

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

1989 —

1. 3rd North East Festival at Dimapur, Nagaland during 21-25.2.1989

1. Zohmangaiha — Gold

Official —

K. Thanzauva — Coach-cum-Manager

2. 59th Men & 3rd Women Eastern India Weightlifting Championship at Agartala, Tripura during 8-10.6.1989

1. Zohmangaiha — 1 Silver & 1 Bronze

Overall — Bronze

2. Lalrindiki — 3 Gold

Overall — Gold

3. Zokhumi — 1 Silver & 2 Bronze

Overall — Bronze

4. R. Lalbiakmawii — 3 Silver

Overall — Silver

Official —

Coach-cum-Manager — K. Thanzauva

1990 —

1. 60th Men & 4th Women Eastern India Weightlifting Championship at Karimganj, Assam during 28-30.6.1990

1. Zohmangaiha -56 Kgs — 1 Silver

2. Zokhumi -52 Kgs — 3 Silver

Overall — Silver

3. Renghlupuii -56 Kgs — 3 Bronze

Overall — Bronze

4. Lalbiakmawii -60 Kgs — 3 Bronze

Overall — Bronze

Official —

Coach-cum-Manager — K. Thanzauva

2. 4th North East Sports Festival at Agartala, Tripura during 18-22.3.1990

1. Zosanglura — Gold

2. Lalhuapzauva — Silver

3. Zohmangaiha — Silver

Official —

Coach-cum-Manager — K. Thanzauva

1991 —

1. 5th North East Sports Festival at Aizawl, Mizoram during 18-23.2.1991

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|----|----------------|---|--------|
| 1. | Zosanglura | — | Gold |
| 2. | Lalrindiki | — | Silver |
| 3. | Thansangi | — | Silver |
| 4. | Zokhumi | — | Silver |
| 5. | Lalhuapzauva | — | Bronze |
| 6. | C. Zamawia | — | Bronze |
| 7. | Laldinpuii | — | Bronze |
| 8. | Renghlupuii | — | Bronze |
| 9. | Zaithanchhungi | — | Bronze |

Officials –

- | | | |
|---------|---|--------------|
| Manager | — | C. Sangkhuma |
| Coach | — | K. Thanzauva |

2. 61st Men & 5th Women Eastern India Weightlifting Championship at Aizawl, Mizoram during 17-19.7.1991

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|----|--------------------|---|--------|
| 1. | Biakmawii | — | Gold |
| 2. | Albert Zothansanga | — | Silver |
| 3. | Zosanglura | — | Silver |
| 4. | Lalrindiki | — | Silver |
| 5. | Thansangi | — | Silver |
| 6. | Zohmangaiha | — | Bronze |
| 7. | Laldinpuii | — | Bronze |
| 8. | Renghlupuii | — | Bronze |
| 9. | Zaithanchhungi | — | Bronze |

Official –

- | | | |
|-------------------|---|--------------|
| Coach-cum-Manager | — | K. Thanzauva |
|-------------------|---|--------------|

1992 —

1. 6th North East Sports Festival at Imphal, Manipur during 24-29.2.1992

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|----|--------------|---|--------|
| 1. | Zohmangaiha | — | Silver |
| 2. | Thansangi | — | Silver |
| 3. | Renghlupuii | — | Silver |
| 4. | Lalhuapzauva | — | Bronze |

Official –

- | | | |
|-------------------|---|--------------|
| Coach-cum-Manager | — | K. Thanzauva |
|-------------------|---|--------------|

2. 62nd Men & 6th Women Eastern India Weightlifting Championship at Dibrugarh, Assam during 19-21.6.1992

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|----|----------------|---|--------|
| 1. | Zosanglura | — | Silver |
| 2. | Renghlupuii | — | Silver |
| 3. | Laldinchhungi | — | Silver |
| 4. | Zaithanchhungi | — | Silver |
| 5. | Renghlupuii | — | Silver |
| 6. | Zokhumi | — | Silver |

- 7. Veronica Krosheri — Bronze
- 8. Sangzuali — Bronze

Official –

Coach-cum-Manager — K. Thanzauva

1994 —

1. 8th North East Sports Festival at Shillong, Meghalaya during 18-22.3.1994

- 1. Naran Lama — Silver
- 2. K. Zonunsanga — Silver

Official –

Coach-cum-Manager — K. Thanzauva

1995 —

1. 9th North East Sports Festival at Agartala, Tripura during 25.2-1.3.1995

- 1. K. Zonunsanga — Gold
- 2. Naran Lama — Silver
- 3. Renghlupuii — Silver
- 4. Zokhumi — Silver
- 5. Lalthlamuana — Bronze
- 6. PC Lalawmpuii — Bronze

