

Achievements of Mizoram Powerlifting Association

NATIONAL LEVEL CHAMPIONSHIPS

2013 —

1. Sub-Junior Equipped & Unequipped National Powerlifting Championship-2013 at Ooty, Tamilnadu during 21-24.5.2013

1. PC VL Nunhlimi 57 Kgs — Gold
2. Lalmuanpuia Tochwawng 93 Kgs — Gold

Officials —

- Manager — Theophil Lallawmzuala
Coach — C. Lalsangzuala

2014 —

1. Sub-Junior equipped & Unequipped Power lifting Championship 2014 at Coimbatore, Tamil Nadu during 2-6.5.2014

1. William B. Vanlalfela -93 Kgs — Gold
2. Joseph Lalnunmawia -74 Kgs — Silver

Trophy—

- 2nd Runner's Up in Team Championship
Runner's Up in Best Discipline & Best Dressed

Officials—

- Manager — Theophil Lallawmzuala
Coach — C. Lalsangzuala

2016 —

1. North East Powerlifting Championship 2016 at Karimganj, Assam during 10-12.3.2016

1. Lalnunthara Chhangte -86 Kgs — Gold
2. JK Laldinpuia -66 Kgs — Silver
3. Lalsangliana -105 Kgs — Silver
4. F. Lalruatkima -105 Kgs — Bronze

Officials—

- Manager-cum-Coach — Theophil Lallawmzuala

2018 —

1. Junior & Master Unequipped Powerlifting Championship 2018 held at Coimbatore, Tamil Nadu from 8–12.1.2018

1. P. Lalchamliaana Master-120 Kgs — Gold
2. Abraham Lalthakima Junior-93 Kgs — Silver
3. Lalmuanpuia Tochwawng Junior-120 Kgs — Silver

2. National Master Equipped Powerlifting Championship 2018 held at Kozhikode, Kerala during 26-29.7.2018

1. P. Lalchamliaana Master-I, 120 Kgs — Gold

3. Sub-Junior, Junior, Senior & Master National (Men & Women) Classic (Unequipped) Powerlifting Championship 2018 held at Lucknow, Uttar Pradesh during 26-30.9.2018

1. Joseph Lalnunmawia 83 Kgs — Gold
2. Abraham Lalthakima 93 Kgs — Gold
3. Jonathan Lalbiakhlua 105 Kgs — Gold
4. Lalhmangaihsanga 105 Kgs (Junior) — Gold
5. P. Lalchamliaana 120 Kgs (Master) — Gold
6. Ramfanmawia 66 Kgs — Silver
7. Lalmuanpuia Tochhawng 120 Kgs (Master) — Bronze

Officials -

- Manager — Theophi Lawmzuala
Coach — Ngurthanzuala Sailo

2019 —

1. Federation Cup Powerlifting Championship 2018-19 held at Khudiram Anushilan Kendra Beside Netaji Stadium, Kolkata (W. Bengal) during 31.1-3.2.2019

1. P. Lalchamliaana 120 Kgs Bronze

Officials –

- Manager — Samuel Vanlalhriata
Coach — William B Vanlalafela

2. National Classic Powerlifting Championship 2019 at Kerala during 26-30.9.2019

1. Lalthangmawia 66 Kgs (Senior/Open) —Bronze

Official -

- Manager — C. Lalramzaua