

# AMATEUR POWERLIFTING ASSOCIATION

## Official Championship Results Document



### Championship Information

Championship Name	Iron Dominance Classic 2026
Event Type	Open State Bench Press & Deadlift
Date	29 March 2026
Venue	Sri Murugan Mahal, Dharapuram

### Men's Division Sections

#### Deadlift – Sub-Junior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Aagash B.M.D	54.1	60	180
2	Jaya Chandru S	58.1	60	140
3	Sutharsan	55.9	60	135
4	Vignesh Kumar B	58	60	135
5	Sankar Samy	48.7	60	125

#### Deadlift – Sub-Junior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Praveen Kumar	69.8	70	195
2	Krishara P	65.8	70	175
3	Ajay	68.5	70	160
4	Nishanth	69.7	70	155
5	Nitish	69.8	70	155

#### Deadlift – Sub-Junior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Nandhagoban	76	+70	200
2	Dhinesh S	79.8	+70	185
3	Ganesh Kumar S	79.7	+70	185
4	Yuvaraj H	72.2	+70	180
5	Sujan S	81.5	+70	167.5

### Deadlift – Junior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Thulasiraman S	52.00	56	187.5
2	Aagash B.M.D	54.100	56	180
3	Harish prabhu P	54.80	56	175
4	John Roshan S	45.400	56	160
5	Sutharasan	55.90	56	135

### Deadlift – Junior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Praveen E	58.00	60	180
2	Baskar B	56.20	60	175
3	Harish J	57.90	60	165
4	Shyam M	58.50	60	157.5
5	Pon Eswara Pandi M	58.50	60	145

### Deadlift – Junior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Kishore P	65.8	67.5	175
2	Sathiriyana S	61.10	67.5	170
3	Frastan S	63.50	67.5	170
4	Sabeen P	66.20	67.5	165
5	Simson P	64.50	67.5	150

### Deadlift – Junior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Chandru B.N	68.90	75	245
2	Sanjeev G	73.60	75	190
3	Ragul Sanjay S	68.30	75	185
4	Jaagan S	71.10	75	175
5	Santhosh A	73.7	75	175

### Deadlift – Junior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Samson Zacharia	79.30	82.5	205
2	Vignesh	79.30	82.5	192.5
3	Pavithran	75.20	82.5	190
4	Sorendiran A	75.60	82.5	185
5	Sudhakar K	77.60	82.5	180

### Deadlift – Junior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Raju A R	86.40	90	215
2	Dharnesh Havi M	89.70	90	210
3	Kishore	84.80	90	190
4	Akash Sri S	89.20	90	175
5	Guru Prasad	87.80	90	190

### Deadlift – Junior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Vasikaran D	97.80	+90	240
2	Abhinav V V	97.70	+90	220
3	Mohamed Noufal P	121.10	+90	220
4	Rohit J	99.10	+90	210
5	Infant Yugi G	97.8	+90	205

### Deadlift – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Thulasiraman S	52.00	56	187.5
2	Harish Prabhu P	54.80	56	175
3	Sakthivel K	54.30	56	160
4	Karthikeyan G	55.20	56	160
5	Vignesh S	55.40	56	160

### Deadlift – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Senthur Pandiyan S	58.90	60	210
2	Suriya Prakash N	57.10	60	170
3	Balanarayanan S	59.00	60	160
4	Ajith M	59.80	60	155
5	Nagapandi	57.60	60	140

### Deadlift – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Divyaprakash P	64.70	67.5	230
2	Aswinth	65.10	67.5	210
3	Suriya N	66.60	67.5	210
4	Sanjith Kumar R	67.00	67.5	175
5	Naveen R	64.70	67.5	160

### Deadlift – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Chandru M	70.10	75	235
2	Anith Lokah Kumar	74.70	75	220
3	Saravana Kumar	75.00	75	205
4	Yuvaraj H	72.200	75	120
5	Mohan/Nandhagopal			

### Deadlift – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Vivek M	77.05	82.5	210
2	Arun Kumar P	81.90	82.5	210
3	Samson Zacharia	79.30	82.5	205
4	Kishore A	80.10	82.5	205
5	Harikrishnan	80.90	82.5	20590

