

ACHIEVEMENTS OF MIZORAM AMATEUR TAEKWONDO ASSOCIATION

REGIONAL

1990 —

1. **1st East India Deepak Chopra Taekwondo Championship held at Guwahati (Assam) during 11-13.7.1990**

- | | | | | |
|----|------------------|---|--------|---------------------|
| 1. | Laldinsanga | — | Gold | 'Best Male Fighter' |
| 2. | Zothankima | — | Silver | |
| 3. | Jatin Das | — | Silver | |
| 4. | VL Sawma | — | Bronze | |
| 5. | Lalrinawma Sailo | — | Bronze | |
| 6. | Lalduhawmsanga | — | Bronze | |
| 7. | Lalmangaihlangi | — | Bronze | |

Official —

Coach — VL Rawna

1991 —

1. **2nd East India Deepak Chopra Memorial Taekwondo Championship at Guwahati (Assam) during 13-15.7.1991**

- | | | | | |
|----|-------------------|---|--------|-----------------------|
| 1. | Lalrinawma Sailo | — | Gold | |
| 2. | Laldinsanga | — | Gold | |
| 3. | George Zoramsanga | — | Gold | |
| 4. | Laltlanthangi | — | Gold | 'Female Best Fighter' |
| 5. | Ramropuia | — | Silver | |
| 6. | K Lalramdinthara | — | Silver | 'Male Best Fighter' |

Officials —

Manager — Zothanpuia

Coach — VL Sawma

Referee — VL Rawna & VL Sawma

1992 —

1. **Assam Open Taekwondo Championship at Guwahati (Assam) during May, 1992**

— Mizoram Team won 1 Silver, 3 Bronze and 1 'Best Fighter'

1995 —

1. **North East Open Invitation Taekwondo Championship held at Shillong, Meghalaya during 28-30.8.1995**

- | | | | | |
|----|--------------------|---|--------|--|
| 1. | Lalrinawma Sailo | — | Gold | |
| 2. | Lalduhawmsanga | — | Gold | |
| 3. | F Lalrinsanga | — | Silver | |
| 4. | Moses Lalsangzuala | — | Silver | |
| 5. | Lalnunmawia | — | Bronze | |
| 6. | F Lalmuanchhana | — | Bronze | |

Official —

Coach — Zothanpuia

1997 —

1. **XXI North East Sports Festival held at Itanagar (Arunachal Pradesh) during 8-12.1.1997**

- | | | | | |
|----|---------------|-------------|---|------|
| 1. | F Lalrinsanga | Feather Wt. | — | Gold |
|----|---------------|-------------|---|------|

Official —

Coach — VL Sawma

2000 —

1. XIV North East Sports Festival held at Tinsukia (Assam) during 29.1-1.2.2000

| | | | | | |
|-----|------------------|---------|---|--------|------------------------|
| 1. | H Lalparmawii | Fly | — | Gold | 'Best Talented Player' |
| 2. | Lalduhawmsanga | Bantam | — | Silver | |
| 3. | F Lalrinsanga | Feather | — | Silver | |
| 4. | Joseph Thansanga | Light | — | Silver | |
| 5. | Ramengmawia | Feather | — | Silver | |
| 6. | Peter Vanhluna | Fly | — | Bronze | |
| 7. | K Lalramdinthara | Fin | — | Bronze | |
| 8. | F Lalmuanchhana | Bantam | — | Bronze | |
| 9. | Lalrinchhana | Light | — | Bronze | |
| 10. | Nunhlupari | Fin | — | Bronze | |

Officials —

| | | |
|---------|---|-----------------------|
| Manager | — | F Laltanpuia |
| Coach | — | H Rozuala |
| Referee | — | VL Sawma & Zothanpuia |

2001 —

1. XV North East Sports Festival held at Itanagar, Arunachal Pradesh during 16-21.2.2001

| | | | | | |
|----|------------------|--------|---|--------|--|
| 1. | H Laldinsangi | Light | — | Gold | |
| 2. | H Lalmingsangi | Fly | — | Gold | |
| 3. | K Lalramdinthara | Fin | — | Silver | |
| 4. | H Lalparmawii | Bantam | — | Bronze | |
| 5. | G Ramchangliana | Bantam | — | Bronze | |
| 6. | Alan Z Rosema | Heavy | — | Bronze | |

