

Edblazon Powerlifting Meet 2024

Overview:

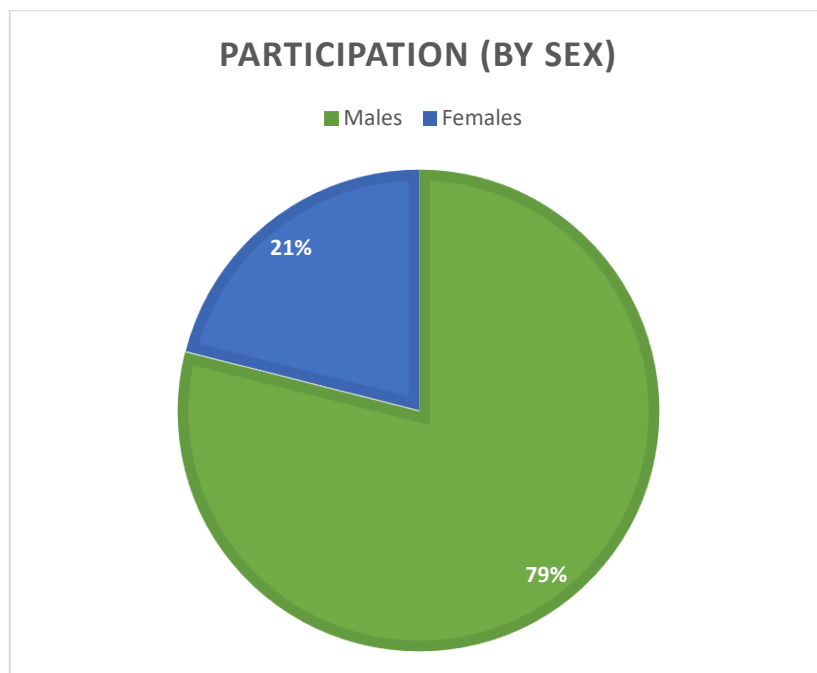
The recently concluded college powerlifting event dated Feb 24, 2024, showcased the immense strength and sportsmanship of the participants from various departments. The report aims to bring to notice the essence of the competition, shedding light on standout performances, achievements, and the overall growth of powerlifting in the college.

Basic Highlights:

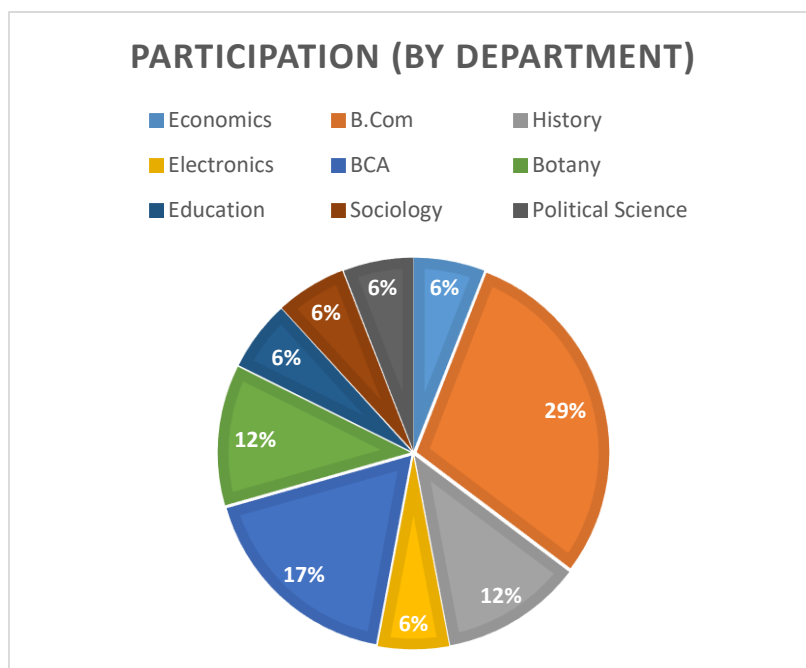
1. Competitive Spirit: The intra-college competition fostered a strong sense of enthusiasm, turning the event into a celebration of strength.
2. Personal Bests: Many lifters pushed their limits and achieved personal best totals. The event provided an opportunity for participants to challenge themselves and celebrate self-growth.
3. Community Building: Beyond the lifts, the event served as a gathering point for powerlifting enthusiasts, fostering connections and friendships within the newly formed community.

