

**ACHIEVEMENTS OF
MIZORAM TUG OF WAR ASSOCIATION
NATIONAL LEVEL CHAMPIONSHIPS**

2009 —

1. 21st Senior National Tug-of-War Championship at Madurai, Tamil Nadu during 23-26.1.2009

Mizoram Team (Durtlang North Branch YMA) — Gold

1. Lalruatfela (Captain)
2. K. Lalhruaia
3. Vanlalruata
4. John Lalthakima
5. Amos Vanlalruata
6. Lalrintluanga
7. Lalhruaitluanga
8. Lallianzuala
9. Laltanpuia
10. R. Zonunmawia (Coach)

2. 7th Federation Cup Senior National Tug-of-War Championship at Madurai, Tamil Nadu during 23-26.1.2009

Mizoram Team (Zemabawk North Branch YMA) — Silver

1. MS Dawngliana (Captain)
2. H. Lalthlangdika
3. G. Lalmuanpuia
4. R. Lalmalsawma
5. L. Lalmalsawma
6. KD Hmingthanga
7. Lalsiammawia
8. Lalremsanga
9. PC Thlamuanpuia
10. Hrangliana (Coach)

3. 22nd Senior Women National Championship at Kota, Rajasthan during 3-6.10.2009

Mizoram Team (Zemabawk North Branch YMA) — Gold

1. Lalduhawmi Kawlni
2. Lalhmingthangi
3. Lalruatdiki
4. R. Lalmuanpuii
5. H. Vanlalchhuangi
6. Vanlalruatfeli
7. C. Lalremruati
8. R. Malsawmtluangi

2011 —

1. **9th Senior Men Federation Championship at Aizawl (Mizoram) during 8-11.3.2011**

Mizoram Team (Men) 480 Kgs. — Bronze

1. Laltanpuia
2. Lalrintluanga
3. Laldinthara
4. Lalrinchhana
5. L. Hruaitluanga
6. Malsawmtluanga
7. C. Vanlalruata
8. K. Lalhruaia
9. K. Lalremsanga

Mizoram Team (Women) 480 Kgs. — Silver

1. Lalduhawmi Kawlni
2. R. Malsawmthluangi
3. C. Lalremruati
4. Lalhmingthangi
5. Vanlalruatfeli
6. H. Lalthlangdika
7. Zahmingthanga
8. Johny Lalnunpuia
9. K. Lalsiammawia

Mizoram Team (Mixed) 560 Kgs. — Silver

1. Lalduhawmi Kawlni
2. R. Malsawmthluangi
3. C. Lalremruati
4. Lalhmingthangi
5. Vanlalruatfeli
6. H. Lalthlangdika
7. Zahmingthanga
8. Johny Lalnunpuia
9. K. Lalsiammawia

2. **6th Junior (Men) Federation Cup National Tug-of-War Championship at Aizawl (Mizoram) during 8-11.3.2011**

Mizoram Team 560 Kgs. — Bronze

1. Lalbiakchhuana
2. Laltanpuia
3. Lalthawmmawia
4. KMS Dawngliana
5. Hmingthangtluanga
6. Lalropuia
7. R. Lalchhantluanga
8. Vanlalfela
9. Chingliansanga

2013 —

1. **1st Beach National Senior Tug-of-War Championship held at Tamil Nadu during 11-14.6.2013**

Mizoram Team — Bronze

2015 —

1. **8th Open Senior National Tug of War Championship, Vengurla, Maharashtra during 1-2.2.2015**

Mizoram Team — Silver

1. Laltanpuia
2. John Lalthakima
3. C. Vanlalruata
4. Lalbiaktluanga
5. H. Vanlalfaka
6. Lalawmpuia
7. Lalchhuanawma
8. Lalruatfela
9. Lalmuanawma Sailo

Officials—

Manager — PC Lalmangaiha
Coach — K Lalrinawma

2. **28th Junior Men U-19 National Tug of War Championship at Golaghat, Assam during 23-28.11.2015**

Mizoram Team — Gold

1. C. Lalhruaimawia
2. Lalramsanga
3. Lalhmunsanga
4. C. Laldinpuia
5. Vanlaldinmawia
6. Zarlina
7. K. Lawmsanga
8. K. Vanrammawia
9. Vanlalsiama

Officials—

Manager — Henry Vanlalthlamuana
Coach — Zothankhuma

2019 —

**1. 12th Open Senior India National Tug of War (Men & Women & Mixed 4+4) Championship
2019 at Kathmandu, Nepal during 29-30.5.2019**

Mizoram Tug of War (Men) Team

— Bronze

1. Lalremsanga (C)
2. Lalmangaiha
3. Lalthanzuala
4. C. Lalrinnunga
5. Vanlalzuata
6. B. Lalchamreia
7. Vanhmingliana
8. Lalbiakzama

Officials—

Manager — Vanlalruati Varte
Coach — Henry Lalthlamuana