



POWERLIFTING INDIA

Affiliated to : International Powerlifting Federation
Affiliated to : Asian Powerlifting Federation
Affiliated to : Commonwealth Powerlifting Federation

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F4/255/PI/2022

31.12.2022

The Secretary
_____ Powerlifting Association

Dear Secretary,

**Federation Cup (Men & Women) Powerlifting Championship
to be held at Indoor Sports Complex, Bhagwati Nagar, Jammu
from 23rd to 26th February 2023**

Very happy to inform you that the Federation Cup Powerlifting Championship is scheduled to be organized under the joint auspices of All J & K UT Powerlifting Association and Powerlifting India during 23rd – 26th February 2023 in Indoor Sports Complex, Bhagwati Nagar, Jammu.

Entry to this championship is open to powerlifters sponsored by respective affiliated units with eligibility condition of having won a medal (Gold/Silver/Bronze) at the immediately previous National Equipped Powerlifting Championship for Sub Junior, Junior, Senior & Masters for both Men & Women. Besides, an affiliate is having freedom to nominate one more each from Men & Women. Under any circumstances, extra competitors will not be allowed. The list of medal winners is published herewith for verification.

It is very important to note that the Indian Team for the Asian Equipped Powerlifting Championship for Sub Junior, Junior, Senior & Masters to be held from 1st to 6th May 2023 in Alappuzha, Kerala will be selected from this championship. Participation in the Federation Cup is a must for selection to the Indian Team, even otherwise eligible and this will be the selection point for the final Indian Team for the ensuing Asian Meet.

The selection as per maximum permissible number of team members will be as follows:

Senior Men	- 8 + 2	Senior Women	- 8 + 2
Sub Junior Men	- 9 + 2	Sub Junior Women	- 9 + 2
Junior Men	- 9 + 2	Junior Women	- 9 + 2
Master 1 Men	- 8 + 2	Master 1 Women	- 8 + 2
Master 2 Men	- 8 + 2	Master 2 Women	- 8 + 2
Master 3 Men	- 8 + 2	Master 3 Women	- 8 + 2
Master 4 Men	- 8 + 2	Master 4 Men	- 8 + 2

More details will follow in due course. Soliciting maximum permissible participation from all affiliates, especially from aspirants for Asian Medals and international exposure.

Once again, welcoming all to the Federation Cup Powerlifting Championship 2023 in Jammu.

Thanking you,

Yours sincerely,



P.J. Joseph (Arjuna)
Secretary General



Powerlifting India

**National Sub Junior, Junior & Masters Women's Equipped Powerlifting Championships
Hyderabad, Telangana - 05-07-2022 to 10-07-2022 & National Senior Championship Chhattisgarh -
27.12.2022 to 31.12.2022**

Women's Results

SUB JUNIOR					
Place	Name	State	DOB	Category	Total
1	AKSHAYA P	T N	16-08-2006	43kg	265
2	RIZWANA PARVEEN	T N	04-08-2006	43kg	255
3	POONKUZHALI L	PUD	06-11-2004	43kg	235

1	ANJANA KRISHNA V K	KER	12-09-2006	47kg	317.5
2	RADHIKA HURRIA	HAR	17-10-2007	47kg	292.5
3	JASMINE P	TN	15-06-2006	47 kg	290

