



# IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



## RESULT YOUTH MEN 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	677	[A] HARSABARDHAN SAHU	190	ORS	22.05.2009	48.600	80	83	85	85	1	102	106	110	110	1	195	1
2	382	[A] ARSHLAN	175	UKD	18.11.2009	48.500	81	81	84	84	2	96	96	101	96	5	180	2
3	570	[A] TUFAIL	174	U.P.	15.01.2007	49.000	74	74	76	74	9	100	104	107	104	2	178	3
4	228	[A] MANASH PRATIM DUARAH	180	ASM	10.03.2009	47.440	76	80	82	80	3	95	100	100	95	6	175	4
5	317	[A] NIKLESH LAKRA	180	JKD	25.04.2009	48.400	70	70	75	75	8	97	102	103	97	3	172	5
6	425	[A] AMAN MUNDA	185	JKD	01.01.2007	49.000	75	80	81	75	7	97	102	102	97	4	172	6
7	212	[B] HARSHIT KARADE	155	M.P.	05.01.2007	49.000	70	75	75	70	10	90	93	97	93	8	163	7
8	321	[B] ROHAN KANHAIYA	150	MHR	27.09.2010	48.840	68	72	73	68	13	88	93	97	93	7	161	8
9	427	[B] ADITYA KUMAR	160	BHR	21.03.2009	49.000	68	71	75	75	6	81	81	85	85	13	160	9
10	462	[A] SIMON SHOJU	170	ARN	01.06.2009	49.000	66	69	72	69	12	86	89	89	89	9	158	10
11	613	[B] KUNDAN VISHWAKARMA	150	C.G.	24.02.2007	49.000	70	74	74	70	11	86	90	90	86	11	156	11
12	575	[B] ABHAY KUMAR	160	BHR	10.08.2009	48.920	68	71	71	68	14	83	88	88	88	10	156	12
13	679	[B] B. NANDA KISHORE	165	TEL	08.03.2011	49.000	68	68	72	68	15	83	86	86	83	14	151	13
14	598	[B] YASIR SHAIKH	150	GUJ	17.12.2008	48.820	65	68	70	65	20	80	86	86	86	12	151	14
15	146	[B] HEMADRI B	145	KRN	26.03.2007	47.100	65	67	67	67	16	80	85	85	80	15	147	15
16	532	[B] HRITAM KHANRA	153	W.B.	08.07.2010	48.840	65	67	67	67	17	80	84	84	80	17	147	16
17	397	[B] ARYAN BHAGORE	150	M.P.	11.08.2009	49.000	65	68	68	65	19	80	85	86	80	16	145	17
	734	[A] ANKURJYOTI BORAH	170	ASM	24.05.2007	48.400	76	80	80	76	4	93	93	93	--		--	



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06/10/2024 to 13/10/2024



## RESULT YOUTH MEN 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
	466	[A] PAPUN GOUDA	175	ORS	14.07.2008	48.600	73	76	78	76	5	93	95	95	--		--	
	361	[B] SACHIN SINGH NARMADA	150	C.G.	30.09.2008	47.400	66	69	--	66	18	80	80	80	--		--	
	179	[B] SONAM TSERING KASIDU	158	ARN	06.07.2008	48.500	65	65	65	--		--	--	--	--		--	
	522	[B] VEDANT DHORE	150	MHR	10.01.2008	45.120	65	65	65	--		--	--	--	--		--	
	107	[B] DHRITIMAN PATRA	168	W.B.	07.08.2008	48.500	71	71	71	--		--	--	--	--		--	

### 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 YOUTH 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	711	[B] LAITHANPUIA	215	MIZ	18.02.2009	54.750	92	97	99	99	1	113	117	117	117	1	216	1
2	294	[B] MUKESH GAMANGO	210	ORS	12.08.2008	54.800	85	90	93	93	3	107	111	115	111	4	204	2
3	11	[C] A. PRUDVI	165	A.P.	13.12.2008	54.520	84	89	92	92	4	106	111	111	111	3	203	3
4	188	[B] TH. BUNNY SINGH	200	MNP	25.09.2007	54.520	93	95	97	95	2	106	106	110	106	6	201	4
5	569	[C] DHARMAJYOTI DEWGHARIA	195	ASM	07.02.2009	54.680	82	86	86	82	9	107	112	114	114	2	196	5
6	389	[C] RAJ MUNDA	170	JKD	22.07.2007	54.750	79	83	86	86	6	99	105	106	106	5	192	6
7	357	[C] AARYAN MAHAJAN	180	MHR	12.09.2007	54.600	84	87	87	84	7	105	108	108	105	7	189	7
8	375	[C] ABHISHEK MITRA	175	W.B.	20.04.2007	54.600	80	80	85	80	12	100	105	105	105	8	185	8
9	61	[C] VINAYAK KATKAR	180	MHR	11.11.2007	54.720	80	83	86	83	8	100	106	106	100	10	183	9
10	33	[C] SIPUN MADKAMI	180	ORS	23.09.2008	54.160	80	85	85	80	11	100	103	106	103	9	183	10
11	326	[C] SANJU GUNGLI	180	ARN	16.02.2008	54.500	75	78	82	82	10	95	100	--	100	11	182	11
12	621	[C] IRSHAD A	170	KRL	08.04.2008	54.100	75	78	78	75	13	95	95	98	95	12	170	12
	551	[B] RISHABH PARASHER	213	U.P.	04.08.2008	54.950	85	85	89	89	5	115	115	115	--		--	
	226	[C] RICKY LOLLEN	170	ARN	12.04.2009	54.660	75	75	75	--		--	--	--	--		--	

