



START BOOK





TIME TABLE

	GENDER	CATEGORY	TIME	COMPETITOR	JURY	REFEREE	C.MARSHAL	TIME KEEPER	TECHN.	SECRETARY	DOCTOR
05.12.2019											
1	W	45 kg A , 49 kg A	11:00	8	1	1	1	1	1	1	1
2	M	55 kg A , 61 kg A	13:00	7	1	2	2	2	2	2	2
3	W	55 kg A , 59 kg A	15:00	9	1	1	1	3	1	1	1
06.12.2019											
4	M	67 kg A , 73 kg A	11:00	9	1	2	2	2	2	2	2
5	W	64 kg A , 71 kg A	13:00	7	1	1	1	3	1	1	1
6	M	81 kg A , 89 kg A	15:00	6	1	2	2	1	2	2	2
07.12.2019											
7	W	76 kg A , 81 kg A	11:00	6	1	1	1	3	1	1	1
8	M	96 kg A , 102 kg A	13:00	6	1	2	2	1	2	2	2
9	W	87 kg A , +87 kg A	15:00	6	1	1	1	2	1	1	1
08.12.2019											
10	M	109 kg A , +109 kg A	11:00	7	1	2	2	1	2	2	2



GROUP OF JURIES AND REFEREES

JURY Member Group 1 :

HAFIZ IMRAN BUTT [PAK] *PRESIDENT OF JURY
MOHYUDDIN AHMAD [BAN]
K.A. KUMARADASA [SRI]
SHYAMALA SHETTY [IND]
TILAK BAHADUR RAUT [NEP]
ABDULLAH AL JARMAL [YEM]

REFEREE Member Group 1 :

SHAHRIA SULTANA [BAN]
D.S.S. WELIKALA [SRI]
NITA THAPA [NEP]
SUNIL KUMAR [IND]

REFEREE Member Group 2 :

AMJID AMIN [PAK]
M.L. NORAJITH FERNANDO [SRI]
NITI THAPA [NEP]
SAMSUDDIN SIDDIQI [NEP]



GROUP OF OTHER COMPETITION OFFICALS

CHIEF MARSHAL Group 1 :

SUNIL SINGH ELANGBAM [IND]
BIJENDRA BIKRAM SHAH [NEP]
DEV MAHARJAN [NEP]

CHIEF MARSHAL Group 2 :

PRADEEP SHRESTHA [NEP]
ISHWOR BAHADUR SHRESTHA [NEP]
KUMAR MAN SHRESTHA [NEP]

TIMEKEEPER Group 1 :

RATNMAN MALI [NEP]

TIMEKEEPER Group 2 :

GANESH CHAND [NEP]

TIMEKEEPER Group 3 :

AJAY SHAHI [NEP]

TECHNICAL CONTROLLERS Group 1 :

BIDDUTH KUMAR ROY [BAN]
GOPAL BAHADUR SHRESTHA [NEP]
BHOGENDBA MANANDHAR [NEP]
JEEVAN GAUTAM [NEP]

TECHNICAL CONTROLLERS Group 2 :

BIPENDRA MAHARJAN [NEP]
KIRAN TAMRAKAR [NEP]
ANJU RANABHAT [NEP]

SECRETARY Group 1 :

KHALID [PAK]
ASHOK SHAHI [NEP]

SECRETARY Group 2 :

SANJ AY MAHARJ AN [NEP]
RUKESH TANDUKAR [NEP]

COMPETITION DOCTOR Group 1 :

DR.GAURAV GURUNG [NEP]

COMPETITION DOCTOR Group 2 :

DR.ABHINAS K.C. [NEP]

SPEAKER Member Group 1 :

PREEYANUCH NHUKATE [THA]
SUNITA PATEL [NEP]

TECHNICAL DELEGATE :

SIRILAK THATMAN [THA]

13th South Asian Games 2019

Pokhara, Nepal
05/12/2019 to 08/12/2019



TECHNICAL COORDINATOR Group 1 :

RAJENDRA PRADHAN [NEP]
JAGADISH PRADHAN [NEP]
RAJAN BADGAMI [NEP]
SURENDRA MAKAJU [NEP]
KANAN CHAUDHARY [NEP]
KAMAL BHANDARY [NEP]
SANTOSH CHAUDHARY [NEP]
MITRA SANGPANG [NEP]
KRISHNA DEVKOTA [NEP]
KASHI RAM CHAUDHARY [NEP]
PUNTIILAL YADAV [NEP]
GYAN BDR. SHRESTRA [NEP]
BAKHATMAN SHRESTRA [NEP]



STATISTICS MEN

No	TEAM	55 kg	61 kg	67 kg	73 kg	81 kg	89 kg	96 kg	102 kg	109 kg	+109 kg	TOTAL
1	BAN : BANGLADESH	1	1				1	1	1	1	1	7
2	BHU : BHUTAN		1	1	1			1				4
3	IND : INDIA		1		1	1						3
4	NEP : NEPAL	1		1	1		1	1	1	1	1	8
5	PAK : PAKISTAN			1	1	1	1		1	1	1	7
6	SRI : SRI LANKA	1	1	1	1	1					1	6
	Grand Total	3	4	4	5	3	3	3	3	3	4	35



STATISTICS WOMEN

No	TEAM	45 kg	49 kg	55 kg	59 kg	64 kg	71 kg	76 kg	81 kg	87 kg	+87 kg	TOTAL
1	BAN : BANGLADESH	1	1	1	1		1	1	1		1	8
2	BHU : BHUTAN			1								1
3	IND : INDIA	1	1	1		1	1		1	1		7
4	NEP : NEPAL	1			1	1	1	1	1	1	1	8
5	PAK : PAKISTAN		1	1	1	1				1		5
6	SRI : SRI LANKA	1	1	1	1	1		1			1	7
	Grand Total	4	4	5	4	4	3	3	3	3	3	36



COMBINED STATISTICS

No	TEAM	MEN	WOMEN	TOTAL
1	BAN : BANGLADESH	7	8	15
2	BHU : BHUTAN	4	1	5
3	IND : INDIA	3	7	10
4	NEP : NEPAL	8	8	16
5	PAK : PAKISTAN	7	5	12
6	SRI : SRI LANKA	6	7	13
Grand Total		35	36	71



