

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 - 59kg													
1	ABIN P YOOSUF	21-01-1995	IDK	59.00	0.603406	110.0	122.5	X	122.5	12	73.917235		6
2	KANNAN K A	20-07-1994	EKM	59.00	0.603406	75.0	82.5	85.0	82.5	9	49.780995		31
3	ABIN E S	08-03-1996	KTM	58.85	0.604263	72.5	77.5	80.0	80.0	8	48.341040		36
4	ANIL KUMAR M	28-03-1990	PKD	50.00	0.662329	72.5	75.0	77.5	77.5	7	51.330498		29
5	MANJUNATHAN K	13-05-2000	KSD	57.95	0.609482	75.0	77.5	77.5	77.5	6	47.234855		38
Open - 66kg													
1	BIBIN JOY	19-03-1996	TCR	66.00	0.567205	145.0	150.0	152.5	150.0	12	85.080750		1 
2	FASIL K KAREEEM	21-05-1994	EKM	64.00	0.576845	90.0	95.0	100.0	100.0	9	57.684500		17
3	MUHEES AZLAM N.P	11-08-1995	KKD	64.34	0.575194	70.0	80.0	90.0	90.0	8	51.767460		27
4	AKSHAIN P AJEESH	11-04-1999	EKM	64.50	0.574386	87.5	90.0	90.0	87.5	7	50.258775		30
5	SALMAN FARIS M	24-05-1999	MPM	64.50	0.574386	85.0	92.5	92.5	85.0	6	48.822810		34
6	ASHIK K S	13-01-1995	TCR	65.40	0.570043	70.0	77.5	82.5	77.5	5	44.178333		40
7	MOHAMMED SANAD U	20-05-2006	PKD	61.00	0.592331	52.5	57.5	62.5	62.5	4	37.020688		42
Open - 74kg													
1	JITH T AUGUSTIN	01-06-1998	ALP	73.85	0.533875	140.0	145.0	150.0	145.0	12	77.411875		3 
2	MUHAMMED RAHEES E C	01-10-1998	MPM	74.00	0.533300	105.0	112.5	115.0	112.5	9	59.996250		14
3	SABIN JACOB	03-02-1988	TCR	68.85	0.554323	100.0	110.0	115.0	110.0	8	60.975530		12
4	THOMAS P MATHEW	19-05-1990	KTM	73.90	0.533683	110.0	115.0	115.0	110.0	7	58.705130		15
5	SOORAJ SAJEEV	23-03-2000	EKM	69.45	0.551731	100.0	105.0	112.5	105.0	6	57.931755		16
6	MUHAMMED JAVAD V	12-05-1998	KKD	72.50	0.539146	100.0	105.0	112.5	105.0	5	56.610330		18
7	SIDDIQUE. PK PK	14-06-1991	KSD	69.40	0.551945	90.0	100.0	107.5	100.0	4	55.194500		20
8	SABU GEORGE	04-06-1990	KNR	72.25	0.540142	80.0	90.0	100.0	100.0	3	54.014200		22
9	SULTHAN SUFEYAN	18-10-1997	TVM	72.65	0.538552	100.0	100.0	115.0	100.0	2	53.855200		23
10	SHABEER K P	08-03-1992	KNR	68.90	0.554106	90.0	95.0	97.5	95.0	1	52.640070		26
11	MANOVAR M MANOJ	06-01-1999	EKM	73.35	0.535807	90.0	100.0	105.0	90.0	1	48.222630		37
Open - 83kg													
1	MIRSHAD PK	05-04-1994	KKD	81.80	0.506063	150.0	160.0	165.0	165.0	12	83.500395		2 
2	ABUTHAHIR N M	24-09-2001	EKM	82.60	0.503538	145.0	152.5	157.5	152.5	9	76.789545		5
3	SATHEESAN K	04-07-1994	KSD	77.20	0.521517	105.0	115.0	117.5	117.5	8	61.278248		11
4	SUHAIB S	29-05-1994	KLM	78.70	0.516295	90.0	100.0	105.0	100.0	7	51.629500		28
Open - 93kg													
1	SHIBIN S	23-12-2001	KLM	91.80	0.477478	142.5	147.5	X	147.5	12	70.428005		8
2	JIJEESH V K	21-12-1988	KKD	91.50	0.478249	100.0	107.5	112.5	112.5	9	53.803013		24
3	SWAROOP KV	25-10-1986	KSD	87.50	0.489015	105.0	110.0	117.5	110.0	8	53.791650		25
4	ANURAJ T. C	14-09-1987	TCR	85.40	0.495048	100.0	110.0	112.5	100.0	7	49.504800		32
5	SUHAIL ABDUL SALAM	09-12-1988	KNR	86.10	0.493006	100.0	110.0	115.0	100.0	6	49.300600		33
6	HANIN MOHAMMED	31-05-1995	KNR	87.60	0.488735	90.0	95.0	95.0	90.0	5	43.986150		41
Open - 105kg													
1	GODWIN K G	19-09-2000	EKM	98.20	0.462101	147.5	155.0	160.0	155.0	12	71.625655		7
2	ANURAG SUDHARSHAN MOHANDAS	24-01-1997	TVM	99.20	0.459873	135.0	140.0	X	140.0	9	64.382220		9
3	SANDEEP KA	12-08-1996	TCR	96.90	0.465066	120.0	127.5	132.5	132.5	8	61.621245		10
4	LAZIM MASOUD	06-10-1998	KNR	97.20	0.464375	110.0	120.0	130.0	130.0	7	60.368750		13
5	HAREESH O R	10-01-1992	PTA	96.20	0.466694	100.0	110.0	120.0	120.0	6	56.003280		19
6	ANAND K	19-08-1987	PKD	101.40	0.455120	110.0	120.0	135.0	120.0	5	54.614400		21
Open - 120kg													
1	PRATHEESH G	03-01-2000	IDK	109.20	0.439795	170.0	175.0	X	175.0	12	76.964125		4
2	MUHAMMED RIZVY MANZOOR	27-10-1986	KNR	109.40	0.439431	90.0	100.0	105.0	105.0	9	46.140255		39
Open - 120+Kg													
1	SRIHARI P V RAJ	07-01-1999	KNR	120.10	0.421731	100.0	110.0	115.0	115.0	12	48.499065		35
2	VIPIN E	17-03-1988	KKD	122.00	0.418920	70.0	77.5	82.5	82.5	9	34.560900		43
3	ASWIN A	21-09-2001	TVM	127.60	0.411143	60.0	65.0	85.0	65.0	8	26.724295		44