### 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 YOUTH 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	286	[B] V.KISHORE	235	TND	14.12.2007	59.900	105	109	109	109	2	126	130	134	134	1	243	1
2	481	[B] SUNIL SINGH	230	PUN	13.09.2009	59.900	107	111	111	111	1	126	127	131	131	2	242	2
3	645	[C] ISAK MALSAWMTLUANGA	230	MIZ	16.07.2008	60.600	100	104	106	106	4	125	127	127	127	4	233	3
4	234	[B] ANIK MODI	230	W.B.	24.04.2008	60.000	95	99	102	99	7	130	135	135	130	3	229	4
5	781	[C] L. WILSON SINGH	226	MNP	21.11.2007	60.000	95	95	100	100	5	123	126	126	126	5	226	5
6	707	[C] ANUSH LOKHANDE	225	MHR	21.12.2007	60.200	98	101	101	98	8	119	123	123	123	8	221	6
7	260	[C] AAS MOHAMMAD ASHU	218	U.P.	16.01.2010	60.600	95	99	101	99	6	115	120	124	120	9	219	7
8	788	[C] DHEERAJ KUMAR	220	DEL	03.01.2007	59.540	90	93	96	93	13	116	121	125	125	7	218	8
9	632	[D] OM KUMAR	200	JKD	11.05.2008	60.800	85	88	91	91	17	115	120	125	125	6	216	9
10	6	[C] J. BALAKRISHNA	225	TEL	10.05.2008	60.650	97	101	101	97	9	119	119	122	119	10	216	10
11	288	[C] JAYANOVARAJ J	220	TND	19.12.2008	60.400	96	101	101	96	10	115	118	120	118	12	214	11
12	320	[D] B. KARTHEEK	195	A.P.	12.11.2007	59.240	87	87	92	92	14	111	116	116	116	13	208	12
13	688	[C] GHANASHYAM GOGOI	220	ASM	27.05.2009	60.920	96	100	100	96	11	105	110	118	110	19	206	13
14	691	[D] K. CHAITHANYA	200	A.P.	22.07.2008	61.000	87	91	96	91	15	109	114	117	114	15	205	14
15	263	[D] DEEPANSHU	200	HRN	05.02.2007	61.000	85	89	92	89	19	108	114	119	114	14	203	15
16	368	[D] SOMANATH PARASETH	210	ORS	06.02.2008	60.460	82	82	85	85	23	110	114	118	118	11	203	16
17	118	[D] PIYUSH MAHAJAN	190	MHR	02.08.2007	60.300	87	87	91	91	16	105	110	115	110	18	201	17
18	39	[C] RITAM KUMAR BAG	211	W.B.	24.04.2007	59.800	85	85	90	90	18	106	110	114	110	20	200	18



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NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



## RESULT YOUTH 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
19	110	[D] TH. MANGALSANA SINGH	200	MNP	24.04.2009	60.700	86	86	88	88	20	105	110	115	110	17	198	19
20	393	[D] SANISH ORAON	187	JKD	01.01.2008	58.000	82	87	87	87	21	105	108	111	111	16	198	20
21	437	[D] GM REVANTH	188	TEL	26.02.2008	60.850	85	85	85	85	24	105	109	112	109	21	194	21
22	775	[D] S. REEGAN	187	PON	23.02.2007	60.920	82	85	87	85	22	105	108	108	105	22	190	22
23	238	[D] TD SATHISH KUMAR	150	A-N	24.12.2007	58.120	63	67	67	63	26	80	85	90	85	23	148	23
	756	[B] BHUPESH	235	HRN	26.04.2008	60.640	104	107	109	107	3	127	127	127	--		--	
	577	[D] GANESH.V	210	KRN	23.12.2009	59.000	95	95	99	95	12	118	118	118	--		--	
	672	[D] DEEPAK PARMAR	187	M.P.	01.03.2008	59.120	82	87	87	82	25	105	105	105	--		--	
	717	[C] PRAFULLA KHADA	225	ORS	07.01.2008	60.300	96	96	96	--		--	--	--	--		--	

### 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 YOUTH 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	626	[B] ABHINOBO GOGOI	260	ASM	31.08.2009	66.500	111	114	117	117	2	135	138	141	138	4	255	2
3	3	[B] K. DINESH	235	A.P.	04.05.2007	66.400	113	113	115	115	3	133	138	141	138	3	253	3
4	557	[B] SWAYAMJIT PRASAD SAHOO	250	ORS	15.01.2007	66.520	107	110	113	110	4	136	140	144	140	2	250	4
5	604	[C] NG. YOIHENBA MEETEI	230	MNP	30.03.2009	65.700	103	103	106	106	5	130	135	140	135	5	241	5
6	401	[B] SANRAJ	234	U.P.	04.07.2008	66.600	100	104	107	104	8	130	134	138	134	6	238	6
7	422	[B] VALLURI AKHIL	233	M.P.	13.07.2007	66.700	98	104	108	104	7	128	133	134	134	7	238	7
8	22	[B] TAGRIK TANI	245	ARN	02.02.2007	63.800	98	102	102	102	10	131	136	136	131	8	233	8
9	794	[C] RICHIN CHONGRUJU	220	ARN	28.08.2008	66.500	102	106	--	102	9	120	125	126	126	9	228	9
10	706	[C] SYED AHTISHAM ANDRABI	220	J.K.	15.01.2007	66.800	99	102	105	105	6	120	125	127	120	11	225	10
11	60	[C] SURAJ KUMAR MAHTO	205	JKD	22.02.2007	63.800	93	97	101	101	11	120	126	126	120	10	221	11
12	203	[C] MANOJ MADHI	225	ORS	13.07.2008	66.200	92	95	98	98	12	115	115	120	115	15	213	12
13	362	[C] ADITYA KUMAR	205	BHR	12.01.2007	66.400	91	94	97	97	13	116	119	119	116	13	213	13
14	811	[C] MANISH VISHWAKARMA	205	BHR	07.08.2007	65.240	91	91	94	94	14	117	121	121	117	12	211	14
15	225	[C] IRSHAD AHAMAD	207	UKD	25.12.2008	66.540	90	91	93	91	16	115	117	117	115	14	206	15
	798	[C] SREEKUTTAN KUTTAN	221	KRL	07.06.2008	66.600	91	93	93	93	15	116	116	116	--		--	
	251	[C] RAMAN YADAV	230	HRN	16.10.2007	65.400	102	102	102	--		--	--	--	--		--	

