

COMMONWEALTH BENCHPRESS CHAMPIONSHIPS 2009



BALEWADI SHIV CHHATRAPATI SPORTS COMPLEX,

PUNE, INDIA

9th-13th December, 2009



BenchPress Team Championships

Sub Junior Men	:	South Africa	:	48 Points
Sub Junior Women	:	India	:	12 Points
Junior Men	:	India	:	57 Points
	:	South Africa	:	12 Points
Junior Women	:	India	:	24 Points
Open Men	:	India	:	63 Points
	:	Northern Ireland	:	12 Points
	:	England	:	12 Points
	:	South Africa	:	12 Points
Open Women	:	India	:	72 Points
Master-1 Men	:	India	:	60 Points
	:	Scotland	:	12 Points
	:	South Africa	:	12 Points
Master-2 Men	:	South Africa	:	24 Points
	:	India	:	12 Points
Master-2 Women	:	South Africa	:	12 Points
Master-3 Men	:	South Africa	:	24 Points

COMMONWEALTH BENCHPRESS CHAMPIONSHIPS 2009



**BALEWADI SHIV CHHATRAPATI SPORTS COMPLEX,
PUNE, INDIA**



9th-13th December, 2009

Best Lifters Benchpress

Sub Junior Men	:	Murchie Stuard	:	South Africa
Sub Junior Women	:	Riya Sharma	:	India
Junior Men	:	Ashwini Malik	:	India
Junior Women	:	Snehankita Varute	:	India
Open Men	:	Kholia B. S.	:	India
Open Women	:	Kalpana Sawant	:	India
Master-1 Men	:	Steve Cumming	:	Scotland
Master-2 Women	:	Sinclair Mirriam	:	South Africa
Master-3 Men	:	Vermaak Piter	:	South Africa

COMMONWEALTH BENCHPRESS CHAMPIONSHIPS 2009**BALEWADI SHIV CHHATRAPATI SPORTS COMPLEX,****PUNE, INDIA 9th-13th December, 2009****SUB JUNIOR WOMEN RESULT**

CATEGORY-60 KG WOMEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	RIYA SHARMA	INDIA	60.000	25	25	I	27.87300

JUNIOR WOMEN RESULT

CATEGORY-67.5 KG WOMEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	VISHAYA KADAM	INDIA	66.300	55	55	I	56.86500

CATEGORY-82.5 KG WOMEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	SNEHAKITA VARUTE	INDIA	80.000	80	80	I	

SENIOR WOMEN RESULT

CATEGORY-48 KG WOMEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	POOJA KADAM	INDIA	48.000	40	40	I	52.97600

CATEGORY-52 KG WOMEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	SNEHA KARPE	INDIA	52.000	50	50	I	62.33

CATEGORY-56 KG WOMEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	NAYANA SHRIYAN	INDIA	52.900	70	70	I	86.114
2	VELNA KUMARI	INDIA	55.300	40	40	II	47.532

CATEGORY-60 KG WOMEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	KALPANA SAWANT	INDIA	59.400	90	90	I	101.124

CATEGORY-67.5 KG WOMEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	ARCHANA PENTA	INDIA	66.000	67.5	67.5	I	70.025
2	ANJANA DEVI	INDIA	67.500	55	55	I	56.133

CATEGORY-75 KG WOMEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	TAPSI TOMAR	INDIA	69.500	75	75	I	74.985

CATEGORY-90 KG WOMEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	DEEPALI KULKARNI	INDIA	87.300	65	65	I	56.908

MASTER-2 WOMEN RESULT

CATEGORY-52 KG WOMEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
3	SINCLAIR MIRRIAM	SOUTH AFRICA	52.000	65	65	I	81.629

COMMONWEALTH BENCHPRESS CHAMPIONSHIPS 2009
BALEWADI SHIV CHHATRAPATI SPORTS COMPLEX,
PUNE, INDIA 9th-13th December, 2009

SUB JUNIOR MEN RESULT

CATEGORY-60 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	MURCHIE STUARD	SOUTH AFRICA	59.860	120	120	1	102.66000

CATEGORY-67.5 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	MAKUTA PAUL	SOUTH AFRICA	67.380	122.5	122.5	1	92.74800

CATEGORY-75 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	BROWN ANVER	SOUTH AFRICA	74.550	122.5	122.5	1	87.69800

