

**ACHIEVEMENTS OF  
MIZORAM WEIGHTLIFTING ASSOCIATION  
NATIONAL LEVEL CHAMPIONSHIPS**

**2003 —**

1. **1<sup>st</sup> Sub-Junior National Weightlifting Championship at Kozhikode at Kerala during 14-17.12.2003**

1. Lalhmangaihi — Bronze

**Officials —**

Manager — Zohmangaiha  
Coach — Malsawma Khiangte

**2004 —**

1. **2<sup>nd</sup> Sub-Junior National Weightlifting Championship at Andheri, Mumbai, Maharashtra during 4-6.9.2004**

1. Lalhmangaihi — Bronze

**Officials —**

Manager — Zohmangaiha  
Coach — Malsawma Khiangte

2. **2<sup>nd</sup> All India Women Weightlifting Championship at Lucknow, Uttar Pradesh during 27-28.12.2004**

1. PC Vanlalawmpuii — 1 Silver & 2 Bronze  
Overall — Bronze

**Official —**

Coach-cum-Manager — Zohmangaiha

**2005 —**

1. **3<sup>rd</sup> Sub-Junior National Weightlifting Championship at Bhilai, Chhattisgarh during 20-24.9.2005**

1. PC Vanlalawmpuii — Gold , Silver & Bronze  
Overall — Silver  
2. Lalhruaikimi — 2 Bronze  
Overall — Bronze

**Officials —**

Manager — Zohmangaiha  
Coach — Malsawma Khiangte

**2007 —**

**1. 37<sup>th</sup> All India Rural Sports Tournament Group at Aizawl, Mizoram during 16-19.1.2007**

- |    |                |   |        |
|----|----------------|---|--------|
| 1. | Lalchhandami   | — | Gold   |
| 2. | PC Remlalliani | — | Silver |
| 3. | Goldenthanga   | — | Silver |

**Officials –**

- |         |   |                   |
|---------|---|-------------------|
| Manager | — | Zohmangaiha       |
| Coach   | — | Malsawma Khiangte |

**2. 43<sup>rd</sup> Men & 19<sup>th</sup> Women Junior National Weightlifting Championship at Chennai, Maharashtra during 1-4.3.2007**

- |    |              |   |        |
|----|--------------|---|--------|
| 1. | Lalchhandami | — | Bronze |
|----|--------------|---|--------|

**Officials –**

- |         |   |                   |
|---------|---|-------------------|
| Manager | — | R. Lalrinmawia    |
| Coach   | — | Malsawma Khiangte |

**3. 4<sup>th</sup> Sub-Junior Boys & Girls National Weightlifting Championship at Imphal, Manipur during 21-24.11.2007**

- |    |             |   |          |
|----|-------------|---|----------|
| 1. | Lalmangaihi | — | 2 Bronze |
|    | Overall     | — | Bronze   |

**Officials –**

- |         |   |             |
|---------|---|-------------|
| Manager | — | Zohmangaiha |
| Coach   | — | Imo Singh   |

**2008 —**

**1. 3<sup>rd</sup> National Inter-School Games at Gurdaspur (Punjab) during 24-27.12.2008**

- |    |                            |           |   |                 |
|----|----------------------------|-----------|---|-----------------|
| 1. | PC Remlalliani             | -58 Kgs   | — | Gold            |
| 2. | Lalchhandami               | +75 Kgs   | — | Gold            |
| 3. | Lalfakzuali                | -58 Kgs   | — | Silver          |
| 4. | Lalchhanhimi               | -69 Kgs   | — | Silver          |
| 5. | K Lalbiakmawii             | +75 Kgs   | — | Silver          |
| 6. | Emmanuel H Khawlhring      | -69 Kgs   | — | Silver          |
| 7. | Lahlimpuii                 | -44 Kgs   | — | Bronze          |
| 8. | Lalngakliana               | (-56 Kgs) | — | Bronze          |
| 9. | <b>Mizoram Girls' Team</b> |           | — | <b>Champion</b> |