Trophy — Female Team '**Champion Trophy**'

Officials —

| | | |
|-------|---|--------------------|
| Coach | — | Robert Zohmangaiha |
|-------|---|--------------------|

2003 —

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

| | | | | | |
|----|---------------------|---------|---|--------|--|
| 1. | H Lalmingsangi | Fly | — | Gold | |
| 2. | H Lalparmawii | Bantam | — | Gold | |
| 3. | H Laldinsangi | Feather | — | Gold | |
| 4. | C Malsawmtluanga | Fly | — | Gold | |
| 5. | James Lalthangmawia | Bantam | — | Gold | |
| 6. | C Vanlalhuma | Heavy | — | Gold | |
| 7. | Lalruatkima | Fin | — | Silver | |
| 8. | Lalremkimi | Fin | — | Bronze | |

Trophy —

1) Men's Team '**Champion Trophy**'

2) Women's Team '**Champion Trophy**'

Officials —

| | | |
|----------|---|------------------------|
| Manager | — | VL Sawma |
| Coach | — | K Lalramdinthara |
| Referees | — | 1) Zothanpuia |
| | | 2) Joseph Thansanga |
| | | 3) V Lalnienga |
| | | 4) Lalmangaihsangi |
| | | 5) Moses Lalsangzuala |
| | | 6) Thelma R Zonunmawii |
| | | 7) Lalparmawii Sailo |

4. XVIII North East Sports Festival held at Imphal, Manipur during 16-19.12.2003

- | | | | | |
|----|-----------------------|---------|---|--------|
| 1. | Raymiond Ramsangliana | Fin | — | Bronze |
| 2. | James Lalthangmawia | Bantam | — | Bronze |
| 3. | Lalremkimi | Fin | — | Bronze |
| 4. | C Lalhmingthangi | Feather | — | Bronze |

Officials –

Manager — Lalmangaihsangi

2005 –

1. XIX North East Sports Festival held at Guwahati, Assam during 14-17.2.2005

- | | | | | |
|----|------------------------|---------|---|--------|
| 1. | Lalparmawii Sailo | Bantam | — | Gold |
| 2. | C Vanlalhuma | Welter | — | Silver |
| 3. | Angela Lalremruati | Fin | — | Bronze |
| 4. | Rosalyn Lalhmingthangi | Fly | — | Bronze |
| 5. | Rosalyn Hmingthanpari | Feather | — | Bronze |
| 6. | C Lalhmingthangi | Light | — | Bronze |

Trophy – Womens Runners Up Team Trophy

Officials –

Manager — H Lalmalsawma

Coach — V Lalnienga

2006 –

1. XX North East Sports Festival at Kohima, Nagaland during 17-20.2.2006

- | | | | | |
|----|-------------------|---------|---|--------|
| 1. | Lalparmawii Sailo | Bantam | — | Gold |
| 2. | C Malsawmtluanga | Fly | — | Gold |
| 3. | Laldawngliana | Fin | — | Bronze |
| 4. | R Vanlalnghaka | Bantam | — | Bronze |
| 5. | PC Lalsangliana | Light | — | Bronze |
| 6. | C Lalrochhara | Welter | — | Bronze |
| 7. | Vanlalhruaia | Middle | — | Bronze |
| 8. | Lalzamliani | Fly | — | Bronze |
| 9. | C Lalhmingthangi | Feather | — | Bronze |

Officials –

Manager — Rosangpuii Hmar

Coach — Robert Zohmangaiha

Others — Joseph Thansanga, Championship Arbitration Board Member

2. 1st North East Junior Taekwondo Championship at Naharlagun, Arunachal Pradesh during 8-9.4.2006

- | | | | | |
|-----|----------------|------------|---|--------|
| 1. | Rammuanpuii | Fin | — | Gold |
| 2. | Lalsangzuala | Middle | — | Gold |
| 3. | Khawpuimawia | Feather | — | Silver |
| 4. | Lalsangzuali | Lt. Middle | — | Silver |
| 5. | Chinkhandawni | Middle | — | Silver |
| 6. | Lalchhuanmawii | Welter | — | Bronze |
| 7. | VL Hmangaiha | Fin | — | Bronze |
| 8. | Chanchnmawia | Fly | — | Bronze |
| 9. | Lalruatkima | Bantam | — | Bronze |
| 10. | Lalnunmawia | Welter | — | Bronze |
| 11. | Lalremruata | Light | — | Bronze |

