

Press Release

Punjab lifters win three gold, but Andhra's Yadav picks two medals at KIYG

Pune, January 12: Punjab ruled the arena on the fourth day of weightlifting, winning three of the six gold on offer besides a silver and a bronze at the Khelo India Youth Games 2019 here on Saturday.

Punjab were nowhere in the picture till yesterday but made their mark on Saturday to bring themselves on par with Mizoram and Manipur.

Maharashtra, however, stand on the top of the Weightlifting medals tally so far with six golds though today was rather unproductive for them. Maharashtra are followed by Mizoram and Manipur with three gold medals each.

While Punjab was bagging a lion's share of gold, it was Andhra Pradesh's A.S.R.K. Yadav, who was the star of the day. Yadav won the Under-17 gold by a massive margin, as his total of 267 kg (121 snatch and 146 Clean & Jerk) was 29 kg better than the second placed Anil Singh of Punjab. Anubhav Singh took the bronze with a total of 230 kgs.

Yadav missed out on a double by a whisker with his total of 267 kgs. In the race for medals in U-21 section, he trumped Baldev in the snatch by lifting 121kg but fell 2kg short in clean and jerk, finishing with 146kg.

Apart from Baldev Guru, Navdeep Kaur and Nikhil Tugnait were the gold getters for Punjab's while Anil Singh and Gurkaran Singh took silver and bronze respectively for their State.

Halavath Karthik from Telangana beat his opponents quite comfortably with a total of 258kg in the 89kg men's youth (U-17) section (snatch 112kg, clean and jerk 146kg). Bholu Singh from Bihar took silver with a total of 219 kgs and Gurkaran Singh from Punjab won bronze (213 kg).

Nikhil Tugnait gave Punjab their second gold in the 89kg men's junior event. He hoisted 134kg in snatch and added 160kg to his tally in clean and jerk for a total of 294 kgs. Manish from Haryana secured the silver medal with a total weight of 286kg. No bronze medal was awarded in this category

In women's action, Navdeep Kaur won the 64 kg (U-17) class with a total lift of 151kg. Debaki Khilla from Odisha won silver with her total of 147kg while Liza Kamsha (147kg) of Arunachal Pradesh took bronze.

It was a tight battle in the women's 64kg junior class, between Seram Nirupama Devi of Manipur and G. Lalitha of Andhra Pradesh with the former eventually sealing gold by lifting a total of 196kg, (snatch 84kg, clean and jerk 112kg). Lalitha had a total of 195 kg for silver and Manipur's Roshilata Devi (186kg) took bronze.

RESULTS:

U-17 Youth Men's 81kg: 1. A.S.R.K. Yadav (AP) 267 kg, 2. Anil Singh (Pun) 238 kg, 3. Anubhav Singh (Raj) 230 kg.

U-21 Junior Men's 81kg: 1. Baldev Guru (Pun) 268 kg, 2. A.S.R.K. Yadav (AP) 267 kg, 3. Kunwar Vishwajeet Singh R. (MP) 251 kg.

U-17 Youth Women's 64kg: 1. Navdeep Kaur (Pun) 151 kg, 2. Debaki Khilla (Ori) 147 kg, 3. Liza Kamsha (Aru) 147 kg.

U-21 Junior Women's 64kg: 1. Seram Nirupama Devi (Mnp) 196 kg, 2. G. Lalitha (AP) 195 kg, 3. K. Roshilata Devi (Mnp) 186 kg.

U-17 Youth Men's 89kg: 1. Halavath Karthik (Tel) 258kg, 2. Bholu Singh (Bhr) 219kg, 3. Gurkaran Singh (Pun) 213kg.

U-21 Junior Men's 89kg: 1. Nikhil Tugnait (Pun) 294kg, 2. Manish (Hrn) 286kg.