**Official –**

- Malsawma Khiangte

**2010 —**

**1. 44<sup>th</sup> Men & 20<sup>th</sup> Women Junior National Weightlifting Championship at Rajadhra Mines, Durg District, Chhattisgarh**

1. Rotluanga -69 Kgs — Bronze

**Officials –**

Manager — Zohmangaiha

Coach — Imo Singh

**2. 4<sup>th</sup> National Inter School Tournament Group-II held at Aurangabad (Maharashtra) during 25-28.1.2010**

1. Vanlalnghaka -77 Kgs — Bronze

**Officials –**

Malsawma Kiangte

**3. 45<sup>th</sup> National Inter-School Weightlifting Competition at Bhopal during 2-5.12.2010**

1. Lalremruata +77 Kgs — Gold  
2. TBC Lalchhanhima -50 Kgs — Gold  
3. Vanlalchhanhima -77 Kgs — Silver  
4. Lalsangmawii -69 Kgs — Silver  
5. Lalropeki -48 Kgs — Bronze  
6. Lalfakzuali -58 Kgs — Bronze  
7. Malsawmtluanga -62 Kgs — Bronze  
8. Vanlalnghaka -69 Kgs — Bronze  
Boys Team — Runners' Up

**Officials –**

Manager — PC Vanlalawmpuii & Goldenthanga

**2011 —**

**1. 6<sup>th</sup> National Youth (Boys & Girls) Weightlifting Championship at Maharaja Agrasen College, Jagadhri (Haryana) during 2-4.1.2011**

1. Lalsangmawii -77 Kgs — Silver

**2. 47<sup>th</sup> Men & 23<sup>rd</sup> Women Junior National Weightlifting Championship at Maharaja Agrasen College, Jagadhri (Haryana) during 6-9.1.2011**

1. Lalchhandami +77 Kgs — Silver

**Officials –**

Manager — K. Thanzauva

Coach — Malsawma Kiangte

**3. Sub-Junior National Weightlifting Championship at Maharaja Agrasen College, Jagadhri (Haryana) during 2-4.1.2011**

1. Lalsangmawii -69 Kgs — Silver

**Officials –**

Manager — Aldrin K. Laldinpuia  
Coaches — PC Vanlalawmpuii & L. Lalropuii

**4. 3<sup>rd</sup> National Rural PYKKA Competition at Aurangabad (Maharashtra) during 3-6.2.2011**

- |    |                  |         |   |        |
|----|------------------|---------|---|--------|
| 1. | Lalsangmawii     | +69 Kgs | — | Silver |
| 2. | Lalremruata      | -85 Kgs | — | Silver |
| 3. | TBC Lalchhanhima | -56 Kgs | — | Bronze |

**5. 7<sup>th</sup> National Sub. Junior Boys & Girls Weightlifting Championship at Nirjuli, Arunachal Pradesh during 23-25.11.2011**

- |    |                  |         |   |        |
|----|------------------|---------|---|--------|
| 1. | TBC Lalchhanhima | -56 Kgs | — | Silver |
| 2. | Lalsangmawii     | +69 Kgs | — | Silver |

**Officials –**

Manager — Malsawma Khiangte  
Coach — Zonunsanga

**2012 —**

**1. 4<sup>th</sup> National Level Rural PYKKA Group - III (Weightlifting) Competition at Tumkur, Karnataka during 5-8.1.2012**

- |    |                   |         |   |        |
|----|-------------------|---------|---|--------|
| 1. | C. Lalhmangaihi   | -69 Kgs | — | Bronze |
| 2. | C. Lalthlengliani | -53 Kgs | — | Bronze |

**Officials –**

Malsawma Khiangte & PC Remlalliani

**2. 8<sup>th</sup> Sub-Junior & 49<sup>th</sup> Men & 25<sup>th</sup> Women Junior National Weightlifting Championship at Delhi during 12-19.12.2012**

- |    |                  |                   |   |        |
|----|------------------|-------------------|---|--------|
| 1. | TBC Lalchhanhima | -56 Kgs (Sub-Jr.) | — | Silver |
| 2. | Lalchhanhimi     | -69 Kgs (Jr.)     | — | Bronze |

