

KSPLA
Kerala State Classic Bench Press Championship 2025
V K Krishna Menon Indoor Stadium, Kozhikode - 29-11-2025 to 01-12-2025
Final Results

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
Open - 47kg												
1	ASHIMOL	27-05-1997	TCR	47.00	1.059827	70.0	72.5	75.0	75.0	12	79.487025	1 🏆
2	SONIMA K B	30-07-1986	EKM	44.90	1.119271	35.0	37.5	40.0	37.5	9	41.972663	8
Open - 52kg												
1	GEETHANJALI MOTTEGUDDE	31-03-2000	KSD	49.90	0.994960	47.5	52.5	57.5	52.5	12	52.235400	3 🏆
2	SANJANA M	10-04-2006	TCR	51.90	0.958922	45.0	50.0	50.0	45.0	9	43.151490	7
3	PRIYANKA S PRIYANKA S	02-12-2001	EKM	47.10	1.057290	35.0	37.5	37.5	35.0	8	37.005150	14
4	SHILPA MANOJ	29-04-1998	KNR	47.85	1.039003	25.0	30.0	37.5	30.0	7	31.170090	20
5	AJITHA K AJITHABK	02-05-1996	KSD	50.95	0.975286	30.0	35.0	35.0	30.0	6	29.258580	22
Open - 57kg												
1	ARYA S KUMAR	30-05-1995	EKM	56.65	0.893289	50.0	55.0	57.5	55.0	12	49.130895	5
2	SRUTHYMOL JOSEPH	02-11-1999	IDK	56.45	0.895603	40.0	42.5	42.5	42.5	9	38.063128	12
3	RAKHI HARIKUMAR	20-05-1986	KLM	55.70	0.904586	25.0	27.5	30.0	27.5	8	24.876115	25
Open - 63kg												
1	JANCY T P	15-02-1996	KNR	60.90	0.851164	40.0	42.5	45.0	45.0	12	38.302380	11
2	PARVATHY P.S	30-08-1995	EKM	62.60	0.837458	40.0	45.0	45.0	40.0	9	33.498320	18
3	ANUSREE PK	04-05-2000	KNR	62.80	0.835944	35.0	37.5	42.5	37.5	8	31.347900	19
Open - 69kg												
1	SANDRAMOL VS	09-09-2005	TCR	69.00	0.797393	70.0	77.5	80.0	77.5	12	61.797958	2 🏆
2	DR. REEM RASHEED	28-03-1987	MPM	67.90	0.803199	50.0	52.5	52.5	50.0	9	40.159950	9
3	SOUMIA S	30-05-1986	EKM	68.25	0.801310	42.5	47.5	52.5	42.5	8	34.055675	17
4	MAYA C	15-03-1994	KNR	67.30	0.806533	30.0	35.0	42.5	35.0	7	28.228655	23
Open - 76kg												
1	NAUFIDA DANIE EJ	22-02-1986	EKM	70.70	0.789141	47.5	47.5	50.0	50.0	12	39.457050	10
2	DEVIKA MAVATH	10-06-2000	MPM	69.30	0.795876	45.0	50.0	50.0	45.0	9	35.814420	15
3	NAINA ABDULKHADER	18-07-2006	MPM	74.45	0.773597	40.0	45.0	50.0	45.0	8	34.811865	16
4	SHIJINA A	31-01-1986	KNR	70.40	0.790537	32.5	37.5	40.0	37.5	7	29.645138	21
Open - 84kg												
1	AISHU A	29-10-1997	KNR	84.00	0.746065	40.0	50.0	55.0	50.0	12	37.303250	13
Open - 84+Kg												
1	MARY CHRISTA ANTONY	14-11-1988	EKM	113.30	0.712720	65.0	70.0	72.5	72.5	12	51.672200	4
2	APARNA S NAIR	25-10-2001	TVM	100.00	0.722154	50.0	57.5	62.5	62.5	9	45.134625	6
3	ASWATHY M NAIR	12-03-1997	TVM	84.10	0.745845	35.0	40.0	42.5	35.0	8	26.104575	24