Participant Demographics:

The event saw participation of 19 competitors, out of which 4 were girls.



Various students from different departments took part in the event as shown in the chart below:



Judging Panel:

The judging panel consisted of Aditya Bakshi (St Edmund’s College Gym Instructor), Subhadeep Sinha (National Level Inter NIT Silver Medalist) and Khuplunlal Hangsing (State Level Powerlifter). The logging in of the attempts and software was brilliantly handled by Mahesh Ram Sir. The panel played a crucial role in ensuring fair and accurate assessments of the participants’ performances. The judges adhered to proper competition standard rules, maintaining the integrity of the sport. This also ensured overall fair and healthy competition.

Results (Men and Women):

The result of the women’s category was decided based on the Dots Score, to fairly compare lifters across different body weights. The top 3 in the women’s category were as follows:

Women’s (Open Category)

Rank	Lifter	BWt	Squat	Bench	Deadlift	Total (kg)	Dots
1.	Hidam Linda Devi	62.1	72.5	35	95	202.5	219.72
2.	Vanessa langrai	42.6	50	25	65	140	197.72
3.	HC Zothankimi	42.1	27.5	27.5	60	115	163.92

The men's results were based on weight classes derived from the rules of the IPF (International Powerlifting Federation). The classes were *under 59 kg, under 66 kg, under 74 kg, under 83 kg and 83 kg+*.

Men's -59 kg

Rank	Lifter	BWt	Squat	Bench	Deadlift	Total (kg)	Dots
1.	Jeremmy N Sangma	56.35	110	70	160	340	302.66
2.	Sengwan Sangma	58.95	100	65	127.5	292.5	250.52

Men's -66 kg

Rank	Lifter	BWt	Squat	Bench	Deadlift	Total(kg)	Dots
1.	Treningbirth M Sangma	63.45	130	70	170	370	298.69
2.	Thanglenhao Anthony Touthang	65	110	72.5	140	322.5	255.59
3.	Prem Chhetri	63.05	100	60	155	315	255.54

Men's -74 kg

Rank	Lifter	BWt	Squat	Bench	Deadlift	Total (kg)	Dots
1.	Seiminlun Kipgen	66.85	120	70	140	330	256.14
2.	Rishi Choudhury	69.25	105	72.5	115	292.5	221.37

Men's -83 kg

Rank	Lifter	BWt	Squat	Bench	Deadlift	Total (kg)	Dots
1.	Partha Sarathi Baruah	77.05	190	120	207.5	517.5	365.03
2.	Bishal Singha	82.2	135	110	175	420	285.09
3.	David Suantak	76.15	120	90	145	355	252.24

Men's 83 kg+

Rank	Lifter	BWt	Squat	Bench	Deadlift	Total (kg)	Dots
1.	Darren N Diengdoh	113	150	120	210	480	281.48

