

# Achievements of Mizoram Powerlifting Association

## NATIONAL LEVEL CHAMPIONSHIPS

### 2006 —

1. **1<sup>st</sup> Eastern India Power Lifting Championship at Karimganj, Assam during 29-31.1.2006**
  1. Naran Lama                      65-70 Kgs      —      Gold

### 2007 —

1. **13<sup>th</sup> North East India Powerlifting Championship at Guwahati (Assam) during 8-12.7.2007**
  1. PC Vanlalawmpuii              -67.5 Kgs)      —      Bronze

#### Officials—

Manager    —    Theophil Lallawmzuala  
Coach        —    Hmingthanzuala

### 2009 —

1. **14<sup>th</sup> North East India Powerlifting Championship at Kaliganj (Assam) during 29-31.1.2009**
  1. TBC Lalfakawma                -67.5 Kgs      —      Bronze

#### Officials—

Manager-cum-Coach    —    Theophil Lallawmzuala

### 2010 —

1. **15<sup>th</sup> North East India Powerlifting Championship at Aizawl during 25-27.3.2010**
  1. PC Lalremliani                    -52 Kgs      —      Gold
  2. Lallunghnema                    -56 Kgs      —      Gold
  3. PC Lalnunmawia                -67.5 Kgs      —      Gold
  4. Goldenthanga                  -110 Kgs      —      Gold
  5. P Lalchamlia                    -90 Kgs      —      Gold
  6. PC Vanlalawmpuii              -60 Kgs      —      Silver
  7. Lalrinchhana                    -56 Kgs      —      Silver
  8. Lalchhanhimi                    -67.5 Kgs      —      Silver
  9. Lalchhandami                    -75 Kgs      —      Silver
  10. Lalhriatpuia Zote              -67.5 Kgs      —      Bronze
  11. HD Rotluanga                  -75 Kgs      —      Bronze
  12. Zosangliana                    -82.5 Kgs      —      Bronze
  13. Lalrammuana                    -56 Kgs      —      Bronze

#### Officials—

Manager    —    Theophil Lallawmzuala  
Coach        —    TBC Lalfakawma

## 2015 —

### 1. North East India Powerlifting Championship 2015 at Silchar, Assam during 22-24.01.2015

1.	Joseph Lalnunmawia	83 Kgs	—	Gold
2.	William B Vanlalfela	93 Kgs	—	Gold
3.	Zosangliana	103 Kg	—	Gold
4.	Vanlalchhuanga	83 Kgs	—	Silver
5.	Alan Lalremkima	59 Kgs	—	Bronze

#### Officials—

Manager	—	Theophil Lallawmzuala
Coach	—	C. Lalsangzuala

### 2. East Zone (Men & Women) Powerlifting & Benchpress Championship 2015, at Imphal, Manipur during 24-27.4.2015

1.	Vanlalchhunga	83 Kgs Benchpress	—	Gold
2.	William B Vanlalfela	93 Kgs Benchpress	—	Gold
3.	Zosangliana	93 Kgs Benchpress	—	Silver
4.	Alan Lalremkima	53 Kgs Powerlifting	—	Silver
5.	Lalrammuanpuia	59 Kgs Powerlifting	—	Silver
6.	Joseph Lalnunmawia	74 Kgs Powerlifting	—	Silver
7.	Vanlalchhuanga	83 Kgs Powerlifting	—	Silver
8.	Zosangliana	93 Kgs Powerlifting	—	Silver
9.	Samuel Zorammuana	66 Kgs Powerlifting	—	Bronze
10.	William B Vanlalfela	94 Kgs Powerlifting	—	Bronze
11.	Lalngaihaki	84 Kgs Powerlifting	—	Bronze

#### Theophil Lawmzuala Qualified to National Referee

#### 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
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## 2017 —

