	272	2
3	594	[B] AKASH P	265	TND	16.02.2005	66.700	114	120	123	120	3	141	145	148	145	3	265	3
4	353	[B] KALLOL MAL	257	W.B.	31.08.2005	67.000	110	114	117	117	4	140	144	145	140	4	257	4
5	715	[B] M. SANJAY	258	PON	15.05.2004	65.250	114	119	119	114	6	140	140	147	140	6	254	5
6	3	[B] K. DINESH	235	A.P.	04.05.2007	66.400	113	113	115	115	5	133	138	141	138	7	253	6
7	735	[B] MANURANJAN DHEKIAL	248	ASM	26.03.2004	66.300	110	114	114	110	7	136	140	143	140	5	250	7
8	597	[C] SARIK	230	U.P.	01.01.2006	66.300	103	106	108	108	10	133	137	142	137	8	245	8
9	401	[B] SANRAJ	234	U.P.	04.07.2008	66.600	100	104	107	104	12	130	134	138	134	9	238	9
10	422	[B] VALLURI AKHIL	233	M.P.	13.07.2007	66.700	98	104	108	104	11	128	133	134	134	10	238	10
11	299	[B] RAVI YADAV	250	DEL	14.11.2005	66.900	105	110	115	110	8	125	125	132	125	13	235	11
12	22	[B] TAGRIK TANI	245	ARN	02.02.2007	63.800	98	102	102	102	14	131	136	136	131	11	233	12
13	442	[C] MUHAMMAD SHAHJAHAN	230	PUN	29.11.2006	66.600	100	100	103	100	15	125	130	--	125	12	225	13
	501	[A] KAMPU DEGIO	270	ARN	26.03.2006	65.550	110	110	115	110	9	140	140	141	--		--	
	745	[C] ABHISHEK JANJU	225	PUN	26.06.2007	65.000	98	98	102	102	13	123	123	123	--		--	
	568	[C] AYUP	218	CHD	05.08.2004	66.760	98	98	98	--		--	--	--	--		--	
	421	[C] HARSH MARORIA	225	H.P.	28.11.2004	66.460	98	98	98	--		--	--	--	--		--	
	15	[C] DEVENDRA	228	KRN	13.02.2005	65.800	98	98	98	--		--	--	--	--		--	



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT JUNIOR MEN 67 kg

Competition : 09.10.2024 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
	411	[B] ASHIF	241	UKD	11.11.2004	66.900	100	100	100	--		--	--	--	--		--	

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 JUNIOR MEN 73 kg

Competition : 09.10.2024 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	648	[A] BEDABRATA BHARALI	300	ASM	19.03.2007	72.700	127	132	135	132	1	153	161	161	161	1	293	1
2	398	[C] K. ANIL KUMAR	255	A.P.	09.05.2005	72.500	117	121	122	117	7	147	152	156	156	2	273	2
3	4	[C] ROHAN KATKAR	260	MHR	25.08.2004	70.700	113	117	120	120	3	144	148	152	152	3	272	3
4	474	[B] PRANIT MAHAJAN	265	MHR	20.03.2004	72.540	118	121	121	118	5	152	156	156	152	4	270	4
5	553	[B] N.V. MAHESH	265	A.P.	19.04.2005	71.260	118	118	121	118	6	147	152	156	152	5	270	5
6	472	[B] VIJAY	270	HRN	25.12.2006	72.740	118	121	122	122	2	147	155	155	147	7	269	6
7	675	[B] SANDEEPJITH P	270	TND	20.11.2004	72.500	119	119	122	119	4	147	147	148	148	6	267	7
8	18	[B] V M VASANTHA KUMAR	270	TND	19.06.2006	72.240	114	118	118	114	8	145	152	152	145	8	259	8
9	771	[C] MANINDER SINGH	250	PUN	01.05.2004	72.100	108	108	112	108	10	135	140	143	140	9	248	9
10	175	[C] ISHWAR SINGH	240	H.P.	31.7.2005	71.250	103	107	110	110	9	130	134	134	134	10	244	10
11	276	[C] NABAM TANIA	240	ARN	06.03.2006	71.800	102	105	108	105	13	130	133	136	133	11	238	11
12	139	[C] AJAY SHARMA	245	RAJ	12.02.2008	71.000	107	107	110	107	11	130	134	134	130	13	237	12
13	729	[D] MUKESH KUMAR MAHTO	232	JKD	25.04.2006	72.000	102	102	105	105	12	130	133	133	130	12	235	13
14	464	[C] ANSHU KUMAR	242	BHR	15.08.2004	73.000	102	102	102	102	14	130	134	134	130	14	232	14
15	503	[D] MICHAEL	170	A-N	30.04.2006	69.900	73	78	82	82	15	92	97	102	97	15	179	15
	757	[A] PROAAL PROTIM GOGOI	281	ASM	01.11.2004	73.000	115	115	115	--		--	--	--	--		--	