Trophy — Male Team Runners up

Officials –

Manager — F Thangtinliana
 Coach — K Lalramdinthara

5. 1st North East Sub-Junior Taekwondo Championship at Champhai, Mizoram during 11-12.10.2006

| | | | | |
|-----|---------------------|------------|---|--------|
| 1. | Zodinliana | Fin | — | Gold |
| 2. | Gospel Lalramthara | Fly | — | Gold |
| 3. | VL Hmangaiha | Lt. Heavy | — | Gold |
| 4. | Lalbiaksanga | Feather | — | Gold |
| 5. | Lalthudika | Heavy | — | Gold |
| 6. | Lalzuifeli | Fin | — | Gold |
| 7. | PB Laldingliani | Fly | — | Gold |
| 8. | VL Hlimpuui | Feather | — | Gold |
| 9. | F Lalrinsangi | Light | — | Gold |
| 10. | Laltlankimi | Middle | — | Gold |
| 11. | Lalruatpuui | Heavy | — | Gold |
| 12. | RK Malsawmtluanga | Bantam | — | Silver |
| 13. | Isaac Lalruatfela | Light | — | Silver |
| 14. | Israel LH Sangzuala | Welter | — | Silver |
| 15. | Zomuansangi | Bantam | — | Silver |
| 16. | Lalkhawngaihzuai | Welter | — | Silver |
| 17. | Lalchhanhimi | Lt. Middle | — | Silver |
| 18. | Lalhriatpuia | Lt. Middle | — | Bronze |
| 19. | PC Lalremruata | Middle | — | Bronze |
| 20. | Lalmuanpuui | Lt. Middle | — | Bronze |

Trophy — 1. Male Team Champion
2. Female Team Champion
3. Overall Team Champion

Officials –

Manager — Joseph Lalsiama
 Coaches — PC VL Remtluanga & K Lalparmawii
 Referees — VL Sawma, Joseph Thansanga, R Vanlalnghaka & Thelma R Zonunmawii

2007 –**1. 21st North East Sports Festival at Gangtok, Sikkim during 24-27.2.2007**

| | | | | |
|-----|----------------------|---------|---|--------|
| 1. | Lalzamliani | Bantam | — | Gold |
| 2. | Lalparmawii Sailo | Feather | — | Gold |
| 3. | Lalhmingiangi | Fly | — | Silver |
| 4. | Raymond Remsangliana | Fin | — | Silver |
| 5. | C Malsawmtluanga | Fly | — | Silver |
| 6. | H Vanlalhriata | Feather | — | Silver |
| 7. | C Vanlalhuma | Welter | — | Silver |
| 8. | C Lalrochhara | Heavy | — | Silver |
| 9. | R Lalhlimpuui | Fin | — | Bronze |
| 10. | V Lalawmpuia | Light | — | Bronze |
| 11. | PC Lalsangliana | Middle | — | Bronze |

Trophy — 1. Male Team Runners Up
2. Female Team Runners Up

Officials –

Manager — VL Sawma
 Coach — Robert Zohmangaiha
 Referee — Joseph Thansanga

2008 —

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

| | | | | |
|-----|---------------------|---------|---|--------|
| 1. | Lalhmingangi | Fly | — | Gold |
| 2. | Thelma R Zonunmawii | Feather | — | Gold |
| 3. | C Malsawmtluanga | Bantam | — | Gold |
| 4. | V Lalawmpuia | Feather | — | Gold |
| 5. | C Lalrochhara | Middle | — | Gold |
| 6. | Lalparmawii Sailo | Bantam | — | Silver |
| 7. | Lallawmkimi | Fin | — | Bronze |
| 8. | PC Lalrinpuui | Light | — | Bronze |
| 9. | Lalmuanawma | Fin | — | Bronze |
| 10. | Vanlalhruaia | Heavy | — | Bronze |

