

**Achievements of
Mizoram Arm Wrestling Association
NATIONAL LEVEL CHAMPIONSHIPS**

1998—

1. Senior National Arm Wrestling Championship at Kerala during 10-13.9.1998

1. Remlalnghaka — Silver

Official —

Manager — Ngurthanmawia

2000—

1. Senior National Arm Wrestling Championship at Kerala during 13-16.9.2000

1. Remlalnghaka — Gold

Official —

Manager — Ngurthanmawia

2001—

1. Senior National Arm Wrestling Championship 2001 at Guwahati, Assam

1. Lalfakhleni — Silver

Officials —

Manager — Ngurthanmawia

Coach — Zairemthanga

2003—

1. Senior National Arm Wrestling Championship at Rabindra Bhawan, Guwahati, Assam during 17-18.9.2003

1. C. Laltlanhlui — Silver

2. Lalrinkimi — Bronze

3. PC Lalrinkima — Bronze

Officials —

Manager — B. Lalthlangdika

Coach — Zairemthanga

2004—

1. Senior National Arm Wrestling Championship at Puri, Orissa during 23-25.8.2004

1. Lalrampani — Bronze

Officials —

Manager — B. Lalthlangdika

Coach — Zairemthanga

2008 —

1. 32nd Senior Men & Women, Junior Boys & Girls National Arm Wrestling Championship at Kalinga Gymnasium, Cuttack (Orissa) during 13-15.6.2008

1.	David Lalnunpuia	-60 Kgs	—	Gold
2.	VL Chhanchhuahi	-50 Kgs	—	Silver
3.	DS Zovi	-50 Kgs	—	Silver
4.	Veronica Zoremthangi	-60 Kgs	—	Silver
5.	Laltlanthangi	-60 Kgs	—	Silver

Disabled —

1.	David Lalsangzuala	(-60 Kgs.)	—	Silver
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Officials —

Manager	—	PB Vanlalremruata
Coach	—	Remlalngbaka

2009 —

1. 33rd National Arm Wrestling Championship at Kozhikode (Kerala) during 2-6.7.2009

1.	Paul Lalmanzuala	-60 Kgs	—	Gold
2.	David Thangliana	-60 Kgs	—	Silver
3.	Lalthianghlimi	-50 Kgs	—	Silver
4.	Andrew Lalnunthara	-50 Kgs	—	Bronze

Officials —

Manager	—	PB Vanlalremruata
Coach	—	Remlalngbaka
Asst. Coach	—	R. Lalbiakliana

2010 —

1. 34th National Arm Wrestling Championship (for Senior Men & Women and Disabled, Junior Boys & Girls) at Imphal (Manipur) during 17-20.5.2010

Junior —

1.	Tlangrimawii	-60 Kgs	—	Gold
2.	Krista Roluahpuitua	-55 Kgs	—	Gold
3.	C Zoramsangi	-55 Kgs	—	Gold

Senior —

1.	Lalthanmawii	-55 Kgs	—	Bronze
2.	Lalrinmawii	-60 Kgs	—	Bronze

Disabled —

1.	David H Thangliana	-60 Kgs	—	Silver
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Officials —

Manager	—	PB Vanlalremruata
Coach (Men)	—	Remlalngbaka
Coach (Women)	—	C. Laltlanhlui

2011 —

1. 35th Arm Wrestling National Championship at Ludhiana, Punjab during 16-19.6.2011

Junior —

1.	Zirthantluangi	-60 Kgs	—	Gold
2.	Laltlankimi	-55 Kgs	—	Silver
3.	Judy Lalrinpuii	-45 Kgs	—	Bronze
4.	Edentharnghaka	-55 Kgs	—	Bronze

Senior —

5.	Juliet Lalengkimi	-60 Kgs	—	Silver
6.	Lalremchhungi	-70 Kgs	—	Bronze

Officials —

Manager	—	R. Laldingliani
Coach	—	Remlalngghaka & Robert Lalawmpuia

2012 —

1. 36th National Arm Wrestling Championship-2012 at Aizawl, Mizoram during 1-5.5.2012

Senior Men

1.	Tlangrimawia	—	Silver
2.	Krista Roluahpuitua	—	Silver

Senior Women

1.	Laltlanmawii	—	Gold
2.	Zohmingsangi	—	Silver
3.	Rosy Hmingthansangi	—	Silver
4.	Juliet Lalengkimi	—	Bronze

Junior Boys

1.	Lalngaizuala	—	Silver
2.	V Lalhruaitluanga	—	Silver
3.	Lalromawia	—	Silver
4.	C Lalchhanhima	—	Silver
5.	Lalnunsanga	—	Silver
6.	Lalrohlua	—	Silver
7.	Kawlhmingthanga	—	Bronze
8.	Laltlanhlua	—	Bronze
9.	Alfred	—	Bronze