Best Lifter - Open

Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	BIBIN JOY	TCR	66kg	66.00	0.567205	150.0	85.080750
2	MIRSHAD PK	KKD	83kg	81.80	0.506063	165.0	83.500395

Best Lifter - Open							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
3	JITH T AUGUSTIN	ALP	74kg	73.85	0.533875	145.0	77.411875

Team Championship - Open				
Place	Team	Points	Best Points	IPF GL Points
1	ERNAKULAM	46	12+9+9+9+7	306.139470
2	KOZHIKODE	43	12+9+9+8+5	280.242098
3	THRISSUR	40	12+8+8+7+5	301.360658
4	KANNUR	39	12+9+7+6+5	248.294820
5	KASARAGOD	26	8+8+6+4	217.499253
6	IDUKKI	24	12+12	150.881360
7	KOLLAM	19	12+7	122.057505
8	THIRUVANANTHAPURAM	19	9+8+2	144.961715
9	PALAKKAD	16	7+5+4	142.965586
10	MALAPPURAM	15	9+6	108.819060
11	KOTTAYAM	15	8+7	107.046170
12	ALAPPUZHA	12	12	77.411875
13	PATHANAMTHITTA	6	6	56.003280

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL	Points	Place
Sub Junior - 53kg													
1	MUHAMMED RIFIN	02-08-2007	KLM	53.00	0.640836	70.0	72.5	77.5	72.5	12	46.460610		32
2	ATHUL RAJ S S	02-05-2007	ALP	49.00	0.669971	62.5	70.0	72.5	70.0	9	46.897970		29
3	MOHAMED SHAAN S	24-09-2009	KSD	50.80	0.656393	70.0	75.0	75.0	70.0	8	45.947510		35
4	AARON JOSE XAVIER	18-07-2008	EKM	51.55	0.650966	65.0	70.0	72.5	70.0	7	45.567620		38
5	RHUSHITHEJ K	24-10-2008	KNR	48.10	0.677070	60.0	67.5	67.5	67.5	6	45.702225		37
6	SANJAY S	16-08-2009	KLM	52.70	0.642894	55.0	55.0	62.5	62.5	5	40.180875		44
7	KARTHIK MANU KP	28-10-2007	KKD	52.50	0.644276	60.0	65.0	65.0	60.0	4	38.656560		47
8	ABHIRAM KS	14-01-2009	TCR	51.00	0.654933	50.0	55.0	62.5	55.0	3	36.021315		54
Sub Junior - 59kg													
1	HRITHURAJ P. S	23-05-2007	WYD	58.40	0.606855	80.0	87.5	90.0	90.0	12	54.616950		6
2	ADITHYAN PRASAD	27-03-2007	KLM	59.00	0.603406	90.0	92.5	92.5	90.0	9	54.306540		8
3	MUHAMMED SHABAN	25-01-2007	MPM	59.00	0.603406	77.5	85.0	90.0	90.0	8	54.306540		7
4	SURYAKIRAN M R	05-03-2007	TCR	55.00	0.627597	80.0	85.0	95.0	85.0	7	53.345745		10
5	ABDULLA A.P	11-12-2007	KSD	59.00	0.603406	70.0	82.5	92.5	82.5	6	49.780995		15
6	BILAL MOHD SULAIMAN	08-03-2007	KLM	59.00	0.603406	75.0	80.0	87.5	80.0	5	48.272480		21
7	MUHAMMED T K	19-03-2009	KNR	59.00	0.603406	75.0	80.0	90.0	80.0	4	48.272480		22
8	DAREL DUGSTER KOMATH	04-04-2008	EKM	59.00	0.603406	75.0	80.0	85.0	80.0	3	48.272480		23
9	MILAN JOSHY	02-06-2011	ALP	58.10	0.608602	70.0	77.5	77.5	77.5	2	47.166655		28
10	ARJUN P ARJUN P	04-12-2007	KNR	57.00	0.615142	50.0	65.0	70.0	65.0	1	39.984230		45
11	ADITHYA RAJESH	11-02-2008	KTM	58.30	0.607436	55.0	65.0	65.0	55.0	1	33.408980		61
Sub Junior - 66kg													
1	CHRISTY THOMAS	30-03-2007	PTA	65.30	0.570520	102.5	110.0	115.0	110.0	12	62.757200		1 🏆
2	SREE HARI	09-10-2007	ALP	66.00	0.567205	90.0	97.5	102.5	102.5	9	58.138513		3 🥉
3	MUHAMMED SAJJAD KS	01-12-2008	TCR	64.45	0.574631	77.5	82.5	85.0	85.0	8	48.843635		17
4	SINAN AHAMMED	22-07-2008	TVM	66.00	0.567205	80.0	85.0	90.0	85.0	7	48.212425		24
5	ABHISHEK RAJ MR RAJU MULLANGATH	15-09-2009	EKM	61.85	0.587812	75.0	80.0	82.5	82.5	6	48.494490		20
6	ABHIRAM M S	24-04-2008	KLM	61.05	0.592063	60.0	80.0	90.0	80.0	5	47.365040		27
7	ZAHD MAHAMOOD O	07-08-2008	KNR	62.55	0.584169	70.0	80.0	82.5	80.0	4	46.733520		30
8	SREENANDH KALIKOT	26-04-2008	KNR	63.15	0.581103	77.5	80.0	90.0	80.0	3	46.488240		31
9	AKSHAY S	30-06-2008	KSD	65.00	0.571960	70.0	80.0	90.0	80.0	2	45.756800		36
