

**KSPLA**  
**Kerala State Classic Bench Press Championship 2024**  
**V K Krishna Menon Indoor Stadium, Kozhikode - 06-09-2024 to 07-09-2024**  
**Final Results**

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
<b>Women</b>													
<b>Open - 47kg</b>													
1	ASHIMOL	27-05-1997	TCR	17	47.00	1.059827	65.0	70.0	72.5	72.5	12	76.837458	1 <u>☞</u>
<b>Open - 52kg</b>													
1	KRITI KUMARI	07-11-1998	EKM	30	51.80	0.960585	60.0	X	X	60.0	12	57.635100	3 <u>☞</u>
2	FLEMILEE RAJ	13-08-2001	KLM	34	50.75	0.978899	30.0	37.5	<del>42.5</del>	37.5	9	36.708713	8
<b>Open - 57kg</b>													
1	ADITHYA RAJ	24-07-2002	KLM	35	55.70	0.904586	30.0	35.0	40.0	40.0	12	36.183440	9
2	JANCY T P	15-02-1996	KNR	31	56.50	0.895021	35.0	40.0	<del>42.5</del>	40.0	9	35.800840	10
3	PRAVITHA P	03-09-1996	TVM	38	53.40	0.935528	25.0	30.0	<del>32.5</del>	30.0	8	28.065840	14
<b>Open - 63kg</b>													
1	AVANTHIKA P BIJU	21-08-2005	KNR	27	62.20	0.840546	40.0	50.0	<del>52.5</del>	50.0	12	42.027300	5
2	ARUNIMA JAYAN	13-02-1994	KTM	15	61.10	0.849470	30.0	35.0	<del>40.0</del>	35.0	9	29.731450	13
3	AJEENA V SURESH	03-10-1994	EKM	10	61.55	0.845740	25.0	30.0	<del>32.5</del>	30.0	8	25.372200	16
<b>Open - 69kg</b>													
1	RESHMA RAVEENDRAN	12-05-1992	KNR	8	64.85	0.821506	40.0	50.0	<del>55.0</del>	50.0	12	41.075300	6
2	KRIPA P BABU	02-09-2004	KNR	5	67.15	0.807386	40.0	47.5	<del>52.5</del>	47.5	9	38.350835	7
3	KALYANI M B	31-07-2003	KLM	42	66.50	0.811174	20.0	30.0	<del>35.0</del>	30.0	8	24.335220	19
<b>Open - 76kg</b>													
1	LAVANYA SOLOMAN	16-11-1999	TVM	7	75.55	0.769636	<del>65.0</del>	70.0	75.0	75.0	12	57.722700	2 <u>☞</u>
2	FATHIMA H	22-09-1995	MPM	18	74.50	0.773411	45.0	55.0	<del>60.0</del>	55.0	9	42.537605	4
3	SRUTHY B S	04-11-1997	KNR	16	73.30	0.778011	32.5	37.5	42.5	42.5	8	33.065468	11
4	MUSKINA MOL K K	01-04-1995	EKM	30	73.00	0.779211	27.5	32.5	<del>42.5</del>	32.5	7	25.324358	17
5	SRUTHI KRISHNAN	11-05-1987	EKM	19	73.50	0.777222	32.5	<del>40.0</del>	<del>42.5</del>	32.5	6	25.259715	18
<b>Open - 84kg</b>													
1	BINILA RAJU	24-04-1996	EKM	43	79.30	0.757826	30.0	35.0	<del>40.0</del>	35.0	12	26.523910	15
<b>Open - 84+Kg</b>													
1	AISHU A	29-10-1997	KNR	10	85.40	0.743096	37.5	40.0	42.5	42.5	12	31.581580	12
2	UMMUHABEEBA K K	05-12-1990	MPM	31	87.25	0.739495	27.5	32.5	<del>42.5</del>	32.5	9	24.033588	20

Best Lifter - Open							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	ASHIMOL	TCR	47kg	47.00	1.059827	72.5	76.837458
2	LAVANYA SOLOMAN	TVM	76kg	75.55	0.769636	75.0	57.722700
3	KRITI KUMARI	EKM	52kg	51.80	0.960585	60.0	57.635100

