

# ACHIEVEMENTS OF MIZORAM POWER LIFTING ASSOCIATION

## NATIONAL

### 2013 —

#### 1. Sub-Junior Equipped & Unequipped National Power lifting Championship-2013 at Ooty, Tamil Nadu during 21-24.5.2013

- |    |                       |             |   |        |
|----|-----------------------|-------------|---|--------|
| 1. | PC VL Nunhlimi        | 57 Kgs      | — | Gold   |
|    |                       | Best Lifter | — | Bronze |
| 2. | Lalmuanpuia Tochwawng | 93 Kgs      | — | Gold   |

#### Officials –

- |         |   |                       |
|---------|---|-----------------------|
| Manager | — | Theophil Lallawmzuala |
| Coach   | — | C Lalsangzuala        |

### 2014 —

#### 1. Sub-Junior Equipped & Unequipped National Power lifting Championship-2014 at Coimbatore, Tamil Nadu during 2-6.5.2014

- |    |                                |         |   |                             |
|----|--------------------------------|---------|---|-----------------------------|
| 1. | William B Vanlalfela           | -93 Kgs | — | Gold                        |
| 2. | Joseph Lalnunmawia             | -74 Kgs | — | Silver                      |
|    | Team Championship              |         | — | 2 <sup>nd</sup> Runner's Up |
|    | Best Discipline & Best Dressed |         | — | Runner's Up                 |

#### Officials –

- |         |   |                       |
|---------|---|-----------------------|
| Manager | — | Theophil Lallawmzuala |
| Coach   | — | C Lalsangzuala        |

#### 2. Sub-Junior National Power lifting Championship-2014 at Coimbatore, Tamil Nadu during 2-6.6.2014

- |    |                      |         |   |                             |
|----|----------------------|---------|---|-----------------------------|
| 1. | William B Vanlalfela | -93 Kgs | — | Gold                        |
| 2. | Joseph Lalnunmawia   | -74 Kgs | — | Silver                      |
|    | Team Championship    |         | — | 2 <sup>nd</sup> Runner's Up |

#### Officials –

- |         |   |                |
|---------|---|----------------|
| Manager | — | Lalhlimpuia    |
| Coach   | — | C Lalsangzuala |