10	MUHAMMED RAIF.S	01-05-2008	ALP	65.60	0.569092	72.5	87.5	87.5	72.5	1	41.259170		43
11	EZAN.K EZAN.K	24-10-2011	KKD	62.55	0.584169	60.0	65.0	67.5	65.0	1	37.970985		50
12	MUHAMMAD BASIL R	07-05-2008	KLM	60.55	0.594768	60.0	85.0	87.5	60.0	1	35.686080		55
Sub Junior - 74kg													
1	SAHAL V ALI	04-01-2008	EKM	69.35	0.552160	95.0	100.0	100.0	100.0	12	55.216000		5
2	WILLIAM JOHN	09-05-2008	EKM	69.75	0.550449	95.0	100.0	102.5	95.0	9	52.292655		12
3	ABHINAND K V	12-06-2008	KNR	71.80	0.541950	90.0	95.0	97.5	95.0	8	51.485250		13
4	VISHAK B	20-04-2008	ALP	72.25	0.540142	85.0	90.0	97.5	90.0	7	48.612780		18
5	MADHAV S KUMAR	31-01-2008	KLM	67.50	0.560305	70.0	85.0	92.5	85.0	6	47.625925		25
6	FARHAN ALI	12-08-2007	MPM	71.45	0.543370	77.5	85.0	92.5	85.0	5	46.186450		34

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL	Points	Place
7	AADITH S	11-08-2008	PKD	73.70	0.534452	62.5	72.5	77.5	72.5	4	38.747770	46	
8	PRANAV VARKEY EAPEN	18-10-2008	PTA	69.20	0.552806	60.0	67.5	67.5	60.0	3	33.168360	63	
Sub Junior - 83kg													
1	PRANAV S	27-03-2007	ALP	81.75	0.506223	110.0	122.5	127.5	122.5	12	62.012318	2 	
2	MUNAVAR NIFAL	02-02-2007	TCR	80.55	0.510102	100.0	110.0	110.0	110.0	9	56.111220	4	
3	NAVANEETH P NAVANEETH P	23-06-2007	KNR	77.10	0.521872	90.0	95.0	100.0	95.0	8	49.577840	16	
4	KARTHIK P PRADEEP	16-01-2007	KTM	80.40	0.510594	85.0	95.0	100.0	95.0	7	48.506430	19	
5	AMAN AJIYAS	16-02-2007	TVM	78.85	0.515783	80.0	90.0	100.0	90.0	6	46.420470	33	
6	FERIX PAULSON	20-02-2008	EKM	76.75	0.523120	80.0	87.5	90.0	80.0	5	41.849600	42	
7	MANUPRASAD REJI	15-05-2008	EKM	79.10	0.514934	70.0	75.0	80.0	75.0	4	38.620050	48	
8	HARSH KUMAR SEN	23-07-2009	PTA	75.25	0.528589	50.0	65.0	70.0	65.0	3	34.358285	58	
Sub Junior - 93kg													
1	MOHAMMED SINAN	07-09-2009	ALP	91.00	0.479546	105.0	110.0	112.5	110.0	12	52.750060	11	
2	AFI R BIJU	18-09-2007	TVM	88.30	0.486788	90.0	95.0	97.5	97.5	9	47.461830	26	
3	MUHAMMAD IMRAN KP	24-05-2007	KKD	87.70	0.488455	90.0	92.5	95.0	92.5	8	45.182088	39	
4	HUSSEY AS	03-01-2009	TVM	84.30	0.498321	80.0	90.0	97.5	90.0	7	44.848890	40	
5	SABAREESH ANILKUMAR E	11-06-2008	EKM	89.00	0.484870	90.0	100.0	100.0	90.0	6	43.638300	41	
6	MOHMED ADIL	08-10-2008	KLM	87.00	0.490427	70.0	77.5	80.0	77.5	5	38.008093	49	
7	GOKUL UNNI	06-01-2008	KNR	84.50	0.497720	75.0	80.0	80.0	75.0	4	37.329000	52	
8	AKASH P LENIN	04-03-2010	TCR	85.10	0.495933	70.0	70.0	90.0	70.0	3	34.715310	57	
9	SALMANUL FARIS MK	30-09-2007	MPM	92.50	0.475696	70.0	75.0	80.0	70.0	2	33.298720	62	
Sub Junior - 105kg													
1	ARJUN RB	08-10-2007	TVM	100.20	0.457687	110.0	117.5	120.0	117.5	12	53.778223	9	
2	ANSAF A	13-10-2007	TCR	101.30	0.455332	75.0	82.5	87.5	82.5	9	37.564890	51	
3	ESHAN. K	07-12-2007	MPM	98.60	0.461205	72.5	77.5	85.0	72.5	8	33.437363	60	
Sub Junior - 120kg													
1	MUHAMMED SWALIH	12-07-2007	ALP	109.30	0.439613	70.0	82.5	82.5	82.5	12	36.268073	53	
2	SANKAR DEV K R	25-02-2009	KKD	112.20	0.434468	70.0	75.0	80.0	80.0	9	34.757440	56	
Sub Junior - 120+Kg													
1	VASUDEV MENON	19-11-2007	TCR	143.00	0.393075	110.0	122.5	130.0	130.0	12	51.099750	14	
2	SEBASTIAN RAJ S	04-01-2009	TVM	125.00	0.414663	70.0	82.5	92.5	82.5	9	34.209698	59	
3	FABIS RAHMAN	10-02-2010	KKD	120.10	0.421731	60.0	62.5	65.0	62.5	8	26.358188	64	
4	NAVEEN KRISHNA	12-08-2009	ALP	145.00	0.391033	55.0	62.5	65.0	62.5	7	24.439563	65	