Jury

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

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 JUNIOR MEN 81 kg

Competition : 10.10.2024 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	236	[B] SAIRAJ PARDESHI	290	MHR	08.06.2007	80.900	131	135	138	135	1	161	166	170	170	1	305	1
2	416	[A] HRUDANANDA DAS	299	ORS	09.06.2007	81.000	125	129	132	132	2	160	165	170	170	3	302	2
3	264	[A] MATHAN KUMAR M	300	TND	10.10.2004	80.700	125	129	129	129	6	163	164	170	170	2	299	3
4	274	[B] B. ADINARAYANA	270	A.P.	26.12.2004	80.800	130	130	135	130	4	154	161	167	161	5	291	4
5	16	[B] B. VENKATA KRISHNA	285	A.P.	17.12.2006	79.100	124	127	130	127	7	155	160	164	164	4	291	5
6	624	[B] NAKUL GOSWAMI	284	U.P.	20.03.2005	79.400	125	125	130	130	5	154	160	160	160	6	290	6
7	93	[B] ASHOK KUMAR P	285	TND	25.11.2004	74.840	130	130	132	130	3	150	151	153	151	10	281	7
8	413	[B] D. GANESH	280	TEL	13.06.2004	81.000	120	123	126	123	10	158	158	165	158	7	281	8
9	325	[B] SARTHAK THAPA	280	GOA	09.03.2005	80.700	120	124	126	124	9	151	155	156	156	8	280	9
10	668	[B] GURLAL CHAUHAN	290	PUN	03.03.2004	78.000	125	129	129	125	8	152	157	157	152	9	277	10
11	700	[C] MAYANK	260	HRN	10.12.2006	80.720	113	117	120	120	12	138	145	150	150	11	270	11
12	512	[C] PARANDHAMAN S	260	GOA	28.08.2005	77.860	113	117	117	117	13	143	148	150	148	12	265	12
13	214	[C] O. BIKASH SINGH	260	MNP	05.03.2004	80.280	120	125	125	120	11	144	144	144	144	13	264	13
14	571	[C] ADITYA PADMAWAT	260	RAJ	13.11.2005	77.840	110	113	113	110	14	135	139	139	135	14	245	14
15	661	[C] BUNTY SINGH	237	CHD	18.04.2004	80.480	110	110	113	110	15	135	135	138	135	15	245	15
	17	[C] DEVVRAT SHARMA	250	C.G.	22.06.2007	79.540	110	-	-	--		-	--	--	--		--	
	100	[B] MOHAN SHYAM CHAUHAN	280	HRN	01.01.2006	76.660	123	123	123	--		--	--	--	--		--	
	530	[C] KUSH CHOUDHARY	245	M.P.	27.05.2005	80.360	110	--	--	--		--	--	--	--		--	

Jury

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

Referee

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

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 JUNIOR MEN 89 kg

Competition : 11.10.2024 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	131	[A] G. RAVISANKAR	300	A.P.	11.10.2004	88.640	134	138	141	138	1	173	178	178	173	2	311	1
2	334	[A] LALRUATFELA	310	MIZ	5.03.2006	87.940	128	132	135	132	2	162	169	174	174	1	306	2
3	665	[B] RAAHI VERMA	281	HRN	17.09.2004	88.300	123	126	126	126	5	155	159	161	161	3	287	3
4	75	[C] JAYRAJ PARDESI	265	MHR	21.10.2004	88.120	123	127	131	127	4	152	157	160	157	4	284	4
5	560	[B] V. RAMU	280	A.P.	06.06.2006	88.500	118	122	125	125	6	155	161	163	155	5	280	5
6	89	[C] JOBANPREET	263	CHD	18.03.2004	83.760	120	124	124	124	7	145	151	152	145	6	269	6
7	580	[B] VISHAVJEET SINGH	275	PUN	30.06.2006	84.700	126	126	128	128	3	140	145	145	140	11	268	7
8	511	[B] AKASH KUMAR	268	U.P.	12.07.2004	86.000	118	118	122	122	8	142	147	147	142	10	264	8
9	446	[C] AJEER MUHAMMED M K	252	KRL	04.07.2004	86.920	112	118	118	118	9	137	142	147	142	7	260	9
10	170	[C] ARYAN THAKRAN	260	DEL	22.12.2006	81.560	109	113	115	115	12	138	142	146	142	8	257	10
11	343	[C] RAJESH BALABANTARAY	250	ORS	15.09.2004	89.000	115	115	118	115	11	138	138	142	142	9	257	11
12	204	[B] SHABAREESHA B RAI	270	KRN	01.08.2005	84.400	113	118	118	118	10	137	142	142	137	13	255	12
13	749	[C] RITESH YADAV	250	C.G.	21.09.2005	85.560	112	112	115	112	13	137	137	137	137	12	249	13
	331	[B] SANIDHYA MORE	275	MHR	26.03.2005	89.000	129	129	129	--		--	--	--	--		--	

