

34th 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 SHAW
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 STRENGTHLIFTING	Men	DELHI	775.0 95KG	RAHUL SHARMA
18	OVERALL HIGHEST TOTAL HOLDER STRENGTHLIFTING	Women	JHARKHAND	462.5 +80KG	HEEMA TIRKI
19	OVERALL HIGHEST TOTAL HOLDER IBP	Men	DELHI	377.5 105KG	BHASKAR SHAH
20	OVERALL HIGHEST TOTAL HOLDER IBP	Women	HARYANA	162.5 +80KG	YOGESH 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 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
General Secretary
Indian Strengthlifting Federation