SENIOR WOMEN's WORLD RECORDS

CAT.	Lift	Result	Name	Born	Team	Date	Place
45 kg	SNATCH	85Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	CLEAN&JERK	108Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	TOTAL	191Kg.	World Standard	01.11.2018		01.11.2018	World Standard
49 kg	SNATCH	95Kg.	HOU Zhihui	18.03.1997	CHN	06.07.2019	Tokyo
	CLEAN&JERK	120Kg.	PRAMONGKHOL Chayuttra	29.11.1994	THA	03.11.2018	Ashgabat
	TOTAL	212Kg.	JIANG Huihua	22.01.1998	CHN	19.09.2019	Pattaya
55 kg	SNATCH	105Kg.	SRISURAT Sukanya	03.05.1995	THA	03.11.2018	Ashgabat
	CLEAN&JERK	129Kg.	LIAO Qiuyun	13.07.1995	CHN	20.09.2019	Pattaya
	TOTAL	232Kg.	SRISURAT Sukanya	03.05.1995	THA	03.11.2018	Ashgabat
59 kg	SNATCH	107Kg.	CHOE Hyo Sim	05.12.1993	PRK	21.09.2019	Pattaya
	CLEAN&JERK	140Kg.	KUO Hsing Chun	26.11.1993	TPE	21.09.2019	Pattaya
	TOTAL	246Kg.	KUO Hsing Chun	26.11.1993	TPE	21.09.2019	Pattaya
64 kg	SNATCH	116Kg.	DENG Wei	14.02.1993	CHN	22.09.2019	Pattaya
	CLEAN&JERK	145Kg.	DENG Wei	14.02.1993	CHN	22.09.2019	Pattaya
	TOTAL	261Kg.	DENG Wei	14.02.1993	CHN	22.09.2019	Pattaya
71 kg	SNATCH	117Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	CLEAN&JERK	152Kg.	ZHANG Wangli	27.05.1996	CHN	06.11.2018	Ashgabat
	TOTAL	267Kg.	ZHANG Wangli	27.05.1996	CHN	06.11.2018	Ashgabat
76 kg	SNATCH	124Kg.	RIM Jong Sim	05.02.1993	PRK	24.09.2019	Pattaya
	CLEAN&JERK	156Kg.	ZHANG Wangli	27.05.1996	CHN	26.02.2019	Fuzhou
	TOTAL	278Kg.	RIM Jong Sim	05.02.1993	PRK	26.04.2019	Ningbo
81 kg	SNATCH	127Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	CLEAN&JERK	158Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	TOTAL	283Kg.	World Standard	01.11.2018		01.11.2018	World Standard
87 kg	SNATCH	132Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	CLEAN&JERK	164Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	TOTAL	294Kg.	World Standard	01.11.2018		01.11.2018	World Standard
+87 kg	SNATCH	147Kg.	LI Wenwen	05.03.2000	CHN	28.04.2019	Ningbo
	CLEAN&JERK	186Kg.	LI Wenwen	05.03.2000	CHN	27.09.2019	Pattaya
	TOTAL	332Kg.	LI Wenwen	05.03.2000	CHN	27.09.2019	Pattaya



SENIOR MEN's WORLD RECORDS

CAT.	Lift	Result	Name	Born	Team	Date	Place
55 kg	SNATCH	135Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	CLEAN&JERK	166Kg.	OM Yun Chol	18.11.1991	PRK	18.09.2019	Pattaya
	TOTAL	294Kg.	OM Yun Chol	18.11.1991	PRK	18.09.2019	Pattaya
61 kg	SNATCH	145Kg.	LI Fabin	15.01.1993	CHN	19.09.2019	Pattaya
	CLEAN&JERK	174Kg.	IRAWAN Eko Yuli	24.07.1989	INA	03.11.2018	Ashgabat
	TOTAL	318Kg.	LI Fabin	15.01.1993	CHN	19.09.2019	Pattaya
67 kg	SNATCH	155Kg.	HUANG Minhao	21.08.1992	CHN	06.07.2019	Tokyo
	CLEAN&JERK	188Kg.	PAK Jong Ju	14.03.1997	PRK	20.09.2019	Pattaya
	TOTAL	339Kg.	CHEN Lijun	08.02.1993	CHN	21.04.2019	Ningbo
73 kg	SNATCH	168Kg.	SHI Zhiyong	10.10.1993	CHN	22.04.2019	Ningbo
	CLEAN&JERK	197Kg.	SHI Zhiyong	10.10.1993	CHN	21.09.2019	Pattaya
	TOTAL	363Kg.	SHI Zhiyong	10.10.1993	CHN	21.09.2019	Pattaya
81 kg	SNATCH	173Kg.	MAHMOUD Mohamed Ihab Youssef Ahmed	21.11.1989	EGY	05.11.2018	Ashgabat
	CLEAN&JERK	207Kg.	LYU Xiaojun	27.07.1984	CHN	22.09.2019	Pattaya
	TOTAL	378Kg.	LYU Xiaojun	27.07.1984	CHN	22.09.2019	Pattaya
89 kg	SNATCH	179Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	CLEAN&JERK	216Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	TOTAL	387Kg.	World Standard	01.11.2018		01.11.2018	World Standard
96 kg	SNATCH	186Kg.	MORADI Sohrab	22.09.1988	IRI	07.11.2018	Ashgabat
	CLEAN&JERK	231Kg.	TIAN Tao	08.04.1994	CHN	07.07.2019	Tokyo
	TOTAL	416Kg.	MORADI Sohrab	22.09.1988	IRI	07.11.2018	Ashgabat
102 kg	SNATCH	191Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	CLEAN&JERK	231Kg.	World Standard	01.11.2018		01.11.2018	World Standard
	TOTAL	412Kg.	World Standard	01.11.2018		01.11.2018	World Standard
109 kg	SNATCH	199Kg.	MARTIROSYAN Simon	17.02.1997	ARM	26.09.2019	Pattaya
	CLEAN&JERK	240Kg.	MARTIROSYAN Simon	17.02.1997	ARM	09.11.2018	Ashgabat
	TOTAL	435Kg.	MARTIROSYAN Simon	17.02.1997	ARM	09.11.2018	Ashgabat
+109 kg	SNATCH	220Kg.	TALAKHADZE Lasha	02.10.1993	GEO	27.09.2019	Pattaya
	CLEAN&JERK	264Kg.	TALAKHADZE Lasha	02.10.1993	GEO	27.09.2019	Pattaya
	TOTAL	484Kg.	TALAKHADZE Lasha	02.10.1993	GEO	27.09.2019	Pattaya