Trophy — 1. Female Team Champion
2. 2nd Place Overall

Officials –

Manager — Rosangpuui Hmar
Coach — Joseph Thansanga

2009 —

1. East Zone Junior & Senior Taekwondo Championship–2009 at Guwahati, Assam during 9-11.10.2009

Junior

| | | | | |
|-----|---------------------|---------|---|--------|
| 1. | Lalruatpuui | -42 Kgs | — | Gold |
| 2. | F Lalrempuui | +68 Kgs | — | Gold |
| 3. | H Vanlalhriata | -68 Kgs | — | Gold |
| 4. | FC Jacob | -48 Kgs | — | Silver |
| 5. | Rosy Lalnunpuui | -44 Kgs | — | Silver |
| 6. | C Lalremruata | -59 Kgs | — | Silver |
| 7. | Lalduhawma | +68 Kgs | — | Silver |
| 8. | Lalhlimpuia | -51 Kgs | — | Bronze |
| 9. | Linda Lalchungnungi | -46 Kgs | — | Bronze |
| 10. | Vanlalchhanchhuahi | -59 Kgs | — | Bronze |
| 11. | F Lalmuansangi | -68 Kgs | — | Bronze |

Senior

| | | | | |
|----|------------------|---------|---|--------|
| 1. | Lalhmingangi | -57 Kgs | — | Gold |
| 2. | C Malsawmtluanga | -58 Kgs | — | Gold |
| 3. | C Vanlalhuma | -80 Kgs | — | Gold |
| 4. | C Lalrochhara | -87 Kgs | — | Gold |
| 5. | Lallawmkimi | -46 Kgs | — | Silver |
| 6. | Malsawmdawngzela | -63 Kgs | — | Silver |
| 7. | C Lalzuitluanga | -74 Kgs | — | Bronze |
| 8. | Saiengpuui Sailo | +73 Kgs | — | Bronze |

Officials –

Managers — Joseph Thansanga & VL Sawma
Coaches — Robert Zohmangaiha & R Vanlalnghaka
Referee — Lalhmangaihsangi & Thelma R Zonunmawii
Joseph Thansanga — Arbitration Board Member

5. 2nd East Zone Taekwondo Championship–2010 held at Aizawl during 4-6.11.2010

Junior–

| | | | | |
|-----|-----------------------|---------|---|--------|
| 1. | FC Jacob Laldinthar | -55 Kgs | — | Gold |
| 2. | Johny Vanlalruatsanga | -63 Kgs | — | Gold |
| 3. | PC VL Remtluanga | -73 Kgs | — | Gold |
| 4. | Lalngaihawmi | -59 Kgs | — | Gold |
| 5. | Ramnghakthlengi | -63 Kgs | — | Gold |
| 6. | Lalmalsawma | -45 Kgs | — | Silver |
| 7. | Rosangpuia | -48 Kgs | — | Silver |
| 8. | Arjun Pandey | -51 Kgs | — | Silver |
| 9. | Isaac Vanlalruatkima | -68 Kgs | — | Silver |
| 10. | Lalruatpuii | -42 Kgs | — | Silver |
| 11. | Lalmuanpuii Varte | -44 Kgs | — | Silver |
| 12. | Chingaihniemi | -52 Kgs | — | Silver |
| 13. | Lalsangzuali | -55 Kgs | — | Silver |
| 14. | Pawrili | -68 Kgs | — | Silver |
| 15. | Lalchhanhimi Varte | -46 Kgs | — | Bronze |
| 16. | F Lalhunhlua | -59 Kgs | — | Bronze |
| 17. | Lalduhawma | +78 Kgs | — | Bronze |
| 18. | H Lalruatkimi | -49 Kgs | — | Bronze |