Jury

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

Referee

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

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. Khushbu Yadav, U.P. []



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT JUNIOR MEN 96 kg

Competition : 11.10.2024 15:30

Weigh in : 13:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	591	[A] DILBAG SINGH	330	PUN	13.10.2004	94.250	146	151	152	146	1	182	189	189	182	1	328	1
2	690	[A] PARV CHAUDHARY	311	U.P.	10.07.2008	95.000	132	136	140	136	3	170	175	175	170	2	306	2
3	622	[A] ROHIT TEHLAN	290	HRN	09.04.2006	93.000	131	136	139	136	2	162	171	171	162	4	298	3
4	760	[B] ABHAY KATARIA	275	DEL	02.12.2004	94.400	130	130	130	130	5	160	167	173	167	3	297	4
5	649	[B] DHEERSHAN J	290	TND	30.08.2006	93.200	125	133	133	133	4	155	160	165	160	5	293	5
6	692	[B] HARIOM SHARMA	265	RAJ	04.10.2007	93.000	118	122	125	122	6	140	147	154	154	6	276	6
7	564	[B] YADAVALLI YESHWANTH GOUD	270	TEL	02.07.2005	94.200	120	125	125	120	7	145	150	150	150	7	270	7
8	280	[C] MANOJ KUMAR S	254	KRN	15.02.2006	90.750	113	115	115	113	9	140	145	150	145	8	258	8
9	482	[B] RAMANDEEP SINGH MEHTA	270	H.P.	9.11.2004	93.200	113	113	116	116	8	140	140	140	140	9	256	9

Jury

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

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. Khushbu Yadav, U.P. []



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT JUNIOR MEN 102 kg

Competition : 12.10.2024 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	505	[A] MANI DHIMAN	300	CHD	14.02.2006	96.150	132	138	146	138	1	162	169	--	169	1	307	1
2	309	[A] HIMANSHU	310	HRN	23.06.2005	97.500	130	135	138	135	3	160	164	164	160	3	295	2
3	275	[A] JAIDEEP	300	HRN	21.12.2005	97.400	130	135	138	135	2	158	166	166	158	4	293	3
4	364	[B] TUSHAR CHAUDHARY	270	U.P.	07.12.2008	101.800	118	121	125	121	8	151	157	161	161	2	282	4
5	64	[B] CHANAKYA BORA	270	ASM	15.09.2008	100.200	115	119	122	122	7	147	152	157	157	5	279	5
6	269	[B] GOLDI KHAN	280	H.P.	1.9.2005	97.960	120	124	124	124	4	150	150	150	150	9	274	6
7	534	[B] PRIYANSHU RAJ	285	BHR	05.09.2006	96.700	118	122	126	122	6	147	152	158	152	6	274	7
8	742	[A] KAPIL SONOWAL	290	ASM	27.12.2006	101.000	120	120	121	121	9	150	151	162	151	8	272	8
9	217	[B] BALVEER SINGH SHEKHAWAT	282	RAJ	01.01.2006	96.400	118	118	119	119	13	145	151	156	151	7	270	9
10	610	[B] MOHIT SINGH	258	CHD	28.12.2004	96.950	110	114	119	119	11	146	151	151	146	10	265	10
11	634	[B] CH. VAMSI (L)	257	A.P.	02.08.2006	98.200	115	119	123	119	10	139	139	143	139	11	258	11
	465	[B] AMAN CHOUDHARY	280	M.P.	29.07.2004	101.600	120	123	125	123	5	150	150	150	--		--	
	229	[B] H. BIKASH MEITEI	269	MNP	21.04.2005	102.000	115	119	119	119	12	155	155	155	--		--	
	108	[A] PADMANATHAN A	290	TND	02.10.2004	96.120	125	125	128	--		--	--	--	--		--	
	349	[B] SUBODH	259	UKD	05.06.2005	96.200	110	110	110	--		--	--	--	--		--	