SENIOR WOMEN's ASIAN RECORDS

CAT.	Lift	Result	Name	Born	Team	Date	Place
45 kg	SNATCH	84Kg.	Asian Standard				
	CLEAN&JERK	108Kg.	Asian Standard				
	TOTAL	190Kg.	Asian Standard				
49 kg	SNATCH	95Kg.	HOU Zhihui	18.03.1997	CHN	06.07.2019	Tokyo,JPN
	CLEAN&JERK	120Kg.	PRAMONGKHOL Chayuttra	29.11.1994	THA	03.11.2018	Ashgabat,TKM
	TOTAL	212Kg.	JIANG Huihua	22.01.1998	CHN	19.09.2019	Pattaya,THA
55 kg	SNATCH	105Kg.	SRISURAT Sukanya	03.05.1995	THA	03.11.2018	Ashgabat,TKM
	CLEAN&JERK	129Kg.	LIAO Qiuyun	13.07.1995	CHN	20.09.2019	Ningbo,CHN
	TOTAL	232Kg.	SRISURAT Sukanya	03.05.1995	THA	03.11.2018	Ashgabat,TKM
59 kg	SNATCH	107Kg.	Choe Hyo Sim	05.12.1993	PRK	21.09.2019	Pattaya,THA
	CLEAN&JERK	140Kg.	KUO Hsing-Chun	26.11.1993	TPE	21.09.2019	Pattaya,THA
	TOTAL	246Kg.	KUO Hsing-Chun	26.11.1993	TPE	21.09.2019	Pattaya,THA
64 kg	SNATCH	116Kg.	DENG Wei	14.02.1993	CHN	22.09.2019	Pattaya,THA
	CLEAN&JERK	145Kg.	DENG Wei	14.02.1993	CHN	22.09.2019	Pattaya,THA
	TOTAL	261Kg.	DENG Wei	14.02.1993	CHN	22.09.2019	Pattaya,THA
71 kg	SNATCH	117Kg.	Asian Standard				
	CLEAN&JERK	152Kg.	ZHANG Wangli	27.05.1996	CHN	06.11.2018	Ashgabat,TKM
	TOTAL	267Kg.	ZHANG Wangli	27.05.1996	CHN	06.11.2018	Ashgabat,TKM
76 kg	SNATCH	124Kg.	RIM Jong Sim	05.02.1993	PRK	24.09.2019	Pattaya,THA
	CLEAN&JERK	156Kg.	ZHANG Wangli	27.05.1996	CHN	26.02.2019	Fuzhou,CHN
	TOTAL	278Kg.	RIM Jong Sim	05.02.1993	PRK	26.04.2019	Ningbo,CHN
81 kg	SNATCH	125Kg.	Asian Standard				
	CLEAN&JERK	157Kg.	Asian Standard				
	TOTAL	278Kg.	Asian Standard				
87 kg	SNATCH	130Kg.	Asian Standard				
	CLEAN&JERK	162Kg.	Asian Standard				
	TOTAL	289Kg.	Asian Standard				
+87 kg	SNATCH	147Kg.	LI Wenwen	05.03.2000	CHN	28.04.2019	Ningbo,CHN
	CLEAN&JERK	186Kg.	LI Wenwen	05.03.2000	CHN	27.09.2019	Pattaya,THA
	TOTAL	332Kg.	LI Wenwen	05.03.2000	CHN	27.09.2019	Pattaya,THA



SENIOR MEN's ASIAN RECORDS

CAT.	Lift	Result	Name	Born	Team	Date	Place
55 kg	SNATCH	135Kg.	Asian Standard				
	CLEAN&JERK	166Kg.	OM Yun Chol	18.11.1991	PRK	18.09.2019	Pattaya,THA
	TOTAL	294Kg.	OM Yun Chol	18.11.1991	PRK	18.09.2019	Pattaya,THA
61 kg	SNATCH	145Kg.	LI Fabin	15.01.1993	CHN	19.09.2019	Pattaya,THA
	CLEAN&JERK	174Kg.	IRAWAN Eko Yuli	24.07.1989	INA	03.11.2018	Ashgabat,TKM
	TOTAL	318Kg.	LI Fabin	15.01.1993	CHN	19.09.2019	Pattaya,THA
67 kg	SNATCH	155Kg.	HUANG Minhao	21.08.1992	CHN	06.07.2019	Tokyo,JPN
	CLEAN&JERK	188Kg.	PAK Jong Ju	14.03.1997	PRK	20.09.2019	Pattaya,THA
	TOTAL	339Kg.	CHEN Lijun	08.02.1993	CHN	21.04.2019	Ningbo,CHN
73 kg	SNATCH	168Kg.	SHI Zhiyong	10.10.1993	CHN	22.04.2019	Ningbo,CHN
	CLEAN&JERK	197Kg.	SHI Zhiyong	10.10.1993	CHN	21.09.2019	Pattaya,THA
	TOTAL	363Kg.	SHI Zhiyong	10.10.1993	CHN	21.09.2019	Pattaya,THA
81 kg	SNATCH	172Kg.	LYU Xiaojun	27.07.1984	CHN	03.11.2018	Ashgabat,TKM
	CLEAN&JERK	207Kg.	LYU Xiaojun	27.07.1984	CHN	22.09.2019	Pattaya,THA
	TOTAL	378Kg.	LYU Xiaojun	27.07.1984	CHN	22.09.2019	Pattaya,THA
89 kg	SNATCH	175Kg.	Asian Standard				
	CLEAN&JERK	216Kg.	Asian Standard				
	TOTAL	387Kg.	Asian Standard				
96 kg	SNATCH	186Kg.	MORADI Sohrab	22.09.1988	IRI	07.11.2018	Ashgabat,TKM
	CLEAN&JERK	231Kg.	TIAN Tao	08.04.1994	CHN	07.07.2019	Tokyo,JPN
	TOTAL	416Kg.	MORADI Sohrab	22.09.1988	IRI	07.11.2018	Ashgabat,TKM
102 kg	SNATCH	186Kg.	Asian Standard				
	CLEAN&JERK	231Kg.	Asian Standard				
	TOTAL	412Kg.	Asian Standard				
109 kg	SNATCH	197Kg.	YANG Zhe	14.07.1991	CHN	28.09.2019	Pattaya,THA
	CLEAN&JERK	237Kg.	Asian Standard				
	TOTAL	422Kg.	Asian Standard				
+109 kg	SNATCH	204Kg.	Asian Standard				
	CLEAN&JERK	249Kg.	Asian Standard				
	TOTAL	448Kg.	Asian Standard				