Team Championship - Open				
Place	Team	Points	Best Points	IPF GL Points
1	KANNUR	54	12+12+12+9+9	188.835855
2	ERNAKULAM	45	12+12+8+7+6	160.115283
3	KOLLAM	29	12+9+8	97.227373
4	THIRUVANANTHAPURAM	20	12+8	85.788540
5	MALAPPURAM	18	9+9	66.571193
6	THRISSUR	12	12	76.837458
7	KOTTAYAM	9	9	29.731450

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
Sub Junior - 43kg													
1	MEENAKSHI RAVI	26-09-2008	EKM	8	41.40	1.253070	30.0	35.0	<del>37.5</del>	35.0	12	43.857450	2 <u>☺</u>
2	DEBORAH EASO JOHN	15-12-2007	PTA	13	41.50	1.248455	20.0	22.5	<del>25.0</del>	22.5	9	28.090238	23
Sub Junior - 47kg													
1	SANJANA M	10-04-2006	TCR	3	46.30	1.078289	27.5	37.5	<del>42.5</del>	37.5	12	40.435838	6
2	MARY JASMIN	20-09-2007	EKM	7	43.55	1.164825	<del>30.0</del>	30.0	32.5	32.5	9	37.856813	9
3	JAANASREE A K	31-03-2007	KNR	16	45.65	1.096601	20.0	<del>25.0</del>	<del>25.0</del>	20.0	8	21.932020	30
Sub Junior - 52kg													
1	ANUGRAHA MARY A S	13-06-2006	EKM	24	50.65	0.980729	40.0	45.0	47.5	47.5	12	46.584628	1 <u>☺</u>
2	SAHADIYA FATHIMA N	17-03-2009	KLM	28	48.35	1.027500	37.5	42.5	<del>47.5</del>	42.5	9	43.668750	3 <u>☺</u>
3	ASHMIKA M K	18-05-2007	KNR	32	52.00	0.957273	20.0	30.0	32.5	32.5	8	31.111373	19
4	SREENANDHA T	10-11-2009	KNR	25	51.30	0.969107	20.0	25.0	<del>30.0</del>	25.0	7	24.227675	25
Sub Junior - 57kg													
1	DEVIKA A	11-03-2008	KNR	26	57.00	0.889322	30.0	37.5	40.0	40.0	12	35.572880	11
2	CATHERINE ROSE ANTONY	12-08-2008	EKM	9	52.70	0.946096	37.5	<del>40.0</del>	<del>40.0</del>	37.5	9	35.478600	13
3	HARITHA M	15-12-2008	KKD	19	57.00	0.889322	<del>25.0</del>	25.0	<del>30.0</del>	25.0	8	22.233050	29
Sub Junior - 63kg													
1	NIDHINA B MANOJ	25-09-2007	ALP	1	57.90	0.879567	40.0	<del>47.5</del>	47.5	47.5	12	41.779433	5
2	VAISHNAVY D NAIR	18-07-2007	TCR	40	61.15	0.849050	30.0	40.0	45.0	45.0	9	38.207250	8
3	AVERIN D CRUZ	18-07-2007	EKM	6	62.20	0.840546	<del>40.0</del>	40.0	42.5	42.5	8	35.723205	10
4	ARSHIDA N K	13-09-2006	KLM	36	59.60	0.862754	20.0	25.0	<del>30.0</del>	25.0	7	21.568850	31
Sub Junior - 69kg													