Best Lifter - Sub Junior							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	CHRISTY THOMAS	PTA	66kg	65.30	0.570520	110.0	62.757200
2	PRANAV S	ALP	83kg	81.75	0.506223	122.5	62.012318
3	SREE HARI	ALP	66kg	66.00	0.567205	102.5	58.138513

Team Championship - Sub Junior				
Place	Team	Points	Best Points	IPF GL Points
1	ALAPPUZHA	54	12+12+12+9+9	256.066934
2	THRISSUR	45	12+9+9+8+7	246.965240
3	THIRUVANANTHAPURAM	44	12+9+9+7+7	228.511066
4	ERNAKULAM	40	12+9+7+6+6	245.209065
5	KOLLAM	37	12+9+6+5+5	244.030595
6	KOZHIKODE	30	9+8+8+4+1	182.925261
7	KANNUR	30	8+8+6+4+4	241.771315
8	MALAPPURAM	23	8+8+5+2	167.229073
9	PATHANAMTHITTA	18	12+3+3	130.283845
10	KASARAGOD	16	8+6+2	141.485305
11	WAYANAD	12	12	54.616950
12	KOTTAYAM	8	7+1	81.915410
13	PALAKKAD	4	4	38.747770

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL	Points	Place
Junior - 53kg													
1	NIDHIN R R	26-06-2003	TCR	52.20	0.646367	82.5	87.5	90.0	90.0	12	58.173030		14
2	RIFAS A R	04-09-2004	EKM	52.90	0.641519	85.0	85.0	90.0	85.0	9	54.529115		21
3	MITHUN A S	13-01-2003	KLM	52.65	0.643238	67.5	70.0	72.5	70.0	8	45.026660		33
4	NAVATHEJ AK	24-05-2005	KNR	50.00	0.662329	60.0	65.0	70.0	65.0	7	43.051385		37