1	A JYOSHNA	A P	30-01-2006	52kg	315
2	S BAVADHARANI B	T N	24-11-2006	52kg	285
3	P PRAVALLIKA	A P	10-01-2007	52kg	262.5

1	ASHAMSA M R	KER	08-08-2007	57kg	360
2	RIYA KALYANE	M P	23-03-2004	57kg	320
3	KRITY RAJ SINGH	BIH	17-08-2005	57kg	310

1	PRIYA KALYANE	M P	23-03-2004	63 kg	350
2	C.H AKHILA	TEL	01-04-2005	63 kg	342.5
3	SWETHA R	KER	02-04-2005	63 kg	340

1	KIRUTHIKA M	PUD	26-06-2005	69kg	422.5
2	AMIRTHA VARSHINI S	T N	24-02-2005	69kg	402.5

1	ANUSHIYA K	PUD	09-05-2005	76 kg	445
2	ANJALI P R	KER	11-01-2004	76 kg	427.5
3	SNEHA GHARAMI	W B	27-03-2006	76 kg	375

1	SHAIK SHABEENA	A P	04-01-2005	84kg	367.5
2	E SHRUTHI	TEL	16-06-2004	84kg	352.5
3	MISHTI HARDIA	M P	03-07-2005	84kg	320

1	N MANISRAVANI	A P	23-06-2004	84+kg	392.5
2	NAGAM GNANA DIVYA	A P	12-05-2005	84+kg	377.5
3	RESHIEAL R M	KAR	07-12-2005	84+kg	352.5

JUNIOR					
Place	Name	State	DOB	Category	Total
1	SONA BENNY	KER	27-03-1999	43kg	282.5
2	BHAGYA LAXMI VAISHANAV	TEL	23-04-2000	43kg	275
3	SHALAN PINTO	KAR	29-09-2001	43kg	215

1	ANEESHA M	KER	07-12-2001	47 kg	385
2	ALEENA JOSEPH	KER	25-02-2001	47 kg	347.5

3	RAMYA S	T N	06-02-2000	47 kg	327.5
1	BIPASHA SINGH	JHA	02-03-2003	52 kg	382.5
2	LOGAPRIYA S	T N	07-04-2000	52 kg	367.5
3	DEBOSREE SARKAR	ASA	24-03-2000	52 kg	325
1	MAMTA DEVI	HAR	24-04-2001	57 kg	437.5
2	SHAIK SADIYA ALMAS	A P	27-10-2002	57 kg	427.5
3	JWALA JOSE L	KER	17-01-2000	57 kg	425
1	SALONI MORE	MAH	26-06-2000	63 kg	447.5
2	NANDANA K V	KER	15-01-2003	63 kg	425
3	MAITHILI TIWALE	MAH	10-08-2001	63 kg	412.5
1	VENIZEIA A CARLO	KAR	07-02-2000	69 kg	430
2	BINA VERMA	ASA	02-11-1999	69 kg	407.5
3	PRIYA M	T N	01-06-2000	69 kg	385
1	PRITEE	DEL	03-03-2003	76 kg	540
2	JANHVI SAVARDEKAR	MAH	19-09-2001	76 kg	492.5
3	S DWARAKA	A P	13-03-2001	76 kg	480
1	PRATHEEKSHA G NAIK	KAR	31-05-2000	84kg	472.5
2	NEELAM DANGI	RAJ	02-04-2001	84kg	437.5
3	AMSAVALLI SARAVANAN	T N	18-06-2001	84kg	400
1	MOUMITA GHOSH	W B	12-03-2002	84 + kg	500
2	P NISHANTHI	T N	06-05-2001	84 + kg	492.5
3	JENNIFER VINCENT FURTADO	MAH	11-05-2003	84 + kg	385

SENIOR

1	REEMA KUMARI	RSPB	06.04.1995	47 KG	410
2	AMRITHA E P	KER	05.03.2000	47 KG	390
3	SITA	HAR	28.12.1997	47 KG	380
1	KAJOL ASHOK GURAV	RSPB	29.12.1995	52 KG	452.5
2	NEHA AMAR BHOSALE	UTK	07.12.1992	52 KG	407.5
3	ANURADHA KUMAWAT	RAJ	05.07.1997	52 KG	407.5
1	HARINIPRIYA D	TN	08.01.2004	57 KG	445
2	SUMAN DEVI	HAR	15.04.1996	57 KG	440
3	SHAIK SADIYA ALMAS	AP	27.10.2002	57 KG	437.5
1	PRIYA M	TN	12.07.1996	63 KG	503
2	SAMRUDDHI DEOLEKAR	MAH	25.05.2001	63 KG	487.5
3	LOGESHWARI S	RSPB	26.07.1989	63 KG	485
1	AKSHAYA SHEDGE	MAH	13.05.1995	69 KG	510
2	VISHNUPRIYA MURUKESAN	KER	15.09.1996	69 KG	502.5
3	PRIYADARSHINI BISOI	ODI	25.09.1997	69 KG	497.5