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
1	SREELAKSHMI K R	23-10-2007	EKM	24	65.70	0.816050	37.5	42.5	<del>45.0</del>	42.5	12	34.682125	14
<b>Sub Junior - 76kg</b>													
1	ABHIRAMI S	08-10-2006	KKD	4	75.75	0.768942	40.0	45.0	50.0	50.0	12	38.447100	7
2	SANDRA TREASA FRANCIS	26-12-2007	EKM	22	75.50	0.769811	<del>45.0</del>	45.0	<del>50.0</del>	45.0	9	34.641495	15
3	NAINA ABDUL KADAR	18-07-2006	MPM	38	69.30	0.795876	<del>37.5</del>	37.5	40.0	40.0	8	31.835040	17
4	VYGA VINOD M	25-10-2006	KTM	37	72.90	0.779616	35.0	40.0	<del>42.5</del>	40.0	7	31.184640	18
5	KRISHNENDU	13-10-2006	KNR	14	75.30	0.770515	40.0	<del>45.0</del>	<del>45.0</del>	40.0	6	30.820600	20
6	ANNA ROY	09-10-2007	EKM	40	69.40	0.795376	30.0	35.0	<del>37.5</del>	35.0	5	27.838160	24
7	SARANYA	31-10-2009	KKD	21	69.70	0.793894	<del>25.0</del>	30.0	<del>37.5</del>	30.0	4	23.816820	26
-	FARHANA S	29-04-2007	PKD	12	76.00	0.768085	<del>32.5</del>	<del>32.5</del>	<del>32.5</del>	-	-	-	-
<b>Sub Junior - 84kg</b>													
1	SURANJINI	10-07-2007	ALP	36	84.00	0.746065	40.0	45.0	<del>47.5</del>	45.0	12	33.572925	16
2	ABHIRAMI T A	17-11-2006	EKM	32	79.20	0.758110	30.0	37.5	<del>40.0</del>	37.5	9	28.429125	22
3	RAJA FATHIMA	20-01-2006	MPM	28	80.40	0.754800	25.0	30.0	<del>35.0</del>	30.0	8	22.644000	27
4	AMRITHA K	18-09-2008	KNR	15	80.50	0.754534	25.0	30.0	<del>35.0</del>	30.0	7	22.636020	28
5	AISHWARYA M	12-02-2007	KKD	26	81.90	0.750954	20.0	27.5	<del>35.0</del>	27.5	6	20.651235	32
6	INDRAJA SURESH	30-01-2006	KLM	46	76.40	0.766739	25.0	<del>30.0</del>	<del>35.0</del>	25.0	5	19.168475	33
<b>Sub Junior - 84+Kg</b>													
1	NAMITHA P V	25-03-2006	KNR	6	90.30	0.734266	50.0	55.0	57.5	57.5	12	42.220295	4
2	HELEN ROSE MARY	11-08-2006	EKM	11	118.10	0.710566	45.0	50.0	<del>55.0</del>	50.0	9	35.528300	12
3	STEVEENA JIJU	25-11-2008	TCR	33	88.20	0.737776	35.0	40.0	<del>42.5</del>	40.0	8	29.511040	21




#### Best Lifter - Sub Junior

Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	ANUGRAHA MARY A S	EKM	52kg	50.65	0.980729	47.5	46.584628
2	MEENAKSHI RAVI	EKM	43kg	41.40	1.253070	35.0	43.857450
3	SAHADIYA FATHIMA N	KLM	52kg	48.35	1.027500	42.5	43.668750

#### Team Championship - Sub Junior

Place	Team	Points	Best Points	IPF GL Points
1	ERNAKULAM	54	12+12+12+9+9	198.509316
2	KANNUR	47	12+12+8+8+7	155.064243
3	KOZHIKODE	30	12+8+6+4	105.148205
4	THRISSUR	29	12+9+8	108.154128
5	ALAPPUZHA	24	12+12	75.352358
6	KOLLAM	21	9+7+5	84.406075
7	MALAPPURAM	16	8+8	54.479040
8	PATHANAMTHITTA	9	9	28.090238

Team Championship - Sub Junior				
Place	Team	Points	Best Points	IPF GL Points
9	KOTTAYAM	7	7	31.184640

