

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

Class	Event	Name	College	Wt. In kgs.	Year
47 kg	Squat	ANJU AROWN ROSS	PWC, CLT	107.5	2013-14
	Bench Press	ANJU AROWN ROSS	PWC, CLT	45.5	2013-14
	Dead Lift	ANJU AROWN ROSS	PWC, CLT	117.5	2013-14
	Total	ANJU AROWN ROSS	PWC, CLT	270	2013-14
52 kg	Squat	SUMI GEORGE	ST.MARY'S, TCR	145	2014-15
	Bench Press	SUMI GEORGE	ST.MARY'S, TCR	62.5	2014-15
	Dead Lift	SUMI GEORGE	ST.MARY'S, TCR	142.5	2014-15
	Total	SUMI GEORGE	ST.MARY'S, TCR	350	2014-15
57 kg	Squat	RIYA T.C	ST.MARY'S, TCR	122.5	2014-15
	Bench Press	RIYA T.C	ST.MARY'S, TCR	52.5	2014-15
	Dead Lift	RIYA T.C	ST.MARY'S, TCR	137.5	2014-15
	Total	RIYA T.C	ST.MARY'S, TCR	312.5	2014-15
63 kg	Squat	SWATHIKRISHNA C NAIR	ST.MARY'S, TCR	142.5	2014-15
	Bench Press	SWATHIKRISHNA C NAIR	ST.MARY'S, TCR	50	2014-15
	Dead Lift	SWATHIKRISHNA C NAIR	ST.MARY'S, TCR	150	2014-15
	Total	SWATHIKRISHNA C NAIR	ST.MARY'S, TCR	342.5	2014-15
72 kg	Squat	DIVYA N.P.	ZGC, CLT	142.5	2014-15
	Bench Press	DIVYA N.P.	ZGC, CLT	52.5	2014-15
	Dead Lift	DIVYA N.P.	ZGC, CLT	122.5	2014-15
	Total	DIVYA N.P.	ZGC, CLT	317.5	2014-15
84 kg	Squat	ANJU MURALI	ST.MARY'S, TCR VIMALA, TCR	135	2013-14
	Bench Press	REHNA C.J.		47.5	2014-15
	Dead Lift	REHNA C.J.	VIMALA, TCR	155	2014-15
	Total	REHNA C.J.	VIMALA, TCR	355	2014-15
+84kg	Squat	SOUPARNA N	KMCTCEW, CLT	140	2012-13
		KAVITHA G	ST.JOSEPH'S, CLT	140	2011-12
	Bench Press	SOUPARNA N	KMCTCEW, CLT	140	2013-14
		SOUPARNA N	KMCTCEW, CLT	50	2013-14
	Dead Lift	SOUPARNA N	KMCTCEW, CLT	140	2013-14
	Total	SOUPARNA N	KMCTCEW, CLT	330	2013-14

Assistant Director