CATEGORY-90 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	SPAMER HERMAN	SOUTH AFRICA	83.600	160	160	1	106.35200

JUNIOR MEN RESULT

CATEGORY-56 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	MILIND TAIB	INDIA	55.520	120	120	1	110.20800
2	SANJAY	INDIA	55.060	85	85	2	78.76900

CATEGORY-60 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	SARSWAJ VASHILDAV	INDIA	59.100	105	105	1	90.80100

CATEGORY-75 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	FOURIE PIETER	INDIA	74.380	157.5	157.5	1	112.86500

CATEGORY-90 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	ASHWINI MALIK	INDIA	88.000	175	175	1	113.03300

CATEGORY-100 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	GOLDEN	INDIA	93.990	150	150	1	93.99000

SENIOR MEN RESULT

CATEGORY-56 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	WHORISKEY AARON	SOUTH AFRICA	58.710	85	85	I	73.976

CATEGORY-67.5 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	PARKER MATTHEW	ENGLAND	67.460	130	130	I	100.347

CATEGORY-75 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	SHYAM SINGH	INDIA	75.000	152.5	152.5	I	108.671
2	JUELLE PATRICK	SCOTLAND	68.400	95	95	II	72.485

CATEGORY-90 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	KEOLIA B.S.	INDIA	88.730	190	190	I	122.208
2	DUTTA AMIT	INDIA	85.360	130	130	II	85.41

CATEGORY-100 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	FLETT MARTIN	SCOTLAND	99.350	185	185	I	112.869
2	RAKESH KUMAR	INDIA	93.300	145	145	II	90.944
3	DINKAR	INDIA	96.490	120	120	III	74.124

CATEGORY-110 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	MANOJ MANOHAR	INDIA	109.180	180	180	I	106.2
2	RAJ MOHAN	INDIA	102.400	130	130	II	78.39

CATEGORY-125 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	NEL LOUIS	SOUTH AFRICA	124.000	200	200	I	114.16
2	MANIK THOSARE	INDIA	120.600	180	180	II	103.374
3	SATISH KUMAR	INDIA	112.700	150	150	III	83.765

MASTER-1 MEN RESULT

CATEGORY-56 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	ASHOK CHAKRAVARTY	INDIA	59.600	110	110	1	94.391

CATEGORY-67.5 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	BIHASKAR RAD	INDIA	66.350	115	115	1	89.849

CATEGORY-75 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	AJIT SWALARAM UTEKAR	INDIA	68.500	115	115	1	87.6415

CATEGORY-82.5 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	R.B.S THAPA	INDIA	80.400	155	155	1	105.493

CATEGORY-90 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	STEVE CUMMING	SCOTLAND	89.900	185	185	1	118.178

CATEGORY-100 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	CHAMAN LAL	INDIA	90.200	125	125	1	79.713

CATEGORY-110 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	KATZEN GARY	SOUTH AFRICA	101.500	165	165	1	99.825

MASTER-2 MEN RESULT

CATEGORY-100 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	PLRAN SINGH KADIYAN	INDIA	98.000	127.5	127.5	1	78.234

CATEGORY-125 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	ROBERTISE WILHE	SOUTH AFRICA	118.500	180	180	1	103.86

MASTER-3 MEN RESULT

CATEGORY-75 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	OPPENHEIM DAN	SOUTH AFRICA	74.650	115	115	1	82.248

CATEGORY-82.5 KG MEN

DATE : 12.12.09

S.NO.	NAME	NATION	B.WT	BENCH	TOTAL	PLACE	WILKS POINT
1	VERMAAK PITER	SOUTH AFRICA	80.780	130	130	1	88.205

MASTER 2.

1 Andrei Ludik South Africa 109.5 160 160 1 94.79

COMMONWEALTH POWERLIFTING CHAMPIONSHIPS 2009



BALEWADI SHIV CHHATRAPATI SPORTS COMPLEX,

PUNE, INDIA

9th-13th December, 2009



Powerlifting Team Championships

Sub Junior Men	:	India	:	72 Points
	:	South Africa	:	54 Points
Sub Junior Women	:	India	:	72 Points
Junior Men	:	India	:	72 Points
	:	South Africa	:	20 Points
Junior Women	:	India	:	60 Points
Open Men	:	India	:	72 Points
	:	Northern Ireland	:	9 Points
Open Women	:	India	:	72 Points
Master-1 Men	:	India	:	72 Points
	:	Scotland	:	12 Points
Master-1 Women	:	India	:	48 Points
	:	South Africa	:	12 Points
Master-2 Men	:	India	:	72 Points
	:	South Africa	:	20 Points
Master-2 Women	:	South Africa	:	20 Points
Master-3 Men	:	India	:	24 Points
	:	South Africa	:	12 Points