START LIST

WOMEN 45 kg A , 49 kg A

Competition : 05.12.2019 11:00

Weigh in : 9:00

No	LOT	NAME	BORN	TEAM	ENT.
45 kg A					
1	6	SANGITA Rai	31.08.1992	NEP	115
2	34	D.M.S. Samarakoon	19.09.1999	SRI	130
3	62	JHILLI Dalabehera	03.02.1999	IND	140
4	90	SRITY Akther	07.12.1994	BAN	130
49 kg A					
1	7	MOLLA Shabira	01.01.1990	BAN	135
2	81	B.G.D. Hansani	30.12.1992	SRI	160
3	94	SNEHA Soren	02.05.2001	IND	140
4	98	VERONIKA Sohail	21.07.2002	PAK	95

Jury

- | | | |
|--|-----------------------------|-----------------------------|
| 1. Hafiz Imran butt *President of Jury [PAK] | 2. Mohyuddin Ahmad [BAN] | 3. K.A. Kumaradasa [SRI] |
| 4. Shyamala Shetty [IND] | 5. Tilak Bahadur Raut [NEP] | 6. Abdullah AL Jarmal [YEM] |

Referee

- | | | |
|--------------------------|--------------------------|----------------------|
| C- Shahria Sultana [BAN] | L- D.S.S. Welikala [SRI] | R- Sunil Kumar [IND] |
| Res- Nita Thapa [NEP] | | |

Chief Marshal

- | | | |
|-------------------------------|-------------------------------|-----------------------|
| 1. Sunil Singh Elangbam [IND] | 2. Bijendra Bikram Shah [NEP] | 3. Dev Maharjan [NEP] |
|-------------------------------|-------------------------------|-----------------------|

Time Keeper

1. Ratnman Mali [NEP]

Technical Controller

- | | | |
|----------------------------|---------------------------------|------------------------------|
| 1. Bidduth Kumar Roy [BAN] | 2. Gopal Bahadur Shrestha [NEP] | 3. Bhogendra Manandhar [NEP] |
| 4. Jeevan Gautam [NEP] | | |

Secretary

- | | |
|-----------------|----------------------|
| 1. Khalid [PAK] | 2. Ashok Shahi [NEP] |
|-----------------|----------------------|

Competition Doctor

1. Dr.Gaurav Gurung [NEP]

Records:	Snatch	Clean and Jerk	Total
45 kg- <i>SENIOR WORLD RECORDS</i>	85 - World Standard	108 - World Standard	191 - World Standard
45 kg- <i>SENIOR ASIAN RECORDS</i>	84 - Asian Standard	108 - Asian Standard	190 - Asian Standard
49 kg- <i>SENIOR WORLD RECORDS</i>	95 - HOU Zhihui[CHN]	120 - PRAMONGKHOL Chayuttra[THA]	212 - JIANG Huihua[CHN]
49 kg- <i>SENIOR ASIAN RECORDS</i>	95 - HOU Zhihui[CHN]	120 - PRAMONGKHOL Chayuttra[THA]	212 - JIANG Huihua[CHN]



START LIST

MEN 55 kg A , 61 kg A

Competition : 05.12.2019 13:00

Weigh in : 11:00

No	LOT	NAME	BORN	TEAM	ENT.
55 kg A					
1	11	RAJKUMAR Roy	10.05.1996	BAN	175
2	16	TULARAM Mahato	04.10.1989	NEP	170
3	45	Y.D.I. Kumara	21.04.1996	SRI	235
61 kg A					
1	9	D.K.T.W. Palugashinghe	26.10.1993	SRI	270
2	60	MOSTAIN Bella	04.03.1999	BAN	225
3	67	PHUNTSO Gayley	04.06.2000	BHU	125
4	97	SIDHANTA Gogoi	08.04.2004	IND	250

Jury

- | | | |
|--|-----------------------------|-----------------------------|
| 1. Hafiz Imran butt *President of Jury [PAK] | 2. Mohyuddin Ahmad [BAN] | 3. K.A. Kumaradasa [SRI] |
| 4. Shyamala Shetty [IND] | 5. Tilak Bahadur Raut [NEP] | 6. Abdullah AL Jarmal [YEM] |

Referee

- | | | |
|------------------------------|---------------------------------|---------------------|
| C- Amjid Amin [PAK] | L- M.L. Norajith Fernando [SRI] | R- Niti Thapa [NEP] |
| Res- Samsuddin Siddiqi [NEP] | | |

Chief Marshal

- | | | |
|---------------------------|----------------------------------|-----------------------------|
| 1. Pradeep Shrestha [NEP] | 2. Ishwor Bahadur Shrestha [NEP] | 3. Kumar Man Shrestha [NEP] |
|---------------------------|----------------------------------|-----------------------------|

Time Keeper

- | |
|-----------------------|
| 1. Ganesh Chand [NEP] |
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Technical Controller

- | | | |
|----------------------------|-------------------------|------------------------|
| 1. Bipendra Maharjan [NEP] | 2. Kiran Tamrakar [NEP] | 3. Anju Ranabhat [NEP] |
|----------------------------|-------------------------|------------------------|

Secretary

- | | |
|----------------------------|--------------------------|
| 1. Sanj ay Maharj an [NEP] | 2. Rukesh Tandukar [NEP] |
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Competition Doctor

- | |
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| 1. Dr.Abhinav K.C. [NEP] |
|--------------------------|