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
<b>Junior - 43kg</b>													
1	AKHILA J	20-01-2005	PKD	18	43.00	1.185379	30.0	<del>35.0</del>	35.0	35.0	12	41.488265	7
2	ASHMI ASHOK	18-04-2005	EKM	11	42.20	1.217647	<del>25.0</del>	25.0	<del>30.0</del>	25.0	9	30.441175	14
<b>Junior - 47kg</b>													
1	NAILA NAJOOB	05-02-2005	EKM	5	45.60	1.098059	40.0	<del>45.0</del>	<del>45.0</del>	40.0	12	43.922360	6
2	FATHIMA FIDHA P	07-06-2005	KKD	20	46.50	1.072886	25.0	30.0	<del>35.0</del>	30.0	9	32.186580	11
<b>Junior - 52kg</b>													
1	KAVYA T R	03-12-2003	KKD	21	52.00	0.957273	32.5	<del>37.5</del>	<del>40.0</del>	32.5	12	31.111373	13
<b>Junior - 57kg</b>													
1	ASHAMOL V	18-03-2002	PKD	29	57.00	0.889322	60.0	<del>65.0</del>	65.0	65.0	12	57.805930	1 
2	AVANI E V	27-09-2004	KNR	33	53.15	0.939235	35.0	<del>40.0</del>	<del>40.0</del>	35.0	9	32.873225	10
3	SREELAKSHMI M	25-06-2003	KKD	22	54.10	0.925527	25.0	<del>30.0</del>	32.5	32.5	8	30.079628	15
4	MURSHIDA C T	11-07-2002	MPM	37	55.65	0.905203	25.0	30.0	<del>35.0</del>	30.0	7	27.156090	16
<b>Junior - 63kg</b>													
1	ANOOJA A	11-08-2005	ALP	2	61.10	0.849470	60.0	62.5	65.0	65.0	12	55.215550	2 
2	SWETHA R	02-04-2005	KKD	23	58.80	0.870417	60.0	<del>62.5</del>	62.5	62.5	9	54.401063	3 
3	ANUSREE	22-10-2001	WYD	4	61.50	0.846149	50.0	52.5	55.0	55.0	8	46.538195	4
<b>Junior - 69kg</b>													
1	REVATHY	14-12-2002	EKM	23	63.20	0.832975	50.0	55.0	<del>57.5</del>	55.0	12	45.813625	5
2	ASWATHY A T	14-02-2005	KKD	3	63.40	0.831519	40.0	45.0	47.5	47.5	9	39.497153	9
<b>Junior - 76kg</b>													
1	SREELAKSHMI S	12-08-2003	KLM	45	71.00	0.787769	30.0	37.5	40.0	40.0	12	31.510760	12
2	ATHIRA A M	17-10-2002	KNR	20	70.65	0.789372	25.0	32.5	<del>37.5</del>	32.5	9	25.654590	17
<b>Junior - 84kg</b>													
1	SREELAKSHMI K S	21-11-2005	EKM	25	80.30	0.755068	47.5	<del>52.5</del>	52.5	52.5	12	39.641070	8
<b>Junior - 84+Kg</b>													
-	PARVATHI P	08-04-2001	KLM	44	88.50	0.737251	35.0	45.0	52.5	-	-	-	-

Best Lifter - Junior							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	ASHAMOL V	PKD	57kg	57.00	0.889322	65.0	57.805930
2	ANOOJA A	ALP	63kg	61.10	0.849470	65.0	55.215550
3	SWETHA R	KKD	63kg	58.80	0.870417	62.5	54.401063

Team Championship - Junior				
Place	Team	Points	Best Points	IPF GL Points
1	KOZHIKODE	47	12+9+9+9+8	187.275797
2	ERNAKULAM	45	12+12+12+9	159.818230
3	PALAKKAD	24	12+12	99.294195
4	KANNUR	18	9+9	58.527815
5	ALAPPUZHA	12	12	55.215550
6	KOLLAM	12	12	31.510760
7	WAYANAD	8	8	46.538195
8	MALAPPURAM	7	7	27.156090