COMMONWEALTH POWERLIFTING CHAMPIONSHIPS 2009



BALEWADI SHIV CHHATRAPATI SPORTS COMPLEX,

PUNE, INDIA



9th-13th December, 2009

Best Lifters Powerlifting

Sub Junior Men	:	Murchie Stuard	:	South Africa
Sub Junior Women	:	Priyadarshani	:	India
Junior Men	:	Pradeep Kumar Patra	:	India
Junior Women	:	Meenu Gogoi	:	India
Open Men	:	Sandeep Awari	:	India
Open Women	:	Tejaswini Naidu	:	India
Master-1 Men	:	Jaswinder Singh	:	India
Master-1 Women	:	Histerki Range	:	South Africa
Master-2 Men	:	Arendse Launarance	:	South Africa
Master-2 Women	:	Sinclair Mirriam	:	South Africa
Master-3 Men	:	Oppenheim Dan	:	South Africa

COMMONWEALTH POWERLIFTING CHAMPIONSHIPS 2009

BALEWADI SHIV CHHATRAPATI SPORTS COMPLEX,

SUB JUNIOR MEN RESULT

CATEGORY-56 KG MEN

DATE : 9.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	PFDI TUMELO	SOUTH AFRICA	55.800	140	95	192.5	427.5	I	390.521

CATEGORY-60 KG MEN

DATE : 9.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	MURCHIE STUARD	SOUTH AFRICA	59.510	190	120	180	490	I	421.106
2	SACHIINDRA	INDIA	58.800	135	77.5	165	377.5	II	328.009

CATEGORY-67.5 KG MEN

DATE : 10.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	MAKUTA PAU	SOUTH AFRICA	66.120	200	110	260	510	I	399.942
2	BRUCE CHRISTOPHER	SOUTH AFRICA	66.100	170	60	205	435	II	341.127

CATEGORY-75 KG MEN

DATE : 10.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	KRISHAN KUMAR	INDIA	73.700	212.5	95	250	557.5	I	402.181
2	BROWN ANVLER	SOUTH AFRICA	72.800	197.5	120	202.5	520	II	378.456

CATEGORY-82.5 KG MEN

DATE : 10.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	RAVI KUMAR	INDIA	80.860	200	145	245	590	I	399.961
2	SPAMER HERMAN	SOUTH AFRICA	82.120	240	--		240	ELIMINATED	

CATEGORY- 90 KG MEN

DATE : 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	BHARDAN S.	INDIA	89.000	257.5	120	230	607.5	I	390.076
2	SRINIVASAN	INDIA	83.100	210	100	200	510	II	346.17

CATEGORY 100 KG MEN

DATE : 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	MULLA MD. ABBAS	INDIA	98.300	230	145	230	605	I	370.805
2	BHUVNESHWAR VYAS	INDIA	95.800	230	122.5	225	577.5	II	357.877

CATEGORY-110 KG MEN

DATE : 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	ASWIN MOHAN	INDIA	100.400	240	135	220	595	I	361.522
2	BHUPENDER PRATAP SINGH	INDIA	100.800	200	125	217.5	542.5	II	329.135

CATEGORY-125 KG MEN

DATE : 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	PRATIK JADHAV	INDIA	110.500	250	157.5	320	627.5	I	368.782

CATEGORY- +125 KG MEN

DATE : 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	SAKTHI B.	INDIA	146.400	150	62.5	170	382.5	I	212.364

COMMONWEALTH POWERLIFTING CHAMPIONSHIPS 2009

BALEWADI SHIV CHHATRAPATI SPORTS COMPLEX,

JUNIOR MEN RESULT

CATEGORY-52 KG MEN

DATE : 9.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	JEEVAN M.	INDIA	51.070	155	72.5	175	402.5	I	402.299

CATEGORY-56 KG MEN

DATE : 9.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	MALLESWAR RAO	INDIA	55.900	185	112.5	205	502.5	I	458.23
2	ALI NIZAM	INDIA	55.600	190	100	195	485	II	444.648