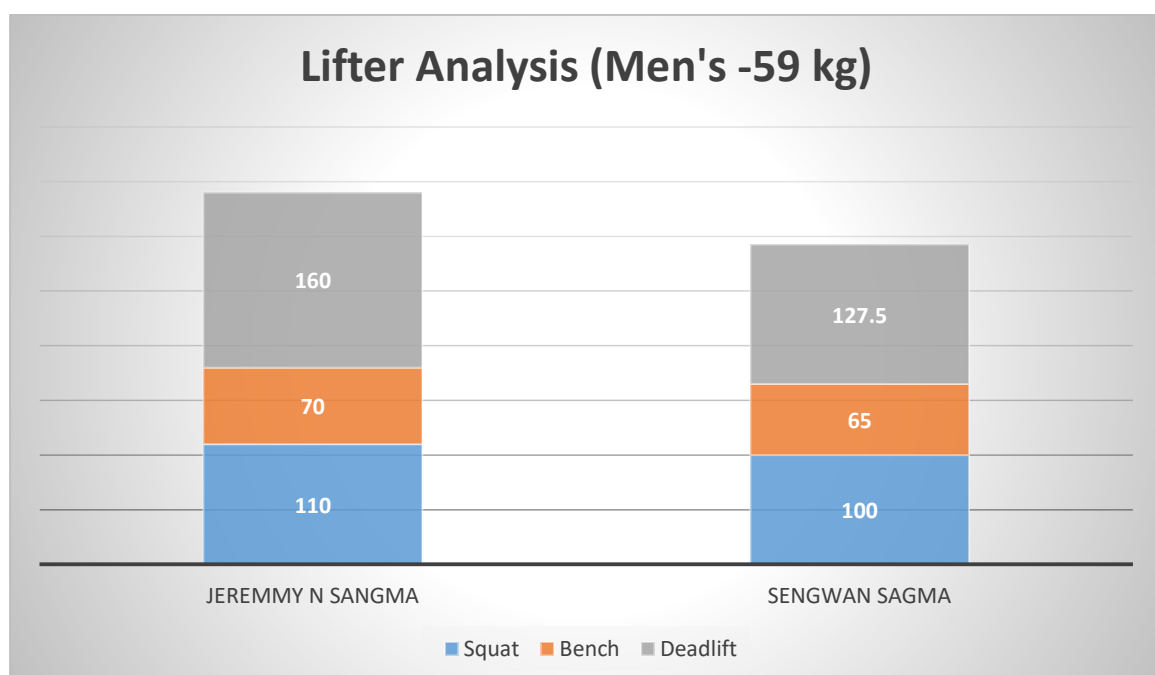
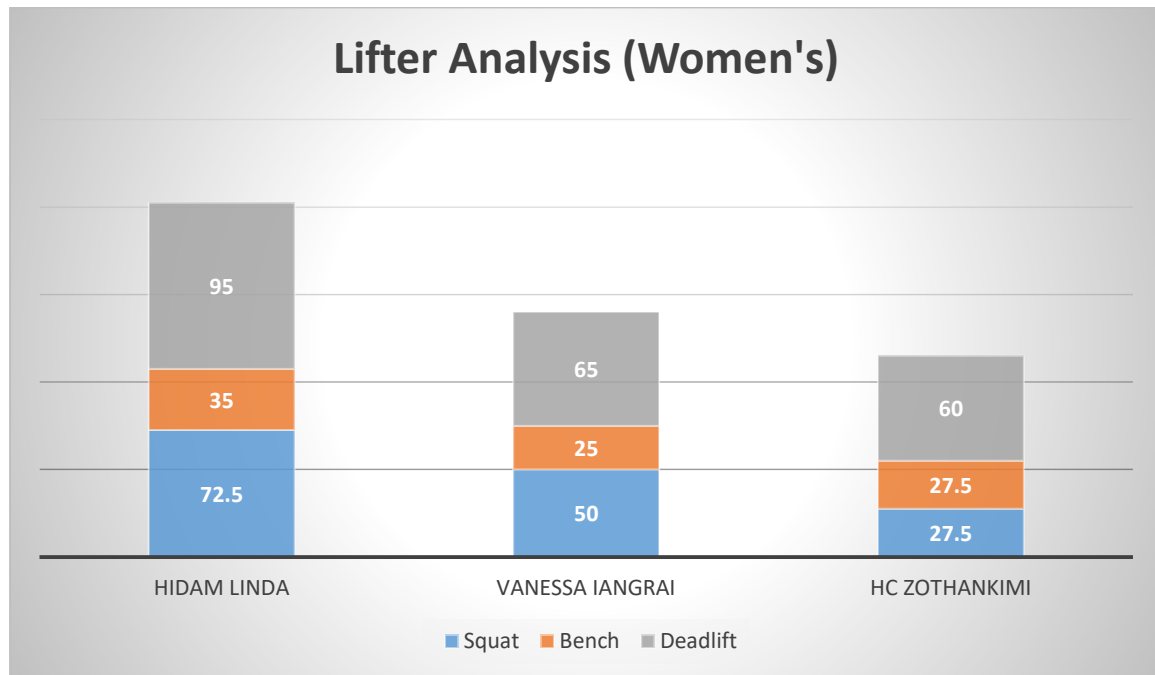


The prestigious accolade of “**Strongman**” conferred upon the most formidable powerlifter in the event signifies the apex of strength across different weight classes. The award was given to *Parathi Sarathi Baruah* from the *-83 kg class* for a Dots Score of 365.03, which was the best score in the event.