### 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 YOUTH 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	221	[C] HEMANTA DOIMARI	260	ASM	07.01.2007	71.800	115	118	118	115	1	127	132	136	136	2	251	1
2	24	[D] D. BHANU TEJA	230	A.P.	24.01.2009	72.500	105	108	110	110	2	130	135	140	140	1	250	2
3	139	[C] AJAY SHARMA	245	RAJ	12.02.2008	71.000	107	107	110	107	5	130	134	134	130	4	237	3
4	441	[C] TAYAR RONIK	250	ARN	10.10.2007	72.100	101	105	106	101	6	135	140	140	135	3	236	4
5	752	[D] B. TARUN ADITHYA	220	A.P.	15.10.2007	70.260	102	107	107	107	4	126	126	133	126	5	233	5
6	572	[D] NIYA DODUM	230	ARN	02.12.2008	71.450	100	104	108	108	3	120	121	125	121	9	229	6
7	589	[C] KISHORE D	245	TND	16.02.2008	71.250	100	101	103	101	7	125	125	130	125	6	226	7
8	366	[D] MANOJ K	225	TND	29.03.2007	69.240	92	97	101	97	8	123	123	123	123	8	220	8
9	168	[D] VATSAL MEHTA	215	RAJ	05.06.2008	72.440	96	96	100	96	11	119	122	123	123	7	219	9
10	762	[D] MOHIT BIRDI	230	PUN	09.04.2008	67.220	92	97	97	97	9	119	124	--	119	12	216	10
11	268	[D] ANKIT THAKRAN	225	DEL	14.05.2009	72.140	95	101	101	95	12	119	123	123	119	10	214	11
12	449	[D] VISHAL	220	HRN	22.07.2009	72.200	95	95	100	95	13	119	125	130	119	11	214	12
13	708	[D] ANANT KUMAR SINGH	225	DEL	16.09.2009	71.700	95	95	100	95	14	118	121	121	118	13	213	13
14	408	[D] RAUSHAN KUMAR	211	BHR	25.11.2007	68.540	92	92	94	94	15	118	118	118	118	14	212	14
	669	[D] DESHPAGA YASHASWI DEV	215	TEL	20.03.2009	71.900	92	96	101	96	10	118	118	118	--	--	--	--
	418	[D] HARSH KUMAR	212	U.P.	27.12.2008	68.700	--	--	--	--	--	--	--	--	--	--	--	--
	556	[C] GURBAKSH SINGH	246	UKD	21.04.2008	71.500	105	105	105	--	--	--	--	--	--	--	--	--

### 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 YOUTH 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	416	[A] HRUDANANDA DAS	299	ORS	09.06.2007	81.000	125	129	132	132	1	160	165	170	170	1	302	1
2	701	[B] M. TARUN	270	A.P.	25.05.2007	79.600	120	125	128	125	2	153	157	160	160	2	285	2
3	670	[C] HEMRAJ	253	HRN	01.04.2009	79.600	105	109	112	112	3	135	139	145	139	4	251	3
4	80	[C] AYUSH RANA	250	U.P.	05.01.2009	77.800	109	113	113	109	5	135	139	143	139	3	248	4
5	658	[C] SHYAMSUNDAR S	215	TND	02.04.2007	76.420	107	108	111	107	6	125	133	133	125	7	232	5
6	424	[C] PIYUSH	240	HRN	26.07.2009	78.200	107	111	114	111	4	120	130	130	120	9	231	6
7	249	[C] K. PAMHEIBA MEITEI	227	MNP	03.04.2008	80.600	95	95	98	98	8	122	127	132	132	5	230	7
8	676	[C] RESHOV SAIKI	235	ASM	26.03.2009	79.920	96	102	102	102	7	121	121	127	127	6	229	8
9	671	[C] RAJAS SHINDE	220	MHR	13.07.2009	79.600	97	102	102	97	9	120	125	125	120	10	217	9
10	248	[C] HARSHIT BAGE	213	JKD	10.04.2008	73.920	93	95	98	95	10	122	126	126	122	8	217	10
	479	[C] TAWHEED IRFAN WANI	215	J.K.	25.04.2007	77.900	93	93	96	93	11	120	120	120	--		--	
	17	[C] DEVVRAT SHARMA	250	C.G.	22.06.2007	79.540	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 YOUTH 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	620	[C] ROHAN KUMAR MAHTO	235	JKD	20.03.2008	81.720	106	109	112	109	5	137	142	147	147	1	256	1
2	807	[C] CH. VENKATESH	240	A.P.	30.12.2007	88.900	105	109	112	112	1	138	142	146	142	2	254	2
3	30	[C] J. SAI VARDHAN	240	TEL	16.09.2007	88.500	105	110	111	111	3	134	139	142	142	3	253	3
4	76	[C] SHAH HUSSAIN	258	HRN	26.01.2008	88.260	110	110	111	111	4	138	138	144	138	4	249	4
5	498	[C] GURKIRAT SINGH	225	PUN	28.12.2008	87.800	95	106	111	111	2	125	133	136	133	5	244	5
6	2	[C] PRITHAWIRAJ CHAVAN	220	MHR	24.03.2007	85.460	100	105	108	105	6	125	130	130	125	6	230	6
	403	[C] JATIN	217	RAJ	24.03.2007	81.300	96	97	97	97	7	122	122	122	--		--	
	769	[C] MAYANK TIWARI	245	U.P.	09.02.2008	84.000	108	108	108	--		--	--	--	--		--	