CATEGORY 60 KG MEN

DATE : 9.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	PARDEEP KUMAR PATRA	INDIA	59.860	215	125	240	580	I	495.436

CATEGORY-67.5 KG MEN

DATE : 10.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	KIRAN SANAS	INDIA	67.000	235	140	220	595	I	461.482

CATEGORY-75 KG MEN

DATE : 10.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	FOURIE PETER	SOUTH AFRICA	72.950	225	155	237.5	617.5	I	448.552
2	AMIT KUMAR	INDIA	69.950	235	125	235	595	II	445.893
3	BATTISOO CLIVE	SOUTH AFRICA	73.900	215	140	230	585	III	

CATEGORY-82.5 KG MEN

DATE : 10.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	SURESH KUMAR	INDIA	80.620	280	162.5	230	672.5	I	484.2
2	JASPRULI SINGH	INDIA	75.100	210	152.5	215	577.5	II	415.742

CATEGORY- 90 KG MEN

DATE : 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	GLRUMUKH SINGH	INDIA	83.500	130	110	130	370	I	246.087

CATEGORY- 100 KG MEN

DATE : 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	ANAND KUMAR PATEL	INDIA	90.300	250	145	255	650	I	414.245

CATEGORY- 125 KG MEN

DATE : 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	VENKATESH D.	INDIA	116.400	270	170	245	685	I	396.752

CATEGORY- +125 KG MEN

DATE : 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	PRASHANT PATIL	INDIA	127.700	205	140	190	535	I	303.613

COMMONWEALTH POWERLIFTING CHAMPIONSHIPS 2009

BALEWADI SHIV CHHATRAPATI SPORTS COMPLEX,

SENIOR MEN RESULT

CATEGORY-56 KG MEN

DATE: 9.12.09

1	RAJESH SHUKRAWAR	INDIA	54.560	215	120	215	550	I	513.37
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CATEGORY-60 KG MEN

DATE: 9.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	ANBU N.	INDIA	59.890	220	127.5	230	577.5	I	493.301
2	WIIORISKEY AARON	N. IRELAND	58.420	145	90	152.5	387.5	II	338.869

CATEGORY-67.5 KG MEN

DATE: 10.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
4	DEVENDER SINGH	INDIA	61.300	220	130	210	560	I	468.44
5	PARKER MATTHEW	INDIA	67.420	220	125	200	545	II	420.686

CATEGORY-82.5 KG MEN

DATE: 10.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
5	BALINDER SINGH	INDIA	82.450	270	195	311	776	I	519.842
6	SUMIT PALIWAL	INDIA	80.920	230	150	225	605	II	410.129

CATEGORY-90 KG MEN

DATE: 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	SANDEEP AWARI	INDIA	90.000	325	195	318.5	838.5	I	535.299

CATEGORY-100 KG MEN

DATE: 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	MUKESH PAL	INDIA	94.000	275	135	260	690	I	431.25

CATEGORY-110 KG MEN

DATE: 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	CHARAN SINGH	INDIA	100.800	270	155	290	715	I	433.791

CATEGORY-125 KG MEN

DATE: 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	MANIK THOSRE	INDIA	121.000	285	182.5	260	727.5	I	417.439

CATEGORY-+125 KG MEN

DATE: 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	BHUPINDERJITH SINGH	INDIA	158.600	170	180	170	520	I	285.428

COMMONWEALTH POWERLIFTING CHAMPIONSHIPS 2009

BALEWADI SHIV CHHATRAPATI SPORTS COMPLEX,

MASTER-1 MEN RESULT

CATEGORY-56 KG MEN

DATE : 9.12.09

1	SATISH PATADI	INDIA	55.620	150	102.5	175	427.5	I	321.932
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CATEGORY-60 KG MEN

DATE : 9.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	U. LAXMAN	INDIA	59.300	170	102.5	180	452.5	I	390.1

CATEGORY-67.5 KG MEN

DATE : 10.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	BHASKAR RAO M.	INDIA	66.430	180	112.5	182.5	475	I	371.118

CATEGORY-75 KG MEN

DATE : 10.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	RAJESH GOVIND PARAB	INDIA	73.700	210	130	200	540	I	389.556
2	HEMACHANDRA	INDIA	72.500	185	112.5	185	482.5	II	352.225

