

# COMMONWEALTH POWERLIFTING CHAMPIONSHIPS 2009



BALEWADI SHIV CHHATRAPATI SPORTS COMPLEX,  
PUNE, INDIA



9<sup>th</sup>-13<sup>th</sup> December, 2009

## *Best Lifters Powerlifting*

Sub Junior Men	:	Murchie Stuard	:	South Africa
Sub Junior Women	:	Priyadarshani	:	India
Junior Men	:	Pradeep Kumar Patra	:	India
Junior Women	:	Meenu Gogoi	:	India
Open Men	:	Sandeep Awari	:	India
Open Women	:	Tejaswini Naidu	:	India
Master-1 Men	:	Jaswinder Singh	:	India
Master-1 Women	:	Histerki Range	:	South Africa
Master-2 Men	:	Arendse Launarance	:	South Africa
Master-2 Women	:	Sinclair Mirriam	:	South Africa
Master-3 Men	:	Oppenheim Dan	:	South Africa

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## *Powerlifting Team Championships*

Sub Junior Men	:	India	:	72 Points
	:	South Africa	:	54 Points
Sub Junior Women	:	India	:	72 Points
Junior Men	:	India	:	72 Points
	:	South Africa	:	20 Points
Junior Women	:	India	:	60 Points
Open Men	:	India	:	72 Points
	:	Northern Ireland	:	9 Points
Open Women	:	India	:	72 Points
Master-1 Men	:	India	:	72 Points
	:	Scotland	:	12 Points
Master-1 Women	:	India	:	48 Points
	:	South Africa	:	12 Points
Master-2 Men	:	India	:	72 Points
	:	South Africa	:	20 Points
Master-2 Women	:	South Africa	:	20 Points
Master-3 Men	:	India	:	24 Points
	:	South Africa	:	12 Points