Senior–

| | | | | |
|-----|------------------|---------|---|--------|
| 1. | Lalkhawngaihzuai | -53 Kgs | — | Gold |
| 2. | F Lalrempuii | -67 Kgs | — | Gold |
| 3. | Lalramdinthara | -58 Kgs | — | Gold |
| 4. | C Malsawmtluanga | -63 Kgs | — | Gold |
| 5. | H Vanlalhriata | -68 Kgs | — | Gold |
| 6. | C Lalzuitluanga | -74 Kgs | — | Gold |
| 7. | C Vanlalthuma | -80 Kgs | — | Gold |
| 8. | C Lalrochhara | -87 Kgs | — | Gold |
| 9. | V Lalawmpuia | +87 Kgs | — | Gold |
| 10. | F Lalmuansangi | -62 Kgs | — | Silver |
| 11. | Saiengpuii Sailo | +73 Kgs | — | Silver |
| 12. | Lallawmkimi | -46 Kgs | — | Bronze |
| 13. | Lalremruati | -49 Kgs | — | Bronze |
| 14. | PC Lalrinpuii | -57 Kgs | — | Bronze |

Officials –

| | | |
|----------|---|--|
| Managers | — | CH Vanhmingthanga (Sr) & F Thangtinliana |
| Coaches | — | R Vanlalnghaka (Sr) & Joseph Lalsiama |

6. 1st East Zone Taekwondo Poomsae Championship at Aizawl, Mizoram during 4-6.11.2010

Sub-Junior–

| | | | |
|----|-----------------|---|------|
| 1. | Lalthuamfamkima | — | Gold |
| 2. | Lalruatfeli | — | Gold |

Pair–

| | | | |
|----|--|---|------|
| 1. | Laltlanmawia & Catherine Lalhruaitluangi | — | Gold |
|----|--|---|------|

Group

| | | | |
|----|---------------------|---|--------|
| | | — | Bronze |
| 1. | Francis Lalnunhluma | | |
| 2. | Laltlanmawia | | |
| 3. | Lalinpuia | | |

Junior–

- | | | |
|------------------------|---|--------|
| 1. Linda Lalchungnungi | — | Gold |
| 2. F Lalhunlua | — | Silver |

Pair — Gold

- | | | |
|---------------------------------------|--|--|
| 1. Arjun Pandey & Linda Lalchungnungi | | |
|---------------------------------------|--|--|

Group — Silver

- | | | |
|-------------------|--|--|
| 1. F Laldinpuia | | |
| 2. Lalramdinthara | | |
| 3. Remlalhlimpuia | | |

1st Senior–

- | | | |
|--------------------|---|------|
| 1. Lalruatkima | — | Gold |
| 2. T Thangneihkimi | — | Gold |

Pair — Gold

- | | | |
|-----------------------------------|--|--|
| 1. R Lalchhandama & R Lalhlimpuii | | |
|-----------------------------------|--|--|

Group — Gold

Rosalyn Lianhmingthangi
Ramtharngaha
Isaac Lalrindika

Group — Silver

R Lalhlimpuii
Lalruatkima
T Thangneihkimi

2nd Senior–

- | | | |
|-----------------------|---|--------|
| 1. Robert Zohmangaiha | — | Gold |
| 2. Lalmangaihsangi | — | Silver |

Pair — Gold

Robert Zohmangaiha & Lalmangaihsangi

Master–

- | | | |
|-----------------|---|--------|
| 1. F Laltanpuia | — | Silver |
|-----------------|---|--------|

Trophy–

- | | | |
|-----------------------|---|------------------|
| 4. Senior Kyorugi | — | Team Champion |
| 5. Junior Kyorugi | — | Team Runners' Up |
| 6. Sub-Junior Poomsae | — | Team Champion |
| 7. 1st Senior Poomsae | — | Team Champion |
| 8. 2nd Senior Poomsae | — | Team Champion |
| 9. Overall | — | Team Champion |

Officials –

Manager — Joseph Lalsiama
Coaches — Joseph Thansanga

2011 –**1. 25th NE Games–2011 at Dirang, West Kameng Dist, Arunachal Pradesh during 25-30.4.2011****Kyorugi—**

- | | | | |
|---------------------------|---------|---|--------|
| 1. Johnny Vanlalruatsanga | -63 Kgs | — | Gold |
| 2. C Vanlalhuma | -80 Kgs | — | Gold |
| 3. H Vanlalhriata | -74 Kgs | — | Gold |
| 11. F Lalmuansangi | -62 Kgs | — | Gold |
| 12. F Lalrempuii | -67 Kgs | — | Gold |
| 6. PC VL Remtluanga | -68 Kgs | — | Silver |
| 7. C Lalrochhara | -87 Kgs | — | Silver |