### 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 YOUTH 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	740	[B] ADITYA	270	HRN	03.12.2008	95.300	124	124	128	128	1	141	146	149	149	3	277	1
2	692	[B] HARIOM SHARMA	265	RAJ	04.10.2007	93.000	118	122	125	122	3	140	147	154	154	1	276	2
3	182	[B] S.B.CHARUKESH	265	TND	06.09.2007	95.800	123	123	126	126	2	140	145	149	149	2	275	3
4	435	[C] SHIVTEJ PAWAR	225	MHR	21.03.2007	94.600	105	110	115	110	4	135	140	145	140	5	250	4
5	625	[C] A. KURMANATH (L)	235	A.P.	01.01.2009	90.000	100	100	105	105	6	129	138	141	141	4	246	5
6	576	[C] VARUN JOSIYA	230	DEL	20.02.2007	95.600	100	103	106	106	5	127	130	136	130	6	236	6
7	417	[C] REHAN KHAN	220	C.G.	04.09.2009	89.800	98	102	105	105	7	127	135	135	127	7	232	7
8	344	[C] KANISKA BORA	220	ASM	09.08.2010	94.600	95	99	102	99	8	115	122	127	127	9	226	8
9	731	[C] HARSH KUMAR HEMBRAM	211	JKD	05.10.2009	94.660	91	95	99	99	9	120	125	130	125	10	224	9
10	199	[C] SAMARTH RAJESH SUTRAVE	208	KRN	09.04.2007	96.200	90	95	100	95	12	115	120	127	127	8	222	10
11	284	[C] ADARSH CHOUDHARY	217	M.P.	06.05.2008	95.660	90	95	101	95	13	110	116	116	116	11	211	11
12	743	[C] AMAN MEHTA	205	BHR	07.02.2007	93.100	92	95	97	97	11	111	111	116	111	12	208	12
13	667	[C] DIYAN KASHYAP	210	ASM	06.04.2008	92.200	90	94	97	97	10	110	117	117	110	13	207	13

### 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 YOUTH 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	364	[B] TUSHAR CHAUDHARY	270	U.P.	07.12.2008	101.800	118	121	125	121	3	151	157	161	161	1	282	1
2	257	[B] KISHORE R	255	TND	21.04.2007	101.200	120	124	126	126	1	145	150	155	155	3	281	2
3	64	[B] CHANAKYA BORA	270	ASM	15.09.2008	100.200	115	119	122	122	2	147	152	157	157	2	279	3
4	183	[B] DAVID LALZAWMDIKA	250	MIZ	2.08.2007	101.300	112	116	117	112	6	147	156	156	147	4	259	4
5	173	[B] T. RAVI TEJA	225	A.P.	22.07.2007	98.300	115	118	118	118	4	140	152	152	140	6	258	5
6	336	[B] JARNAIL SINGH	230	PUN	04.02.2007	101.700	100	105	106	106	9	131	136	145	145	5	251	6
7	650	[B] POONAM CHAND KULHARI	266	RAJ	04.11.2008	96.280	112	115	117	115	5	135	135	140	135	9	250	7
8	496	[B] NISHUL KUMAR	233	IWLF	03.03.2007	96.200	105	108	111	111	7	125	132	138	138	7	249	8
9	517	[B] SOUMYA RANJAN ROUTRAY	250	ORS	16.05.2007	101.300	100	107	110	110	8	130	136	141	136	8	246	9

### 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 YOUTH MEN +102 kg

Competition : 12.10.2024 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	774	[A] DAVID ZOHMINGMAWIA	270	MIZ	5.08.2008	111.380	105	109	112	109	3	145	149	153	153	1	262	1
2	695	[A] SATWIK LUTHRA	230	J.K.	06.03.2008	110.200	106	111	112	112	2	137	145	149	149	2	261	2
3	218	[A] SUNNY BHATI	260	HRN	28.01.2007	105.340	115	115	119	119	1	141	147	147	141	3	260	3
4	267	[A] NITESH	250	DEL	31.03.2007	116.400	108	113	113	108	4	132	140	146	132	4	240	4
5	579	[A] PRANAESH K	220	TND	17.10.2007	102.160	95	100	105	105	5	120	124	126	124	5	229	5
6	313	[A] AMOGH HARISH SHARMA	200	U.P.	01.05.2008	109.000	90	96	97	90	6	110	115	120	115	6	205	6