1	RASHMI YASIN	RSPB	15.10.1998	76 KG	562.5
2	S CHANDRAKALA	AP	12.08.1992	76 KG	527.5
3	RAMYA P	TN	04.03.1996	76 KG	517.5
1	VUMMULLA MALLIKA YADAV	TEL	14.10.1994	84 KG	587.5
2	ZEBA AKHTIYAR	RSPB	09.10.1993	84 KG	582.5
3	SHOVITA	DEL	29.08.1997	84 KG	582.5
1	SIMRANPREET KAUR BRAR	RSPB	22.05.1996	84+ KG	672.5
2	SHREYA BORDWEKAR	MAH	28.01.1998	84+ KG	642.5
3	SHARMILA DE	WB	17.10.1990	84+ KG	587.5

MASTER 1

Place	Name	State	DOB	Category	Total
1	LOVELY CHANDRABHUSHAN KESARI	MAH	11-10-1977	47 kg	167.5
1	VIMLA PATEL	M P	31-12-1981	52 kg	195
2	SELVI S KANNAN	KAR	10-07-1977	52 kg	190
1	MONIYA	UTK	30-10-1980	57 kg	265
2	SHEETAL TAMHANE	MAH	25-05-1980	57 kg	255
3	BHARTI GAIKWAD	M P	25-09-1974	57 kg	130
1	SUDHA KUMARI	BIH	06-01-1979	63 kg	440
2	SULOCHANA C	KAR	17-06-1975	63 kg	390
3	MEENA SHARMA	M P	01-01-1974	63 kg	357.5
1	SALMA SHAIKH	MAH	29-07-1978	69 kg	345
2	B. AMUDHA SUGANTHI	T N	01-03-1982	69 kg	342.5
3	SIMMA DUTTA CHATTERJEE	WB	31-12-1977	69 Kg	322.5
1	ALIFIYA VAGH	KAR	25-12-1976	76 kg	387.5
2	SAPNA KHATRI	M P	03-09-1981	76 kg	242.9
3	AARTI VAIBHAV EKADPATIL	MAH	08-01-1978	76 kg	180
1	AMUTHA S	T N	05-06-1977	84 kg	300
2	DEEPTI BHATTACHARJEE	TEL	25-09-1981	84 kg	265
3	MUTUM ASHARANI DEVI	MAN	01-04-1979	84 kg	120
1	VAISHALI TANDEL	MAH	20-10-1982	84+ kg	285
2	SANTWANA SHARMA	M P	28-04-1973	84+ kg	227.5

MASTER 2

Place	Name	State	DOB	Category	Total
1	MEENA SHRIVASTAVA	M P	07-11-1963	63 kg	155
2	DAVE MINAXIBEN MANHARLAL	GUJ	06-07-1971	63 kg	117.5
1	SHOBHA MATHUR	RAJ	24-02-1972	69 kg	262.5
2	MAHARABAM ANITA DEVI	MAN	01-03-1967	69 kg	170
1	RUBY DAS	MAH	14-07-1972	76 kg	395

2	RAKHI SARMA	ASA	31-12-1971	76 kg	280
3	NGANGBAM BEDA DEVI	MAN	01-03-1970	76 kg	150
1	MARY BEENA	KER	31-05-1965	84+kg	372.5

MASTER 3

Place	Name	State	DOB	Category	Total
1	IROM INDRANI DEVI	MAN	14-08-1957	47 kg	102.5
1	KANGABAM MANIKHOMBI DEVI	MAN	01-01-1962	76 kg	180
1	TAKHELMAYUM LENA DEVI	MAN	01-01-1969	84 + kg	210

MASTER 4

Place	Name	State	DOB	Category	Total
1	KH CHINGKHULEIMA DEVI	MAN	01-02-1948	76 kg	135