CATEGORY-82.5 KG MEN

DATE : 10.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	DADAPUR H.	INDIA	82.150	255	132.5	265	652.5	I	438.089
2	BERA B. P.	INDIA	75.100	252.5	137.5	220	610	II	434.259

CATEGORY-90 KG MEN

DATE : 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	CUMMING STEVE	SCOTLAND	89.900	240	180	240	660	I	421.608
2	SURESH N.	INDIA	83.200	195	105	220	520	I	346.58

CATEGORY-110 KG MEN

DATE : 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	JASWINDER SINGH	INDIA	108.600	315	205	280	800	I	475.6

COMMONWEALTH POWERLIFTING CHAMPIONSHIPS 2009

BALEWADI SHIV CHHATRAPATI SPORTS COMPLEX,

MASTER-2 MEN RESULT

CATEGORY-56 KG MEN

DATE : 9.12.09

1	CHATTERJEE PIJUS	INDIA	52.530	135	70	160	365	1	354.598
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CATEGORY-60 KG MEN

DATE : 9.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	C. PREMCHANDRAN	INDIA	59.950	170	90	185	445	I	379.54

CATEGORY-67.5 KG MEN

DATE : 10.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	RAMAKRISHNAN S.	INDIA	67.000	185	100	180	465	I	360.654

CATEGORY 75 KG MEN

DATE : 10.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	ARENDSE LAUWRENCE	SOUTH AFRICA	73.500	190	132.5	217.5	540	I	390.312
2	VIJAYARANGAN	INDIA	74.800	212.5	122.5	185	520	II	371.228

CATEGORY-82.5 KG MEN

DATE : 10.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	RATHOD J. C.	INDIA	75.400	140	75	130	345	I	244.916

CATEGORY- 100 KG MEN

DATE : 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	PURAN SINGH KADIYAN	INDIA	96.000	165	125	180	470	I	290.977

CATEGORY- 110 KG MEN

DATE : 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	SATIYA PRAKASH	INDIA	108.000	160	100	160	420	I	248.598

COMMONWEALTH POWERLIFTING CHAMPIONSHIPS 2009

BALEWADI SHIV CHHATRAPATI SPORTS COMPLEX,

MASTER-3 MEN RESULT

CATEGORY-60 KG MEN

DATE : 9.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
8	BHADRAPPA VEER	INDIA	55.250	115	50	120	285	I	262.685

CATEGORY-75 KG MEN

DATE : 10.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
10	OPPENHEIM DAN	SOUTH AFRICA	74.610	170	120	200	490	I	350.448

CATEGORY- 90 KG MEN

DATE : 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	Dr. G.S.V. PRASAD	INDIA	86.700	135	102.5	155	392.5	I	255.557

COMMONWEALTH POWERLIFTING CHAMPIONSHIPS 2009
BALEWADI SHIV CHHATRAPATI SPORTS COMPLEX,
SUB JUNIOR WOMEN RESULT

CATEGORY-44 KG WOMEN

DATE : 9.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	AISHWARYA M.S.	INDIA	44.000	85	27.5	100	212.5	1	299.22125

CATEGORY-48 KG WOMEN

DATE : 9.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	ANJU AROWN ROSS	INDIA	48.000	97.5	32.5	100	230	1	304.61200

CATEGORY-52 KG WOMEN

DATE : 9.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	GUNAVA III S.	INDIA	52.000	95	40	107.5	242.5	1	302.301

CATEGORY-56 KG WOMEN

DATE : 10.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	RAJLAXMI SINGH	INDIA	52.500	100	45	70	215	1	266.011

CATEGORY-60 KG WOMEN

DATE : 10.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	INDU OJHA	INDIA	58.500	117.5	52.5	121	291	1	330.896

CATEGORY-67.5 KG WOMEN

DATE : 10.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	VALLARI DEOLEKAR	INDIA	62.100	100	55	115	270	1	293.166

CATEGORY-75 KG WOMEN

DATE : 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	PRIYADARSHANI	INDIA	69.300	155	75	150	380	1	380.684

CATEGORY- +90 KG WOMEN

DATE : 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	SHIWETA JOG	INDIA	108.500	80	50	105	235	1	191.643