### 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. 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 YOUTH WOMEN 40 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	458	[A] JYOSHNA SABAR	125	ORS	25.10.2008	40.000	53	56	--	56	1	64	--	--	64	1	120	1
2	316	[A] KHUSHBOO	105	PUN	27.01.2009	39.880	45	49	52	49	2	57	57	61	61	2	110	2
3	333	[A] I. DHARSHINIPRIYA	105	PON	17.04.2009	38.200	45	48	48	48	4	60	60	60	60	4	108	3
4	455	[A] HIMANSHEE	100	HRN	10.03.2009	40.000	45	47	47	47	6	55	59	60	60	3	107	4
5	143	[A] ISHWARIYA K	100	TND	22.09.2009	39.920	46	49	51	49	3	56	59	60	56	8	105	5
6	687	[A] TITLI MAJI	90	W.B.	22.12.2011	38.640	44	47	49	47	5	53	57	60	57	7	104	6
7	451	[A] NETRA THORAT	85	MHR	29.03.2010	39.360	44	44	46	44	9	57	61	61	57	5	101	7
8	850	[A] SIMRAN AKTER	96	TR.I	20.02.2010	39.600	42	44	47	44	8	50	54	56	56	9	100	8
9	193	[A] MANISHA SOREN	80	JKD	10.03.2007	39.400	35	39	43	43	10	53	57	64	57	6	100	9
10	790	[A] MRIDUSMITA CHITRAKAR	100	ASM	07.05.2010	39.940	40	44	46	44	7	55	60	61	55	10	99	10
11	533	[A] TAM AYA	80	ARN	20.05.2011	40.000	40	45	--	40	11	45	48	51	51	12	91	11
12	150	[A] TEJASWINI GEHLOT	90	RAJ	08.08.2008	39.860	35	38	41	38	14	47	51	53	53	11	91	12
13	500	[A] SURYANSHI SHARMA	95	RAJ	28.07.2010	38.100	37	40	40	40	12	47	50	53	50	13	90	13
14	354	[A] RESHAM SAHU	70	C.G.	28.04.2010	39.560	34	37	39	39	13	44	47	50	50	14	89	14
15	253	[A] KAJAL	90	DEL	11.05.2007	39.300	36	41	41	36	15	46	49	51	49	15	85	15
16	581	[A] CHANCHAL RAWTE	70	C.G.	03.10.2010	39.300	33	33	36	33	17	40	40	43	43	17	76	16
17	176	[A] PRIYANKA VERMA	74	U.P.	11.08.2011	39.500	32	32	32	32	18	40	43	46	43	16	75	17
18	702	[A] SAPNA	75	U.P.	02.04.2007	32.800	30	33	35	33	16	40	40	42	40	18	73	18

### 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 YOUTH WOMEN 45 kg

Competition : 07.10.2024 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	485	[A] AKANKSHA VYAVHARE	145	MHR	19.06.2007	44.260	60	63	66	66	1	76	80	83	83	1	149	1
2	66	[B] PRITEESMITA BHOI	130	ORS	14.11.2008	43.300	57	60	60	57	6	77	80	82	82	2	139	2
3	252	[A] VEDIKA TOLE	135	MHR	18.10.2007	44.620	58	61	64	61	2	72	75	77	77	4	138	3
4	497	[A] PUNGNI TARA	140	ARN	25.07.2008	44.500	57	59	59	59	4	73	78	81	78	3	137	4
5	434	[A] ANNU KUMARI	135	RAJ	27.11.2008	44.600	59	62	62	59	3	70	75	75	75	5	134	5
6	405	[B] RIMA MAJI	119	W.B.	19.09.2010	44.440	53	56	58	58	5	70	73	73	73	6	131	6
7	347	[B] B. NEERAJA	120	A.P.	26.06.2007	43.400	52	55	57	57	7	65	69	69	65	9	122	7
8	710	[B] SHIVANI SHARMA	120	DEL	18.12.2009	45.000	56	56	56	56	8	66	70	70	66	8	122	8
9	783	[B] NIDHI	118	HRN	19.09.2009	45.000	55	58	58	55	9	65	70	70	65	10	120	9
10	454	[B] TULASHI SABAR	120	ORS	09.04.2007	44.160	51	54	56	54	11	63	65	65	65	11	119	10
11	172	[B] MONIKHA SONOWAL	130	ASM	28.04.2007	44.160	53	53	55	53	13	66	69	69	66	7	119	11
12	372	[B] ROLI VERMA	113	U.P.	07.07.2008	44.540	51	54	56	54	10	61	61	63	61	13	115	12
13	602	[C] ROHINI PK	105	TND	30.01.2008	44.500	45	49	51	49	14	55	59	62	62	12	111	13
14	36	[B] ZEEL UMESHBHAI GAJJAR	110	GUJ	06.10.2007	44.200	44	44	47	47	15	58	58	60	60	16	107	14
15	123	[C] MAMITHA K	105	TND	01.12.2007	42.740	46	50	50	46	16	56	60	63	60	14	106	15
16	27	[C] SARTAM CHUMMI RUGHU	90	ARN	13.08.2010	44.000	44	46	48	46	19	56	58	60	60	15	106	16
17	101	[C] VYGA RAJU	95	KRL	07.07.2008	44.820	40	43	46	46	20	50	55	58	58	17	104	17
18	636	[C] RINKI DEVI	100	BHR	07.07.2008	45.000	43	46	48	46	18	53	56	59	56	19	102	18



