



# ANDHRA PRADESH POWER LIFTING ASSOCIATION

## 10th ANDHRA PRADESH STATE INTER DISTRICT Sub Junior, Junior & Masters (Men & Women) Equipped Power Lifting & Bench Press Championship - 2023

### Sub Junior Girls Powerlifting results 43 Kg

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	M Shanoon	Guntur	75	27.5	90	192.5
2	B Deekshitha	VZM	42.5	25	90	157.5
3	CH Dola Sri	Prakasam	50	20	70	140
4	U Lasya	Prakasam	35	20	60	115
5	S Reshma	VZM	20	22.5	55	97.5

### 47 Kg

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	K Deepthi	Prakasam	50	25	87.5	162.5
2	K Nandhini	Prakasam	37.5	20	70	127.5

### 52 Kg

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	A Jyoshna	Anakapalli	140	70	135	345
2	P Pravalika	Krishna	120	57.5	120	297.5
3	K Asritha	Prakasam	70	27.5	90	187.5
4	M Aiswarya	Prakasam	57.5	25	82.5	165
5	Y Tejeswini	Kadapa	60	25	75	160
6	G Sri Sahithi	VZM	47.5	25	80	152.5
7	B. Maha Lakshmi	Prakasam	42.5	25	82.5	150
8	M Naga Pragathi	Kadapa	52.5	20	67.5	140
9	K Yemima	Prakasam	45	20	70	135
10	M Baby Sriya	VZM	42.5	22.5	60	125

### 57 Kg

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	S Krishnaveni	VZM	80	42.5	100	222.5
2	R Vandhana	VZM	82.5	35	100	217.5
3	M Janani	Anakapalli	70	30	110	210
4	S Lakshmi Niharika	Prakasam	70	30	90	190
5	B Raghavi	Kadapa	52.5	27.5	70	150

**63 Kg**

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	Harshitha Tiwari	Kadapa	125	60	140	325
2	S Lakshmi	Bapatla	132.5	50	120	302.5
3	M Poonima	Prakasam	75	30	105	210
4	S Praharshini	Krishna	80	25	90	195
5	Y Rishitha	Prakasam	40	25	70	135

**69 Kg**

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	G Subhashini	Guntur	120	45	125	290
2	N Shaini	Prakasam	72.5	30	100	202.5
3	P Bhanu Sri	Prakasam	62.5	25	95	182.5
4	P Sireesha	Guntur	65	25	70	160
5	A S Narayana Durga	Anakapalli	55	20	80	155

**76 Kg**

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	A Madhuri	Visakha	132.5	55	122.5	310
2	M Tejaswi	Guntur	130	40	120	290
3	K Kalpana	Krishna	105	40	132.5	277.5

**84 Kg**

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	Shaik Shabeena	Guntur	160	67.5	155	382.5
2	N Kumundini Patnaik	Visakha	95	25	110	230

**84 + Kg**

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	P Vandana	Konaseema	125	40	110	275
2	G Shubashini	Krishna	75	40	120	235

**Junior Women Powerlifting Results****43 Kg**

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	M Jyothi	Kadapa	85	40	105	230
2	P Bala Yakshitha	VZM	90	32.5	102.5	225
3	M Deepika	Prakasam	40	25	67.5	132.5

**47 Kg**

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	B Sandhya	VZM	60	35	97.5	192.5
2	N Veera Naga Anu	Krishna	70	30	85	185
3	K. Amulya	Prakasam	40	27.5	82.5	150
4	U Vushaswini	Kadapa	50	20	55	125

**52 Kg**

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	M Anusha	Palnadu	80	35	100	215
2	B Santhosh Kavya	VZM	62.5	35	97.5	195
3	B Swapna	Prakasam	72.5	25	80	177.5
4	V Mohini	VZM	52.5	30	75	157.5
5	G Gayathri	Prakasam	47.5	25	82.5	155
6	M Likitha	Kadapa	50	22.5	65	137.5

**57 Kg**

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	Shiek Sadiya Almas	Guntur	160	75	150	385
2	M Tirupathamma	Krishna	130	60	137.5	327.5
3	Shiek Ruksana	Guntur	90	35	100	225
5	D Triveni	VZM	52.5	25	90	167.5
4	G Geetha	Visakha	60	30	75	165
6	D Venkata Pournami	Prakasam	55	20	75	150

**63 Kg**

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	Shiek Asiya	Guntur	145	62.5	120	327.5
2	Prasanna	Kadapa	50	25	70	145

**69 Kg**

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	S Jyothi	Visakha	120	35	120	275
2	U Sasi Kala	Konaseema	35	25	85	145

**76 Kg**

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	D Aparna	Bapatla	152.5	65	147.5	365
2	T Naga Jyothi	Guntur	160	50	150	360

**84 Kg**

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	S Dwaraka	Bapatla	232.5	95	197.5	525
2	T Varsha Sri	VZM	110	42.5	112.5	265
3	S Venkata Aswini	Krishna	100	30	105	235

**84 + Kg**

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	B Lakshmi Sai	Visakha	60	25	85	170
2	M Sriya	Konaseema	115	50	130	295

**Junior women**  
Benchpress Results  
**52 Kg**

Placing	Name of the Participant	District	Bench press	Total
1	M Anusha	Palnadu	35	35

**84 Kg**

Placing	Name of the Participant	District	Bench press	Total
1	S Venkata Aswini	Krishna	30	30

**84 + Kg**

Placing	Name of the Participant	District	Bench press	Total
1	M Sriya	Konaseema	50	50

SAKALA SURYANARAYANA  
GENERAL SECRETARY