

JUNIOR NATIONALS (Men, Women and Masters) POWERLIFTING CHAMPIONSHIP-
2016 TO BE HELD COIMBATORE FROM 12TH TO 15TH JANUARY/2017
ORAGANIZED BY THE TAMILNADU POWERLIFTING ASSOCIATION

JUNIOR MEN POWERLIFTING NOMINATIONS

1	53KG	SD.MD. GHOUSE
2	66KG	K.NARAYANA RAO
3	74KG	A.BALAKRISHNA
4	83KG	K.NARENDRA
5	93KG	R.ARUN SAI KUMAR
6	93KG	G SAI KRISHNA
7	105KG	M.AJAY KUMAR
8	120KG	P.RAJESH
9	+120kg	J.ESWARKUMAR

JUNIOR MEN (BENCH PRESS) NOMINATIONS

1	53KG	SD.MD. GHOUSE
2	59kg	S.MANIRATNAM
4	120KG	P. RAJESH
5	+120KG	J.ESWAR KUMAR

JUNIOR WOMEN (POWERLIFTING) NOMINATIONS

1	52KG	D.KUSUMA
2	63KG	P.KUMARI
3	84KG	D.ANUSHA GOUD

MASTERS MEN POWERLIFTING NOMINATIONS

+40 (AGE GROUP)

1	83KG	K.VENKATESWARULU
2	105KG	R. NATRAJ

MASTERS MEN (BENCH PRESS) NOMINATIONS

+40 (AGE GROUP)

1	83KG	P.SURESH
2	105kg	G. Ramesh

MASTERS MEN POWERLIFTING NOMINATIONS

+50 (AGE GROUP)

1. 74 KG SD. KARIMULLAH
1. 93KG M.RAMA KOTESWARA RAO

MASTERS MEN POWERLIFTING NOMINATIONS

+60 (AGE GROUP)

1	74KG	D.PARDHA SARDHI
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TEAM MANAGER: M.PRABHAKARA RAO

TEAM COACH: S.KOTESWARA RAO

GENERAL SECRETARY
ANDHRA PRADESH POWERLIFTING ASSOCIATION