**Officials –**

**Sub-Junior**

Manager — Malsawma Khiangte  
Coach — Lalchhanhimi

**Junior**

Manager-cum-Coach — Malsawma Khiangte

**2013 —**

**1. 5<sup>th</sup> National Rural PYKKA Tournament at Bhubaneswar, Odisha during 15-18.1.2013**

- |    |                       |        |   |        |
|----|-----------------------|--------|---|--------|
| 1. | Esther Hmingthansangi | 69 Kgs | — | Gold   |
| 2. | Lalropeki             | 48 Kgs | — | Silver |
| 3. | C. Lalthlengliani     | 53 Kgs | — | Bronze |

4. PC Vanlalmangaihzuala 62 Kgs — Bronze

**Officials –**

Manager — Malsawma Khiangte  
Coach — Lalrinchhani

**2014 —**

**1. 9<sup>th</sup> Youth (Boys & Girls) and 50<sup>th</sup> Men & 26<sup>th</sup> Women Junior National Weightlifting Championship-2013 held at Guwahati, Assam during 22-29.12.2013**

**Junior Category–**

1. TBC Lalchhanhima  
Snatch — Gold  
Clean & Jerk — Silver  
Total — Silver

**Youth Category–**

1. Lalzuidika  
Snatch — Gold  
Clean & Jerk — Bronze  
Total — Silver

**Officials –**

Manager — Zohmangaiha  
Coach — Goldenthanga

**2015 —**

**1. National Rural Competition 2014-15 (Group-III) Under RGKA at Bellary (Karnataka) during 1-4.1.2015**

1. Lalzarmawia -77 Kgs — Gold  
2. Lalrinmawii -53 Kgs — Gold  
3. Moses Lalnuntluanga -56 Kgs — Silver  
4. Gaurav Sunar -69 Kgs — Silver  
5. Lalduhsangi -48 Kgs — Silver  
6. Lalthianghlimi -69 Kgs — Silver

**Official -**

Manager – K. Lalmalsawma

**2. Sub-Junior & Junior National Weightlifting Championship at Yamuna Nagar, Haryana during 16-23.01.2015**

1. Lalremruata Sub-Jr. — Gold

**Official -**

Manager — Lalthansanga Colney  
Coaches — K Zonunsanga & PC Lalawmpuii

**3. 35<sup>th</sup> National Games 2015 at Kerala during 30.1-14.2.2015**

1. Lalchhanhimi -69 Kgs — Silver

**Official -**

Coach — T Meenakshi Sundaraswaran

**4. 68<sup>th</sup> Men & 31<sup>st</sup> Women Senior National Weightlifting Championship at Patiala, Punjab during 24-29.12.2015**

1. Lalchhanhimi -69 Kgs — Silver

**2016 —**

**1. National Level Rural Competitions under RGKA (Gr-III) for the year 2015-16 at SAI Training Centre, Puducherry during 27-29.01.2016**

1. Lalzarmawia -77 Kgs — Gold  
2. Lalrinmawii -53 Kgs — Bronze

**Officials -**

Coaches — Malsawma Khiangte & Lalthasangi

**2. 11<sup>th</sup> Youth Boys & Girls and 52<sup>nd</sup> Men & 28<sup>th</sup> Women Junior National Weightlifting Championship 2016 at Patna, Bihar during 22-26.2.2016**

1. Jeremy Lalrinnunga 50 Kgs. Catg. Youth — Gold  
(New National Record in Snatch lifting 90 Kgs)  
2. Jacob Vanlaltluanga 50 Kgs. Catg. Youth — Bronze  
3. Zakhuma 56 Kgs. Catg. Youth — Bronze  
4. Lalzuidika 62 Kgs. Catg. Junior — Bronze

**Official -**

Manager — Meenakshi Sundereswaran

Coach — Zarzokima

**3. 12<sup>th</sup> National Sub Junior (Boys & Girls) Weightlifting Championship held at Bhubaneswar, Odisha during 29.11 – 4.12.2016**

1. Jeremy Lalrinnunga -56 Kgs (Sub-Junior) — Gold  
2. Jacob Vanlaltluanga -50 Kgs (Sub-Junior) — Silver  
3. Zakhuma -56 Kgs (Sub-Junior) — Silver