Records:	Snatch	Clean and Jerk	Total
55 kg-SENIOR WORLD RECORDS	135 - World Standard	166 - OM Yun Chol[PRK]	294 - OM Yun Chol[PRK]
55 kg-SENIOR ASIAN RECORDS	135 - Asian Standard	166 - OM Yun Chol[PRK]	294 - OM Yun Chol[PRK]
61 kg-SENIOR WORLD RECORDS	145 - LI Fabin[CHN]	174 - IRAWAN Eko Yuli[INA]	318 - LI Fabin[CHN]
61 kg-SENIOR ASIAN RECORDS	145 - LI Fabin[CHN]	174 - IRAWAN Eko Yuli[INA]	318 - LI Fabin[CHN]



START LIST

WOMEN 55 kg A , 59 kg A

Competition : 05.12.2019 15:00

Weigh in : 13:00

No	LOT	NAME	BORN	TEAM	ENT.
55 kg A					
1	8	BINDYARANI DEVI Sorokhaibam	27.01.1999	IND	165
2	35	SONAM Choki	20.11.1992	BHU	110
3	54	SAIMA Shahzad	03.11.1994	PAK	110
4	78	FULLPOTI Chakma	11.07.1998	BAN	140
5	82	W.W.C. Mendis	12.10.1990	SRI	170
59 kg A					
1	13	SANJU Chaudhary	06.12.1999	NEP	160
2	58	SANEHA Ghafoor	15.04.1996	PAK	115
3	59	R.M.N.S. Rajapaksha	19.10.1990	SRI	160
4	100	FAYEMA Akther	15.12.1991	BAN	140

Jury

- | | | |
|--|-----------------------------|-----------------------------|
| 1. Hafiz Imran butt *President of Jury [PAK] | 2. Mohyuddin Ahmad [BAN] | 3. K.A. Kumaradasa [SRI] |
| 4. Shyamala Shetty [IND] | 5. Tilak Bahadur Raut [NEP] | 6. Abdullah AL Jarmal [YEM] |

Referee

- | | | |
|------------------------|--------------------------|--------------------------|
| C- Nita Thapa [NEP] | L- Shahria Sultana [BAN] | R- D.S.S. Welikala [SRI] |
| Res- Sunil Kumar [IND] | | |

Chief Marshal

- | | | |
|-------------------------------|-------------------------------|-----------------------|
| 1. Sunil Singh Elangbam [IND] | 2. Bijendra Bikram Shah [NEP] | 3. Dev Maharjan [NEP] |
|-------------------------------|-------------------------------|-----------------------|

Time Keeper

1. Ajay Shahi [NEP]

Technical Controller

- | | | |
|----------------------------|---------------------------------|------------------------------|
| 1. Bidduth Kumar Roy [BAN] | 2. Gopal Bahadur Shrestha [NEP] | 3. Bhogendra Manandhar [NEP] |
| 4. Jeevan Gautam [NEP] | | |

Secretary

- | | |
|-----------------|----------------------|
| 1. Khalid [PAK] | 2. Ashok Shahi [NEP] |
|-----------------|----------------------|

Competition Doctor

1. Dr.Gaurav Gurung [NEP]

Records:	Snatch	Clean and Jerk	Total
55 kg-SENIOR WORLD RECORDS	105 - SRISURAT Sukanya[THA]	129 - LIAO Qiuyun[CHN]	232 - SRISURAT Sukanya[THA]
55 kg-SENIOR ASIAN RECORDS	105 - SRISURAT Sukanya[THA]	129 - LIAO Qiuyun[CHN]	232 - SRISURAT Sukanya[THA]
59 kg-SENIOR WORLD RECORDS	107 - CHOE Hyo Sim[PRK]	140 - KUO Hsing Chun[TPE]	246 - KUO Hsing Chun[TPE]
59 kg-SENIOR ASIAN RECORDS	107 - Choe Hyo Sim[PRK]	140 - KUO Hsing-Chun[TPE]	246 - KUO Hsing-Chun[TPE]



START LIST

MEN 67 kg A , 73 kg A

Competition : 06.12.2019 11:00

Weigh in : 9:00

No	LOT	NAME	BORN	TEAM	ENT.
67 kg A					
1	4	J.A.C. Lackmal	07.10.1988	SRI	265
2	15	BIR BDR. Limboo	17.03.1998	BHU	170
3	91	KAMAL BAHADUR Adhikari	20.07.1977	NEP	250
4	98	TALHA Talib	03.10.1999	PAK	290
73 kg A					
1	2	D.M.I.C. Dissanayake	06.08.1989	SRI	295
2	79	ACHINTA Sheuli	24.11.2001	IND	300
3	84	ABU Sufyan	08.01.1993	PAK	280
4	87	CHEKI Gyeltshen	27.10.1990	BHU	200
5	93	PRAKASH K.C.	12.12.1999	NEP	236

Jury

- | | | |
|--|-----------------------------|-----------------------------|
| 1. Hafiz Imran butt *President of Jury [PAK] | 2. Mohyuddin Ahmad [BAN] | 3. K.A. Kumaradasa [SRI] |
| 4. Shyamala Shetty [IND] | 5. Tilak Bahadur Raut [NEP] | 6. Abdullah AL Jarmal [YEM] |

Referee

- | | | |
|----------------------------|---------------------|---------------------------------|
| C- Samsuddin Siddiqi [NEP] | L- Amjid Amin [PAK] | R- M.L. Norajith Fernando [SRI] |
| Res- Niti Thapa [NEP] | | |

Chief Marshal

- | | | |
|---------------------------|----------------------------------|-----------------------------|
| 1. Pradeep Shrestha [NEP] | 2. Ishwor Bahadur Shrestha [NEP] | 3. Kumar Man Shrestha [NEP] |
|---------------------------|----------------------------------|-----------------------------|

Time Keeper

- | |
|-----------------------|
| 1. Ganesh Chand [NEP] |
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Technical Controller

- | | | |
|----------------------------|-------------------------|------------------------|
| 1. Bipendra Maharjan [NEP] | 2. Kiran Tamrakar [NEP] | 3. Anju Ranabhat [NEP] |
|----------------------------|-------------------------|------------------------|