Jury

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

Referee

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

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 JUNIOR 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	338	[B] SONU	290	HRN	10.08.2005	104.400	130	135	139	139	1	151	151	151	151	3	290	1
2	684	[B] PARSHANT KUMAR KAILLEY	290	PUN	26.06.2004	108.160	126	131	131	126	3	155	161	165	161	1	287	2
3	606	[B] BHOLA SINGH	290	BHR	05.05.2004	106.150	125	130	133	133	2	153	158	158	153	2	286	3
4	659	[C] AKASH R CHANDRAN	235	KRL	07.11.2004	105.320	105	110	114	114	4	135	141	141	141	4	255	4
5	51	[C] BIPRATIP JANA	250	W.B.	24.06.2006	102.606	105	108	111	108	5	132	137	137	137	5	245	5
6	747	[C] MISEM CHOUDHARY	235	J.K.	25.06.2006	103.240	105	105	108	108	7	130	135	138	130	6	238	6
7	457	[C] MAYANK YADAV	250	DEL	29.04.2004	102.450	105	108	112	108	6	130	130	135	130	7	238	7
	387	[C] RANJITH KUMAR M	247	KRN	04.01.2005	108.360	105	108	108	105	8	137	137	137	--		--	
	240	[C] HARSHVARDHAN KADAM	270	MHR	11.02.2005	108.660	122	123	123	--		--	--	--	--		--	

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 JUNIOR 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	631	[C] KUSHAL	270	DEL	14.04.2005	114.160	124	124	128	124	3	156	162	162	162	1	286	1
2	47	[B] AMARJIT MOHARANA	285	ORS	24.12.2004	126.200	115	119	122	122	4	156	161	165	161	2	283	2
3	174	[B] SURAJIT SETH	290	W.B.	08.09.2006	119.200	123	123	126	126	1	152	152	155	155	3	281	3
4	315	[B] MAHESH	272	HRN	20.09.2005	123.420	115	120	125	125	2	150	152	157	152	4	277	4
5	681	[C] UDAY SINGH	250	CHD	18.02.2005	122.200	111	112	116	116	6	144	149	149	149	5	265	5
6	399	[C] SHASHANK H K	270	KRN	14.12.2004	111.280	115	120	121	121	5	143	143	151	143	9	264	6
7	311	[C] AKHAND PRATAP SINGH	249	U.P.	15.01.2004	120.820	110	115	118	115	8	140	145	150	145	7	260	7
8	158	[C] UJJWAL KUMAR	250	BHR	20.06.2006	120.820	113	116	116	116	7	138	143	149	143	8	259	8
9	124	[C] SARTH JADHAV	270	MHR	08.09.2006	127.560	113	117	117	113	9	142	142	146	146	6	259	9

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 JUNIOR WOMEN 45 kg

Competition : 07.10.2024 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	485	[A] AKANKSHA VYAVHARE	145	MHR	19.06.2007	44.260	60	63	66	66	1	76	80	83	83	2	149	1
2	396	[A] KAJOL SARGAR	145	MHR	04.10.2005	45.000	65	67	67	65	2	81	84	87	84	1	149	2
3	66	[B] PRITEESMITA BHOI	130	ORS	14.11.2008	43.300	57	60	60	57	6	77	80	82	82	3	139	3
4	114	[B] R. BHAVANI	130	A.P.	20.03.2008	44.920	57	59	61	59	4	73	77	80	77	4	136	4
5	256	[A] SPANDANA K	132	KRN	15.10.2005	44.360	58	61	63	61	3	75	75	78	75	5	136	5
6	434	[A] ANNU KUMARI	135	RAJ	27.11.2008	44.600	59	62	62	59	5	70	75	75	75	6	134	6
7	53	[A] TAGRIK NAYA	133	ARN	04.04.2006	44.460	57	57	60	57	8	73	76	76	73	7	130	7
8	68	[A] REKHAMONI GOGOI	135	ASM	11.12.2004	44.460	54	57	59	57	7	67	70	70	70	10	127	8
9	494	[B] PALLAVI L	125	KRN	09.01.2004	44.560	53	53	57	53	11	65	70	70	70	9	123	9
10	643	[B] RITU MAAN	120	HRN	22.07.2004	44.820	50	52	53	50	13	68	68	71	71	8	121	10
11	289	[B] ANISHA CHANDU	127	TEL	15.03.2005	42.000	53	57	57	53	10	63	67	67	67	11	120	11
12	454	[B] TULASHI SABAR	120	ORS	09.04.2007	44.160	51	54	56	54	9	63	65	65	65	12	119	12
13	431	[C] JEEVITHA S	110	TND	30.04.2005	44.380	47	50	52	52	12	62	66	66	62	13	114	13
14	395	[B] MANSI SINGH	120	GUJ	26.11.2004	44.960	50	50	50	50	14	60	66	66	60	16	110	14
15	333	[A] I. DHARSHINIPRIYA	105	PON	17.04.2009	38.200	45	48	48	48	15	60	60	60	60	14	108	15
16	211	[C] KUMKUM KUMARI	105	BHR	01.01.2006	44.400	45	48	48	48	16	60	60	62	60	15	108	16
17	222	[C] ALAASKA ALEENA	85	A-N	10.06.2006	40.600	37	37	37	37	18	40	45	45	45	17	82	17
	84	[B] SANDHYA SAHU	115	C.G.	26.08.2006	44.560	46	50	50	46	17	60	60	60	--		--	