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL	Points	Place
-	BIBIN KP	09-05-2002	EKM	52.60	0.643584	65.0	65.0	65.0	-	-	-	-	-
Junior - 59kg													
1	ABHISHEK K A	28-05-2004	ALP	59.00	0.603406	120.0	127.5	130.0	130.0	12	78.442780	1	🏆
2	ANANDHU KRISHNAN S	01-06-2006	ALP	56.75	0.616658	90.0	90.0	95.0	95.0	9	58.582510	12	
3	VINAYAK R	27-07-2003	KLM	55.16	0.626572	90.0	92.5	95.0	92.5	8	57.957910	16	
4	ROOBEN VARGHESE SAMUEL	01-04-2005	EKM	57.75	0.610660	65.0	70.0	70.0	65.0	7	39.692900	42	
5	AARON REJI	27-08-2003	IDK	59.00	0.603406	50.0	60.0	72.5	60.0	6	36.204360	46	
Junior - 66kg													
1	YADHAVENDH P	20-06-2005	KKD	66.00	0.567205	110.0	117.5	122.5	122.5	12	69.482613	5	
2	ADHARSH LAL	25-09-2002	TVM	62.30	0.585462	100.0	107.5	112.5	112.5	9	65.864475	8	
3	AMEER MUHAMMED	09-09-2006	KLM	66.00	0.567205	90.0	100.0	100.0	100.0	8	56.720500	19	
4	LIBNI PUNNOOSE	31-10-2004	EKM	64.20	0.575858	90.0	95.0	97.5	95.0	7	54.706510	20	
5	SAJWAN NISAR PP	04-03-2006	KNR	66.00	0.567205	80.0	85.0	95.0	95.0	6	53.884475	22	
6	ABHISEK BISWAS	04-07-2003	TCR	65.00	0.571960	80.0	80.0	105.0	80.0	5	45.756800	32	
7	JOEL JOHNSON	25-08-2003	ALP	65.20	0.570999	65.0	70.0	72.5	70.0	4	39.969930	40	
-	SHAUKATH ALI CP SHAUKATH ALI	04-01-2003	KSD	65.50	0.569567	75.0	80.0	85.0	-	-	-	-	-
Junior - 74kg													
1	JEEVAN A	07-11-2003	ALP	73.30	0.536001	130.0	135.0	142.5	142.5	12	76.380143	2	🏆
2	AKASH ROBIN ROBINSON	21-12-2002	TVM	73.60	0.534838	130.0	135.0	142.5	135.0	9	72.203130	3	🏆
3	AKSHAY KRISHNA	26-11-2002	EKM	72.85	0.537763	100.0	105.0	107.5	107.5	8	57.809523	17	
4	GEORGE BINU VARGHESE	29-03-2005	TCR	70.90	0.545627	90.0	97.5	105.0	97.5	7	53.198633	23	
5	ANANTHAKRISHNAN P	07-04-2006	ALP	69.80	0.550237	80.0	90.0	105.0	90.0	6	49.521330	25	
6	DEEPAK P V	28-10-2005	KNR	71.45	0.543370	80.0	87.5	90.0	87.5	5	47.544875	28	
7	MADHAV P PRADEEP	24-03-2005	KTM	69.70	0.550662	85.0	95.0	95.0	85.0	4	46.806270	30	
8	RATHEESH R	18-12-2002	PTA	69.50	0.551516	65.0	70.0	77.5	77.5	3	42.742490	39	
Junior - 83kg													
1	ARJUN S J	12-08-2003	TVM	77.40	0.520810	120.0	132.5	137.5	137.5	12	71.611375	4	
2	ANANDU P JAYAMON	16-07-2003	IDK	83.00	0.502293	125.0	135.0	145.0	135.0	9	67.809555	7	
3	DHARVESH EBRAHIM GOUSU	17-03-2003	TCR	83.00	0.502293	122.5	130.0	137.5	130.0	8	65.298090	9	
4	NIRMAL DAVIS	09-07-2003	EKM	75.50	0.527664	100.0	110.0	115.0	110.0	7	58.043040	15	
5	FRIBIN FRANCIS LASER	25-02-2005	PTA	79.65	0.513082	75.0	90.0	95.0	90.0	6	46.177380	31	
6	HARSHITH G	25-10-2002	PKD	76.90	0.522584	75.0	85.0	95.0	85.0	5	44.419640	34	
7	SOHAN SEBASTIAN	06-03-2005	KNR	74.40	0.531777	65.0	75.0	85.0	75.0	4	39.883275	41	
8	ABHIJITH RAHESH	11-03-2006	ALP	77.40	0.520810	75.0	82.5	82.5	75.0	3	39.060750	44	
Junior - 93kg													
1	ADIL AYOOB A	22-03-2005	ALP	91.60	0.477992	135.0	140.0	142.5	142.5	12	68.113860	6	
2	ARJUN KRISHNA R	27-02-2002	KLM	91.70	0.477734	120.0	125.0	140.0	125.0	9	59.716750	11	
3	SIVAJITH T A	29-12-2005	KTM	84.40	0.498020	90.0	100.0	102.5	102.5	8	51.047050	24	
4	MIDLAJ PM MIDLAJ	17-08-2004	KSD	90.90	0.479807	90.0	95.0	100.0	90.0	7	43.182630	36	
5	AKASH PRANEETH	18-07-2006	KNR	92.10	0.476711	85.0	90.0	95.0	90.0	6	42.903990	38	
6	AFTHAH MUHAMMED P.A.	16-09-2004	PTA	84.00	0.499227	75.0	77.5	80.0	77.5	5	38.690093	45	
7	MOHAMMED RIZWAN K T	10-06-2005	MPM	89.90	0.482446	55.0	60.0	70.0	70.0	4	33.771220	47	
Junior - 105kg													
1	ANURAG MURALI	26-11-2002	IDK	102.10	0.453650	135.0	142.5	142.5	135.0	12	61.242750	10	
2	ADITHYAN S N	19-08-2002	TVM	95.70	0.467872	115.0	125.0	135.0	125.0	9	58.484000	13	
3	ABHINAV SANTHOSH	25-04-2005	KNR	93.95	0.472087	95.0	100.0	102.5	102.5	8	48.388918	26	
4	AMBADI BAIJU	19-05-2003	KLM	94.40	0.470989	85.0	92.5	102.5	92.5	7	43.566483	35	
5	MRITHUL MOHAN	06-01-2005	ALP	99.00	0.460315	85.0	85.0	105.0	85.0	6	39.126775	43	
Junior - 120kg													
1	JIJAY MON .C A	07-06-2006	TVM	110.30	0.437808	125.0	130.0	135.0	130.0	12	56.915040	18	
2	AROMAL K	29-07-2005	KNR	105.70	0.446394	90.0	100.0	107.5	107.5	9	47.987355	27	
3	ATHUL THOMAS	06-01-2003	IDK	105.70	0.446394	100.0	105.0	105.0	105.0	8	46.871370	29	