# IWLF NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25

NAGROTA BAGWAN - HIMACHAL PRADESH

06/10/2024 to 13/10/2024



## RESULT YOUTH WOMEN 45 kg

Competition : 07.10.2024 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
19	196	[C] BABITA KUMARI	90	JKD	01.01.2007	44.940	42	42	44	44	21	51	54	57	57	18	101	19
20	345	[C] PRANJALI TIWARI	105	C.G.	26.10.2008	44.260	43	46	47	46	17	51	55	55	51	26	97	20
21	507	[C] NAMRTA HEMROM	90	JKD	25.02.2009	44.800	40	43	45	43	22	53	57	57	53	20	96	21
22	767	[C] SALONI KUMARI	81	BHR	18.03.2007	44.600	40	40	43	43	23	50	53	53	53	21	96	22
23	628	[C] K. SHWETHA	90	PON	05.10.2009	44.400	40	42	44	42	24	50	52	52	52	25	94	23
24	73	[C] KASHISH	100	H.P.	03.02.2007	44.700	40	42	42	40	25	50	52	54	52	22	92	24
25	655	[C] KOMAL VISHNOI	90	RAJ	23.04.2010	44.460	40	42	42	40	27	50	52	54	52	23	92	25
26	473	[C] UTKARSHA SAINI	91	U.P.	18.01.2008	44.720	40	44	44	40	26	50	50	52	52	24	92	26
	46	[B] KH. LUWANGSANA CHANU	129	MNP	15.02.2008	44.340	50	53	56	53	12	68	68	68	--		--	
	261	[C] VIDHI SAHU	105	C.G.	24.03.2007	44.360	44	44	44	--		--	--	--	--		--	

### Jury

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

### Referee

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

### 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 YOUTH 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	582	[B] ASMITA DHONE	140	MHR	01.05.2007	49.000	66	69	71	69	1	85	88	91	88	1	157	1
2	365	[B] B. BHARGAVI	150	A.P.	19.02.2009	49.000	65	68	70	68	2	84	87	90	87	2	155	2
3	471	[B] MANSI CHAMUNDA	149	U.P.	01.04.2007	47.800	63	66	66	66	3	82	86	86	82	3	148	3
4	371	[B] MUSKAN SAINI	140	RAJ	27.08.2007	47.740	55	58	61	58	4	67	67	71	71	7	129	4
5	119	[C] NISHA	123	U.P.	01.11.2011	48.380	55	55	55	55	10	68	70	72	72	4	127	5
6	599	[B] ANJALI	132	HRN	11.12.2008	49.000	55	55	57	57	6	70	73	73	70	10	127	6
7	384	[C] DEBASMITA SINGH	120	ORS	23.04.2009	48.420	50	53	55	55	9	65	68	71	71	5	126	7
8	231	[C] KUMKUM DHRUW	120	C.G.	13.01.2007	46.480	51	55	57	55	8	66	71	71	71	6	126	8
9	540	[C] S. SAKTHISARASWATHI	130	PON	04.01.2009	48.540	55	58	58	55	7	70	73	73	70	8	125	9
10	647	[C] CHAYANIKA GOGOI	120	ASM	27.08.2008	49.000	50	53	53	53	11	60	65	70	70	9	123	10
11	337	[C] DHANPATI KUMARI	110	JKD	06.08.2008	48.700	50	52	53	50	15	63	68	68	68	11	118	11
12	78	[C] MANISHA KUMARI	110	JKD	03.08.2007	48.600	50	52	52	52	13	62	64	68	64	12	116	12
13	527	[C] P. TULASI	110	TEL	11.04.2009	49.000	50	52	54	52	12	60	60	64	64	13	116	13
14	190	[C] NGUNCHA TANGDONG	100	ARN	04.04.2009	47.000	52	52	52	52	14	60	60	62	60	14	112	14
	1	[B] SARIKA	140	PUN	15.12.2007	47.400	57	62	62	57	5	76	76	78	--		--	
	160	[C] ELAKKIYA P	115	TND	26.07.2007	46.500	50	50	50	--		--	--	--	--		--	

