

SENIOR NATIONAL POWERLIFTING EQUIPPED (MEN & WOMEN) SENIOR BENCH PRESS  
EQUIPPED (MEN & WOMEN) CHAMPIONSHIP-2016 HELD AT MILANEE CLUB JAMSHEDPUR  
FROM 7<sup>TH</sup> TO 11 JULY/2016

BENCH PRESS RESULTS (MEN)

SL.No.	NAME OF THE COMPETITOR	CATGEORY	BENCH PRESS	PLACE
1	SK. MOHAMMED GHOUSE	59KG	105KG	3 <sup>RD</sup>
2	P. SURESH	93KG	160KG	3 <sup>RD</sup>
3	G. RAMESH	105KG	120KG	11 <sup>TH</sup>
4	J. ESWAR KUMAR	120KG	-	-

POWERLIFTING RESULTS (MEN)

SL.No.	NAME OF THE COMPETITOR	CATGEORY	TOTAL LIFTED	PLACE
1	V.MALLESWARA RAO	66KG	530KG	8 <sup>TH</sup>
2.	K. NARAYANA RAO	66KG	-	-
3.	I. DHANAMURTHY	74KG	612.5KG	16 <sup>TH</sup>
4.	G.SATISH	83KG	535KG	9 <sup>TH</sup>
5.	R.ARUN SAI KUMAR	93KG	590KG	14 <sup>TH</sup>
6.	H.GANESH	105KG	620KG	11 <sup>TH</sup>
7	CH. MAHESH	120KG	667.5KG	13 <sup>TH</sup>
8	E.V.V.S. SIVA KUMAR	+120KG	560KG	13 <sup>TH</sup>

## POWERLIFTING RESULTS (WOMEN)

SL.No.	NAME OF THE COMPETITOR	CATGEORY	TOTAL LIFTED	PLACE
1	D. KUSUMA	47KG	382.5KG	2 <sup>ND</sup>
2.	D.KUSUMA (INTERSTATE)	47KG	382.5KG	1 <sup>ST</sup>
3.	G.SAI REVATHI	63KG	365KG	9 <sup>TH</sup>
4.	P.KUMARI	63KG	275KG	16 <sup>TH</sup>
5.	SK.NAGEENA	72KG	337.5KG	10 <sup>TH</sup>
6.	M.SALOMI	84KG	340KG	12 <sup>TH</sup>
7	D.ANUSHA	+84KG	410KG	7 <sup>TH</sup>
8	K.TULASI	+84KG	475KG	3 <sup>RD</sup>
9	K.TULASI (INTER STATE)	+84KG	475KG	2 <sup>ND</sup>

## MEDAL WINNERS

### BENCH PRESS

1. 59KG SK. MOHAMMED GHOUSE BRONZE MEDAL
2. 83KG P.SURESH BRONZE MEDAL

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### POWERLIFTING (OPEN NATIONALS)

1. 47KG D.KUSUMA SILVER MEDAL
2. +84KG K. TULASI BRONZE MEDAL

### INTER STATE CHAMPIONSHIP

1. 47KG D. KUSUMA GOLD MEDAL
2. +84KG K. TULASI SILVER MEDAL

TEAM MANAGER : SRI MADDI PRABHAKAR

TEAM COACH : SRI SAKALA KOTESWARA RAO

TEAM COACH : SRI . P.V.SAJEEV

SAKALA KOTESWARA RAO

GENERAL SECRETARY