Best Lifter - Junior

Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	ABHISHEK K A	ALP	59kg	59.00	0.603406	130.0	78.442780
2	JEEVAN A	ALP	74kg	73.30	0.536001	142.5	76.380143
3	AKASH ROBIN ROBINSON	TVM	74kg	73.60	0.534838	135.0	72.203130

Team Championship - Junior

Place	Team	Points	Best Points	IPF GL Points
1	ALAPPUZHA	51	12+12+12+9+6	331.040623

Team Championship - Junior				
Place	Team	Points	Best Points	IPF GL Points
2	THIRUVANANTHAPURAM	51	12+12+9+9+9	325.078020
3	KOLLAM	40	9+8+8+8+7	262.988303
4	ERNAKULAM	38	9+8+7+7+7	264.781088
5	KANNUR	36	9+8+7+6+6	236.216123
6	IDUKKI	35	12+9+8+6	212.128035
7	THRISSUR	32	12+8+7+5	222.426553
8	PATHANAMTHITTA	14	6+5+3	127.609963
9	KOZHIKODE	12	12	69.482613
10	KOTTAYAM	12	8+4	97.853320
11	KASARAGOD	7	7	43.182630
12	PALAKKAD	5	5	44.419640
13	MALAPPURAM	4	4	33.771220

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
Master 1 - 59kg												
1	MANAS C P	27-08-1979	KKD	58.85	0.604263	60.0	65.0	67.5	67.5	12	40.787753	22
Master 1 - 66kg												
1	SAJITH S	15-03-1980	ALP	65.80	0.568146	100.0	107.5	110.0	107.5	12	61.075695	4
2	RAJESH M K	03-05-1978	KNR	65.00	0.571960	100.0	105.0	107.5	105.0	9	60.055800	5
3	AJILAN S	08-05-1984	KTM	64.85	0.572685	95.0	100.0	105.0	100.0	8	57.268500	6
4	MAHESH S	20-05-1981	KKD	64.30	0.575366	25.0	35.0	75.0	75.0	7	43.152450	18
5	ELDO PAUL	21-12-1982	EKM	61.90	0.587549	65.0	70.0	72.5	72.5	6	42.597303	20
-	DHARMESH VK	28-05-1981	PKD	64.30	0.575366	75.0	75.0	80.0	-	-	-	-
-	PRAVEENKUMAR V K	06-03-1982	EKM	63.90	0.577341	105.0	107.5	107.5	-	-	-	-
Master 1 - 74kg												
1	SUNIL KUMAR MV	25-05-1982	EKM	72.40	0.539544	95.0	100.0	102.5	100.0	12	53.954400	8
2	SUJESH KUMAR	08-03-1983	EKM	66.60	0.564412	95.0	100.0	100.0	95.0	9	53.619140	9
3	BHARATH KUMAR R	21-05-1976	KNR	74.00	0.533300	75.0	80.0	80.0	80.0	8	42.664000	19
4	SHYJU VP VP	28-04-1977	KKD	72.30	0.539942	50.0	60.0	75.0	75.0	7	40.495650	24
5	RENJITH PS	25-04-1977	PKD	71.40	0.543574	70.0	75.0	80.0	70.0	6	38.050180	25
Master 1 - 83kg												
1	THARIF N P	03-01-1981	KKD	77.50	0.520458	100.0	107.5	X	107.5	12	55.949235	7
2	BIJU ANIYERI	12-03-1981	KNR	80.80	0.509285	80.0	100.0	100.0	80.0	9	40.742800	23
Master 1 - 93kg												
1	SURESH BABU S	02-11-1985	TVM	87.50	0.489015	122.5	127.5	X	127.5	12	62.349413	2 
2	MANISH K C	22-10-1977	KNR	92.30	0.476203	100.0	105.0	107.5	107.5	9	51.191823	13
3	PRADEEP T	25-09-1978	KSD	84.90	0.496526	85.0	95.0	102.5	102.5	8	50.893915	14
4	JOHNY JOSEPH	26-04-1981	KSD	90.40	0.481120	95.0	100.0	105.0	100.0	7	48.112000	15
5	MANOJ NB	27-05-1978	EKM	83.60	0.500445	85.0	90.0	95.0	90.0	6	45.040050	16
6	PRASANTH R	25-05-1983	PKD	89.40	0.483787	90.0	100.0	100.0	90.0	5	43.540830	17
7	SIVAKUMAR M	13-04-1985	TCR	88.30	0.486788	80.0	85.0	95.0	85.0	4	41.376980	21
Master 1 - 105kg												
1	PREJITH CHULLERI	24-05-1985	KNR	97.00	0.464835	120.0	130.0	135.0	135.0	12	62.752725	1 
2	SHIHABUDEEN B	01-01-1980	KLM	99.30	0.459652	125.0	135.0	142.5	135.0	9	62.053020	3 
3	ABDUL NIZAR.L	20-05-1981	KSD	94.30	0.471232	105.0	110.0	117.5	110.0	8	51.835520	10
4	SUNEER ABDULLA	08-04-1980	EKM	95.70	0.467872	100.0	110.0	115.0	110.0	7	51.465920	12
Master 1 - 120kg												
1	SHANAVAS KC	08-09-1982	KNR	114.60	0.430409	100.0	112.5	120.0	120.0	12	51.649080	11
2	KRISHNENDHU SURESH KUMAR	25-06-1984	TCR	110.40	0.437629	55.0	60.0	65.0	60.0	9	26.257740	26