### Deadlift – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Dinesh Kumar A	83.10	90	230
2	Tamilselvan D	85.90	90	230
3	Roshin R.M	88.10	90	222.5
4	Navaneetha Krishnan	82.80	90	220
5	Franklin Ruban	87.60	90	220

### Deadlift – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Devanand	114.8	+90	245
2	Arun S	96.8	+90	225
3	Sugumar A	94.00	+90	230
4	Jeeva Kumar K	119.20	+90	220
5	Naveen Kumar M	101.20	+90	205

### Deadlift – Senior

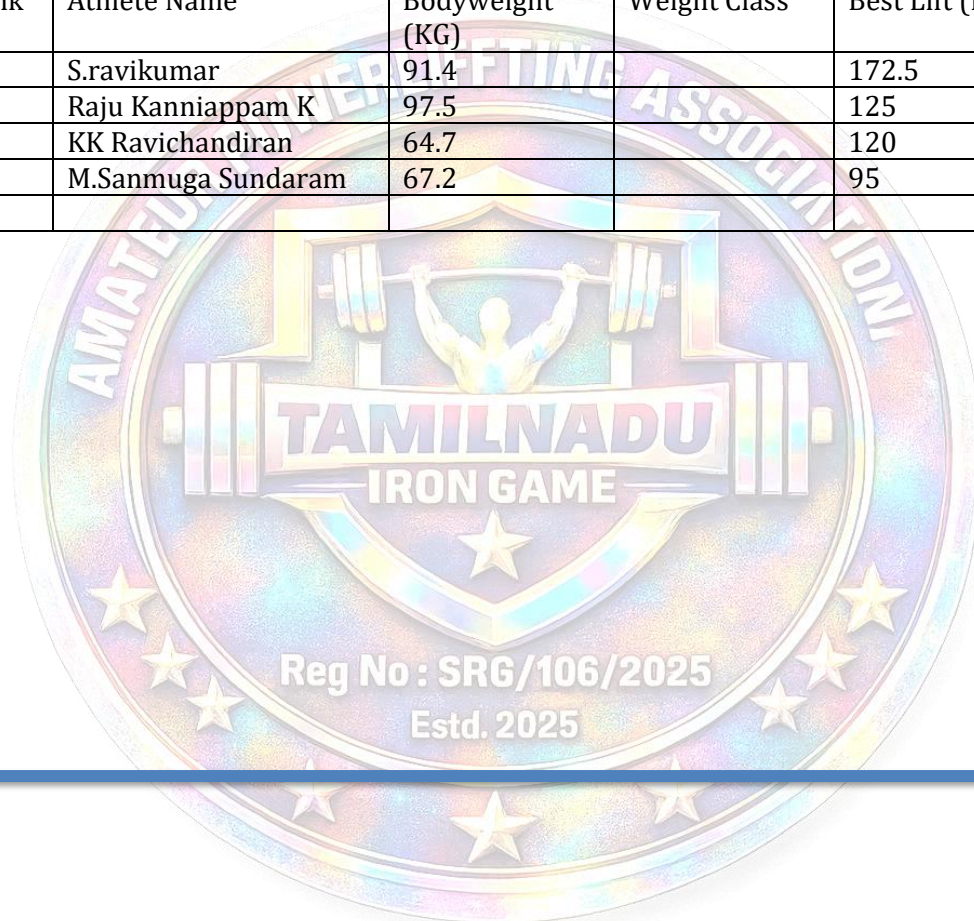
Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1				
2				
3				
4				
5				

### Deadlift – Master I

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Dhinesh Kumar	83.1		230
2	Gandhi S	72.3		197.5
3	N.Aruchamy	79.1		190
4	Ravikumar .RK	80.8		182.5
5	K.Ramalingam	75.5		170

### Deadlift – Master II

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	S.ravikumar	91.4		172.5
2	Raju Kanniappam K	97.5		125
3	KK Ravichandiran	64.7		120
4	M.Sanmuga Sundaram	67.2		95
5				



### Bench press – Junior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Rohan S	53.400	56	85
2	Aagash BMD	54.10	56	85
3	Vishal K	52.20	56	70
4	Balamurugan S	54.30	56	70
5	Sutharsan	55.90	56	70