Secretary

- | | |
|----------------------------|--------------------------|
| 1. Sanj ay Maharj an [NEP] | 2. Rukesh Tandukar [NEP] |
|----------------------------|--------------------------|

Competition Doctor

- | |
|--------------------------|
| 1. Dr.Abhinav K.C. [NEP] |
|--------------------------|

Records:	Snatch	Clean and Jerk	Total
67 kg-SENIOR WORLD RECORDS	155 - HUANG Minhao[CHN]	188 - PAK Jong Ju[PRK]	339 - CHEN Lijun[CHN]
67 kg-SENIOR ASIAN RECORDS	155 - HUANG Minhao[CHN]	188 - PAK Jong Ju [PRK]	339 - CHEN Lijun[CHN]
73 kg-SENIOR WORLD RECORDS	168 - SHI Zhiyong[CHN]	197 - SHI Zhiyong[CHN]	363 - SHI Zhiyong[CHN]
73 kg-SENIOR ASIAN RECORDS	168 - SHI Zhiyong[CHN]	197 - SHI Zhiyong[CHN]	363 - SHI Zhiyong[CHN]



START LIST

WOMEN 64 kg A , 71 kg A

Competition : 06.12.2019 13:00

Weigh in : 11:00

No	LOT	NAME	BORN	TEAM	ENT.
64 kg A					
1	20	DEVI Chaudhary	31.08.1985	NEP	150
2	41	SONIA Azmat	18.11.1994	PAK	130
3	61	RAKHI Halder	06.07.1993	IND	200
4	69	V. Arshika	08.10.2001	SRI	170
71 kg A					
1	26	ROKEYA SULTANA Sathy	23.06.1994	BAN	150
2	44	RAJLAXMI Thapa	03.04.1983	NEP	150
3	88	MANPREET Kaur	02.01.1996	IND	180

Jury

- | | | |
|--|-----------------------------|-----------------------------|
| 1. Hafiz Imran butt *President of Jury [PAK] | 2. Mohyuddin Ahmad [BAN] | 3. K.A. Kumaradasa [SRI] |
| 4. Shyamala Shetty [IND] | 5. Tilak Bahadur Raut [NEP] | 6. Abdullah AL Jarmal [YEM] |

Referee

- | | | |
|----------------------------|---------------------|--------------------------|
| C- Sunil Kumar [IND] | L- Nita Thapa [NEP] | R- Shahria Sultana [BAN] |
| Res- D.S.S. Welikala [SRI] | | |

Chief Marshal

- | | | |
|-------------------------------|-------------------------------|-----------------------|
| 1. Sunil Singh Elangbam [IND] | 2. Bijendra Bikram Shah [NEP] | 3. Dev Maharjan [NEP] |
|-------------------------------|-------------------------------|-----------------------|

Time Keeper

1. Ajay Shahi [NEP]

Technical Controller

- | | | |
|----------------------------|---------------------------------|------------------------------|
| 1. Bidduth Kumar Roy [BAN] | 2. Gopal Bahadur Shrestha [NEP] | 3. Bhogendra Manandhar [NEP] |
| 4. Jeevan Gautam [NEP] | | |

Secretary

- | | |
|-----------------|----------------------|
| 1. Khalid [PAK] | 2. Ashok Shahi [NEP] |
|-----------------|----------------------|

Competition Doctor

1. Dr.Gaurav Gurung [NEP]

Records:	Snatch	Clean and Jerk	Total
64 kg-SENIOR WORLD RECORDS	116 - DENG Wei[CHN]	145 - DENG Wei[CHN]	261 - DENG Wei[CHN]
64 kg-SENIOR ASIAN RECORDS	116 - DENG Wei[CHN]	145 - DENG Wei[CHN]	261 - DENG Wei[CHN]
71 kg-SENIOR WORLD RECORDS	117 - World Standard	152 - ZHANG Wangli[CHN]	267 - ZHANG Wangli[CHN]
71 kg-SENIOR ASIAN RECORDS	117 - Asian Standard	152 - ZHANG Wangli[CHN]	267 - ZHANG Wangli[CHN]



START LIST

MEN 81 kg A , 89 kg A

Competition : 06.12.2019 15:00

Weigh in : 13:00

No	LOT	NAME	BORN	TEAM	ENT.
81 kg A					
1	1	HAIDER Ali	02.02.1995	PAK	290
2	57	AJAY Singh	17.04.1997	IND	310
3	96	V.C.G. Vidange	31.12.1981	SRI	300
89 kg A					
1	46	MD SHAKAYET Hossain	07.06.1997	BAN	245
2	68	BIKASH Thapa	23.03.1989	NEP	250
3	74	ABDUR Rehman	20.06.1998	PAK	290

Jury

- | | | |
|--|-----------------------------|-----------------------------|
| 1. Hafiz Imran butt *President of Jury [PAK] | 2. Mohyuddin Ahmad [BAN] | 3. K.A. Kumaradasa [SRI] |
| 4. Shyamala Shetty [IND] | 5. Tilak Bahadur Raut [NEP] | 6. Abdullah AL Jarmal [YEM] |

Referee

- | | | |
|------------------------------|---------------------------------|---------------------|
| C- Niti Thapa [NEP] | L- M.L. Norajith Fernando [SRI] | R- Amjid Amin [PAK] |
| Res- Samsuddin Siddiqi [NEP] | | |

Chief Marshal

- | | | |
|---------------------------|----------------------------------|-----------------------------|
| 1. Pradeep Shrestha [NEP] | 2. Ishwor Bahadur Shrestha [NEP] | 3. Kumar Man Shrestha [NEP] |
|---------------------------|----------------------------------|-----------------------------|

Time Keeper

1. Ratnman Mali [NEP]

Technical Controller

- | | | |
|----------------------------|-------------------------|------------------------|
| 1. Bipendra Maharjan [NEP] | 2. Kiran Tamrakar [NEP] | 3. Anju Ranabhat [NEP] |
|----------------------------|-------------------------|------------------------|

Secretary

- | | |
|----------------------------|--------------------------|
| 1. Sanj ay Maharj an [NEP] | 2. Rukesh Tandukar [NEP] |
|----------------------------|--------------------------|