- | | | | | |
|-----|----------------------|---------|---|--------|
| 9. | FC Jacob Laldinthara | -54 Kgs | — | Bronze |
| 1. | Lalruatkima | +87 Kgs | — | Bronze |
| 14. | Lalremruati | -49 Kgs | — | Bronze |
| 15. | Lalsangzuali | -57 Kgs | — | Bronze |
| 16. | Laltlanhlui | -73 Kgs | — | Bronze |

Poomsae—

- | | | | | |
|----|-----------------|---------------------|---|------|
| 1. | Lalruatkima | (Individual Male) | — | Gold |
| 2. | T Thangneihkimi | (Individual Female) | — | Gold |

Pair—

- | | | |
|-----------------------------------|---|--------|
| F Lalhunlua & Linda Lalchungnungi | — | Silver |
|-----------------------------------|---|--------|

- | | | | |
|----|--------------------|---|-----------------------------|
| 1. | Mens Team | — | Champion |
| 2. | Womens Team | — | 3rd Place |

Officials –

- | | | |
|---------|---|----------------|
| Manager | — | V Lalnienga |
| Coach | — | R Vanlalnghaka |

2012 –

1. 26th North East Games, 2012 Aizawl, Mizoram during 20-24.3.2012

- | | | | | |
|-----|----------------------|---------|---|--------|
| 1. | Lalramdinthara | -68 Kgs | — | Gold |
| 2. | H Vanlalhriata | -87 Kgs | — | Gold |
| 3. | C Lalrochhara | +87 Kgs | — | Gold |
| 4. | F Lalrempuii | -73 Kgs | — | Gold |
| 5. | FC Jacob Laldinthara | -54 Kgs | — | Silver |
| 6. | Arjun Pandey | -58 Kgs | — | Silver |
| 7. | T Thangneihkimi | -46 Kgs | — | Silver |
| 8. | PC Lalrinpuui | -62 Kgs | — | Silver |
| 9. | Linda Lalchungnungi | +73 Kgs | — | Silver |
| 10. | PC VL Remtluanga | -80 Kgs | — | Bronze |
| 11. | Lalremruati | -53 Kgs | — | Bronze |
| 12. | Lalsangzuali | -67 Kgs | — | Bronze |

Poomsae Pair—

- | | | | |
|----|---------------------------------------|---|--------|
| 1. | Linda Lalchungnungi & T Thangneihkimi | — | Gold |
| 2. | Lalruatkima & FC Jacob Laldinthara | — | Silver |

Poomsae Individual—

- | | | | |
|----|---------------------|---|------|
| 1. | Linda Lalchungnungi | — | Gold |
| 2. | Lalruatkima | — | Gold |

Trophy—

- | | | | |
|----|--------------|---|-------------|
| 1. | Men's Team | — | Champion |
| 2. | Women's Team | — | Runner's Up |

Officials –

- | | | |
|---------|---|------------------|
| Manager | — | Remlahlimpuia |
| Coach | — | C Malsawmtluanga |
| Trainer | — | V Lalnienga |

2. 1st North East Zone Taekwondo Championship-2012 at Shillong, Meghalaya during 27-29.9.2012 Junior (Boys & Girls)

- | | | | | |
|----|----------------------|---------|---|--------|
| 1. | FC Jacob Laldinthara | -55 Kgs | — | Gold |
| 2. | Lalhlupuii | -55 Kgs | — | Silver |
| 3. | K Lalngaihawmi | -59 Kgs | — | Silver |
| 4. | David Lalhriatkima | -59 Kgs | — | Bronze |

- | | | | | |
|----|---------------|---------|---|--------|
| 5. | Zoramsanga | -63 Kgs | — | Bronze |
| 6. | Lalruatfela | -73 Kgs | — | Bronze |
| 7. | Lianthangpuii | -51 Kgs | — | Bronze |