Best Lifter - Open							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	ASHIMOL	TCR	47kg	47.00	1.059827	75.0	79.487025
2	SANDRAMOL VS	TCR	69kg	69.00	0.797393	77.5	61.797958
3	GEETHANJALI MOTTEGUDDE	KSD	52kg	49.90	0.994960	52.5	52.235400

Team Championship - Open				
Place	Team	Points	Best Points	IPF GL Points
1	ERNAKULAM	54	12+12+12+9+9	215.731128
2	KANNUR	46	12+12+8+7+7	167.768758
3	THRISSUR	33	12+12+9	184.436473
4	MALAPPURAM	26	9+9+8	110.786235
5	KASARAGOD	18	12+6	81.493980
6	THIRUVANANTHAPURAM	17	9+8	71.239200
7	IDUKKI	9	9	38.063128
8	KOLLAM	8	8	24.876115

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
Sub Junior - 43kg												
1	MEENAKSHI RAVI	26-09-2008	EKM	41.95	1.228357	35.0	40.0	42.5	40.0	12	49.134280	2 🏆
2	JEWEL JOHNY	10-06-2011	EKM	39.10	1.377047	35.0	37.5	37.5	35.0	9	48.196645	3 🏆
3	JIYA S JENSON	27-02-2012	KLM	41.60	1.243895	22.5	25.0	27.5	25.0	8	31.097375	19

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL	Points	Place
Sub Junior - 47kg													
1	MIRZA FATHIMA	15-04-2010	EKM	45.90	1.089417	32.5	35.0	40.0	40.0	12	43.576680		5
2	MARY JASMIN	20-09-2007	EKM	44.10	1.145472	30.0	32.5	32.5	30.0	9	34.364160		13
3	JASIYA NASRIN	10-12-2007	TCR	45.35	1.105462	20.0	30.0	37.5	30.0	8	33.163860		17
4	SANIYA F	06-04-2007	KNR	45.50	1.100998	30.0	30.0	35.0	30.0	7	33.029940		18
Sub Junior - 52kg													
1	NANDANA R	29-12-2009	KNR	52.00	0.957273	30.0	35.0	37.5	37.5	12	35.897738		10
2	SNEHA B A	27-02-2009	KLM	52.00	0.957273	35.0	37.5	37.5	35.0	9	33.504555		14
3	HASHMI FATHIMA	16-08-2008	KSD	48.20	1.030896	25.0	30.0	37.5	30.0	8	30.926880		20
Sub Junior - 57kg													
1	DEVIKA A	11-03-2008	KNR	57.00	0.889322	45.0	50.0	55.0	50.0	12	44.466100		4
2	SHANIBA KP	28-02-2007	MPM	55.90	0.902142	40.0	45.0	47.5	47.5	9	42.851745		6
3	ANUSREE. A ANUSREE. A	28-03-2008	KLM	57.00	0.889322	32.5	37.5	40.0	37.5	8	33.349575		15
4	AYSHA V P	12-05-2010	KNR	54.75	0.916712	22.5	27.5	32.5	32.5	7	29.793140		22
5	ANGELINA S R	02-08-2007	EKM	56.30	0.897360	30.0	32.5	35.0	32.5	6	29.164200		23
Sub Junior - 63kg													
1	RITHIKA P	03-07-2008	WYD	59.25	0.866055	55.0	55.0	62.5	62.5	12	54.128438		1 
2	SHAMILA BANU BANU	19-08-2008	EKM	60.30	0.856386	37.5	42.5	45.0	45.0	9	38.537370		8
3	AKARSHA MOHANLAL	27-09-2008	KLM	63.00	0.834450	42.5	47.5	47.5	42.5	8	35.464125		11
Sub Junior - 69kg													
1	NAKSHATRA ANIYERI	12-03-2012	KNR	67.90	0.803199	40.0	45.0	47.5	47.5	12	38.151953		9
2	AALIYA S	10-06-2010	TVM	67.00	0.808247	30.0	35.0	37.5	37.5	9	30.309263		21
3	MIDHA A	07-02-2010	KKD	63.60	0.830082	25.0	30.0	30.0	25.0	8	20.752050		25
Sub Junior - 76kg													
1	BHADRA NAIR	08-05-2009	PKD	71.60	0.785096	35.0	42.5	50.0	50.0	12	39.254800		7
2	RUTH ROSHIN JACOB	30-09-2013	PTA	71.80	0.784226	22.5	30.0	32.5	30.0	9	23.526780		24
Sub Junior - 84+Kg													
1	ARPITHA NAIR J	10-11-2007	TVM	124.00	0.708519	40.0	45.0	50.0	50.0	12	35.425950		12
2	SURANJINI S	10-07-2007	ALP	86.45	0.741009	40.0	45.0	47.5	45.0	9	33.345405		16
3	SANVIA M	11-02-2011	KNR	97.30	0.724953	20.0	25.0	30.0	25.0	8	18.123825		26