Official –

Coach-cum-Manager — K. Thanzauva

2. 64th Men & 8th Women Eastern India Weightlifting Championship at Aizawl, Mizoram during 26-28.7.1995

- 1. NS Seni — Silver
- 2. PC Lalawmpuii — Bronze
- 3. Naran Lama — Bronze
- 4. K. Zonunsanga — Bronze

Officials –

Manager — K. Thanzauva

Coach — Zohmangaiha

1997 —

1. XI North East Sports Festival at Itanagar, Arunachal Pradesh during 8-12.1.1997

- 1. K. Zonunsanga — Gold
- 2. PC Lalawmpuii — Gold
- 3. NS Seni — Silver
- 4. Naran Lama — Silver
- 5. Parmanond Yadav — Silver
- 6. KC Thakron — Silver

Official –

Coach-cum-Manager — K. Thanzauva

1998 —

1. 67th Men & 11th Women Eastern India Weightlifting Championship at Imphal, Manipur during 21-22.8.1998

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|-------------------|---|--------------------|
| 1. Naran Lama | — | Gold |
| 2. K. Zonunsanga | — | Silver |
| 3. NS Seni | — | Silver |
| 4. Renghlupuii | — | Bronze |
| Men's Team | — | Runner's UP |

Official —

Coach-cum-Manager — Zohmangaiha

2000 —

1. XIII North East Sports Festival at Tinsukia, Assam during 29.1-1.2.2000

- | | | |
|----------------------|---|--------------------|
| 1. Renghlupuii | — | Gold |
| 2. K. Zonunsanga | — | Silver |
| 3. Malsawma Khiangte | — | Bronze |
| Men's Team | — | Runner's UP |

Officials —

Manager — K. Thanzauva
Coach — Zohmangaiha

2001 —

1. XV North East Sports Festival at Itanagar, Arunachal Pradesh during 16-20.2.2001

- | | | |
|------------------|---|--------|
| 1. K. Zonunsanga | — | Gold |
| 2. Naran Lama | — | Silver |
| 3. PC Lalawmpuii | — | Silver |

Officials —

Manager — K. Thanzauva
Coach — Zohmangaiha

2. 69th Men & 13th Women Eastern India Weightlifting Championship at Imphal, Manipur during 26-27.5.2002

- | | | |
|----------------------|---|--------|
| 1. K. Zonunsanga | — | Gold |
| 2. Malsawma Khiangte | — | Bronze |
| 3. PC Lalawmpuii | — | Bronze |

Official —

Coach-cum-Manager — K. Thanzauva

2002 —

1. XVI North East Sports Festival at Agartala, Tripura during 7-10.2.2002

- | | | |
|----------------------|---|------|
| 1. Malsawma Khiangte | — | Gold |
| 2. K. Zonunsanga | — | Gold |
| 3. PC Lalawmpuii | — | Gold |
| 4. Renghlupuii | — | Gold |

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|-----|---------------------|---|--------|
| 5. | Naran Lama | — | Silver |
| 6. | C. Lalengmawia | — | Silver |
| 7. | Lalhmunfela | — | Bronze |
| 8. | V. Lalmangaiha | — | Bronze |
| 9. | C. Lalrimawia | — | Bronze |
| 10. | Dominic Lalremsiama | — | Bronze |
| 11. | Lalmangaihi | — | Bronze |
| 12. | C. Lalvulmawii | — | Bronze |
| 13. | K. Lalnunsangi | — | Bronze |

Official –

Coach-cum-Manager — K. Thanzauva

2003 —

1. XVII North East Sports Festival at Aizawl, Mizoram during 22-26.4.2003

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|----|------------------|---|--------|
| 1. | C. Lalhmachhuana | — | Gold |
| 2. | K. Zonunsanga | — | Gold |
| 3. | Naran Lama | — | Silver |
| 4. | Hminthangzuala | — | Silver |
| 5. | C. Lalengmawia | — | Silver |
| 6. | PC Lalnunmawia | — | Bronze |
| 7. | Lalrochama | — | Bronze |
| 8. | Renghlupuii | — | Bronze |
| 9. | PC Lalawmpuii | — | Bronze |

Official –

Coach-cum-Manager — Zohmangaiha

2004 —

1. 71st Men and 15th Women Eastern India Weightlifting Championship during 4-5.12.2004

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|----|-------------------|---|--------|
| 1. | Naran Lama | — | Silver |
| 2. | K. Zonunsanga | — | Silver |
| 3. | Ramnginglovi | — | Silver |
| 4. | Malsawma Khiangte | — | Bronze |
| 5. | C. Lalhmachhuana | — | Bronze |
| 6. | Lalrochama | — | Bronze |
| 7. | Lalhruaikimi | — | Bronze |
| 8. | Lalrinfeli | — | Bronze |

