

ACHIEVEMENTS OF BODY BUILDING ASSOCIATION OF MIZORAM

REGIONAL

1996 —

1. Mister North East at Tezpur, Assam

- | | | | |
|----|--------------------|---|------|
| 1. | Michael Hrangkhawl | — | Gold |
|----|--------------------|---|------|

Official —

Manager — Zoherliana

1997 —

1. Mister North East at Aizawl, Mizoram

- | | | | | |
|----|--------------------|--------|---|--------|
| 1. | Michael Hrangkhawl | 65 Kgs | — | Bronze |
| 2. | Albert Zothansanga | 80 Kgs | — | Bronze |

2002 —

1. North East Mister Contest at Aizawl, Mizoram on 22.11.2002

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|----|-------------------|---|--------|
| 1. | K Lalengmawia | — | Gold |
| 2. | H Denghmingthanga | — | Silver |
| 3. | H Hmingthanzuala | — | Bronze |

Official —

Manager-cum-Coach — Michael Hrangkhawl

2. Eastern India Body Building Championship at Sibsagar, Assam during 22–24.11.2002

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|----|-------------------|---|--------|
| 1. | K Lalengmawia | — | Gold |
| 2. | H Denghmingthanga | — | Silver |
| 3. | H Hmingthanzuala | — | Bronze |

2003 —

1. XVII North East Sports Festival at Aizawl, Mizoram during 22–25.4.2003

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|----|---------------------|---|--------|
| 1. | Lalhmingangi | — | Gold |
| 2. | H Lalparmawii | — | Gold |
| 3. | H Laldinsangi | — | Gold |
| 4. | C Malsawmtluangi | — | Gold |
| 5. | James Lalthangmawia | — | Gold |
| 6. | C Vanlalhuma | — | Gold |
| 7. | Lalruatkima | — | Silver |
| 8. | Lalremkima | — | Bronze |

2004 —

1. XVIII North East Sports Festival at Imphal, Manipur during 16–19.12.2004

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|----|----------------------|---|--------|
| 1. | Raymond Remsangliana | — | Bronze |
| 2. | James Lalthangmawia | — | Bronze |
| 3. | Lalremkimi | — | Bronze |
| 4. | C Lalhmingthangi | — | Bronze |

2005 —

1. 12th Mister North East Body Building Championship at Guwahati, Assam during 12–13.12.2005

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|----|--------------------|-----------|---|--------|
| 1. | B Chalngaihawma | 60–65 Kgs | — | Silver |
| 2. | Aldrin Lalthazuala | 65–70 Kgs | — | Silver |
| 3. | Lalrindika | -70 Kgs | — | Silver |
| 4. | Vanlalhmuaka | +70 Kgs | — | Bronze |

Official —

Manager-cum-Coach — Michael Hrangkhawl

2. 7th Eastern India Body Building Championship at Howrah, W. Bengal during 30–31.12.2005

1. Michael Hrangkhawl -70 Kgs — Gold
2. Vanlalhuaka -65 Kgs — Gold
3. Aldrin Lalthazuala -55 Kgs — Silver
4. B Chalngaihawma -60 Kgs — Bronze

Official –

Manager–cum–Coach — Michael Hrangkhawl

2008 —

1. North East & Eastern Indian Body Building Championship held at Asansol, W. Bengal during 20–21.8.2008

1. Kennet Lalmunsanga +70 Kgs — Silver
2. Aldrin Lalthazuala 60–70 Kgs — Silver
3. Lalkrossmawia +70 Kgs — Bronze
4. Lalramsanga +70 Kgs — Bronze
5. Lalnunhlma +65 Kgs — Bronze

Official –

Manager–cum–Coach — Michael Hrangkhawl

2009 —

1. Senior Body Building Championship at Falakata, North Bengal during 12–13.10.2009

1. Lalhlmpuia +75 Kgs — Silver
2. Ramdingliana +75 Kgs — Bronze
3. Joseph Lalnunmawia +70 Kgs — Bronze
4. Aldrin Zosangliana +65 Kgs — Bronze
5. Zothankhuma +40 Yrs — Bronze

Official –

Manager–cum–Coach — Michael Hrangkhawl

3. North East India Body Building Championship–2009 at Aizawl, Mizoram during 4–5.12.2009

1. Vanlalhuaka +65 Kgs — Gold
2. Vanlalhruaia +80 Kgs — Silver
3. H Lalrinsanga 60–70 Kgs— Silver
4. Lalnunhlma +55 Kgs — Bronze
5. TC Lalhlmpuia +70 Kgs — Bronze
6. Abraham Ranglong +65 Kgs — Bronze
7. Kenneth Lalmunsanga +75 Kgs — Bronze

4. Eastern India Body Building Championship–2009 at Aizawl, Mizoram during 4–5.12.2009

1. Vanlalhuaka +65 Kgs — Bronze
2. Kenneth Lalmunsanga +75 Kgs — Bronze
3. TC Lalhlmpuia +70 Kgs — Bronze
4. Abraham Ranglong +60 Kgs — Bronze
5. H Lalrinsanga +40 Yrs. — Bronze

2010 —

1. Centenary Cup Eastern India Body Building Championship at Kumartully Park, Soyabazar, Kolkata, (W. Bengal) during 6–7.3.2010

1. TC Lalhlmpuia +70 Kgs — Silver
2. Abraham Ranglong +65 Kgs — Bronze
3. Lalnunhlma +60 Kgs — Bronze
4. Laltlannunga +55 Kgs — Bronze