Best Lifter - Sub Junior							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	RITHIKA P	WYD	63kg	59.25	0.866055	62.5	54.128438
2	MEENAKSHI RAVI	EKM	43kg	41.95	1.228357	40.0	49.134280
3	JEWEL JOHNY	EKM	43kg	39.10	1.377047	35.0	48.196645

Team Championship - Sub Junior				
Place	Team	Points	Best Points	IPF GL Points
1	KANNUR	51	12+12+12+8+7	169.669556
2	ERNAKULAM	51	12+12+9+9+9	213.809135
3	KOLLAM	33	9+8+8+8	133.415630
4	THIRUVANANTHAPURAM	21	12+9	65.735213
5	WAYANAD	12	12	54.128438
6	PALAKKAD	12	12	39.254800
7	MALAPPURAM	9	9	42.851745
8	ALAPPUZHA	9	9	33.345405
9	PATHANAMTHITTA	9	9	23.526780
10	THRISSUR	8	8	33.163860
11	KASARAGOD	8	8	30.926880
12	KOZHIKODE	8	8	20.752050

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
Junior - 47kg												
1	ALNA M AJAYAN	17-12-2004	KNR	47.00	1.059827	30.0	35.0	37.5	35.0	12	37.093945	11
2	VISMAYA KP	19-08-2004	EKM	46.15	1.082411	25.0	30.0	32.5	32.5	9	35.178358	12
3	AYANA VISWANATHAN	20-04-2004	TCR	46.75	1.066278	30.0	35.0	35.0	30.0	8	31.988340	15
Junior - 52kg												
1	HIND K M	16-08-2004	TCR	51.55	0.964802	50.0	57.5	62.5	57.5	12	55.476115	2 🏆
2	ASWATHA V	29-11-2004	KNR	48.75	1.018668	35.0	40.0	45.0	40.0	9	40.746720	9
3	CHRISTY P VARGHESE	08-04-2002	EKM	52.00	0.957273	30.0	32.5	35.0	32.5	8	31.111373	16
Junior - 57kg												