### Bench press – Junior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Basker B	56.20	60	90
2	Harish J	57.90	60	90
3	Prakash L	60.00	60	85
4	Vishwa G	58.40	60	70
5	Pon Eswarapandi M	58.50	60	60

### Bench press – Junior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Lakshmanan K	63.00	67.5	105
2	Praveen Kumar S	65.80	67.5	102.5
3	Varun Prasath V	67.45	67.5	102.5
4	Muthu Krishnan S	63.00	67.5	100
5	Simson	64.50	67.5	92.5

### Bench press – Junior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Riyas K	74.80	75	145
2	Sriman G.N	70.60	75	130
3	Sudharsan V	74.90	75	120
4	Hemanth Kumar R.K	69.00	75	100
5	Bharath C	69.20	75	100

### Bench press – Junior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Yogeswaran R	80.70	82.5	102.5
2	Surendiran A	75.60	82.5	100
3	Vignesh	79.30	82.5	100
4	Natheesh P.M	78.50	82.5	90
5	Sanjay	79.20	82.5	87.5

### Bench press – Junior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Arjun S	87.50	90	135
2	Deepak P	88.00	90	90
3	Hari K	89.90	90	75
4				
5				

### Bench press – Junior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Vasikaran D	97.80	90+	140
2	Ragunath S	101.50	90+	110
3	Rohith J	99.100	90+	105
4	Akash M	91.80	90+	85
5	Balakrishnan K	90.80	90+	60

### Bench press – Junior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1				
2				
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### Bench press – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Saravanan S	55.80	56	95
2	N. Prabhu	47.20	56	80
3	Sakthivel K	54.30	56	80
4	Karthikeyan G	55.20	56	80
5	Muthusamy I	53.40	56	70

### Bench press – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Suriya Prakash N	57.10	60	105
2	Praveen S	59.20	60	85
3	Ajith M	59.80	60	75
4				
5				

### Bench press – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Nivas P	66.90	67.5	110
2	Ashok Kumar P	67.100	67.5	107.5
3	Munees Kumar M	67.20	67.5	107.5
4	Lakshmanan K	63.00	67.5	105
5	Riyaz S	67.300	67.5	105

### Bench press – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Riyas K	74.80	75	145
2	Gandhi S	72.30	75	125
3	Saravanakumar L	75.00	75	125
4	Anish Lokesh Kama Yedn	74.90	75	105
5	Ajith Kumar R	71.00	75	100

### Bench press – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Charles David	80.6	82.5	160
2	Selvin A	78.5	82.5	155
3	Madhan Kumar	80.8	82.5	150
4	Suresh T	80.8	82.5	135
5	Mani M	75.6	82.5	125

### Bench press – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Kathir M	89.20	90	195
2	Sabarinathan N	83.50	90	140
3	Mohammed Salman M	87.100	90	140
4	Navaneetha Krishnan	82.80	90	135
5	Tamil Selvan D	85.90	90	135

### Bench press – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Walter Arun Kumar J	90.10	90+	175
2	Mohan Kumar G	162.6	90+	155
3	Arun Kumar A K	97.60	90+	130
4	Arun S	96.80	90+	120
5	Jeeva Kumar K	118	90+	120

### Bench press – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1				
2				
3				
4				
5				

### Bench press – Master I

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Muthukrishnan	89.00		155
2	Gandhi S	72.30		125
3	Aruchamy N	79.10		120
4	Ravikumar RK	80.80		105
5	Thiagarajan C	71.40		100

### Bench press – Master II

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Ravi Kumar S	91.40		117.5
2	Askar S	93.10		110
3	Tamil Eniyan P	87.70		100
4	Saravanan S	55.80		95
5	Arul Jothi	79.00		85

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## Women's division

### Deadlift – Junior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Kalaivani M	46.80	48	127.5
2	Harshini A	44.20	48	125
3	Dhanapriya K	34.90	48	92.5
4	Karthigailakshmi M	38.10	48	65
5	Kaviya	45.00	48	60

### Deadlift – Junior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Gayathri V	49.6	52	90
2				
3				
4				
5				

### Deadlift – Junior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Jayabharathi L	53.9	56	120
2	Ann Riya Terrish	54.7	56	120
3	Swathi S	54.6	56	90
4				
5				