Officials –

Manager — Er. Chhungpuia

Coach — Michael Hrangkhawl

2. North East & Eastern India Body Building Championship at Puri, Odisha during 11–12.3.2010

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|----|--------------------|-----------|---|--------|
| 1. | Aldrin Lalthazuala | 65–70 Kgs | — | Silver |
| 2. | Lalhlimpaia | 60–65 Kgs | — | Silver |
| 3. | Laltlannunga | 55–60 Kgs | — | Bronze |
| 4. | Lalnunhlma | 50–55 Kgs | — | Bronze |
| 5. | Abraham Ranglong | +70 Kgs | — | Bronze |

Officials –

- Manager — Er. Chhungpuia
Coach — Michael Hrangkhawl

3. North East India Senior Body Building Championship at Guwahati, Assam during 8–10.8.2010

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|----|-------------------|---------|---|--------|
| 1. | Lalmuankima | +75 Kgs | — | Silver |
| 2. | Lalramchhana | +80 Kgs | — | Silver |
| 3. | Laltlannunga | +70 Kgs | — | Bronze |
| 4. | Abraham Ranglong | +65 Kgs | — | Bronze |
| 5. | Jerry Zosangliana | +60 Kgs | — | Bronze |

Officials –

- Manager — Er. Chhungpuia
Coach — Michael Hrangkhawl

2011 –

1. Kalighosh Memorial Western India Body Building Championship at Falakata, North Bengal during 14–16.10.2011

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|----|-------------------|---------|---|--------|
| 1. | Vanlalthmuaka | +65 Kgs | — | Silver |
| 2. | Lalhlimpaia | +75 Kgs | — | Bronze |
| 3. | Abraham Ranglong | +70 Kgs | — | Bronze |
| 4. | Lalnunpuia | +60 Kgs | — | Bronze |
| 5. | Jerry Lalnunsanga | +55 Kgs | — | Bronze |
| 6. | Zothankhuma | +40 Yrs | — | Bronze |

Officials –

- Manager — Zodinsanga Sailo
Coach — Michael Hrangkhawl

2. Late Tiger Dhawan Memorial Body Building Championship at Sonapat, Haryana during 16–18.12.2011

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|----|------------------|---------|---|--------|
| 1. | Abraham Ranglong | +75 Kgs | — | Silver |
| 2. | Laltlannunga | +70 Kgs | — | Silver |
| 3. | Lalnunsanga | +65 Kgs | — | Silver |
| 4. | Lalhlimpaia | +75 Kgs | — | Bronze |
| 5. | Lalnunhlma | +60 Kgs | — | Bronze |

Officials –

- Manager — Zodinsanga Sailo
Coach — Michael Hrangkhawl

2012 –

1. 12th Eastern India & North Eastern Body Building Championship at Bhubaneswar, Orissa during 10–11.3.2012

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|----|----------------------|---------|---|---|
| 1. | Lalnunhlma | +55 Kgs | — | Gold (NE) |
| 2. | Laltlannunga | +65 Kgs | — | Gold (NE) |
| 3. | Jerry Lalnunsanga | +60 Kgs | — | Gold (NE) |
| 4. | Ramdingliana | +75 Kgs | — | Gold (NE) & 5 th Position in Eastern India |
| 5. | Joseph Lalnunmawia | +75 Kgs | — | Silver (NE) |
| 6. | Aldrin F Zosangliana | +40 Yrs | — | Silver & 4 th Position in Eastern India |
| 7. | Abraham Ranglong | +70 Kgs | — | Bronze (NE) |
| 8. | Zothankhuma | +40 Yrs | — | Bronze (NE) & 5 th Position in Eastern India |

Officials –

- Zodinsanga Sailo & Michael Hrangkhawl

2. NE Senior Body Building Championship held at Guwahati, Assam during 8—10.8.2012

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|----|-------------------|---------|---|--------|
| 1. | Abraham Halam | +70 Kgs | — | Silver |
| 2. | Laltlannunga | +70 Kgs | — | Silver |
| 3. | Jerry Lalnunsanga | +65 Kgs | — | Bronze |
| 4. | Ramdingliana | +75 Kgs | — | Bronze |

Officials –

Zodinsanga Sailo & Michael Hrangkhawl

3. Eastern India Body Building Championship held at Siliguri, W. Bengal during 30.11—1.12.2012

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|----|-------------------|---------|---|--------|
| 1. | Abraham Halam | +70 Kgs | — | Silver |
| 2. | Lalhlimpua | +70 Kgs | — | Bronze |
| 3. | Laltlannunga | +70 Kgs | — | Bronze |
| 4. | Jerry Lalnunsanga | +65 Kgs | — | Bronze |

Officials –

Zodinsanga Sailo & Michael Hrangkhawl

2013 —

1. North East India Senior Body Building Championship at Guwahati, Assam during 8-10.8.2013

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|----|--------------|---------|---|--------|
| 1. | Lalpekthanga | -55 Kgs | — | Bronze |
| 2. | Ashis Rana | -60 Kgs | — | Bronze |
| 3. | Laldinliana | -65 Kgs | — | Bronze |

2014 —

1. NE & Eastern India Body Building Championship held at Puri, Odisha on 17.1.2014

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|----|--------------|---------|---|--------|
| 1. | Lalpekthanga | -55 Kgs | — | Bronze |
| 2. | Ashis Rana | -60 Kgs | — | Bronze |
| 3. | Laldinliana | -65 Kgs | — | Bronze |

Officials –

Zodinsanga Sailo & Michael Hrangkhawl (IBBF Judge)