Powerlifting India
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Men's Results

SUB JUNIOR					
Place	Name	State	DOB	Category	Total
1	DARUN M	PUD	29-03-2007	53 kg	510.0
2	MOHAMMED RABBANI	TEL	27-07-2004	53 kg	467.5
3	ESHAN TALWAR	UTK	22-09-2005	53 kg	445.0
1	MD. SHAKRUDDIN SHAH	JHA	15-02-2004	59 kg	542.5
2	M BHARATH YADAV	TEL	14-03-2004	59 kg	520.0
3	M SANTHOSH	T N	30-04-2004	59 kg	492.5
1	DEEPAK	HAR	27-11-2004	66 kg	557.5
2	KISHAN	DEL	26-11-2005	66 kg	547.5
3	R DINESH	T N	10-04-2006	66 kg	515.0
1	DILJEET SINGH	PUN	28-09-2004	74 kg	650.0
2	MOHIT	HAR	28-08-2004	74 kg	617.5
3	JAYAMARUTHI M	T N	04-07-2004	74 kg	607.5
1	SAURABH S	U P	01-01-2005	83 kg	597.5
2	MARTIN J MATHEW	KER	08-05-2005	83 kg	572.5
3	DUSHYANT MOHANTY	CHT	15-01-2005	83 kg	560.0
1	REXON NORONHA	KAR	06-02-2005	93 kg	620.0
2	CHANDAN SAGELA	RAJ	20-10-2004	93 kg	600.0
3	PUSHP SHARMA	PUN	26-03-2005	93 kg	522.5
1	ARYAN	DEL	04-11-2004	105 kg	667.5
2	DINESH KUMAR P	T N	17-04-2004	105 kg	637.5
3	NEERAJ YADAV	U P	03-08-2005	105 kg	612.5
1	DHEERAJ	HAR	21-05-2004	120 kg	755.0
2	SAHIL	HAR	07-08-2004	120 kg	715.0
3	KARAN SINGH MALIK	DEL	17-07-2004	120 kg	605.0
1	BALAMURUGAN N	T N	31-05-2004	120+ kg	720.0
2	ANEX ALAKKAL	KER	02-02-2005	120+ kg	572.5
3	CHETAN KASOTIYA	M P	01-10-2004	120+ kg	570.0

JUNIOR					
Place	Name	State	DOB	Category	Total
1	ILAMPARITHI B	PUD	28-06-2001	53 kg	497.5
2	GAURAV PACHORI	M P	04-09-2002	53 kg	445.0
3	AKASH KUMAR RAWANI	JHA	11-08-2001	53 kg	445.0

1	ADARSH ATTAVAR	KAR	04-05-2000	59 kg	612.5
2	S SHEIK ABDULLA	T N	05-05-2001	59 kg	560.0
3	NEERAJ KUMAR YADAV	MAH	30-06-2002	59 kg	542.5
1	TUSHAR KADAM	M P	14-02-2001	66 kg	652.5
2	AKSHAYKUMAR PRAJAPATI	MAH	10-09-2001	66 kg	650.0
3	SANDESH KUMAR	DEL	18-01-2001	66 kg	615.0
1	SUMIT SINGH THAKUR	M P	22-02-1999	74 kg	700.0
2	ALEX V MINJ	M P	27-07-2000	74 kg	680.0
3	ABHISHEK	PUN	26-07-2000	74 kg	632.5
1	JEYATHDEV U S	T N	08-05-1999	83 kg	782.5
2	ABHISHEK SHARMA	PUN	01-07-2001	83 kg	755.0
3	VISHAL GADGE	M P	01-01-1999	83 kg	732.5
1	HARSHAVARDHAN KHARADE	MAH	06-09-1999	93 kg	762.5
2	VIGNESHWARAN VEERASAMY	T N	30-06-1999	93 kg	747.5
3	M DURGA PRASAD	A P	14-07-2002	93 kg	690.0
1	ABHIJITH S	KER	16-04-2003	105 kg	770.0
2	YOGESH G	PUD	04-12-2000	105 kg	750.0
3	RUTURAJ PRAKASH PATIL	MAH	26-11-1999	105 kg	722.5
1	SANJAYKUMAR T	T N	29-10-2001	120 kg	847.5
2	RAJAT DANGARE	MAH	23-03-1999	120 kg	822.5
3	SHUBHAM GAIKWAD	MAH	11-09-2000	120 kg	782.5
1	P NISHANTH	T N	20-10-2001	120+kg	852.5
2	HARMANPREET SINGH	PUN	04-05-2000	120+kg	850.0
3	SATYAM BALIAN	U P	16-11-2002	120+kg	830.0