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
1	SNEHA F	09-02-2005	KNR	54.70	0.917374	30.0	45.0	47.5	45.0	12	41.281830	8
Junior - 63kg												
1	REVATHY K	14-12-2002	TCR	60.90	0.851164	65.0	70.0	72.5	70.0	12	59.581480	1 
2	GRACE JENIT JOY	08-11-2006	EKM	61.90	0.842915	40.0	42.5	45.0	45.0	9	37.931175	10
3	DEVIKA K	25-08-2005	EKM	60.40	0.855501	35.0	37.5	40.0	37.5	8	32.081288	14
4	NANDANA P NAIR	27-08-2005	PTA	59.10	0.867494	20.0	25.0	25.0	20.0	7	17.349880	19
Junior - 69kg												
1	KRIPA P BABU	02-09-2004	KNR	68.50	0.799985	55.0	62.5	65.0	65.0	12	51.999025	4
2	NIVEDITHA ANTONY	24-03-2006	EKM	68.00	0.802655	60.0	65.0	67.5	60.0	9	48.159300	6
Junior - 76kg												
1	ACHSHAH R M	08-09-2003	TVM	75.00	0.771585	65.0	70.0	80.0	70.0	12	54.010950	3 
Junior - 84kg												
1	SREELAKSHMI K S	21-11-2005	EKM	80.30	0.755068	55.0	60.0	60.0	60.0	12	45.304080	7
2	VISHNUPRIYA P	30-09-2005	PTA	76.55	0.766242	40.0	45.0	47.5	45.0	9	34.480890	13
3	DEVIKA K M	18-05-2006	KNR	83.90	0.746285	35.0	40.0	42.5	40.0	8	29.851400	17
Junior - 84+Kg												
1	NAMITHA P V	25-03-2006	KNR	99.30	0.722844	60.0	65.0	70.0	70.0	12	50.599080	5
2	AZALIA J	06-12-2006	ALP	85.20	0.743507	40.0	45.0	50.0	40.0	9	29.740280	18

Best Lifter - Junior							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	REVATHY K	TCR	63kg	60.90	0.851164	70.0	59.581480
2	HIND K M	TCR	52kg	51.55	0.964802	57.5	55.476115
3	ACHSHAH R M	TVM	76kg	75.00	0.771585	70.0	54.010950

Team Championship - Junior				
Place	Team	Points	Best Points	IPF GL Points
1	KANNUR	57	12+12+12+12+9	221.720600
2	ERNAKULAM	47	12+9+9+9+8	198.654201
3	THRISSUR	32	12+12+8	147.045935
4	PATHANAMTHITTA	16	9+7	51.830770
5	THIRUVANANTHAPURAM	12	12	54.010950
6	ALAPPUZHA	9	9	29.740280

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
Master 1 - 57kg												
1	SHEELA K	18-05-1982	KNR	56.85	0.891010	20.0	25.0	25.0	20.0	12	17.820200	11
Master 1 - 63kg												
1	SOUBHAGYA K V	27-05-1985	KNR	62.20	0.840546	37.5	40.0	45.0	40.0	12	33.621840	6
2	REENA T R	26-05-1981	EKM	61.75	0.844118	30.0	32.5	35.0	32.5	9	27.433835	8
3	SHAMNA KK	29-05-1983	KNR	62.50	0.838222	25.0	27.5	30.0	25.0	8	20.955550	10
Master 1 - 69kg												
1	PREETHA R GOVIND	01-08-1981	EKM	68.00	0.802655	35.0	37.5	42.5	42.5	12	34.112838	5
2	DIMPLE BABY	12-09-1978	TCR	64.45	0.824176	35.0	40.0	45.0	40.0	9	32.967040	7
Master 1 - 76kg												
1	BABY JOSEPH	08-02-1981	EKM	70.40	0.790537	57.5	60.0	62.5	62.5	12	49.408563	1 
2	VINEETHA VARMA	29-04-1977	EKM	74.30	0.774156	52.5	55.0	57.5	55.0	9	42.578580	4
Master 1 - 84kg												
1	UMAIRA CK	28-10-1983	KNR	80.70	0.754006	55.0	62.5	67.5	62.5	12	47.125375	2 
2	SHINI M	30-05-1983	KNR	79.50	0.757262	25.0	30.0	30.0	30.0	9	22.717860	9
Master 1 - 84+Kg												
1	JISNA IBRAHIMKUTTY	30-05-1985	TCR	84.50	0.744979	55.0	62.5	67.5	62.5	12	46.561188	3 