### Deadlift – Junior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Deepika B	59.50	60	102.5
2	Bhavaani M	58.00	60	82.5
3	Srinithi M	58.3	60	80
4				
5				

### Deadlift – Junior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Hemalatha S	66.70	67.5	137.5
2	Vithya S	65.90	67.5	120
3	Sangeethavani N	64.90	67.5	117.5
4				
5				

### Deadlift – Junior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Anjali Rai	74.100	75	130
2	Ajitha V	74.80	75	110
3	Srinidhi	73.60	75	107.5
4				
5				

### Deadlift – Junior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Ranjini P	112.90	+75	140
2	Sangamithra A	85.90	+75	112.5
3	Kamalarasini	82.60	+75	105
4	Maghalakshmi	97.50	+75	105
5				

### Deadlift – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Kalaivani M	46.8	48	127.5
2	Harshini A	44.20	48	125
3	Dhanapriya K	34.90	48	92.5
4	Ganga D	41.90	48	65
5				

### Deadlift – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Durga devi N	49.70	52	87.5
2	Deepana C M	48.40	52	70
3	Yalini chandru	49.60	52	65
4				
5				

### Deadlift – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Jayabharathi L	53.90	56	120
2	Ann Riya Terrish	54.7	56	120
3	Dharani Priya S	55.80	56	97.5
4	Swathi S	54.60	56	90
5	Vidhyapriya V	55.60	56	85

### Deadlift – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Sowmiya K	58.9	60	147.5
2	Jamuna P	59.4	60	130
3	Ashmi Jamal	59.7	60	110
4	Deepika B	59.50	60	102.5
5	Bhavaani M	58.00	60	82.5

### Deadlift – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Alamelu Mangai K	65.70	67.5	125
2	Vithya S	65.90	67.5	120
3	Lavanya P	62.100	67.5	117.5
4	Sangeethavani N	64.90	67.5	117.5
5	Keerthana T	62.100	67.5	105

### Deadlift – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Anjali Rai B	74.100	75	130
2	Sneha P	74.30	75	127.5
3	Sobika	71.35	75	115
4	Srinidhi S	73.60	75	107.5
5	Suganya A	67.70	75	80

### Deadlift – Senior

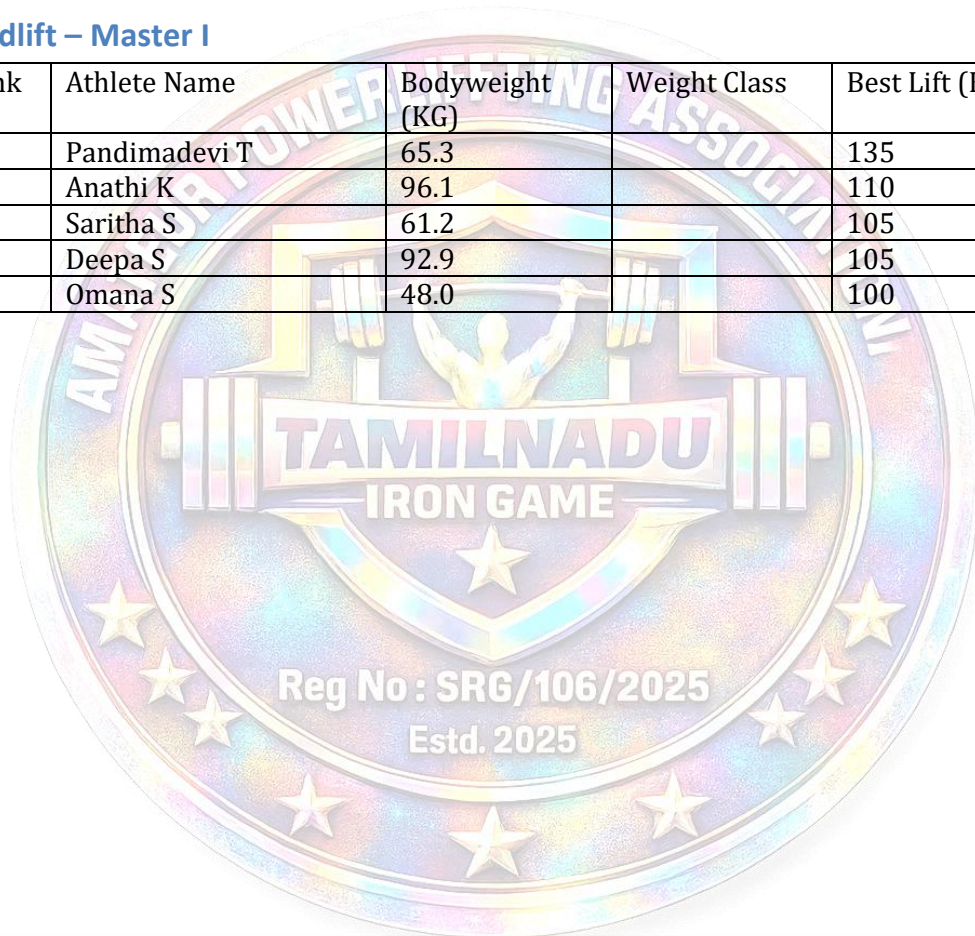
Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Jayasri Vijay	80.50	+75	162.5
2	Sindhiya K	93.30	+75	145
3	Ranjini P	112.9	+75	140
4	Priyanga A	80.60	+75	115
5	Mahalakshmi G	83.70	+75	110