Officials –

Manager — K. Thanzauva
Coach — Zohmangaiha

4. XVIII North East Sports Festival at Imphal, Manipur during 16-19.12.2004

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|----|---------------|---|--------|
| 1. | K. Zonunsanga | — | Gold |
| 2. | Naran Lama | — | Silver |
| 3. | Vanlalnghaka | — | Bronze |
| 4. | Lalrinfeli | — | Bronze |

5. Ramnghinglovi — Bronze

Official –

Coach — Imo Singh

2005 —

1. 72nd Men & 16th Women Eastern India Weightlifting Championship at Imphal, Manipur during 4-5.12.2005

1. Rotluanga — Bronze

Officials –

Manager — K Zonunsanga

Coach — Imo Singh

2006 —

1. 73rd Men & 17th Women Eastern India Weightlifting Championship at Guwahati, Assam during 27-28.8.2006

1. PC Lalawmpuii — Bronze

2. Lalchhandami — Bronze

3. Goldenthanga — Bronze

Officials –

Manager — Zohmangaiha

Coaches — Imo Singh & Malsawma Khiangte

2007 —

1. 74th Men & 17th Women Eastern India Weightlifting Championship at Aizawl, Mizoram during 1-2.11.2007

1. Lalhmangaihi — Gold

2. PC Remlalliani — Silver

3. Lalbiakmawii — Silver

4. Lalchhandami — Silver

5. Imanuel H Khawlhring — Silver

6. Hruaitluanga — Silver

7. Lalhlimpuii — Bronze

8. Naran Lama — Bronze

9. PC Lalawmpuii — Bronze

Officials –

Manager — Zohmangaiha

Coach — Malsawma Khiangte

2008 —

1. XXII North East Games at Guwahati, Assam during 30.1-2.2.2008

1. Lalchhandami +75 Kgs — Gold

2. Zartzokima -85 Kgs — Silver

3. K. Lalrammawia +105 Kgs — Silver

4. K. Lalbiakmawii -75 Kgs — Silver

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|----|------------------|---------|---|--------|
| 5. | PC Remlalliani | -53 Kgs | — | Bronze |
| 6. | PC Vanlalawmpuii | -63 Kgs | — | Bronze |

Officials –

Manager — R Lalrinmawia
 Coach — Malsawma Khiangte

2008 —

1. 23rd North East Games - 2009 at Dharmnagar, Tripura during 4-7.2.2009

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|----|-----------------------|----------|---|--------|
| 1. | K. Lalrammawia | +105 Kgs | — | Gold |
| 2. | PC Vanlalawmpuii | -69 Kgs | — | Silver |
| 3. | Lalchhandami | +75 Kgs | — | Silver |
| 4. | Emmanuel H Khawlhring | -62 Kgs | — | Silver |
| 5. | Rotluanga | -77 Kgs | — | Silver |
| 6. | PC Remlalliani | -53 Kgs | — | Bronze |
| 7. | K. Lalbiakmawii | -75 Kgs | — | Bronze |
| 8. | Naran Lama | -85 Kgs | — | Bronze |

Officials –

Zohmangaiha & Malsawma Khiangte

2010 —

1. 75th Men & 19th Women Eastern India Weightlifting Championship-2010 at Imphal (Manipur) during 7-10.4.2010

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|----|------------------|----------|---|--------|
| 1. | Goldenthanga | -105 Kgs | — | Gold |
| 2. | Lalchhandami | -75 Kgs | — | Gold |
| 3. | Lalchhanhimi | -69 Kgs | — | Silver |
| 4. | K. Lalrammawia | +105 Kgs | — | Silver |
| 5. | Lalremruata | -94 Kgs | — | Bronze |
| 6. | PC Remlalliani | -58 Kgs | — | Bronze |
| 7. | PC Vanlalawmpuii | -63 Kgs | — | Bronze |

Officials –

Manager — Zohmangaiha
 Coach — Imo Singh

2011 —

1. 25th NE Games Arunachal Pradesh during 25-30.4.2011

- | | | | | |
|----|------------------|----------|---|--------|
| 1. | TBC Lalchhanhima | -56 Kgs | — | Gold |
| 2. | Goldenthanga | -105 Kgs | — | Gold |
| 3. | K. Lalrammawia | +105 Kgs | — | Gold |
| 4. | Lalchhandami | +75 Kgs | — | Gold |
| 5. | Lalrotluanga | -77 Kgs | — | Bronze |
| 6. | Lalchhanhimi | -63 Kgs | — | Bronze |
| 7. | PC Vanlalawmpuii | -69 Kgs | — | Bronze |

