


MANGALORE UNIVERSITY INTER COLLEGIATE POWERLIFTING RECORDS (Men)
(2012-13 ONWARDS)

Category	Record Holder	College	Squat	Bench Press	Dead Lift	Total	Year	Venue
59 Kg	Gururaja	SDMC, Ujire	190	(-)	(-)	(-)	2014-15	GWFGC, Ajjarakadu
	Mohammed Rameez	St. Aloysius College, Mangalore	(-)	112.5	(-)	(-)	2015-16	GFGC, Tenkanidiyur
	Mohammed Dishan	SDMC, Ujire	(-)	(-)	200	(-)	2012-13	GWFGC, Ajjarakadu
	Ranjith Poojari	Alvas College	(-)	(-)	(-)	475	2017-18	GFGC, Tenkanidiyur
	Yadnesh	Alva College	202.5	117.5	(-)	515	2018-19	SRSMNGFGC, Barkur
	Sharath E Poojary	SRSMNGFGC, Barkur	195	(-)	205	500	2018-19	SRSMNGFGC, Barkur
	Chandrashekar	SMS College, Brahmavara	(-)	(-)	207.5	482.5	2018-19	SRSMNGFGC, Barkur
66 Kg	Manjunath Marati	SDM College, Ujire	220	(-)	242.5	562.5	2016-17	GWFGC, Ajjarakadu
	Praveen Kalappanavar	Alva's College, Moodbidri	(-)	120	(-)	(-)	2016-17	GWFGC, Ajjarakadu
	Prasad Fernandez	St. Aloysius College, Mangalore	(-)	120	(-)	(-)	2016-17	GWFGC, Ajjarakadu
	Shashank	SRSMNGFGC, Barkur	222.5	122.5	(-)	567.5	2018-19	SRSMNGFGC, Barkur
	Clint Bevan D'souza	St. Aloysius college, Mangalor	(-)	125	(-)	(-)	2018-19	SRSMNGFGC, Barkur
74 Kg	Jackson Dsouza	Sharada College, I Basrur	270	(-)	262.5	672.5	2017-18	GFGC, Tenkanidiyur
	Aron Rufus Noronha	St. Aloysius college, Mangalore	(-)	142.5	(-)	(-)	2016-17	GWFGC, Ajjarakadu
	Jackson	Alva's College, Moodbidri	290	(-)	285	712.5	2018-19	SRSMNGFGC, Barkur
	Praveen	Alva's College, Moodbidri	285	160	(-)	695	2018-19	SRSMNGFGC, Barkur
83 Kg	Parvindar Jagalish	Alva's College, Moodbidri	(-)	170	(-)	(-)	2012-13	GWFGC, Ajjarakadu
	Jayadeep Krishna	Alva's College, Moodbidri	(-)	(-)	285	(-)	2014-15	GWFGC, Ajjarakadu
	Jayadeep Krishna	Alva's College, Moodbidri	300	(-)	(-)	720	2016-17	GWFGC, Ajjarakadu
93 Kg	Suruaj Kumar Singh	Alva's College, Moodbidri	310	185	302.5	797.5	2017-18	GFGC, Tenkanidiyur
105 Kg	G Raghavendra Goud	Alva's College, Moodbidri	370	210	280	860	2016-17	GWFGC, Ajjarakadu
120 Kg	Sampath	SGC, Mangalore	250	155	272.5	677.5	2014-15	GWFGC, Ajjarakadu
	Pradyumna Holla K S	rossland College, Brahmavara	302.5	(-)	(-)	(-)	2018-19	SRSMNGFGC, Barkur
(+120 Kg)	Kushal Gowda	Alva's College, Moodbidri	242.5	112.5	235	590	2018-19	SRSMNGFGC, Barkur
	Kushal Gowda	Alva's College, Moodbidri	240	(-)	232.5	582.5	2017-18	GWFGC, Ajjarakadu
	Avil John Monis	Alva's College, Moodbidri	(-)	110	(-)	(-)	2014-15	GWFGC, Ajjarakadu


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MANGALORE UNIVERSITY INTER COLLEGIATE POWERLIFTING RECORDS (Women)
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Category	Record Holder	College	Squat	Bench Press	Dead Lift	Total	Year	Venue
47 Kg	Tushmitha MV	SDM Ujire	130	55	135	320	2017-18	GFGC, Thenkanidiyur
52 Kg	Pooja Poojary	Alva's college, Moodbidri	132.5	(-)	(-)	(-)	2017-18	GFGC, Thenkanidiyur
	Tushmitha MV	SDM,Ujire	142.5	62.5	(-)	335	2018-19	SRSMNGFGC, Barkur
	Amitha	SGC, Mangalore	(-)	60	142.5	327.5	2012-13	GWFGC, Ajjarakadu
57Kg	shaikom Thoi Thoi Devi	Alvas College	135	56	(-)	(-)	2017-18	GFGC, Thenkanidiyur
	Vinutha	SDM,Ujire	(-)	(-)	140	327.5	2012-13	GWFGC, Ajjarakadu
63Kg	Haishnam Merina Devi	Alva's College, Moodbidri	187.5	72.5	182.5	442.5	2017-18	GFGC, Thenkanidiyur
72 Kg	Shalini G.	Alva's College, Moodbidri	155	(-)	(-)	(-)	2015-16	GFGC, Thenkanidiyur
	Anusha s p	Alva's College, Moodbidri	172.5	(-)	152.5	402.5	2018-19	SRSMNGFGC, Barkur
	Anusha	Alvas College, moodbidri	(-)	80	152.5	382.5	2017-18	GFGC, Thenkanidiyur
84 Kg	Usha B.N.	Alva's College, Moodbidri	177.5	72.5	162.5	412.5	2017-18	GFGC, Thenkanidiyur
(+84 Kg	Neha H.	SDMC, Ujire	200	80	(-)	440	2012-13	GWFGC, Ajjarakadu
	Bhavishya	Alvas College, Moodbidri	(-)	(-)	175	(-)	2017-18	GFGC, Thenkanidiyur
	Bhavishya	Alvas College, Moodbidri	(-)	(-)	177.5	(-)	2018-19	SRSMNGFGC, Barkur


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