

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

1. PC Vanlalawmpuii participated in the 3<sup>rd</sup> Asian Youth Weightlifting Championship at Tashkent, Uzbekistan during 21-25.8.2005
2. TBC Lalchhanhima and Lazuidika represent India in IWF Youth (Boys & Girls) World Weightlifting Championship held at Taskent, Uzbekistan during 6-13.4.2013
  1. TBC Lalchhanhima - 56 Kgs — 16<sup>th</sup> Position
  2. Lazuidika - 56 Kgs — 26<sup>th</sup> Position
3. TBC Lalchhanhima (-61 Kgs) represent India and won Bronze medal in Asia Youth Weightlifting Championship at Doha, Qatar during 26.5-2.6.2013
4. TBC Lalchhanhima (-56 Kgs) represent India and won Bronze medal in 2<sup>nd</sup> Asian Youth Games at Nanjing, China during 16-24.8.2013
5. TBC Lalchhanhima and Lazuidika represent India in Commonwealth Youth Championship at Penang, Malaysia during 26-30.11.2013
  1. TBC Lalchhanhima -56 Kgs — Gold
  2. Lazuidika -56 Kgs — Silver
6. Jeremy Lalrinnunga (-56 Kgs) represented India and won Silver medal in IWF Youth World Weightlifting Championship at Penang, Malaysia during 18-25.10.2016
7. Jeremy Lalrinnunga (-56 Kgs) represented India and won Gold medal in Commonwealth Youth Weightlifting Championship at Penang, Malaysia during 25-29.10.2016
8. Jeremy Lalrinnunga (-56 Kgs) represented India and won Silver medal in Asian Youth Weightlifting Championship at Tokyo, Japan during 8–16.11.2016
9. Jeremy Lalrinnunga (-56 Kgs) represented India and won Silver medal in IWF Youth World Weightlifting Championship at Bangkok, Malaysia during 3-11.4.2017
10. Commonwealth Senior (Men & Women) Weightlifting Championship 2017 at Gold Coast, Australia during 3-9.9.2017  
**Youth Boys Category –**
  1. Jeremy Lalrinnunga 56 Kgs Category Snatch - 109 Kgs.  
C&J - 131 Kgs. Total - 240 Kgs — Gold  
**(New Record in Snatch 109 Kgs.)**
  2. Zakhuma 56 Kgs Category Snatch - 95 Kgs.  
C&J - 120 Kgs. Total - 215 Kgs — Silver**Junior Men**
  1. Jeremy Lalrinnunga 56 Kgs Category Snatch - 109 Kgs.

C&J - 131 Kgs.Total - 240 Kgs — Gold  
(New Record in Snatch 109 Kgs.)

11. **Jeremy Lalrinnunga (-56 Kgs) represented India and won Bronze medal in Asian Junior Weightlifting Championship (Youth Olympic Qualification) held at Urgench, Uzbekistan during 20-30.4.2018**
12. **Jeremy Lalrinnunga (-62 Kgs) represented India and won Gold medal in 3<sup>rd</sup> 2018 Summer Youth Olympic Games 2018 at Buenos Aires, Argentina during 6–18.10. 2018 (Snatch - 124 Kgs., C&J - 150 Kgs., Total - 274 Kgs.)**
13. **Jeremy Lalrinnunga (-67 Kgs) represented India and won Gold medal in AWF Senior Men & Women Asian Weightlifting Championship at China during 17-29, April, 2019 (Snatch - 131 Kgs., C&J - 157 Kgs, Total - 350 Kgs.)**
14. **Jeremy Lalrinnunga (-67 Kgs) represented India and won Silver medal in EGAT'S Cup International weightlifting Championship during 7 - 10, February, 2019 at Thailand (Snatch - 131 Kgs., C&J - 157 Kgs.,Total - 350 Kgs.)**
15. **Jeremy Lalrinnunga (-67 Kgs) represented India and won Gold medal in IWF World Senior Weightlifting Championships held at Pattaya City, Thailand during 18–27.9.2019**
16. **Jeremy Lalrinnunga (-67 Kgs) represented India and won Gold medal in Asian Junior & Youth Weightlifting Championship being held in Pyongyang, DPR Korea during 19-27.10.2019 (Snatch - 134 Kgs, C&J - 165 Kgs, Total – 299) – New Youth World Record**
17. **Jeremy Lalrinnunga (-67 Kgs) represented India and won Silver medal in Asian Junior (Qualification Event for Olympic Tokyo) held at Pyongyang North Korea during 19–27.10.2019**
18. **Jeremy Lalrinnunga (-67 Kgs) represented India and won Silver medal Qatar 6<sup>th</sup> International Cup (Qualification Event for Tokyo, 2020) held at Doha, Qatar during 9–24.12.2019**
19. **Jeremy Lalrinnunga (-67 Kgs) represented India and achieved 9<sup>th</sup> position in Asian Senior Weightlifting Championships held at Ningbo, China during 18–28.4.2019**
20. **Jeremy Lalrinnunga (-68 Kgs) represented India and achieved 21<sup>st</sup> position IWF World Senior Weightlifting Championships held at Pattaya Thailand during 18–27.9.2019**