### Deadlift – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1				
2				
3				
4				
5				

### Deadlift – Master I

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Pandimadevi T	65.3		135
2	Anathi K	96.1		110
3	Saritha S	61.2		105
4	Deepa S	92.9		105
5	Omana S	48.0		100



### Bench press – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Kalaivani M	46.8	48	57.5
2	Dhana Priya	34.9	48	40
3	Ganga D	41.9	48	20
4				
5				

### Bench press – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Durga Devi N	49.7	52	37.5
2				
3				
4				
5				

### Bench press – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Ann Riya Terrish	54.7	56	42.5
2	Vidhyapriya V	55.6	56	30
3				
4				
5				

### Bench press – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Sowmiya K	58.9	60	55
2	Ashmi Jamal	59.7	60	45
3	Deepika B	59.5	60	42.5
4				
5				

### Bench press – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Hemalatha S	66.7	67.5	52.5
2	Vithya	65.9	67.5	50
3	Saritha S	61.00	67.5	45
4	Lavanya P	62.10	67.5	45
5	Alamelu Mangai K	65.7	67.5	40

### Bench press – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Anjali Rai B	74.100	75	55
2	Sneha P	74	75	52.5
3	Sobika N	71.35	75	40
4	Ajitha V	74.8	75	40
5				

### Bench press – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Jayasri Vijay	80.5	+75	72.5
2	Amreetha B	75.3	+75	55
3	Ranjini P	112.9	+75	50
4	Priyanga S	80.60	+75	45
5				

### Bench press – Senior

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1				
2				
3				
4				
5				

### Bench press – Master I

Rank	Athlete Name	Bodyweight (KG)	Weight Class	Best Lift (KG)
1	Pandimadevi T	65.3		50
2	Saritha S	61.00		45
3	Omana G	48.00		42.5
4	Deepa S	92.9		42.5
5				

## Champion of Champions

Category	Athlete Name	Best Lift	Team/State
Strongman Champion (Bench Press) JUNIOR	Riyas K	145	Coimbatore
Strongman Champion (Bench Press) SENIOR	Karthik M	195	Coimbatore
Strongman Champion (Deadlift) JUNIOR	Thulasiraman S	187.5	Dharmapuri
Strongman Champion (Deadlift) SENIOR	Divyaprakash N	230	Tirupur
Strongwomen Champion (Bench Press) SENIOR (OPEN)	Kalaivani M	57.5	Coimbatore
Strongwomen Champion (Deadlift) JUNIOR			
Strongwomen Champion (Deadlift) SENIOR	Kalaivani M	127.5	Coimbatore

Chief Referee: \_\_\_\_\_

Competition Director: \_\_\_\_\_

Reg No : SRG/106/2025

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*M. Karvendan*

**M.KARVENDAN**

Secretary

AMATEUR POWERLIFTING ASSOCIATION