### 1. North East India Powerlifting Championship (Men & Women) Equiped 2017 at Kaligunj, Assam during 3-4.2.2017

1.	Lalsangliana	125 Kgs	—	Gold
2.	Joseph Lalnunmawia	83 Kgs	—	Gold
3.	Lalmuanpuia Tochwawng	125 Kgs	—	Silver

4.	William B Vanlalfela	93 Kgs	—	Silver
5.	David Lalrinchhana	66 Kgs	—	Bronze
6.	Lalchhuanawma	74 Kgs	—	Bronze
7.	K. Lalchhanhima	83 Kgs	—	Bronze
8.	Vanlalchhuanga	93 Kgs	—	Bronze
	Team Championship		—	Runner's Up

**2. East India Powerlifting (Men & Women Senior) Championship 2017 at Andul, Howrah, W. Bengal during 22-24.10.2017**

1.	Abraham Lalthakima	93 Kgs.	—	Gold
2.	Lalsangliana	120 Kgs.	—	Silver
3.	Ramfanmawia	66 Kgs.	—	Bronze
4.	F. Lalmawipuia	83 Kgs.	—	Bronze

**Official -**

Manager-cum-Coach — Theophil Lallawmzuala

**2018 —**

**1. North East India Powerlifting Championship 2018 at Silchar, Assam during 9-10.3.2018**

1.	Lalthangmawia	59 Kgs	—	Gold
2.	VL Zothansanga	74 Kgs	—	Gold
3.	Joseph Lalnunmawia	83 Kgs	—	Gold
4.	Abraham Lalthakima	93 Kgs	—	Gold
5.	P. Lalchamlia	120 Kgs	—	Gold
6.	Lalhriatrenga	+120 Kgs	—	Gold
7.	Lalngaihsaki	+84 Kgs	—	Gold
8.	Ngurthanzauva Sailo	105 Kgs	—	Silver
9.	Lalmuanpuia Tochwawng	120 Kgs	—	Silver
10.	Alan Lalremkima	59 Kgs	—	Bronze
11.	Vanlalchhuanga	105 Kgs	—	Bronze

**Officials-**

Manager - Theophil Lallawmzuala

Coaches - Lalsangliana, Laltluangliani Varte & C Lalrempuii

**2019 —**

**1. East India & North East India Powerlifting Championship held at Silchar, Assam during 22-4.2.2019**

1.	Joseph Lalnunmawia	93 Kgs	—	Gold (EI), Gold (NE)
2.	Abraham Lalthakima	105 Kgs	—	Gold (EI), Gold (NE)
3.	Lalthangmawia	66 Kgs	—	Silver (EI), Gold (NE)
4.	Ramfanmawia	74 Kgs	—	Silver (EI), Gold (NE)
5.	Ngurthanzauva Sailo	120 Kgs	—	Silver (EI), Gold (NE)
6.	Eliza Malsawmtluanga	93 Kgs	—	Silver (EI), Silver (NE)
7.	Vanlalchhuanga	105 Kgs	—	Bronze (EI), Silver (NE)
8.	Lalmangaihsanga	120 Kgs	—	Bronze (EI), Silver (NE)

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|-----|--------------------|--------|----------------------------|
| 9.  | F. Lalmawipuia     | 93 Kgs | — Bronze (EI), Bronze (NE) |
| 10. | David Lalrinchhana | 74 Kgs | — Bronze (NE)              |

**Officials –**

Manager — Samuel Vanlalhriata  
 Coach — William B. Vanlalfela

**2. 1<sup>st</sup> NE India Strongman/Women 2019 held at Shillong, Meghalaya on 20.7.2019**

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|----|--------------------------|----------------|----------|
| 1. | Lalthangmawia            | -66 Kgs (Men)  | — Gold   |
| 2. | Ngurthanzauva Sailo      | -120 Kgs (Men) | — Gold   |
| 3. | Abraham Lalthakima       | -105 Kgs (Men) | — Gold   |
| 4. | Freddie Lalremruata      | -120 Kgs (Men) | — Silver |
| 5. | Joseph Lalnunmawia Pautu | -105 Kgs (Men) | — Silver |

**Mizoram Team Overall Champion**

**Officials -**

Managers — Tyson Lalnunfela  
 Coach — William B Vanlalfela