Junior Girls

1.	Mimi Lalnunhlimi	—	Gold
2.	Judy Lalrinpuii	—	Gold
3.	Laltanpuii	—	Gold
4.	Zodinsangi	—	Silver
5.	Lallawmzuali	—	Silver

6.	H Lalnunmawii	—	Bronze
7.	Lalduhawmi	—	Bronze
Officials —			
	Manager	— R. Laldingliani	
	Coach (Men)	— Lalrivunga	
	Coach (Women)	— Lalrinmawii	

2013 —

1. 37th National Arm Wrestling Championship at Ernakulum, Kerala during 27-31.5.2013

Junior Girls Category—

1.	H Lalnunmawii	-45 Kgs —	Gold
2.	R Lalnunsiami	-50 Kgs —	Gold
3.	Zodinsangi	-55 Kgs —	Gold
4.	R Lalnunsangi	-65 Kgs —	Silver

Women's Category—

1.	Lawmnasangzuali	-50 Kgs —	Silver
2.	Zirthantluangi	-55 Kgs —	Silver
3.	K Lalhriatpuii	-65 Kgs —	Silver

Men's Category—

1.	Kristaroluahpuitua	-55 Kgs —	Silver
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Officials —

Manager	— R. Laldingliani
Asst. Manager	— H. Lalthakima
Coach	— Lalrivunga
Asst. Coach	— C. Ramdinmawia

2014 —

1. 38th National Arm Wrestling Championship 2014 at Agra (UP) during 21-25.5.2014

Men's Category—

1.	Tlangrimawia	-60 Kgs —	Gold
2.	Kristaroluahpuitua	-55 Kgs —	Bronze

Women's Category—

1.	Laltlanmawii	-55 Kgs —	Gold
2.	H. Lawmnasangzuali	-50 Kgs —	Silver
3.	K. Lalhriatpuii	-70 Kgs —	Bronze

Junior Boys Category—

1.	H. Lalrinzuala	-60 Kgs —	Silver
2.	H. Lalhriatpuia	-50 Kgs —	Silver
3.	Lalawmpuia	-55 Kgs —	Bronze

Junior Girls Category—

1.	Zodinsangi	-55 Kgs —	Gold
2.	Lalrempuii	-45 Kgs —	Gold
3.	Zosangzuali	-55 Kgs —	Silver
4.	Lalnunsangi Ralte	-70 Kgs —	Silver
5.	Daisy Vanlalhlimpuii	-50 Kgs —	Silver

Officials —

Manager	— R. Laldingliani
Coach	— Lalrivunga

2015 —

1. 39th National Arm Wrestling Championship at Bajpur, Udham Singh Nagar, Uttarakhand during 13-17.6.2015

Senior Category—

1.	Laltlanmawii	60 Kgs. —	Gold
2.	Zirthantluangi	60 Kgs. —	Silver
3.	K. Lalhriatpuii	80 Kgs. —	Bronze

Junior Category—

1.	Biakhlupuii	60 Kgs. —	Gold
2.	Vanlalnghaka	65 Kgs. —	Gold
3.	R. Lalnunsiami	50 Kgs. —	Silver
4.	Hmingthantluanga	50 Kgs. —	Silver
5.	Lalnunmawia	60 Kgs. —	Bronze
6.	R. Lalhriatchhunga	80 Kgs. —	Bronze
7.	Lalrempuii	50 Kgs. —	Bronze

Officials —

Manager	— Lalrivunga
Coach	— Remlalnghaka

2016 —

1. 40th National Arm Wrestling Championship at Nagpur, Maharashtra during 20-24.5.2016

Senior—

1.	Lalruattluanga	75 Kgs —	Gold
2.	Tlangrimawia	60 Kgs —	Gold
3.	K Lalhriatpuii	80 Kgs —	Gold
4.	Lalawmpuia	80 Kgs —	Gold
5.	Laltlanmawii	60 Kgs —	Silver
6.	R Lalnunsiami	50 Kgs —	Silver
7.	R Lalnunsangi	70 Kgs —	Bronze

Junior—

1.	Lalruattluanga	75 Kgs —	Gold
2.	Hmingthantluanga	50 Kgs —	Gold
3.	Daisy Lalrinpuii	60 Kgs —	Gold
4.	Biakhlupuii	55 Kgs —	Gold
5.	David Vanlalruala	60 Kgs —	Gold

Trophy—

1.	K. Lalhriatpuii	—	Champion of the Champions, Senior Women
2.	Lalruattluanga	—	Champion of the Champions, Junior Boys
3.	Daisy Lalrinpuii	—	Champion of the Champions, Junior Girls
	Team Trophy	—	2 nd Place
	Best Referee	—	PB Vanlalremruata

Official —

Manager — Lalrivunga

2017 —**1. National Arm Wrestling Championship at Punjab Bagh, N. Delhi during 28–25.5.2017**