SENIOR

Place	Name	State	DOB	Category	Total
1	DHARMENDRA YADAV	MAH	01.10.1993	56 KG	667.5
2	P SURESH	RSPB	27.05.1981	56 KG	665
3	PRASHANT DHUMDE	MAH	27.06.1981	56 KG	605
1	SAHIL UTEKAR	MAH	27.10.1996	66 KG	707.5
2	PRAKASH B	TN	23.06.1996	66 KG	695
3	SANJAY SHAHI	PUN	30.01.1998	66 KG	690
1	SHAILENDRA SEWATHIYA	MP	02.02.1995	74 KG	782.5
2	AMAN PRADEEP SINGH	RSPB	11.08.1998	74 KG	760
3	JAY PATEL	GUJ	11.08.1995	74 KG	707.5
1	SHANMUGAM R	RSPB	24.01.1989	83 KG	857.5
2	NILESH GARATE	MAH	12.05.1991	83 KG	833
3	GURWINDER SINGH	PUN	16.04.1987	83 KG	830

1	ARIVALAGAN C	A & N	26.09.1995	93 KG	877.5
2	ELAVARASAN SAMIDURAI	RSPB	18.06.1996	93 KG	867.5
3	C MOHAN KUMAR	CHT	26.05.1996	93 KG	865
1	AMIT YADAV	DEL	01.01.1988	105 KG	973
2	JASKIRAT SINGH	DEL	08.11.1999	105 KG	920
3	SURAJ KUMAR SINGH	RSPB	15.06.1993	105 KG	877.5
1	ANGREJ SINGH	RSPB	10.10.1983	120 KG	947.5
2	PANKAJ TYAGI	DEL	02.11.1989	120 KG	937.5
3	GOURAV SHARMA	J & K	11.09.2000	120 KG	875
1	AMANPREET SINGH	RSPB	24.02.1986	120 + KG	1102.5
2	ABHISHEK B HORKERI	RSPB	08.06.1998	120 + KG	1062.5
3	P NISHANTH	TN	20.10.2001	120 + KG	917.5
MASTER 1					
Place	Name	State	DOB	Category	Total
1	MAHESH K PATIL	MAH	13-04-1976	59 kg	405.0
2	VINAYAK MARUTI PATIL	MAH	02-06-1980	59 kg	382.5
3	DILEEP SHARMA	M P	10-08-1979	59 kg	380.0
1	SATHISH KHARVI	KAR	25-06-1976	66 kg	555.0
2	M NIKHILESH	KER	25-05-1977	66 kg	525.0
3	ARVIND KUMAR KUSHWAHA	U P	05-09-1975	66 kg	492.5
1	MAHALINGAM A	T N	18-07-1981	74 kg	600.0
2	VIJAY RAM	W B	12-10-1975	74 kg	582.5
3	SHIV PRASAD	M P	04-12-1973	74 kg	555.0
1	ROSHAN FERRAO	KAR	15-02-1979	83 kg	630.0
2	PAPPU	DEL	09-05-1980	83 kg	622.5
3	RAVINDER	HAR	18-05-1981	83 kg	610.0
1	VENKATESH PRABHU	KAR	29-03-1981	93 kg	692.5
2	MAHENDIRAN A	PUD	03-11-1981	93 kg	677.5
3	JITENDRA YADAV	MAH	12-05-1982	93 kg	662.5
1	VISHAL V UMBALKAR	MAH	17-01-1978	105 kg	730.0
2	KAMALAKKANNAN N	T N	11-06-1982	105 kg	700.0
3	RAJ WASNIK	CHT	19-09-1981	105 kg	535.0
1	RAJESH SHIRISH SHETYE	MAH	07-06-1981	120 kg	580.0
2	JAGTAP PRASHANT	MAH	15-02-1975	120 kg	550.0
3	PARMINDER SINGH	PUN	16-08-1981	120 kg	530.0
1	SHYAMKUMAR	KER	08-10-1981	120 + kg	460.0