Best Lifter - Master 1							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	PREJITH CHULLERI	KNR	105kg	97.00	0.464835	135.0	62.752725
2	SURESH BABU S	TVM	93kg	87.50	0.489015	127.5	62.349413
3	SHIHABUDEEN B	KLM	105kg	99.30	0.459652	135.0	62.053020

Team Championship - Master 1				
Place	Team	Points	Best Points	IPF GL Points
1	KANNUR	51	12+12+9+9+9	266.392228
2	ERNAKULAM	40	12+9+7+6+6	246.676813

Team Championship - Master 1				
Place	Team	Points	Best	
			Points	IPF GL Points
3	KOZHIKODE	38	12+12+7+7	180.385088
4	KASARAGOD	23	8+8+7	150.841435
5	THRISSUR	13	9+4	67.634720
6	THIRUVANANTHAPURAM	12	12	62.349413
7	ALAPPUZHA	12	12	61.075695
8	PALAKKAD	11	6+5	81.591010
9	KOLLAM	9	9	62.053020
10	KOTTAYAM	8	8	57.268500

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
Master 2 - 59kg												
1	JOHN PAUL ROY	31-01-1969	EKM	58.80	0.604549	72.5	77.5	77.5	72.5	12	43.829803	9
2	SHYAM VALSARAJ	21-06-1971	KKD	59.00	0.603406	65.0	72.5	75.0	65.0	9	39.221390	12
Master 2 - 66kg												
1	DR RAJESH KARUVATH	31-05-1970	KKD	66.00	0.567205	75.0	82.5	82.5	82.5	12	46.794413	6
2	BABY TA	28-05-1973	EKM	61.00	0.592331	55.0	60.0	62.5	60.0	9	35.539860	14
Master 2 - 74kg												
1	PADMAJAN PV	03-04-1974	KNR	73.75	0.534259	80.0	85.0	87.5	87.5	12	46.747663	7
2	SURESH DHASAN	02-02-1975	TVM	67.10	0.562119	75.0	80.0	85.0	85.0	9	47.780115	5
3	SREENATH K	31-05-1973	KNR	71.00	0.545214	45.0	55.0	X	55.0	8	29.986770	16
Master 2 - 83kg												
1	SASI V	18-04-1969	PKD	78.20	0.518016	100.0	105.0	110.0	110.0	12	56.981760	1 
2	DILJITH KK	31-05-1969	KNR	79.60	0.513249	95.0	105.0	112.5	105.0	9	53.891145	2 
3	KISHOR KUMAR S	18-05-1975	ALP	79.65	0.513082	95.0	107.5	112.5	95.0	8	48.742790	4
4	RINTU RAJ	17-12-1974	EKM	81.00	0.508635	90.0	90.0	105.0	90.0	7	45.777150	8
Master 2 - 93kg												
1	SUNILDUT N R	30-05-1968	EKM	84.50	0.497720	90.0	95.0	100.0	100.0	12	49.772000	3 
2	AMAR JYOSTHISH P	18-05-1968	KNR	83.10	0.501983	70.0	75.0	82.5	75.0	9	37.648725	13
3	SHINICK T HARIDASAN	15-06-1975	KKD	84.10	0.498924	60.0	65.0	70.0	70.0	8	34.924680	15
4	SOORAJ K	07-04-1975	KNR	86.50	0.491854	50.0	55.0	57.5	57.5	7	28.281605	17
Master 2 - 105kg												
1	BENNY PAULOSE	20-05-1973	EKM	97.40	0.463917	80.0	90.0	100.0	90.0	12	41.752530	10
2	SAJID PV	25-05-1973	KNR	93.10	0.474190	80.0	85.0	95.0	85.0	9	40.306150	11

Best Lifter - Master 2							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	SASI V	PKD	83kg	78.20	0.518016	110.0	56.981760
2	DILJITH KK	KNR	83kg	79.60	0.513249	105.0	53.891145
3	SUNILDUT N R	EKM	93kg	84.50	0.497720	100.0	49.772000

Team Championship - Master 2				
Place	Team	Points	Best Points	IPF GL Points
1	ERNAKULAM	52	12+12+12+9+7	216.671343
2	KANNUR	47	12+9+9+9+8	208.580453
3	KOZHIKODE	29	12+9+8	120.940483
4	PALAKKAD	12	12	56.981760
5	THIRUVANANTHAPURAM	9	9	47.780115
6	ALAPPUZHA	8	8	48.742790