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. 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 JUNIOR 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	787	[A] VANI PURI	170	PUN	16.03.2005	48.640	68	68	71	71	2	90	93	96	93	1	164	1
2	638	[B] B. CHANDRIKA	160	A.P.	10.08.2005	48.900	67	69	71	71	1	85	89	92	92	2	163	2
3	262	[B] NILAM PATEL	154	U.P.	17.12.2004	49.000	65	68	70	70	3	84	87	89	89	3	159	3
4	582	[B] ASMITA DHONE	140	MHR	01.05.2007	49.000	66	69	71	69	4	85	88	91	88	4	157	4
5	471	[B] MANSI CHAMUNDA	149	U.P.	01.04.2007	47.800	63	66	66	66	5	82	86	86	82	5	148	5
6	302	[B] POSHIKA A	142	TND	24.09.2006	48.700	62	62	62	62	7	80	83	83	80	6	142	6
7	378	[B] NEHA DHOLI	145	RAJ	15.07.2006	48.920	60	60	62	60	8	75	78	82	78	7	138	7
8	92	[B] SALONI SAINI	140	RAJ	03.12.2005	48.200	59	62	65	65	6	70	77	77	70	15	135	8
9	475	[C] REESHIKA SINGH	128	HRN	03.09.2006	48.680	54	57	59	57	10	70	73	75	73	9	130	9
10	694	[C] SANDIYA GUNGLI	128	ARN	27.12.2004	48.760	51	53	55	53	15	70	74	75	75	8	128	10
11	230	[C] HETVI LIMBANI	130	GUJ	23.5.2004	49.000	56	59	59	56	11	70	75	75	70	12	126	11
12	384	[C] DEBASMITA SINGH	120	ORS	23.04.2009	48.420	50	53	55	55	14	65	68	71	71	10	126	12
13	231	[C] KUMKUM DHRUW	120	C.G.	13.01.2007	46.480	51	55	57	55	13	66	71	71	71	11	126	13
14	540	[C] S. SAKTHISARASWATHI	130	PON	04.01.2009	48.540	55	58	58	55	12	70	73	73	70	13	125	14
15	612	[C] SUNITA KHANRA	126	W.B.	04.10.2006	48.200	56	59	59	59	9	65	69	69	65	16	124	15
16	185	[C] KRISHTI KUKI SAIKIA	118	ASM	08.01.2009	48.300	51	56	56	51	17	65	70	73	70	14	121	16
	215	[C] CH. JENIFER DEVI	118	MNP	20.03.2006	49.000	50	52	54	52	16	65	65	--	--		--	
	59	[B] LAKSHANTIN KOSLE	140	C.G.	10.03.2004	48.720	62	62	62	--		--	--	--	--		--	



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT JUNIOR 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
	245	[C] RITIKA KUMARI	115	JKD	23.09.2004	48.460	50	51	51	--		--	--	--	--		--	

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 JUNIOR 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	603	[A] MINA SANTA	180	ORS	07.03.2007	55.000	76	79	79	79	1	94	97	102	97	1	176	1
2	741	[B] VIDHYA SHARMA	170	GUJ	20.01.2005	54.500	75	75	75	75	4	90	93	93	93	3	168	2
3	184	[B] AISANGFA GOGOI	170	ASM	16.12.2007	53.900	72	75	77	75	2	92	92	96	92	6	167	3
4	342	[A] KIUCHANGLIU GANGMEI	174	MNP	21.10.2004	53.600	70	70	70	70	7	94	96	99	96	2	166	4
5	619	[A] NEETU	175	HRN	08.06.2005	55.000	72	74	76	72	6	93	93	93	93	4	165	5
6	578	[B] KHUSHI KUMARI	165	BHR	17.11.2005	55.960	68	71	75	75	3	88	93	93	88	7	163	6
7	801	[B] MINA SANTA	160	ORS	27.03.2008	54.200	68	72	74	72	5	88	91	91	88	8	160	7
8	109	[B] NIKITA KAMLAKAR	170	MHR	10.12.2005	54.160	68	71	71	68	8	92	95	95	92	5	160	8
9	154	[B] MARTINA MILI	160	ASM	31.12.2004	54.600	65	70	70	65	12	85	88	91	88	9	153	9
10	367	[C] PIPI YANGFO	150	ARN	18.10.2006	53.400	64	64	66	66	9	80	84	87	84	12	150	10
11	712	[C] D. HEMASRI	155	A.P.	22.08.2006	50.240	60	65	69	65	11	80	85	88	85	10	150	11
12	376	[C] NIDHI THAKUR	140	H.P.	02.12.2005	53.200	60	64	66	66	10	75	80	85	80	14	146	12
13	19	[B] V. MADHUMITHA	150	PON	13.09.2004	52.660	55	60	65	60	14	80	85	88	85	11	145	13
14	438	[C] MONISHA	141	KRN	01.07.2006	54.520	57	61	61	57	15	75	79	82	82	13	139	14
15	392	[C] MADHUSHA	145	RAJ	28.04.2006	53.260	62	65	65	62	13	75	79	79	75	16	137	15
16	255	[C] SHERYA CHANDRA	130	BHR	14.10.2005	54.960	55	58	58	55	16	75	78	78	75	15	130	16
	360	[C] KUMKUM YADAV	150	U.P.	03.06.2004	54.700	64					75						
	138	[C] ANUPMA KUMARI	118	JKD	25.12.2005	54.340	55	55	55	--		--	--	--	--		--	