MASTER 2

Place	Name	State	DOB	Category	Total
1	RAJAGOPALAN V	KER	28-04-1965	59 kg	425.0
2	SANJAY BILLORE	M P	26-09-1967	59 kg	420.0
3	BABU V	KER	03-11-1964	59 kg	387.5
1	BINOD KUMAR PATRA	JHA	23-11-1969	66 kg	527.5
2	ANILKUMAR M P	KER	05-05-1967	66 kg	440.0
3	CHANDRA PRAKASH MISHRA	TEL	01-10-1971	66 kg	332.5
1	ASHOK MATE	MAH	05-10-1972	74 kg	515.0
2	RAJENDRA SAWANT	MAH	23-11-1966	74 kg	465.0
3	SANJAY PRASAD	KER	05-05-1972	74 kg	427.5
1	K DAYANAND REDDY	TEL	23-12-1972	83 kg	592.5
2	TANAJI PATIL	MAH	01-06-1966	83 kg	552.5
3	NAVNATH SHINDE	MAH	14-10-1970	83 kg	457.5
1	DR BALGOVIND TIWARI	A P	29-10-1972	93 kg	630.0
2	MEHENDALE RAJHANS	MAH	26-03-1972	93 kg	597.5
3	RAJU N B	KAR	21-07-1966	93 kg	572.5
1	LINGESAN VELOU S	PUD	06-06-1971	105 kg	570.0
2	RAVI SINGH BIDLAN	TEL	29-04-1972	105 kg	545.0
3	PAIKATTU KAVI JEETESH	TEL	01-01-1972	105 kg	525.0
1	GIRISH BINJWE	MAH	01-10-1971	120 kg	590.0
1	KUNNA SAI PRASAD	TEL	01-04-1972	120+ kg	300.0

MASTER 3

Place	Name	State	DOB	Category	Total
1	HARADHAN BAG	W B	01-07-1955	59 kg	335.0
2	GIRIDHARA GHOSH C V	KER	28-10-1962	59 kg	320.0
3	MANI CHOUDHARI	M P	13-01-1960	59 kg	252.5
1	THOMAS V J	KER	24-03-1962	66 kg	345.0
2	AMAL GHOSH	TRI	15-01-1962	66 kg	345.0
3	GOPINATH PAWAR	MAH	01-04-1956	66 kg	322.5
1	ASHOK G V	KAR	22-05-1960	74 kg	477.5
2	C SATYANARAYANA	TEL	29-05-1962	74 kg	392.5
3	KHUSHI RAM	DEL	06-05-1962	74 kg	355.0
1	PRAKASH KARANTH	KAR	19-02-1955	83 kg	490.0
2	VIKAS T K	KER	28-05-1962	83 kg	435.0
3	KANTILAL TAKALE	MAH	01-05-1959	83 kg	410.0

MASTER 4

Place	Name	State	DOB	Category	Total
1	VEERABHADRAPPA G	KAR	12-08-1949	59 kg	302.5
2	SREENIVASAN K C	KER	28-08-1950	59 kg	265.0
1	C PREMACHANDRAN	KER	01-12-1950	66 kg	382.5
1	PANDURANGA	KAR	01-01-1951	74 kg	270.0
2	G. DURGESWARA RAO	TEL	02-04-1951	74 kg	240.0
1	HARISH KUMAR K	KAR	15-11-1952	83 kg	360.0
1	VARGHESE P J	KER	08-01-1947	93 kg	180.0