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
Master 3 - 59kg												
1	RAJAGOPALAN V	28-04-1965	KKD	59.00	0.603406	90.0	95.0	97.5	97.5	12	58.832085	1 
2	JOHNSON V J	15-06-1963	EKM	58.60	0.605699	45.0	47.5	50.0	50.0	9	30.284950	12
3	PRADEEP KUMAR V K	06-04-1963	KNR	47.50	0.681923	40.0	45.0	50.0	45.0	8	30.686535	11
4	G JAYACHANDRAN NAIR	15-02-1959	TVM	59.00	0.603406	40.0	45.0	50.0	45.0	7	27.153270	15
Master 3 - 66kg												
1	EDACHERY MOHAN	26-11-1964	KNR	64.10	0.576351	55.0	65.0	67.5	67.5	12	38.903693	6
Master 3 - 74kg												
1	HEMACHANDRAN B	20-11-1957	KLM	72.30	0.539942	100.0	110.0	110.0	100.0	12	53.994200	2 
2	MUHEMED ALI K P	25-05-1960	KNR	68.30	0.556735	50.0	57.5	65.0	65.0	9	36.187775	7
3	ROYSON P S	15-12-1960	KKD	68.80	0.554541	50.0	50.0	57.5	57.5	8	31.886108	9
4	PRASANNAN NAIR	24-12-1962	KNR	69.35	0.552160	50.0	55.0	57.5	50.0	7	27.608000	14

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
Master 3 - 83kg												
1	BOBAN NEELANKAL	24-05-1960	EKM	76.90	0.522584	60.0	65.0	70.0	65.0	12	33.967960	8
2	PAULOSE M S	06-08-1957	EKM	76.20	0.525102	40.0	42.5	42.5	42.5	9	22.316835	16
Master 3 - 93kg												
1	M KISHOR KUMAR	09-05-1964	KNR	88.60	0.485963	70.0	80.0	82.5	82.5	12	40.091948	4
2	GIRISH KUMAR PS	28-05-1962	KKD	85.30	0.495342	72.5	77.5	80.0	80.0	9	39.627360	5
3	PRADEEP KUMAR VK	10-02-1963	KNR	86.50	0.491854	50.0	60.0	X	60.0	8	29.511240	13
Master 3 - 105kg												
1	AJITH S NAIR	28-04-1963	ALP	95.20	0.469061	80.0	90.0	92.5	92.5	12	43.388143	3 
2	K V VINOD	27-11-1959	KSD	94.10	0.471720	60.0	65.0	67.5	67.5	9	31.841100	10

Best Lifter - Master 3							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	RAJAGOPALAN V	KKD	59kg	59.00	0.603406	97.5	58.832085
2	HEMACHANDRAN B	KLM	74kg	72.30	0.539942	100.0	53.994200
3	AJITH S NAIR	ALP	105kg	95.20	0.469061	92.5	43.388143

Team Championship - Master 3				
Place	Team	Points	Best Points	IPF GL Points
1	KANNUR	49	12+12+9+8+8	175.381191
2	ERNAKULAM	30	12+9+9	86.569745
3	KOZHIKODE	29	12+9+8	130.345553
4	KOLLAM	12	12	53.994200
5	ALAPPUZHA	12	12	43.388143
6	KASARAGOD	9	9	31.841100
7	THIRUVANANTHAPURAM	7	7	27.153270

Place	Name	DOB	Team	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
Master 4 - 59kg												
1	K.C SREENIVASAN	28-08-1950	EKM	57.00	0.615142	65.0	70.0	75.0	75.0	12	46.135650	1 
2	PADMANABHAN M P	11-09-1948	KNR	50.00	0.662329	20.0	25.0	30.0	30.0	9	19.869870	9
Master 4 - 66kg												
1	N PREMACHANDRAN NAIR	12-04-1952	EKM	65.00	0.571960	70.0	75.0	80.0	75.0	12	42.897000	2 
2	RAMADAS K	06-03-1945	KNR	64.20	0.575858	20.0	22.5	25.0	25.0	9	14.396450	11
Master 4 - 74kg												
1	KRISHNAKUMAR M. V.	23-05-1953	EKM	66.85	0.563262	60.0	65.0	70.0	65.0	12	36.612030	3 
2	V P RAJEEV	31-01-1951	ALP	72.15	0.540542	40.0	47.5	52.5	47.5	9	25.675745	6
3	MOIDEEN NP	01-01-1947	KKD	74.00	0.533300	35.0	35.0	50.0	35.0	8	18.665500	10
Master 4 - 83kg												
1	HARSHAN PALLIATH	30-11-1955	TCR	82.70	0.503226	60.0	62.5	65.0	62.5	12	31.451625	4
2	UTHAMAKUMAR K	01-01-1954	ALP	81.75	0.506223	50.0	60.0	70.0	60.0	9	30.373380	5
3	TOM THOMAS	05-01-1953	EKM	78.65	0.516467	45.0	45.0	47.5	47.5	8	24.532183	7
Master 4 - 93kg												
1	VARGHESE P J	13-08-1947	EKM	87.10	0.490143	50.0	60.0	X	50.0	12	24.507150	8

Best Lifter - Master 4							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	K.C SREENIVASAN	EKM	59kg	57.00	0.615142	75.0	46.135650
2	N PREMACHANDRAN NAIR	EKM	66kg	65.00	0.571960	75.0	42.897000
3	KRISHNAKUMAR M. V.	EKM	74kg	66.85	0.563262	65.0	36.612030

Team Championship - Master 4				
Place	Team	Points	Best Points	IPF GL Points
1	ERNAKULAM	56	12+12+12+12+8	174.684013
2	ALAPPUZHA	18	9+9	56.049125
3	KANNUR	18	9+9	34.266320
4	THRISSUR	12	12	31.451625
5	KOZHIKODE	8	8	18.665500

Abbreviations:

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