Officials –

Zohmangaiha & A. Dina Chandra

2012 —

1. 26th N.E. Games Aizawl - 2012 during 20-23.3.2012

1.	K. Zonunsanga	-94 Kgs	—	Gold
2.	K. Lalrammawia	+105 Kgs	—	Gold
3.	Lalchhanhimi	+75 Kgs	—	Gold
4.	PC Vanlalawmpuii	-69 Kgs	—	Gold
5.	Lalchhandami	-63 Kgs	—	Gold
6.	PC Lalnunmawia	-69 Kgs	—	Silver
7.	Naran Lama	-85 Kgs	—	Silver
8.	Goldenthanga	-105 Kgs	—	Silver
9.	Abiji Lalsangmawii		—	Silver
10.	Lalramzauva	-62 Kgs	—	Bronze
11.	PC Remliani	-53 Kgs	—	Bronze

Officials —

Zohmangaiha & A. Dina Chandra

3. 76th Men & 20th Women Eastern India Weightlifting Championship held at Imphal (Manipur) during Dt. 2 – 4.11.2012

1.	Lalnunhlimi	58 Kgs	—	Silver
2.	Lalchhanhimi	63 Kgs	—	Gold
3.	PC Lalawmpuii	69 Kgs	—	Gold
4.	Lalchhandami	+75 Kgs	—	Silver
5.	TBC Lalchhanhima	56 Kgs	—	Gold
6.	Lalzuidika	56 Kgs	—	Silver
7.	Lalramzauva	62 Kgs	—	Gold
8.	Rotluanga	77 Kgs	—	Silver
9.	Lalremruata	105 Kgs	—	Gold
10.	K. Lalrammawia	+105 Kgs	—	Gold

Men's Team — CHAMPION

Women's Team — RUNNER's UP

Lalchhanhimi (63 Kgs) was declared 'Best Lifter'

Officials —

Manager — Malsawma Kiangte

Coach — K. Zonunsanga

2013 —

1. 27th NE Games 2012-2013 held at Imphal, Manipur during 8-11.4.2013

Boys -

1.	Lalremruata	+105 Kgs	—	Gold
2.	Ramengmawia	94 Kgs	—	Silver
3.	Vanlalchhanhima	69 Kgs	—	Bronze
4.	Malsawma Kiangte	85 Kgs	—	Bronze

Girls -

1. Lalchhandami	69 Kgs	—	Gold
2. Lalropeki	48 Kgs	—	Silver
3. C Lalthlengliani	53 Kgs	—	Silver
4. Lalchhanhimi	+75 Kgs	—	Silver
5. Lalsangmawii	75 Kgs	—	Silver
6. PC Vanlalawmpuii	63 Kgs	—	Silver

Officials –

Malsawma Khiangte & A Dinachandra Singh

2014 —**1. 28th National NE Games 2014-15 at Chimpu, Itanagar (Arunachal Pradesh) during 10-13.12.2014****Men's Team**

1. Lalremruata	94 Kgs	—	Silver
2. Lalkrosmawia	+94 Kgs	—	Silver
3. Ramengmawia	85 Kgs	—	Bronze

Women's Team

1. Lalropeki	48 Kgs	—	Silver
2. PC Vanlalawmpuii	69 Kgs	—	Silver
3. Lalchhandami	+69 Kgs	—	Silver
4. Lalduhsangi	53 Kgs	—	Bronze
5. Lalsangmawii	+69 Kgs	—	Bronze

Officials -

Zohmangaiha & T Meenakshi Sundaraswaran

2016 —**1. 29th National Level NE Games 2016 at Imphal, Manipur during 2-7.3.2016**

1. Jeremy Lalrinnunga	-50 Kgs	—	Gold
2. Lalremruata	-94 Kgs	—	Gold
3. Lalropeki	-48 Kgs	—	Silver
4. PC Vanlalawmpuii	-69 Kgs	—	Silver
5. Lalchhandami	+69 Kgs	—	Silver
6. Lalrinmawii	-58 Kgs	—	Bronze
7. Lalkrossmawia	+94 Kgs	—	Bronze

Officials -

K. Zonunsanga & H. Zarzoliana

2018 —**1. 1st North East Olympic Games held at Imphal, Manipur during 24-28 October 2018**

1. Gaurav Sunar	-89 Kgs.	—	Silver
2. Vanlalrinmawii	-55 Kgs.	—	Silver
3. Jenelly Beilykirili	-64 Kgs.	—	Bronze

Official –

Zohmangaiha