


N. Records of weightlifting.

Weightlifting National Record

Cat. 45 kg Senior Women						
Particular	Name	Name of com.	kg	Place	Date	Remarks
snatch	Sangita Rai	13th SAG	57	Pokhara	2019	
C&J	Sangita Rai	13th SAG	70	Pokhara	2019	
Total	Sangita Rai	13th SAG	127	Pokhara	2019	
Cat. 49 kg Senior Women						
Particular	Name	Name of com.	kg	Place	Date	
snatch	Sangita Rai	3rd Sunil Lal	58	Maru KTM	2076	
C&J	Sangita Rai	3rd Sunil Lal	76	Maru KTM	2076	
Total	Sangita Rai	3rd Sunil Lal	134	Maru KTM	2076	
Cat. 55 kg Senior Women						
Particular	Name	Name of com.	kg	Place	Date	
snatch	Sanju Chaudhary	19th asian 1ST selection	71	KTM	2079	
C&J	Sanju Chaudhary	Asian Champ.	90	China	2019	
Total	Sanju Chaudhary	Asian Champ.	160	China	2019	
Cat. 59 kg Senior Women						
Particular	Name	Name of com.	kg	Place	Date	
snatch	Sanju Chaudhary	24th men&9th women	78	BHAKTAPUR	2078	
C&J	Sanju Chaudhary	24th men&9th women	98	BHAKTAPUR	2078	
Total	Sanju Chaudhary	24th men&9th women	176	BHAKTAPUR	2078	
Cat. 64 kg Senior Women						
Particular	Name	Name of com.	kg	Place	Date	
snatch	Kamala Shrestha	Asian Champ.	73	Uzbekistan	2021	
C&J	Kamala Shrestha	Asian Champ.	93	Uzbekistan	2021	
Total	Kamala Shrestha	Asian Champ.	166	Uzbekistan	2021	
Cat. 71 kg Senior Women						
Particular	Name	Name of com.	kg	Place	Date	
snatch	Jun maya Chhantyal	24th men&9th women	68	BHAKTAPUR	2078	
C&J	Jun maya Chhantyal	24th men&9th women	88	BHAKTAPUR	2078	
Total	Jun maya Chhantyal	24th men&9th women	176	BHAKTAPUR	2078	
Cat. 76 kg Senior Women						
Particular	Name	Name of com.	kg	Place	Date	
snatch	Tara Devi Pun	13th SAG	75	Pokhara	2019	
C&J	Tara Devi Pun	3rd Sunil Lal	98	Maru KTM	2076	
Total	Tara Devi Pun	13th SAG	172	Pokhara	2019	
Cat. 81 kg Senior Women						
Particular	Name	Name of com.	kg	Place	Date	
snatch	Laxmi Ban	3rd Sunil Lal	65	Maru KTM	2076	
C&J	Laxmi Ban	3rd Sunil Lal	83	Maru KTM	2076	
Total	Laxmi Ban	3rd Sunil Lal	148	Maru KTM	2076	
Cat. 87 kg Senior Women						
Particular	Name	Name of com.	kg	Place	Date	
snatch	Tara Devi Pun	19th asian 2nd selection	74	KTM	2079	
C&J	Tara Devi Pun	19th asian 2nd selection	101	KTM	2079	
Total	Tara Devi Pun	19th asian 2nd selection	175	KTM	2079	
Cat. over 87 kg Senior Women						
Particular	Name	Name of com.	kg	Place	Date	
snatch	Bidhya Rai	19th asian 2nd selection	75	KTM	2079	
C&J	Bidhya Rai	19th asian 2nd selection	92	KTM	2079	
Total	Bidhya Rai	19th asian 2nd selection	167	KTM	2079	



 रम प्रसाद

 म.प्र. काठमाण्डौ

 स्वी.

Weightlifting National Record

Cat. 55 kg Senior Men						
Particular	Name	Name of com.	kg	Place	Date	Remarks
snatch	Tularam Mahato	3rd Sunil lal	90	Maru KTM	2076	
C&J	Ganesh Ranabhat	24th men&9th women	101	Bhaktapur	2078	
Total	Tularam Mahato	3rd Sunil lal	185	Maru KTM	2076	
Cat. 61 kg Senior Men						
Particular	Name	Name of com.	kg	Place	Date	
snatch	Tularam Mahato	19th asian 2nd selection	95	KTM	2079	
C&J	Raju Chaudhary	3rd Sunil lal	120	Maru KTM	2076	
Total	Raju Chaudhary	3rd Sunil lal	214	Maru KTM	2076	
Cat. 67 kg Senior Men						
Particular	Name	Name of com.	kg	Place	Date	
snatch	Kamal Bdr Adhikari	13 th SAG	112	Pokhara	2019	
C&J	Kamal Bdr Adhikari	13 th SAG	140	Pokhara	2019	
Total	Kamal Bdr Adhikari	13 th SAG	252	Pokhara	2019	
Cat. 73 kg Senior Men						
Particular	Name	Name of com.	kg	Place	Date	
snatch	Kamal Bdr Adhikari	8th National	120	Nepalgunj	2076	
C&J	Kamal Bdr Adhikari	8th National	155	Nepalgunj	2076	
Total	Kamal Bdr Adhikari	8th National	275	Nepalgunj	2076	
Cat. 81 kg Senior Men						
Particular	Name	Name of com.	kg	Place	Date	
snatch	Bikash Thapa	3rd Sunil lal	120	Maru KTM	2076	
C&J	bikash bhatta	19th asian 2nd selection	138	KTM	2079	
Total	Bikash Thapa	3rd Sunil lal	256	Maru KTM	2076	
Cat. 89 kg Senior Men						
Particular	Name	Name of com.	kg	Place	Date	
snatch	Bikash Thapa	13th SAG	123	Pokhara	2019	
C&J	Bikash Thapa	13th SAG	146	Pokhara	2019	
Total	Bikash Thapa	13th SAG	269	Pokhara	2019	
Cat. 96 kg Senior Men						
Particular	Name	Name of com.	kg	Place	Date	
snatch	Vishal Singh Bist	19th asian 2nd selection	122	ktm	2079	
C&J	Vishal Singh Bist	19th asian 2nd selection	160	ktm	2079	
Total	Vishal Singh Bist	19th asian 2nd selection	282	ktm	2079	
Cat. 102 kg Senior Men						
Particular	Name	Name of com.	kg	Place	Date	
snatch	Vishal Singh Bist	24th men&9th women	111	BHAKTAPUR	2078	
C&J	Vishal Singh Bist	24th men&9th women	150	BHAKTAPUR	2078	
Total	Vishal Singh Bist	24th men&9th women	261	BHAKTAPUR	2078	
Cat. 109 kg Senior Men						
Particular	Name	Name of com.	kg	Place	Date	
snatch	Sagar Bhandari	19th asian 2nd selection	122	KTM	2079	
C&J	Sagar Bhandari	19th asian 2nd selection	162	KTM	2079	
Total	Sagar Bhandari	19th asian 2nd selection	284	KTM	2079	
Cat. over 109 kg Senior Men						
Particular	Name	Name of com.	kg	Place	Date	
snatch	Pukar Gurung	13th SAG	132	Pokhara	2019	
C&J	Subhash Upadhyaya	19th asian 2nd selection	160	KTM	2079	
Total	Pukar Gurung	3rd Sunil lal	278	Maru KTM	2076	

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