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT JUNIOR 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
	134	[B] PARBHJOT KAUR	165	RAJ	13.03.2004	54.800	68	68	68	--		--	--	--	--		--	
	526	[A] KOYEL BAR	182	W.B.	22.06.2008	53.040	76	76	76	--		--	--	--	--		--	

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 JUNIOR WOMEN 59 kg

Competition : 09.10.2024 12:00

Weigh in : 10:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	247	[A] BALO YALAM	180	ARN	08.08.2004	58.900	77	80	82	82	3	102	105	105	105	2	187	1
2	412	[A] JYOTI	195	HRN	05.01.2006	58.640	83	85	85	85	1	98	98	101	101	3	186	2
3	145	[B] BHUMIKA MOHITE	170	MHR	20.09.2006	58.900	74	77	79	79	4	99	103	106	106	1	185	3
4	62	[A] RAJYASHREE BISWAS	187	W.B.	22.10.2006	58.500	80	84	87	84	2	99	103	103	99	6	183	4
5	153	[B] K. THARANGANI	173	A.P.	04.06.2009	56.060	73	78	78	78	6	93	98	105	98	7	176	5
6	678	[B] ANAI WANGSU	170	ARN	10.04.2004	57.400	74	77	79	77	7	95	99	99	99	5	176	6
7	272	[B] KANIKA SHREE V.R	160	TND	15.09.2006	58.920	78	78	80	78	5	94	94	97	97	8	175	7
8	90	[B] BIDUSMITA BHOI	160	ORS	31.07.2006	58.300	72	72	72	72	11	91	96	100	100	4	172	8
9	419	[B] ARTI KUMARI	170	DEL	11.01.2004	58.900	74	77	77	74	8	90	94	94	94	9	168	9
10	120	[B] ARSHA S S	166	KRL	26.08.2005	58.900	74	74	77	74	9	92	96	96	92	11	166	10
11	181	[B] BHAVNA GOGOI	160	ASM	17.07.2008	57.760	67	71	73	73	10	88	93	93	93	10	166	11
12	737	[B] GAGANDEEP KOUR	160	RAJ	06.06.2004	57.440	68	72	72	68	13	88	91	91	88	13	156	12
13	519	[C] DEEKSHA YADAV	147	U.P.	10.07.2005	58.900	65	68	68	65	14	82	82	86	86	14	151	13
14	469	[B] KAJAL	161	PUN	25.04.2004	57.840	66	70	70	70	12	81	81	85	81	15	151	14
15	429	[C] SWAPNA Y J	140	KRN	11.07.2005	57.660	60	61	66	61	17	80	85	88	88	12	149	15
16	456	[C] PRATHYUSHA T V	145	KRL	10.04.2004	59.000	60	64	64	60	19	80	83	83	80	16	140	16
17	202	[C] SEEMA MARANDI	140	JKD	15.08.2008	58.660	60	63	64	60	18	80	80	85	80	17	140	17
18	803	[C] B. GANGOTRI	140	TEL	18.06.2004	58.680	55	60	60	55	20	75	75	82	75	18	130	18



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT JUNIOR WOMEN 59 kg

Competition : 09,10,2024 12:00

Weigh in : 10:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
	189	[C] CH. YAIPHABI DEVI	149	MNP	22.10.2006	58.960	60	63	63	63	15	82	82	82	--		--	
	227	[C] SUMMAIYYA NAYAB	150	UKD	13.09.2006	57.860	62	62	65	62	16	80	80	80	--		--	