Competition Doctor

1. Dr.Abhinav K.C. [NEP]

Records:	Snatch	Clean and Jerk	Total
<i>81 kg-SENIOR WORLD RECORDS</i>	173 - MAHMOUD Mohamed Ihab Youssef Ahmed[EGY]	207 - LYU Xiaojun[CHN]	378 - LYU Xiaojun[CHN]
<i>81 kg-SENIOR ASIAN RECORDS</i>	172 - LYU Xiaojun [CHN]	207 - LYU Xiaojun [CHN]	378 - LYU Xiaojun [CHN]
<i>89 kg-SENIOR WORLD RECORDS</i>	179 - World Standard	216 - World Standard	387 - World Standard
<i>89 kg-SENIOR ASIAN RECORDS</i>	175 - Asian Standard	216 - Asian Standard	387 - Asian Standard



START LIST

WOMEN 76 kg A , 81 kg A

Competition : 07.12.2019 11:00

Weigh in : 9:00

No	LOT	NAME	BORN	TEAM	ENT.
76 kg A					
1	49	B.C. Priyanthi	09.09.1992	SRI	180
2	55	TARA DEVI Pun	13.01.1984	NEP	170
3	75	MABIA Aktar	07.10.1999	BAN	170
81 kg A					
1	25	LAXMI Ban	01.07.1984	NEP	155
2	38	SHARSTI Singh	05.09.1988	IND	180
3	85	JUHORA Khaton Nisha	10.02.1990	BAN	165

Jury

- | | | |
|--|-----------------------------|-----------------------------|
| 1. Hafiz Imran butt *President of Jury [PAK] | 2. Mohyuddin Ahmad [BAN] | 3. K.A. Kumaradasa [SRI] |
| 4. Shyamala Shetty [IND] | 5. Tilak Bahadur Raut [NEP] | 6. Abdullah AL Jarmal [YEM] |

Referee

- | | | |
|----------------------------|----------------------|---------------------|
| C- D.S.S. Welikala [SRI] | L- Sunil Kumar [IND] | R- Nita Thapa [NEP] |
| Res- Shahria Sultana [BAN] | | |

Chief Marshal

- | | | |
|-------------------------------|-------------------------------|-----------------------|
| 1. Sunil Singh Elangbam [IND] | 2. Bijendra Bikram Shah [NEP] | 3. Dev Maharjan [NEP] |
|-------------------------------|-------------------------------|-----------------------|

Time Keeper

1. Ajay Shahi [NEP]

Technical Controller

- | | | |
|----------------------------|---------------------------------|------------------------------|
| 1. Bidduth Kumar Roy [BAN] | 2. Gopal Bahadur Shrestha [NEP] | 3. Bhogendra Manandhar [NEP] |
| 4. Jeevan Gautam [NEP] | | |

Secretary

- | | |
|-----------------|----------------------|
| 1. Khalid [PAK] | 2. Ashok Shahi [NEP] |
|-----------------|----------------------|

Competition Doctor

1. Dr.Gaurav Gurung [NEP]

Records:	Snatch	Clean and Jerk	Total
76 kg-SENIOR WORLD RECORDS	124 - RIM Jong Sim[PRK]	156 - ZHANG Wangli[CHN]	278 - RIM Jong Sim[PRK]
76 kg-SENIOR ASIAN RECORDS	124 - RIM Jong Sim[PRK]	156 - ZHANG Wangli[CHN]	278 - RIM Jong Sim[PRK]
81 kg-SENIOR WORLD RECORDS	127 - World Standard	158 - World Standard	283 - World Standard
81 kg-SENIOR ASIAN RECORDS	125 - Asian Standard	157 - Asian Standard	278 - Asian Standard



START LIST

MEN 96 kg A , 102 kg A

Competition : 07.12.2019 13:00

Weigh in : 11:00

No	LOT	NAME	BORN	TEAM	ENT.
96 kg A					
1	21	VISHAL SINGH Bist	17.10.2000	NEP	250
2	28	JIARUL Islam	20.11.1995	BAN	240
3	72	KINLEY Gyeltshen	01.01.1986	BHU	180
102 kg A					
1	3	USMAN AMJAD Rathore	10.01.1987	PAK	300
2	12	MD MAINUL Islam	08.09.1979	BAN	245
3	18	SANDESH Gurung	26.11.1996	NEP	240

Jury

- | | | |
|--|-----------------------------|-----------------------------|
| 1. Hafiz Imran butt *President of Jury [PAK] | 2. Mohyuddin Ahmad [BAN] | 3. K.A. Kumaradasa [SRI] |
| 4. Shyamala Shetty [IND] | 5. Tilak Bahadur Raut [NEP] | 6. Abdullah AL Jarmal [YEM] |

Referee

- | | | |
|---------------------------------|---------------------|----------------------------|
| C- M.L. Norajith Fernando [SRI] | L- Amjid Amin [PAK] | R- Samsuddin Siddiqi [NEP] |
| Res- Niti Thapa [NEP] | | |

Chief Marshal

- | | | |
|---------------------------|----------------------------------|-----------------------------|
| 1. Pradeep Shrestha [NEP] | 2. Ishwor Bahadur Shrestha [NEP] | 3. Kumar Man Shrestha [NEP] |
|---------------------------|----------------------------------|-----------------------------|

Time Keeper

1. Ratnman Mali [NEP]

Technical Controller

- | | | |
|----------------------------|-------------------------|------------------------|
| 1. Bipendra Maharjan [NEP] | 2. Kiran Tamrakar [NEP] | 3. Anju Ranabhat [NEP] |
|----------------------------|-------------------------|------------------------|

Secretary

- | | |
|----------------------------|--------------------------|
| 1. Sanj ay Maharj an [NEP] | 2. Rukesh Tandukar [NEP] |
|----------------------------|--------------------------|

Competition Doctor

1. Dr.Abhinav K.C. [NEP]

Records:	Snatch	Clean and Jerk	Total
<i>96 kg-SENIOR WORLD RECORDS</i>	186 - MORADI Sohrab[IRI]	231 - TIAN Tao[CHN]	416 - MORADI Sohrab[IRI]
<i>96 kg-SENIOR ASIAN RECORDS</i>	186 - MORADI Sohrab[IRI]	231 - TIAN Tao[CHN]	416 - MORADI Sohrab[IRI]
<i>102 kg-SENIOR WORLD RECORDS</i>	191 - World Standard	231 - World Standard	412 - World Standard
<i>102 kg-SENIOR ASIAN RECORDS</i>	186 - Asian Standard	231 - Asian Standard	412 - Asian Standard