**4. 53<sup>rd</sup> Men & 29<sup>th</sup> Women Junior National Weightlifting Championship held at Bhubaneswar, Odisha during 29.11-4.12.2016**

1. Jeremy Lalrinnunga -56 Kgs (Youth) — Gold

**5. 69<sup>th</sup> Men & 32<sup>nd</sup> Women Senior National Weightlifting Championship at Nagercoil, Tamil Nadu during 26-30.12.2016**

1. Lalchhanhimi -69 Kgs — Gold  
(Snatch – 94, Clean & Jerk - 120, Total- 214 Kgs)  
2. TBC Lalchhanhimi -56 Kgs — Silver  
(Snatch – 103, Clean & Jerk – 135, Total- 238 Kgs )

**2017 —**

**1. Khelo India National Level Competition at Guwahati, Assam during 15-19.1.2017**

- |    |                |         |   |      |
|----|----------------|---------|---|------|
| 1. | Vanlalrinmawii | -58 Kgs | — | Gold |
|----|----------------|---------|---|------|

**Officials -**

K. Zonunsanga & P. Remlalliani

**2018 —**

**1. 13<sup>th</sup> Youth (Sub-Junior Boys & Girls) and 54<sup>th</sup> Men & 30<sup>th</sup> Women Junior National Weightlifting Championship at Vishakhapatnam, Andhra Pradesh during 21-25.2.2018**

**Sub-Junior**

- |    |                     |        |   |        |
|----|---------------------|--------|---|--------|
| 1. | Jeremy Lalrinnunga  | 56 Kgs | — | Gold   |
| 2. | Zakhuma             | 56 Kgs | — | Silver |
| 3. | Jacob Vanlaltluanga | 62 Kgs | — | Silver |

***New National Record made by Jeremy Lalrinnunga in 56 Kgs Youth & Junior Snatch - 115 Kgs.***

**Junior**

- |    |                     |        |   |        |
|----|---------------------|--------|---|--------|
| 1. | Jeremy Lalrinnunga  | 56 Kgs | — | Gold   |
| 2. | Jacob Vanlaltluanga | 62 Kgs | — | Silver |

**Officials -**

K. Zonunsanga, Meenakshi Sundareswaran, Malsawma Khiangte

**2. 54<sup>th</sup> Men & 30<sup>th</sup> Women Junior National Weightlifting Championship held at Visakhapatnam, Andhra Pradesh during 21-25.2.2018**

- |    |                    |                 |   |      |
|----|--------------------|-----------------|---|------|
| 1. | Jeremy Lalrinnunga | 56 Kgs (Junior) | — | Gold |
|----|--------------------|-----------------|---|------|

**2020 —**

**3. 72<sup>nd</sup> Men's & 35<sup>th</sup> Women's' Senior National Weightlifting Championships 2019-20 at Kolkata, W. Bengal during 2-7.2.2020**

- |    |                    |              |   |      |
|----|--------------------|--------------|---|------|
| 1. | Jeremy Lalrinnunga | 67 Kgs (Men) | — | Gold |
|----|--------------------|--------------|---|------|
- (Statch-132kg, C&J-167Kg, Total-299Kg)

***– New National Record - Declared 'Best Lifter' in Men's Section***

- |    |              |                |   |      |
|----|--------------|----------------|---|------|
| 2. | Lalchhanhimi | 71 Kgs (Women) | — | Gold |
|----|--------------|----------------|---|------|
- (Statch-96kg, C&J-122Kg, Total-217Kg)

**4. 56<sup>th</sup> Men & 3<sup>rd</sup> Women Inter State Senior National Weightlifting Championships held at Kolkata during 2-7.2.2020**

- |    |                    |                |   |        |
|----|--------------------|----------------|---|--------|
| 1. | Jeremy Lalrinnunga | 67 Kgs (Men)   | — | Gold   |
| 2. | Lalchhanhimi       | 71 Kgs (Women) | — | Gold   |
| 3. | Lalzuidika         | 61 Kgs (Women) | — | Bronze |