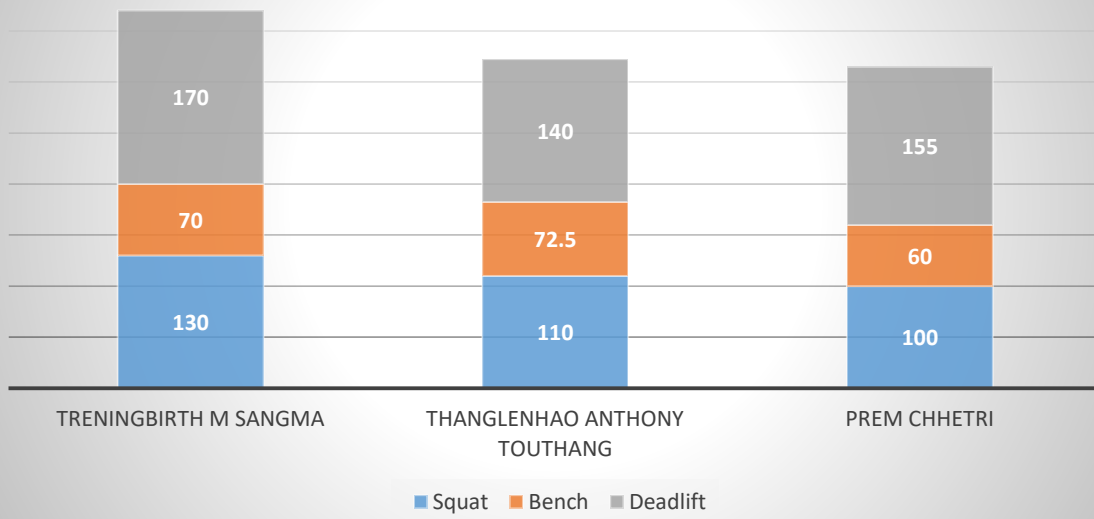


Data Analysis:

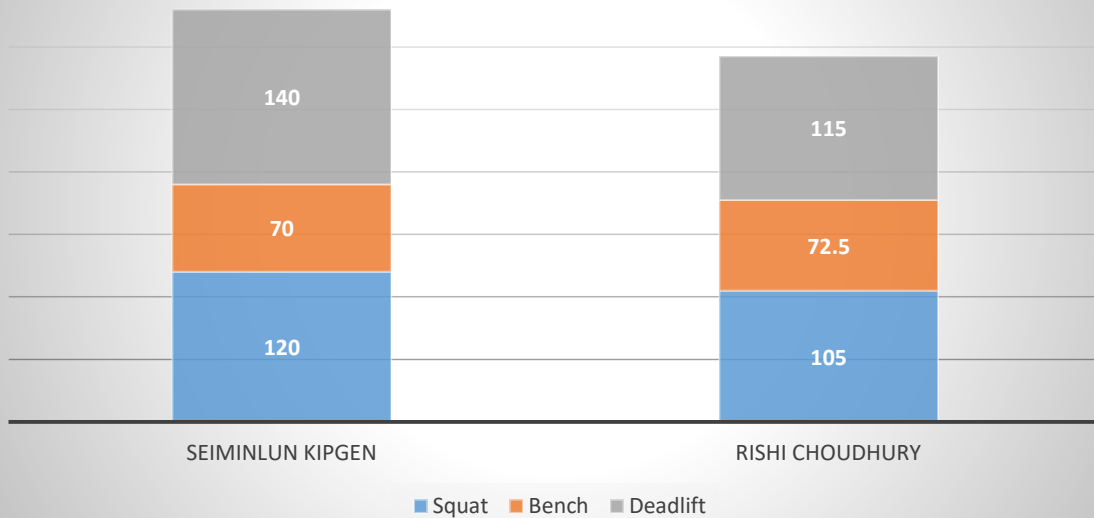
The top performers showcased exceptional strength, determination and skill across various weight classes. The tables presented showcase the fraction of the squat, bench and deadlift from their total. These visual representations aim to provide a comprehensive overview, celebrating the accomplishments of the participants and highlighting key aspects of the event's dynamics.