START LIST

WOMEN 87 kg A , +87 kg A

Competition : 07.12.2019 15:00

Weigh in : 13:00

No	LOT	NAME	BORN	TEAM	ENT.
87 kg A					
1	23	RABBIA Razzaq	09.07.1997	PAK	135
2	31	ANURADHA Pavunraj	25.05.1992	IND	190
3	71	MANKUMARI Kumal	09.07.1989	NEP	145
+87 kg A					
1	37	H.W.T.N.B.J. Haputhenna	16.10.1999	SRI	180
2	63	ASHMITA Rai	28.01.1994	NEP	125
3	99	FEROGA Begum	1987	BAN	140

Jury

- | | | |
|--|-----------------------------|-----------------------------|
| 1. Hafiz Imran butt *President of Jury [PAK] | 2. Mohyuddin Ahmad [BAN] | 3. K.A. Kumaradasa [SRI] |
| 4. Shyamala Shetty [IND] | 5. Tilak Bahadur Raut [NEP] | 6. Abdullah AL Jarmal [YEM] |

Referee

- | | | |
|--------------------------|--------------------------|----------------------|
| C- Shahria Sultana [BAN] | L- D.S.S. Welikala [SRI] | R- Sunil Kumar [IND] |
| Res- Nita Thapa [NEP] | | |

Chief Marshal

- | | | |
|-------------------------------|-------------------------------|-----------------------|
| 1. Sunil Singh Elangbam [IND] | 2. Bijendra Bikram Shah [NEP] | 3. Dev Maharjan [NEP] |
|-------------------------------|-------------------------------|-----------------------|

Time Keeper

1. Ganesh Chand [NEP]

Technical Controller

- | | | |
|----------------------------|---------------------------------|------------------------------|
| 1. Bidduth Kumar Roy [BAN] | 2. Gopal Bahadur Shrestha [NEP] | 3. Bhogendra Manandhar [NEP] |
| 4. Jeevan Gautam [NEP] | | |

Secretary

- | | |
|-----------------|----------------------|
| 1. Khalid [PAK] | 2. Ashok Shahi [NEP] |
|-----------------|----------------------|

Competition Doctor

1. Dr.Gaurav Gurung [NEP]

Records:	Snatch	Clean and Jerk	Total
<i>87 kg-SENIOR WORLD RECORDS</i>	132 - World Standard	164 - World Standard	294 - World Standard
<i>87 kg-SENIOR ASIAN RECORDS</i>	130 - Asian Standard	162 - Asian Standard	289 - Asian Standard
<i>+87 kg-SENIOR WORLD RECORDS</i>	147 - LI Wenwen[CHN]	186 - LI Wenwen[CHN]	332 - Li Wenwen[CHN]
<i>+87 kg-SENIOR ASIAN RECORDS</i>	147 - LI Wenwen[CHN]	186 - LI Wenwen[CHN]	332 - LI Wenwen[CHN]



START LIST

MEN 109 kg A , +109 kg A

Competition : 08.12.2019 11:00

Weigh in : 9:00

No	LOT	NAME	BORN	TEAM	ENT.
109 kg A					
1	19	SAGAR Bhandari	07.11.2001	NEP	250
2	86	MOHAMMAD ABDULLAH Al Mumin	05.03.1983	BAN	240
3	89	HANZALA Dastgir Butt	17.08.2002	PAK	300
+109 kg A					
1	14	MUHAMMAD NOOH Dastgir Butt	03.02.1998	PAK	360
2	39	PUKAR Gurung	04.11.1991	NEP	265
3	40	W.P.U. Charuka	09.08.1993	SRI	320
4	65	MD FORHAD Ali	01.05.1988	BAN	260

Jury

- | | | |
|--|-----------------------------|-----------------------------|
| 1. Hafiz Imran butt *President of Jury [PAK] | 2. Mohyuddin Ahmad [BAN] | 3. K.A. Kumaradasa [SRI] |
| 4. Shyamala Shetty [IND] | 5. Tilak Bahadur Raut [NEP] | 6. Abdullah AL Jarmal [YEM] |

Referee

- | | | |
|------------------------------|---------------------------------|---------------------|
| C- Amjid Amin [PAK] | L- M.L. Norajith Fernando [SRI] | R- Niti Thapa [NEP] |
| Res- Samsuddin Siddiqi [NEP] | | |

Chief Marshal

- | | | |
|---------------------------|----------------------------------|-----------------------------|
| 1. Pradeep Shrestha [NEP] | 2. Ishwor Bahadur Shrestha [NEP] | 3. Kumar Man Shrestha [NEP] |
|---------------------------|----------------------------------|-----------------------------|

Time Keeper

1. Ratnman Mali [NEP]

Technical Controller

- | | | |
|----------------------------|-------------------------|------------------------|
| 1. Bipendra Maharjan [NEP] | 2. Kiran Tamrakar [NEP] | 3. Anju Ranabhat [NEP] |
|----------------------------|-------------------------|------------------------|

Secretary

- | | |
|----------------------------|--------------------------|
| 1. Sanj ay Maharj an [NEP] | 2. Rukesh Tandukar [NEP] |
|----------------------------|--------------------------|

Competition Doctor

1. Dr.Abhinav K.C. [NEP]

Records:	Snatch	Clean and Jerk	Total
109 kg-SENIOR WORLD RECORDS	199 - MARTIROSYAN Simon[ARM]	240 - MARTIROSYAN Simon[ARM]	435 - MARTIROSYAN Simon[ARM]
109 kg-SENIOR ASIAN RECORDS	197 - YANG Zhe[CHN]	237 - Asian Standard	422 - Asian Standard
+109 kg-SENIOR WORLD RECORDS	220 - TALAKHADZE Lasha[GEO]	264 - TALAKHADZE Lasha[GEO]	484 - TALAKHADZE Lasha[GEO]
+109 kg-SENIOR ASIAN RECORDS	204 - Asian Standard	249 - Asian Standard	448 - Asian Standard