Jury

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

Referee

Center - Bharti Kumari, J.K. []
Left - Ravi Sharma, RAJ []
Right - Yashpal Yadav, 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 JUNIOR 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	220	[A] REENA	200	HRN	08.11.2004	63.820	83	87	91	91	1	105	105	110	110	1	201	1
2	549	[A] L. KOWSHIKA	185	PON	18.03.2004	64.000	78	80	82	80	4	99	102	105	102	2	182	2
3	528	[B] G. VARSHITHA	165	A.P.	27.12.2007	61.060	75	79	81	81	2	95	100	103	100	4	181	3
4	192	[B] B. HARIKA	165	A.P.	10.08.2007	62.700	75	78	78	78	6	96	101	101	101	3	179	4
5	133	[B] C. HARSHIKA	170	PON	31.10.2007	64.000	75	78	80	80	3	95	98	101	98	6	178	5
6	77	[A] ANKITA	180	RAJ	10.04.2006	63.900	78	82	82	78	7	100	100	104	100	5	178	6
7	785	[B] NG. BALLERINA DEVI	179	MNP	20.11.2006	63.340	73	76	79	79	5	93	97	97	97	8	176	7
8	407	[B] MAAHI MAHENDRA BABHULKAR	165	MHR	07.11.2006	62.200	73	76	76	73	10	93	97	97	97	7	170	8
9	379	[C] TIKI MOHINI MALLIK	160	ORS	05.02.2008	64.000	68	72	74	74	8	88	92	95	95	9	169	9
10	91	[C] TILUCHANA PHUKAN	155	ASM	10.11.2007	62.400	70	70	73	73	9	85	90	94	94	10	167	10
11	266	[B] BARSHA BOR	163	W.B.	12.08.2007	63.320	68	71	73	71	12	88	90	90	90	12	161	11
12	618	[C] PRAGYA SHARMA	155	RAJ	23.07.2005	61.720	69	71	75	71	11	89	93	94	89	13	160	12
13	94	[C] SANGEETHA A M	158	KRN	10.10.2004	60.460	62	62	66	66	14	82	87	90	90	11	156	13
14	332	[C] ANUSREE N B	149	KRL	20.01.2005	63.360	62	65	67	67	13	82	87	91	87	14	154	14
15	169	[C] SHEETAL RAJPUT	153	M.P.	01.01.2006	63.340	65	69	69	65	15	83	86	86	83	15	148	15
	162	[C] JENIS BARLA	144	JKD	16/6/2006	60.300	62	62	64	62	16	82	82	82	--		--	
	693	[C] RIJUMONI KHATOWAL	152	ASM	24.10.2006	63.460	70	70	70	--		--	--	--	--		--	

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 JUNIOR WOMEN 71 kg

Competition : 10.10.2024 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	394	[A] SONAKSHI	205	HRN	18.03.2006	67.200	85	88	88	85	1	100	105	105	105	1	190	1
2	104	[A] SIVA RANJANI J	180	TND	18.04.2004	69.000	80	83	83	83	2	94	97	100	100	2	183	2
3	352	[B] MONILA M	180	TND	14.11.2006	65.900	74	77	79	77	4	93	99	99	99	3	176	3
4	772	[B] RAJNANDINI AMANE	165	MHR	28.04.2006	69.020	76	79	79	79	3	88	94	96	96	4	175	4
5	99	[C] JASHANDEEP KAUR	156	PUN	10.04.2006	67.760	68	71	74	74	5	85	88	91	91	7	165	5
6	127	[C] KH. ELIZAH CHANU	158	MNP	01.04.2006	69.240	70	73	73	70	6	85	89	93	93	5	163	6
7	201	[B] NANCHANGFA BORGOHAIN	175	ASM	12.06.2007	68.640	70	70	70	70	7	85	90	95	90	8	160	7
8	283	[B] DUNKHAM SENG TURUNG	160	ASM	25.01.2006	65.260	65	68	71	68	10	87	90	92	92	6	160	8
9	459	[C] S. RITHIKA	150	PON	15.09.2005	71.000	65	68	68	68	9	85	90	90	85	9	153	9
10	753	[C] P. CHARUMATHI	150	PON	16.07.2006	67.820	65	68	71	68	8	85	85	85	85	10	153	10
	480	[C] TULASI SAHU	150	ORS	23.08.2006	66.820	65	65	67	65	11	85	85	85	--		--	

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. Khushbu Yadav, U.P. []



IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



RESULT JUNIOR 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	593	[A] HEENA	205	PUN	11.02.2006	73.260	81	85	88	88	1	111	117	123	123	1	211	1
2	615	[A] SANGITA SADANIDHAR	195	ASM	16.08.2004	71.360	80	84	86	84	2	95	97	100	97	4	181	2
3	723	[B] HIMANSHEE	170	HRN	14.03.2005	71.100	80	84	84	80	3	93	97	100	100	2	180	3
4	54	[B] R. HARINI	175	PON	02.06.2006	75.740	77	79	81	79	4	92	95	96	96	5	175	4
5	809	[B] GRISHMA THORAT	160	MHR	25.08.2008	75.540	70	73	73	73	9	90	96	98	98	3	171	5
6	674	[B] M. RAMA DEVI	178	MNP	25.03.2005	72.400	70	70	74	74	7	90	95	98	95	6	169	6
7	293	[B] HASINA SHRIN M.A	170	TND	05.06.2008	75.640	72	75	77	77	5	89	91	93	91	8	168	7
8	340	[B] SUBIKSHA K	180	TND	22.04.2006	74.800	72	75	75	75	6	93	95	95	93	7	168	8
9	525	[B] SRISHTI YADAV	158	U.P.	06.06.2005	71.220	70	72	73	73	8	86	90	93	90	9	163	9
10	786	[B] PRAGYA SHARMA	160	H.P.	20.02.2006	75.040	67	71	72	72	10	85	89	92	89	11	161	10
11	683	[B] J. NISHI GASPAL	175	A.P.	26.03.2004	72.500	70	74	74	70	11	90	90	94	90	10	160	11

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 JUNIOR 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	380	[A] K.OVIYA	190	TND	02.11.2007	80.720	80	83	85	85	1	103	108	113	113	1	198	1
2	759	[A] R.P.KEERTHANA	196	TND	20.01.2008	81.000	81	84	84	84	2	102	102	105	102	2	186	2
3	370	[B] A. REVATHI	165	A.P.	10.06.2007	78.000	76	80	80	76	4	95	100	103	100	3	176	3
4	26	[B] MUSKAN	175	HRN	02.03.2005	77.580	75	75	78	78	3	95	95	101	95	4	173	4
5	232	[B] VAISHNAVI PAWAR	170	MHR	17.11.2004	80.140	73	76	76	73	5	90	90	95	90	5	163	5
6	432	[B] K THEJASHWINI POOJARY	169	KRN	06.01.2005	77.540	66	69	73	69	7	88	92	92	88	6	157	6
7	258	[B] JYOTI YADAV	156	U.P.	31.12.2005	77.360	73	73	75	73	6	80	84	84	80	8	153	7
8	242	[B] GURLEEN KAUR	155	PUN	11.10.2009	81.000	66	70	71	66	8	81	87	92	87	7	153	8

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 JUNIOR WOMEN 87 kg

Competition : 12.10.2024 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	83	[A] Y. CHAITNA KUMARI	160	A.P.	12.08.2006	85.700	76	81	84	84	1	95	100	106	100	3	184	1
2	719	[A] AMRITHA P SUNI	180	KRL	16.01.2007	86.420	77	81	83	81	2	97	102	105	102	1	183	2
3	135	[A] K.N.R. LAKSHMI	170	A.P.	07.07.2007	84.700	70	74	78	78	3	90	96	101	101	2	179	3
4	563	[A] GAGANDEEP KAUR	150	PUN	03.06.2007	83.760	77	77	80	77	4	96	100	100	96	5	173	4
5	400	[A] PRIYA R	180	TND	20.01.2005	81.180	70	76	80	76	5	96	104	104	96	4	172	5
6	210	[A] ASWINI BIJU	174	KRL	09.10.2004	86.300	76	76	78	76	6	95	100	100	95	6	171	6
7	318	[A] SANTUSHTI CHOUDHARY	161	U.P.	28.10.2009	86.300	66	70	74	74	7	88	92	95	92	7	166	7
8	415	[A] AKSHADA KADAM	160	MHR	17.08.2006	86.760	74	77	77	74	8	84	88	88	88	9	162	8
9	587	[A] W. NIVEDITA DEVI	160	MNP	03.02.2006	82.300	65	70	70	70	9	85	90	94	90	8	160	9
10	291	[A] AKAM KOUR	130	J.K.	01.05.2004	81.900	55	58	58	58	10	75	80	83	80	10	138	10

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. 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 JUNIOR 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	65	[A] M. MARTINA DEVI	230	MNP	21.03.2006	108.420	97	100	103	100	1	128	132	138	132	1	232	1
2	85	[A] DIVYA P	162	KRL	11.07.2006	110.200	68	72	75	75	2	86	91	95	95	2	170	2
3	502	[A] ANANYA	175	PUN	28.04.2009	92.480	70	70	75	70	3	85	88	88	85	3	155	3
4	542	[A] ZOSANGZUALI	135	MIZ	12.03.2009	110.260	56	56	60	56	5	71	80	84	80	4	136	4
5	751	[A] SONAKSHI RANA	120	H.P.	14.03.2005	87.460	50	55	62	55	6	70	72	74	72	5	127	5
	5	[A] UPUNUTHALA LAXMI PRASSANA	140	TEL	09.07.2008	95.360	60	65	67	60	4	80	80	80	--		--	

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 []