COMMONWEALTH POWERLIFTING CHAMPIONSHIPS 2009
BALEWADI SHIV CHHATRAPATI SPORTS COMPLEX,
JUNIOR WOMEN RESULT

CATEGORY-44 KG WOMEN

DATE : 9.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	GOGOI MINU	INDIA	44.000	115	52.5	145	312.5	I	440.03125

CATEGORY-67.5 KG WOMEN

DATE : 10.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	SURYA PRABHA	INDIA	66.300	153.5	75	140	368.5	I	380.992
2	ALKA SWAMI	INDIA	66.500	125	67.5	135	327.5	II	337.882

CATEGORY-75 KG WOMEN

DATE : 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	NAJU ARORA	INDIA	72.500	150	70	165	385	I	374.066
2	JANIS JOSEPH	INDIA	71.500	150	62.5	137.5	350	II	342.895

CATEGORY-82.5 KG WOMEN

DATE : 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	SANGEET SINGH	INDIA	79.300	180	87.5	145	412.5	I	379.294
2	DEEPIKA YADAV	INDIA	75.300	115	77.5	130	322.5	II	305.827

CATEGORY-90 KG WOMEN

DATE : 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	PRASIDDA KHOTI	INDIA	85.130	145	75	160	380	I	376.718
2	YUGANIDHAR SHINDE	INDIA	85.000	115	55	120	290	II	257.114

COMMONWEALTH POWERLIFTING CHAMPIONSHIPS 2009
BALEWADI SHIV CHHATRAPATI SPORTS COMPLEX,
SENIOR WOMEN RESULT

CATEGORY-48 KG WOMEN

DATE : 9.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
2	SUDHA KUMARI	INDIA	48.000	122.5	62.5	110	295	I	390.69800

CATEGORY-52 KG WOMEN

DATE : 9.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
2	POOJA KADAM	INDIA	51.000	112.5	42.5	117.5	272.5	I	344.822

CATEGORY-56 KG WOMEN

DATE : 10.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	TEJASWINI NAIDU	INDIA	56.000	150	77.5	171	398.5	I	468.875
2	SNEHA KARPE	INDIA	54.000	115	50	117.5	282.5	II	341.994

CATEGORY-67.5 KG WOMEN

DATE : 10.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	VISHVA KADAM	INDIA	66.200	117.5	57.5	120	295	I	305.355

CATEGORY-82.5 KG WOMEN

DATE : 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	ANLYA LONKAR	INDIA	82.150	185	110	150	445	I	401.257
2	BARIK SAMITA	INDIA	82.590	130	80	132.5	342.5	II	308.25

CATEGORY-90 KG WOMEN

DATE : 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	DEEPAI KULKARNI	INDIA	87.300	150	62.5	150	362.5	I	317.369

CATEGORY-+90 KG WOMEN

DATE : 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	SAMPA GUHA	INDIA	90.500	202.5	107.5	162.5	472.5	I	407.342
2	SAMPADA DIOPATKAR	INDIA	90.200	165	72.5	165	402.5	II	347.478

COMMONWEALTH POWERLIFTING CHAMPIONSHIPS 2009

BALEWADI SHIV CHHATRAPATI SPORTS COMPLEX,

MASTER-1 WOMEN RESULT

CATEGORY-56 KG WOMEN

DATE : 10.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	HISIERKI RANGE	SOUTH AFRICA	55.600	107.5	60	142.5	310	1	366.792

CATEGORY-60 KG WOMEN

DATE : 10.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	RESHA GOGOI	INDIA	58.100	60	30	77.5	167.5	1	191.486

CATEGORY-67.5 KG WOMEN

DATE : 10.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	BHAGWATI DEVI	INDIA	66.100	120	60	137.5	317.5	1	328.994

CATEGORY-75 KG WOMEN

DATE : 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	VALSALA K.	INDIA	67.800	65	30	90	185	1	188.219

CATEGORY-90 KG WOMEN

DATE : 11.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
1	SHOBHA	INDIA	110.400	125	72.5	115	312.5	1	253.875

MASTER-2 WOMEN RESULT

CATEGORY-52 KG WOMEN

DATE : 9.12.09

S.NO.	NAME	NATION	B.WT	SQUAT	BENCH	DEAD	TOTAL	PLACE	WILKS POINT
3	SINCLAIR MIRRIAM	SOUTH AFRICA	51.000	110	67.5	152.5	330	1	417.582