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
<b>Master 1 - 52kg</b>													
1	KHAIVUNNISA THEVARU PARAMBIL	01-02-1983	MPM	39	52.00	0.957273	20.0	<del>25.0</del>	25.0	25.0	12	23.931825	8
<b>Master 1 - 57kg</b>													
1	PREETHA SATHYAN	30-01-1975	KNR	12	55.40	0.908322	25.0	<del>30.0</del>	<del>30.0</del>	25.0	12	22.708050	9
<b>Master 1 - 69kg</b>													
1	PREETHA R GOVIND	01-08-1981	EKM	17	67.80	0.803746	35.0	37.5	40.0	40.0	12	32.149840	3 <u>≡</u>
2	THAHIRA NAZER	20-03-1982	MPM	27	68.40	0.800512	<del>27.5</del>	27.5	30.0	30.0	9	24.015360	7
<b>Master 1 - 76kg</b>													
1	VINEETHA VARMA	29-04-1977	EKM	13	74.80	0.772310	50.0	52.5	55.0	55.0	12	42.477050	1 <u>≡</u>
2	SUDHA P B	26-07-1981	EKM	41	70.70	0.789141	30.0	35.0	<del>37.5</del>	35.0	9	27.619935	5
3	JASIYA HIND K	07-10-1977	MPM	29	74.40	0.773783	27.5	32.5	35.0	35.0	8	27.082405	6
<b>Master 1 - 84kg</b>													
1	UMAIRA C K	28-10-1983	KNR	9	79.40	0.757543	50.0	55.0	<del>57.5</del>	55.0	12	41.664865	2 <u>≡</u>
<b>Master 1 - 84+Kg</b>													
1	SAMEERA FAKARUDEEN	30-10-1980	KNR	39	84.20	0.745627	30.0	35.0	40.0	40.0	12	29.825080	4

Best Lifter - Master 1							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	VINEETHA VARMA	EKM	76kg	74.80	0.772310	55.0	42.477050
2	UMAIRA C K	KNR	84kg	79.40	0.757543	55.0	41.664865
3	PREETHA R GOVIND	EKM	69kg	67.80	0.803746	40.0	32.149840

Team Championship - Master 1				
Place	Team	Points	Best Points	IPF GL Points
1	KANNUR	36	12+12+12	94.197995
2	ERNAKULAM	33	12+12+9	102.246825
3	MALAPPURAM	29	12+9+8	75.029590

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
<b>Master 2 - 47kg</b>													
1	NICEY K L	07-04-1968	KNR	41	46.70	1.067587	27.5	<del>30.0</del>	30.0	30.0	12	32.027610	2
<b>Master 2 - 63kg</b>													
1	NANCY JOHN	21-03-1968	PTA	14	61.65	0.844926	27.5	30.0	32.5	32.5	12	27.460095	4
<b>Master 2 - 69kg</b>													
1	SREEJA K	29-01-1968	KNR	2	67.25	0.806817	32.5	<del>35.0</del>	35.0	35.0	12	28.238595	3
<b>Master 2 - 76kg</b>													
1	SHEEJA C P	11-01-1972	KNR	35	69.10	0.796884	25.0	30.0	<del>35.0</del>	30.0	12	23.906520	5
<b>Master 2 - 84+Kg</b>													
1	SHEEJA PANACHI	02-05-1973	KNR	1	85.70	0.742488	40.0	45.0	<del>47.5</del>	45.0	12	33.411960	1

#### Best Lifter - Master 2

Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	SHEEJA PANACHI	KNR	84+kg	85.70	0.742488	45.0	33.411960
2	NICEY K L	KNR	47kg	46.70	1.067587	30.0	32.027610
3	SREEJA K	KNR	69kg	67.25	0.806817	35.0	28.238595

#### Team Championship - Master 2

Place	Team	Points	Best Points	IPF GL Points
1	KANNUR	48	12+12+12+12	117.584685
2	PATHANAMTHITTA	12	12	27.460095

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
<b>Master 3 - 76kg</b>													
1	REENIE ANTONY THARAKAN	08-03-1960	EKM	34	69.60	0.794385	37.5	X	X	37.5	12	29.789438	1

#### Best Lifter - Master 3

Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	REENIE ANTONY THARAKAN	EKM	76kg	69.60	0.794385	37.5	29.789438

#### Team Championship - Master 3

Place	Team	Points	Best Points	IPF GL Points
1	ERNAKULAM	12	12	29.789438

Abbreviations:

ALP = Alappuzha    EKM = Ernakulam    KNR = Kannur    KLM = Kollam    KTM = Kottayam    KKD = Kozhikode    MPM = Malappuram    PKD = Palakkad    PTA

= Pathanamthitta    TVM = Thiruvananthapuram    TCR = Thrissur    WYD = Wayanad