### 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 YOUTH 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	617	[B] K. HEMASRI	160	A.P.	16.02.2011	52.340	69	76	79	76	2	89	94	99	94	2	170	2
3	184	[B] AISANGFA GOGOI	170	ASM	16.12.2007	53.900	72	75	77	75	3	92	92	96	92	3	167	3
4	801	[B] MINA SANTA	160	ORS	27.03.2008	54.200	68	72	74	72	5	88	91	91	88	4	160	4
5	506	[A] V. SUSMITHA	175	A.P.	18.08.2008	54.260	70	74	78	74	4	86	91	91	86	5	160	5
6	543	[B] SHRAVANI JADHAV	160	MHR	20.06.2007	54.600	70	70	70	70	6	85	91	91	85	6	155	6
7	132	[B] S. ANTONIYA DEVI	159	MNP	02.02.2010	53.100	63	63	66	66	7	85	85	90	85	7	151	7
8	635	[C] ASHRUKANA BISWAS	127	W.B.	08.06.2008	54.600	59	60	63	63	8	79	84	84	84	8	147	8
9	614	[C] ISHU	140	HRN	20.05.2007	55.000	57	62	63	63	9	72	76	79	76	9	139	9
10	216	[C] NITHYASRI S	125	TND	24.09.2009	54.420	53	56	59	59	10	67	73	77	73	10	132	10
11	314	[C] MANSI YADAV	130	C.G.	10.05.2007	54.160	55	58	58	55	11	67	72	74	72	11	127	11
	159	[C] N ANJALI	118	TEL	24.10.2009	54.500	53	55	55	55	12	65	65	65	--		--	
	770	[C] SMRITIBBENG	118	JKD	20/12/2007	54.240	53	53	--	--		--	--	--	--		--	
	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 YOUTH 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	153	[B] K. THARANGANI	173	A.P.	04.06.2009	56.060	73	78	78	78	1	93	98	105	98	1	176	1
2	178	[B] TANUJA POL	165	MHR	02.04.2007	58.640	70	73	73	70	4	94	97	97	97	2	167	2
3	181	[B] BHAVNA GOGOI	160	ASM	17.07.2008	57.760	67	71	73	73	2	88	93	93	93	3	166	3
4	493	[B] M. ANJELINA DEVI	168	MNP	01.03.2009	57.760	72	72	72	72	3	84	88	88	84	6	156	4
5	151	[B] S AKSHITA	160	TND	24.04.2007	57.200	65	65	69	65	8	80	85	88	88	4	153	5
6	206	[C] ANKITA PRADHAN	145	ORS	15.03.2009	55.900	65	65	65	65	7	83	87	91	87	5	152	6
7	450	[C] DIKSHA RANI	150	PUN	16.04.2007	56.840	67	67	70	67	5	77	80	83	80	7	147	7
8	140	[C] ALISHA BEHERA	140	ORS	07.11.2008	56.000	60	60	65	65	6	78	81	81	78	9	143	8
9	639	[C] GUDIYA KUMAWAT	140	RAJ	11.11.2007	57.240	57	62	62	62	10	78	82	83	78	10	140	9
10	202	[C] SEEMA MARANDI	140	JKD	15.08.2008	58.660	60	63	64	60	12	80	80	85	80	8	140	10
11	278	[C] VANYA RAO	140	C.G.	24.10.2009	58.120	57	61	63	63	9	72	76	78	76	13	139	11
12	504	[C] AVNI SEXENA	135	RAJ	13.09.2009	57.820	55	58	61	58	14	75	78	80	78	11	136	12
13	328	[C] ANJALI KUMARI	126	JKD	31/3/2008	57.440	56	59	60	60	13	70	73	75	75	14	135	13
14	704	[C] ARSHDEEP KAUR	145	PUN	10.03.2007	57.140	57	61	62	62	11	71	78	78	71	15	133	14
15	445	[C] L. CHINGLEMBI DEVI	143	MNP	29.02.2011	58.840	56	56	58	56	16	76	80	80	76	12	132	15
16	12	[C] ARPITA CHOWDHURY	130	W.B.	17.02.2008	57.800	56	56	58	58	15	70	74	74	70	16	128	16
17	461	[C] TANYASHA	115	A-N	21.10.2010	56.760	42	46	51	51	17	53	57	61	61	17	112	17
	444	[B] AARTI	160	HRN	23.07.2009	58.400	68	68	70	--		--	--	--	--		--	

### 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 YOUTH 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	528	[B] G. VARSHITHA	165	A.P.	27.12.2007	61.060	75	79	81	81	1	95	100	103	100	2	181	1
2	192	[B] B. HARIKA	165	A.P.	10.08.2007	62.700	75	78	78	78	3	96	101	101	101	1	179	2
3	133	[B] C. HARSHIKA	170	PON	31.10.2007	64.000	75	78	80	80	2	95	98	101	98	3	178	3
4	379	[C] TIKI MOHINI MALLIK	160	ORS	05.02.2008	64.000	68	72	74	74	4	88	92	95	95	4	169	4
5	91	[C] TILUCHANA PHUKAN	155	ASM	10.11.2007	62.400	70	70	73	73	6	85	90	94	94	5	167	5
6	718	[B] A. MANDAKINI DEVI	171	MNP	23.10.2008	62.960	70	74	77	74	5	88	91	91	88	8	162	6
7	266	[B] BARSHA BOR	163	W.B.	12.08.2007	63.320	68	71	73	71	7	88	90	90	90	7	161	7
8	44	[B] SAMRUDHI DHONE	160	MHR	26.07.2007	63.000	68	70	72	70	8	88	90	92	90	6	160	8
9	696	[C] N. VICTORIA DEVI	142	MNP	22.10.2011	63.430	62	66	66	66	9	78	81	81	78	9	144	9
10	585	[C] SWATI PANWAR	140	RAJ	25.10.2010	62.800	65	69	69	65	10	77	77	77	77	11	142	10
11	443	[C] LUKESHWARI SAHU	130	C.G.	23.11.2007	62.120	61	64	64	64	11	74	78	80	78	10	142	11
12	71	[C] RADHIKA	143	HRN	29.04.2008	60.000	57	57	59	57	12	74	76	76	74	12	131	12
13	281	[C] SANIKA GOWDA	127	KRN	28.02.2007	61.660	57	57	61	57	13	74	74	77	74	13	131	13

### 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 YOUTH 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	733	[B] TAMANNA	173	HRN	13.10.2007	68.100	78	82	86	82	1	93	96	100	100	1	182	1
2	724	[B] CH. JUHITHA GUNA	160	A.P.	26.04.2011	66.380	70	77	81	77	2	87	95	99	95	2	172	2
3	654	[B] REENUMOL P R	168	KRL	01.10.2007	69.200	68	71	74	74	4	90	93	99	93	3	167	3
4	383	[C] KOMAL BHATI	150	HRN	03.07.2008	70.880	73	76	79	76	3	87	90	92	90	4	166	4
5	516	[C] ISHWARI POWAR	150	MHR	08.03.2007	69.040	70	73	76	73	5	87	90	90	87	6	160	5
6	201	[B] NANCHANGFA BORGOHAIN	175	ASM	12.06.2007	68.640	70	70	70	70	6	85	90	95	90	5	160	6
7	346	[C] V. JAHANAVI	135	TEL	03.12.2009	66.620	60	67	72	67	7	75	80	85	80	9	147	7
8	477	[C] H. OLYMPIA DEVI	150	MNP	07.08.2009	68.900	60	60	63	63	8	78	83	83	83	8	146	8
9	642	[C] ARUHI KUMARI	140	JKD	09.09.2007	67.600	58	63	63	58	11	79	83	89	83	7	141	9
10	270	[C] PRIYADHARSHINI E	135	TND	05.02.2009	68.920	59	59	62	62	9	75	80	80	75	10	137	10
11	561	[C] DHIYA JAYARAJ	135	KRL	28.02.2008	68.840	60	64	64	60	10	75	75	78	75	11	135	11
	652	[C] MANASA	123	KRN	26.01.2008	69.720	58	60	60	58	12	75	75	75	--		--	
	303	[C] H. PRIYARANI DEVI	135	MNP	02.12.2009	66.540	58	58	58	58	13	75	--	--	--		--	