Best Lifter - Master 1							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	BABY JOSEPH	EKM	76kg	70.40	0.790537	62.5	49.408563
2	UMAIRA CK	KNR	84kg	80.70	0.754006	62.5	47.125375
3	JISNA IBRAHIMKUTTY	TCR	84+kg	84.50	0.744979	62.5	46.561188

Team Championship - Master 1				
Place	Team	Points	Best Points	IPF GL Points
1	KANNUR	53	12+12+12+9+8	142.240825
2	ERNAKULAM	42	12+12+9+9	153.533816
3	THRISSUR	21	12+9	79.528228

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
Master 2 - 47kg												
1	NICEY K L	07-04-1968	KNR	47.00	1.059827	30.0	35.0	40.0	35.0	12	37.093945	2 
Master 2 - 52kg												
1	VIJAYAM K	29-05-1970	EKM	51.40	0.967374	40.0	42.5	45.0	45.0	12	43.531830	1 
Master 2 - 57kg												
1	REEBA K S	25-05-1971	EKM	52.95	0.942254	25.0	30.0	32.5	32.5	12	30.623255	7
2	PREETHA SATHYAN	30-01-1975	KNR	56.60	0.893865	20.0	25.0	30.0	30.0	9	26.815950	8
Master 2 - 63kg												
1	APARNA LAVAKUMAR	09-09-1975	TCR	61.20	0.848632	40.0	42.5	42.5	40.0	12	33.945280	4
2	ANNIE JOSEPH	26-10-1971	EKM	62.20	0.840546	40.0	42.5	42.5	40.0	9	33.621840	5
Master 2 - 69kg												
1	SREEJA SAJEEVAN	29-01-1968	KNR	67.30	0.806533	35.0	40.0	X	40.0	12	32.261320	6
Master 2 - 84+Kg												
1	SHEEJA PANACHI	02-05-1973	KNR	86.85	0.740244	45.0	47.5	52.5	47.5	12	35.161590	3 

Best Lifter - Master 2							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	VIJAYAM K	EKM	52kg	51.40	0.967374	45.0	43.531830
2	NICEY K L	KNR	47kg	47.00	1.059827	35.0	37.093945
3	SHEEJA PANACHI	KNR	84+kg	86.85	0.740244	47.5	35.161590

Team Championship - Master 2				
Place	Team	Points	Best Points	IPF GL Points
1	KANNUR	45	12+12+12+9	131.332805
2	ERNAKULAM	33	12+12+9	107.776925
3	THRISSUR	12	12	33.945280

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
Master 3 - 63kg												
1	NADEERA SHAMEEM	22-10-1961	KNR	59.10	0.867494	25.0	30.0	32.5	30.0	12	26.024820	3 
Master 3 - 76kg												
1	REENI THARAKAN	03-08-1960	EKM	73.00	0.779211	37.5	40.0	42.5	42.5	12	33.116468	2 
Master 3 - 84+Kg												
1	MARY BEENA	31-05-1965	EKM	96.00	0.726442	55.0	60.0	65.0	65.0	12	47.218730	1 

Best Lifter - Master 3							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	MARY BEENA	EKM	84+kg	96.00	0.726442	65.0	47.218730
2	REENI THARAKAN	EKM	76kg	73.00	0.779211	42.5	33.116468
3	NADEERA SHAMEEM	KNR	63kg	59.10	0.867494	30.0	26.024820

Team Championship - Master 3				
Place	Team	Points	Best Points	IPF GL Points
1	ERNAKULAM	24	12+12	80.335198
2	KANNUR	12	12	26.024820

Abbreviations:

ALP = Alappuzha EKM = Ernakulam IDK = Idukki KNR = Kannur KSD = Kasaragod KLM = Kollam KKD = Kozhikode MPM = Malappuram PKD = Palakkad PTA = Pathanamthitta TVM = Thiruvananthapuram TCR = Thrissur

WYD = Wayanad