Senior—

- | | | | | |
|-----|---------------------|---------|---|--------|
| 1. | Lalrinzuala | -74 Kgs | — | Silver |
| 2. | PC VL Remtluanga | -80 Kgs | — | Silver |
| 3. | PC Lalrinpuii | -57 Kgs | — | Silver |
| 4. | T Thangneihkimi | -46 Kgs | — | Bronze |
| 5. | Naom Lalbiakpuii | -53 Kgs | — | Bronze |
| 6. | Lalsangzuali | -62 Kgs | — | Bronze |
| 7. | Saiengpuii Sailo | +73 Kgs | — | Bronze |
| 8. | R Lalrinsanga | -58 Kgs | — | Bronze |
| 9. | Zoramsanga | -63 Kgs | — | Bronze |
| 10. | Lalthangliana Sailo | +68 Kgs | — | Bronze |

3. 1st North East Zone Taekwondo Poomsae Championship-2012 at Shillong, Meghalaya during 27-29.9.2012

Junior (Individual)–

- | | | | |
|----|----------------------|---|--------|
| 1. | Linda Lalchungnungi | — | Gold |
| 2. | Lianthangpuii | — | Silver |
| 3. | FC Jacob Laldinthara | — | Bronze |

Pair — Gold

FC Jacob Laldinthara & Linda Lalchungnungi

1st Senior (Individual)

- | | | | |
|----|-----------------|---|------|
| 1. | T Thangneihkimi | — | Gold |
| 2. | R Lalchhandama | — | Gold |

1st Senior (Pair) – Gold

R Lalchhandama & T Thangneihkimi

1st Senior Group (Male) — Gold

- | | |
|----|----------------------|
| 1. | R Lalchhandama |
| 2. | FC Jacob Laldinthara |
| 3. | Arjun Pandey |

1st Senior Group (Female) — Gold

- | | |
|----|---------------------|
| 1. | T Thangneihkimi |
| 2. | Linda Lalchungnungi |
| 3. | Lianthangpuii |

2nd Senior (Individual)

- | | | | |
|----|--------------------|---|--------|
| 1. | Robert Zohmangaiha | — | Bronze |
|----|--------------------|---|--------|

Trophy — 2nd Place

Officials –

Manager — VL Sawma

Coaches — Robert Zohmangaiha & R Vanlalnghaka

2013 —

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

Kyreugi (Men)

- | | | | | |
|----|------------------|---------|---|--------|
| 1. | V Lalrinzuala | -74 Kgs | — | Gold |
| 2. | PC VL Remtluanga | -87 Kgs | — | Silver |
| 3. | Medalsanga | -58 Kgs | — | Silver |
| 4. | Arjun Padey | -45 Kgs | — | Bronze |
| 5. | Zoramsanga | -63 Kgs | — | Bronze |

- | | | | |
|----------------------|---------|---|--------|
| 6. R Lalrinsanga | -57 Kgs | — | Bronze |
| 7. Fabian Lalduhawma | +80 Kgs | — | Bronze |

Kyreuigi (Women)

- | | | | |
|---------------------|---------|---|--------|
| 1. F Lalrempuii | -67 Kgs | — | Gold |
| 2. K Lalngaihawmi | -74 Kgs | — | Gold |
| 3. K Lalrinpuii | -49 Kgs | — | Bronze |
| 4. Lianthangpuii | -53 Kgs | — | Bronze |
| 5. T Thangneihkimi | -46 Kgs | — | Bronze |
| 6. F Lalmuansangi | -63Kgs | — | Bronze |
| 7. Lalsangzuali | -73 Kgs | — | Bronze |
| 8. Saiengpuii Sailo | +73 Kgs | — | Bronze |

Poomsae (Men Individual)

- | | | |
|-------------------------|---|------|
| 1. FC Jacob Laldinthara | — | Gold |
|-------------------------|---|------|

Poomsae (Men Pair)

- | | | |
|-------------------------------------|---|------|
| FC Jakob Laldinthara & Arjun Pandey | — | Gold |
|-------------------------------------|---|------|

Poomsae (Women Individual)

- | | | |
|--------------------|---|--------|
| 1. T Thangneihkimi | — | Bronze |
|--------------------|---|--------|

Poomsae (Women Pair)

- | | | |
|---------------------------------|---|------|
| T Thangneihkimi & Lianthangpuii | — | Gold |
|---------------------------------|---|------|

TROPHY — RUNNERS' UP IN WOMEN

Officials –

- C Vanlalthuma & C Malsawmtluanga