### 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 YOUTH 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	809	[B] GRISHMA THORAT	160	MHR	25.08.2008	75.540	70	73	73	73	4	90	96	98	98	1	171	1
2	293	[B] HASINA SHRIN M.A	170	TND	05.06.2008	75.640	72	75	77	77	2	89	91	93	91	2	168	2
3	117	[B] B. ROCHISHMATHI	165	A.P.	29.08.2009	72.640	70	74	77	77	1	90	90	90	90	3	167	3
4	544	[B] VAISHNAVI	165	HRN	20.05.2010	74.900	70	74	77	74	3	86	86	91	86	4	160	4
5	55	[B] N. MONALISA CHANU	147	MNP	09.12.2008	72.020	62	65	68	68	5	78	82	82	78	5	146	5
6	773	[B] TRSHNA GOGOI	141	ASM	02.10.2008	71.920	60	65	65	60	6	75	75	77	75	6	135	6

### 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 YOUTH 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	122	[B] JAISMEEN KAUR SANDHU	150	CHD	26.07.2008	79.960	68	71	73	73	4	90	95	98	95	3	168	3
4	82	[B] ANANDI SANGLE	160	MHR	01.06.2010	76.800	70	74	78	74	3	88	93	93	93	4	167	4
5	32	[B] V. SAHASRA	160	TEL	16.08.2008	80.320	68	71	71	68	5	75	80	85	85	6	153	5
6	242	[B] GURLEEN KAUR	155	PUN	11.10.2009	81.000	66	70	71	66	6	81	87	92	87	5	153	6
7	709	[B] JABIN SULTANA	133	ASM	14.03.2007	77.800	58	61	65	61	7	75	75	79	79	7	140	7
8	796	[B] NANCY	155	HRN	10.09.2007	76.420	60	60	60	60	8	75	79	80	75	8	135	8
9	49	[B] MAUSUMI DAS	125	ORS	08.12.2009	78.820	56	56	56	56	9	68	68	72	72	10	128	9
10	592	[B] GAYATRI KUMAWAT	120	RAJ	24.08.2009	76.860	55	58	58	55	10	70	73	76	73	9	128	10
11	779	[B] TANISHIKA KANOJIA	126	U.P.	12.06.2008	80.060	55	57	57	55	11	65	69	72	72	11	127	11

### 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 YOUTH WOMEN +81 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	719	[A] AMRITHA P SUNI	180	KRL	16.01.2007	86.420	77	81	83	81	1	97	102	105	102	1	183	1
2	135	[A] K.N.R. LAKSHMI	170	A.P.	07.07.2007	84.700	70	74	78	78	2	90	96	101	101	2	179	2
3	563	[A] GAGANDEEP KAUR	150	PUN	03.06.2007	83.760	77	77	80	77	3	96	100	100	96	3	173	3
4	318	[A] SANTUSHTI CHOUDHARY	161	U.P.	28.10.2009	86.300	66	70	74	74	4	88	92	95	92	4	166	4
5	40	[A] NAVPREET KAUR	137	CHD	23.08.2008	82.800	67	70	72	70	5	80	84	85	85	6	155	5
6	502	[A] ANANYA	175	PUN	28.04.2009	92.480	70	70	75	70	6	85	88	88	85	7	155	6
7	14	[A] RAJNANDANI SINGH	155	U.P.	25.03.2007	85.600	60	67	71	67	7	85	91	91	85	5	152	7
8	542	[A] ZOSANGZUALI	135	MIZ	12.03.2009	110.260	56	56	60	56	11	71	80	84	80	8	136	8
9	136	[A] BRINDAWANI PACHANI	131	ASM	19.11.2007	87.400	58	62	62	62	8	72	72	76	72	9	134	9
10	381	[A] KAUSHIKI SHARMA	115	J.K.	26.06.2007	84.280	50	53	55	55	13	62	68	72	72	10	127	10
11	290	[A] CLARISSA ANGEL MONTERIO	110	KRN	02.10.2008	114.200	53	56	60	56	10	65	65	68	68	11	124	11
	5	[A] UPUNUTHALA LAXMI PRASSANA	140	TEL	09.07.2008	95.360	60	65	67	60	9	80	80	80	--		--	
	514	[A] M. KIRANMAYA	110	PON	11.03.2010	81.200	50	52	55	55	12	60	60	60	--		--	
	489	[A] DAKSHITA TRIVEDI	110	M.P.	01.06.2008	97.400	50	50	50	--		--	--	--	--		--	
	720	[A] G SAHITHI	110	TEL	25.04.2008	81.200	50	50	50	--		--	--	--	--		--	

### 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. []