

**CALICUT UNIVERSITY POWER LIFTING MEN – RECORDS
AS ON 31/03/2015**

Class	Event	Name	College	Wt. In kgs.	Year
59 kg	Squat	AJITH T.M.	SVNSS, W'CHERRY	192.5	2014-15
	Bench Press	AJITH T.M.	SVNSS, W'CHERRY	97.5	2014-15
	Dead Lift	WILSAN M.T.	ST.THOMAS, TCR	195	2013-14
	Total	WILSAN M.T.	ST.THOMAS, TCR	470	2013-14
66 kg	Squat	SUBHESH P.S.	ST.THOMAS, TCR	240	2013-14
	Bench Press	SUBHESH P.S.	ST.THOMAS, TCR	130	2013-14
	Dead Lift	SUBHESH P.S.	ST.THOMAS, TCR	250	2013-14
	Total	SUBHESH P.S.	ST.THOMAS, TCR	620	2013-14
74 kg	Squat	SUBHESH P.S.	ST.THOMAS, TCR	260	2014-15
	Bench Press	SUBHESH P.S.	ST.THOMAS, TCR	137.5	2014-15
	Dead Lift	SUBHESH P.S.	ST.THOMAS, TCR	245	2014-15
	Total	SUBHESH P.S.	ST.THOMAS, TCR	642.5	2014-15
83 kg	Squat	KIRAN K.P.	SKC, GVR	270	2014-15
	Bench Press	KIRAN K.P.	SKC, GVR	145	2014-15
	Dead Lift	KIRAN K.P.	SKC, GVR	220	2014-15
	Total	KIRAN K.P.	SKC, GVR	635	2014-15
93 kg	Squat	AJITH V.J.	ST.THOMAS, TCR	300	2014-15
	Bench Press	AJITH V.J.	ST.THOMAS, TCR	130	2014-15
	Dead Lift	ARJUN KUMAR C.V.	ST. THOMAS, TCR	265	2013-14
	Total	AJITH V.J.	ST.THOMAS, TCR	680	2014-15
105 kg	Squat	ASWIN MOHAN E.	MCC, CLT	310	2014-15
	Bench Press	NITHIL K.M.	ST.THOMAS, TCR	155	2013-14
	Dead Lift	MELVIN VINCENT	ST.THOMAS, TCR	287.5	2012-13
	Total	MELVIN VINCENT	ST.THOMAS, TCR	705	2012-13
120kg	Squat	NITHIL K.M.	ST.THOMAS, TCR	287.5	2011-12
	Bench Press	NITHIL K.M.	ST.THOMAS, TCR	160	2011-12
	Dead Lift	NITHIL K.M.	ST. THOMAS, TCR	240	2011-12
	Total	NITHIL K.M.	ST.THOMAS, TCR	687.5	2011-12
+120 kg	Squat	ANSAR A.	ST.THOMAS, TCR	285	2014-15
	Bench Press	ANSAR A.	ST.THOMAS, TCR	172.5	2014-15
	Dead Lift	ANSAR A.	ST. THOMAS, TCR	230	2014-15
	Total	ANSAR A.	ST.THOMAS, TCR	687.5	2014-15

Assistant Director