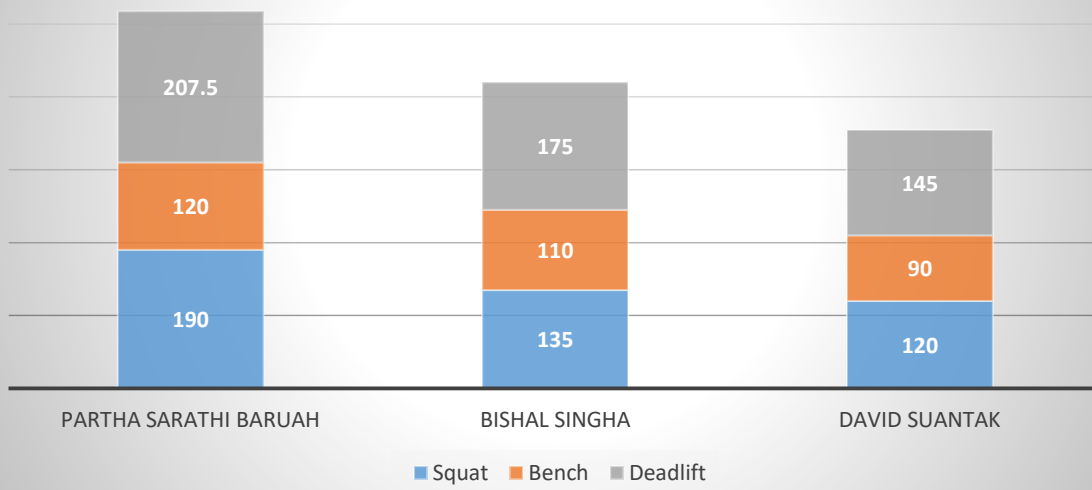
Lifter Analysis (Men's -66 kg)



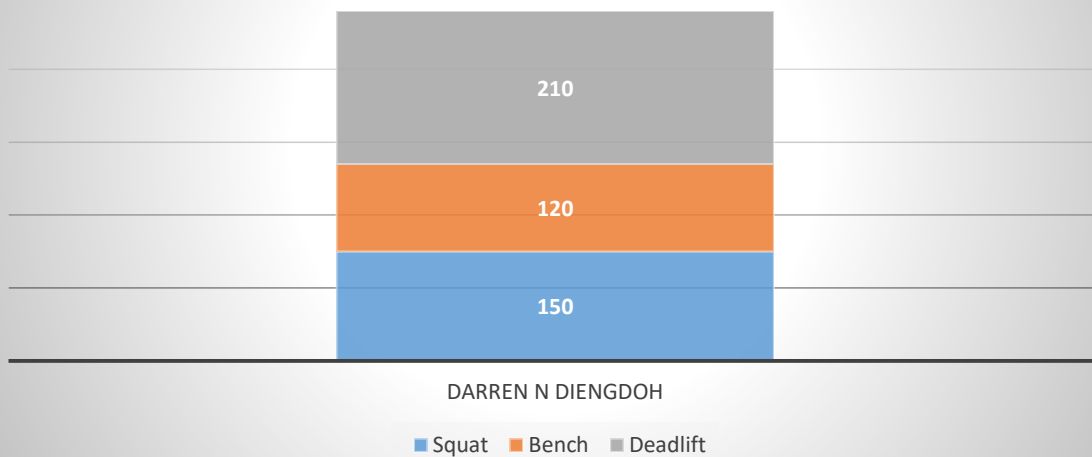
Lifter Analysis (Men's -74 kg)



Lifter Analysis (Men's -83 kg)



Lifter Analysis (Men's 83 kg+)



Audience Engagement:

The enthusiastic audience created an electric atmosphere throughout the competition. The audience of almost 140+ individuals, encouraged the competitors with loud cheers. Students from different departments came in to support their friends or classmates. The key highlight was Sir Sajid Nagi coming from within the audience as a guest lifter and completing a 92.5 kg bench press, further encouraging the participants and audience to stay active and train throughout their lives.



In conclusion, the powerlifting meet at St Edmund's College not only celebrated the physical strength, but also the importance of a sense of community and competitiveness. The dedication of the guest judges, the vibrant audience and the remarkable performances of the participants, as shown, made the event a memorable and uplifting experience for all involved.