

# 34<sup>th</sup> NATIONAL STRENGTHLIFTING & INCLINE BENCH PRESS CHAMPIONSHIPS 2024-2025

(For Sub Jr ,Jr, Sr ,Masters ,Physically Challenged Men and Women)

**ORGANISED BY :**

**HARYANA STRENGTHLIFTING ASSOCIATION**

**From 1st-5th January-2025**

**Venue :- Anaj Mondi Loharu Haryana**

## Results

| Sl | Designation                                     | Category      | State              | Point          | Name                |
|----|---|---------------|--------------------|----------------|---------------------|
| 1  | CHAMPIONS OF CHAMPION STRENGTH LIFTING          | Sub JR Men    | HARYANA            | 449.62         | RABINDAR KUMAR      |
| 2  | CHAMPIONS OF CHAMPION STRENGTH LIFTING          | Junior Men    | JHARKHAND          | 474.51         | NIL AMRIT TRIPATHI  |
| 3  | CHAMPIONS OF CHAMPION STRENGTH LIFTING          | Senior Men    | Gujarat            | 540.89         | CHIRAG PATEL        |
| 4  | CHAMPIONS OF CHAMPION STRENGTH LIFTING          | Sub Jr. Women | GUJARAT            | 383.63         | VIDHI MAWANI        |
| 5  | CHAMPIONS OF CHAMPION STRENGTH LIFTING          | Junior Women  | GUJARAT            | 383.63         | VIDHI MAWANI        |
| 6  | CHAMPIONS OF CHAMPION STRENGTH LIFTING          | Senior Women  | RAJASTHAN          | 420.92         | SUSHILA             |
| 7  | CHAMPIONS OF CHAMPION STRENGTH LIFTING          | Masters Men   | TAMILNADU          | 385.16         | R.YUBARAJ           |
| 8  | CHAMPIONS OF CHAMPION STRENGTH LIFTING          | Masters Women | TAMILNADU          | 368.55         | AMUDHA SUGANDHI     |
| 9  | CHAMPIONS OF CHAMPION IBP                       | Sub Jr. Men   | BIHAR              | 159.78         | DHANANJAY KUMAR     |
| 10 | CHAMPIONS OF CHAMPION IBP                       | Junior Men    | HARYANA            | 192.13         | HIMANSU             |
| 11 | CHAMPIONS OF CHAMPION IBP                       | Sr. Men       | DELHI              | 225.8          | BHASKAR SHOW        |
| 12 | CHAMPIONS OF CHAMPION IBP                       | Sub Jr. Women | M.P.               | 102.1          | ADITY PATEL         |
| 13 | CHAMPIONS OF CHAMPION IBP                       | Jr. Women     | Sikkim             | 113.24         | Sapna Sunar         |
| 14 | CHAMPIONS OF CHAMPION IBP                       | Sr. Women     | RAJASTHAN          | 150.5          | SUSHILA             |
| 15 | CHAMPIONS OF CHAMPION IBP                       | Master Men    | HARYANA            | 195.5          | VIKRAM RAJ PUROHIT  |
| 16 | CHAMPIONS OF CHAMPION IBP                       | Master Women  | WEST BENGAL        | 107.34         | SARMISTHA LAHIRI    |
| 17 | OVERALL HIGHEST TOTAL HOLDER<br>STRENGTHLIFTING | Men           | DELHI              | 775.0<br>95KG  | RAHUL SHARMA        |
| 18 | OVERALL HIGHEST TOTAL HOLDER<br>STRENGTHLIFTING | Women         | JHARKHAND          | 462.5<br>+80KG | HEEMA TIRKI         |
| 19 | OVERALL HIGHEST TOTAL HOLDER IBP                | Men           | DELHI              | 377.5<br>105KG | BHASKAR SHAH        |
| 20 | OVERALL HIGHEST TOTAL HOLDER IBP                | Women         | HARYANA            | 162.5<br>+80KG | YOGESH<br>CHOWDHURY |
| 21 | OVERALL TEAM WINNERS STRENGTHLIFTING            | Men & Women   | HARIYANA           | 239            | HARIYANA            |
| 22 | OVERALL TEAM RUNNERS STRENGTHLIFTING            | Men & Women   | GUJARAT            | 226            | GUJARAT             |
| 23 | OVERALL TEAM WINNERS IBP                        | Men & Women   | HARYANA            | 277            | HARYANA             |
| 24 | OVERALL TEAM RUNNERS IBP                        | Men & Women   | GUJARAT            | 220            | Gujarat             |
| 25 | BEST REFEREE OF THE TOURNAMENT                  |               | SIKKIM             |                | PEMA DORJI BHUTIA   |
| 26 | BEST DRESSES OF THE TOURNAMENT                  |               | HMACHAL<br>PRADESH |                | H.P.                |
| 27 | BEST DISCIPLINE OF THE TOURNAMENT               |               | JHARKHAND          |                | JHARKHAND           |
| 28 | BEST COACH OF THE TOURNAMENT                    |               | HARYANA            |                | SANDEEP KUMAR       |

Thanking you,

*Babul Bikas Patranabis*

Babul Bikas Patranabis  
General Secretary  
Indian Strengthlifting Federation