1.	Daisy Lalrinpuii	-55 Kgs. (Jr. Girls)	—	Gold
2.	K Lalhriatpuii	-80 Kgs. (Sr. Girls)	—	Gold
3.	Lalruattluanga	-75 Kgs. (Sr. Men)	—	Gold
4.	Daisy Lalrinpuii	-55 Kgs. (Jr. Girls)	—	Silver
5.	Lalramhmangaihzuali	-55 Kgs. (Jr. Girls)	—	Bronze

*** Senior Women Champion of the Champions — K. Lalhriatpuii**

Official —

Manager — Lalrivunga
Coach — C. Lalrinkima

2. 42nd National Arm Wrestling Championship 2018 at Lucknow, Uttar Pradesh during 9-14.5.2018

1.	K. Lalhriatpuii	Senior (+80 Kgs)	—	Gold
2.	Zirthantluangi	Senior (-50 Kgs)	—	Silver
3.	Lalruattluanga	Senior (-80 Kgs)	—	Bronze
4.	Lalrivunga	Master (-80 Kgs)	—	Silver
5.	MC Vankimmawii	Junior (-55 Kgs)	—	Silver
6.	RTC Zonunmawia	Junior (-70 Kgs)	—	Silver
7.	ST Muanremsiama	Junior (-55 Kgs)	—	Bronze
8.	R. Lalmalsawma	Junior (-60 Kgs)	—	Bronze

3. International Health & Fitness Festival Sheru Classic Arm Wrestling Championship held at Mumbai, Maharashtra during 12-14.10.2018

1.	Vanlallura	60 Kgs.	–	Gold
2.	Zonunmawia	70 Kgs.	–	Silver

Officials -

Manager	- Vanlalchhuanga
Coach	- PC Lalrinkima

2019—

1. 43rd National Arm Wrestling Championship at Bhilai, Chhattisgarh during 19-24.6.2019

SENIOR MEN

1.	Tlangrimawia	Sr. Men (65 Kgs) Left Hand	–	Gold
		Sr. Men (65 Kgs) Right Hand	–	Silver
2.	VL Zothansanga	Sr. Men (70 Kgs) Right Hand	–	Bronze
		Sr. Men (70 Kgs) Left Hand	–	Bronze
3.	Vanlallura	Sr. Men (60 Kgs) Left Hand	–	Bronze
4.	RTC Zonunmawia	Sr. Men (75 Kgs) Right Hand	–	Bronze

SENIOR WOMEN

1.	Vanramnghaki	Sr. Women (80 Kgs) Left Hand	–	Gold
		Sr. Women (80 Kgs) Right Hand	–	Silver
2.	K. Lalhriatpuii	Sr. Women Open (80+ Kgs) Right Hand	–	Gold
		Sr. Women Open (80+ Kgs) Left Hand	–	Bronze
3.	MC Vankimmawii	Sr. Women (55+ Kgs) Right Hand	–	Bronze

JUNIOR BOYS

1.	Benjamin Lalawmpuia	Jr. Boys Open (80+ Kgs) Right Hand	–	Gold
		Jr. Boys Open (90 Kgs) Left Hand	–	Gold
2.	Joseph Lalthaa	Jr. Boys (75 Kgs) Right Hand	–	Gold
3.	RTC Zonunmawia	Jr. Boys (75 Kgs) Left Hand	–	Gold
		Jr. Boys (75 Kgs) Right Hand	–	Silver
4.	Lalsiammawia	Jr. Boys (60 Kgs) Left Hand	–	Gold
5.	Lalrampana	Jr. Boys (50 Kgs) Left Hand	–	Gold
6.	PC Lallawmkima	Jr. Boys (70 Kgs) Left Hand	–	Silver
7.	Hmingthanpuia	Jr. Boys (60 Kgs) Left Hand	–	Silver
8.	PC Zodinsanga	Jr. Boys (55 Kgs) Right Hand	–	Bronze
9.	Hriatpuia	Jr. Boys (50 Kgs) Right Hand	–	Bronze

JUNIOR GIRLS

1.	MC Vankimmawii	Jr. Girls (55+ Kgs) Right Hand	–	Gold
2.	Malsawmkimi Khiangte	Jr. Girls (65+ Kgs) Right Hand	–	Silver

TITLE

1.	Benjamin Lalawmpuia	Junior Boys Champion of the Champion	–	Gold
2.	Vanramnghaki	Physically Challenged Women	–	Gold
3.	Mizoram Arm Wrestling (Men) Team	Team Championship	–	Silver

Officials -

Manager	- Lalrinmawii
Coach	- Richard Lalrinmawia

2. PRO PANJA LEAGUE 2020 at Delhi on 27.2.2020

1.	K. Lalhriatpuii	80 Kgs	–	Gold
2.	Vanramnghaki	80 Kgs	–	Silver
3.	Vanlallura	60 Kgs	–	Silver