



## India Deadlift Records

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9/15/2024

Weight Class: 44 / 97 Female				
Division	Deadlift	Name	Resides	Date
Open	85.0 kgs / 187.3 lbs	Sumaya Shakir	India	7/2014
11 and under	75.0 kgs / 165.3 lbs	Jasmeen Kaur	India	1/2021
12-13	45.0 kgs / 99.2 lbs	Sidakpreet Kaur	India	1/2021
14-15	50.0 kgs / 110.2 lbs	Anushka .	India	1/2021
20-24	45.0 kgs / 99.2 lbs	Monika .	India	12/2019

Weight Class: 48 / 105 Female				
Division	Deadlift	Name	Resides	Date
Open	110.0 kgs / 242.5 lbs	Pragati Sadafule	India	7/2019
11 and under	65.0 kgs / 143.2 lbs	Yogita .	India	1/2021
12-13	30.0 kgs / 66.1 lbs	Sanvi Sharma	India	1/2021
14-15	70.0 kgs / 154.3 lbs	Tarandeep Kaur	India	7/2023
16-17	92.5 kgs / 203.9 lbs	Priyanka .	India	1/2021
18-19	110.0 kgs / 242.5 lbs	Pragati Sadafule	India	7/2019

Weight Class: 52 / 114 Female				
Division	Deadlift	Name	Resides	Date
Open	115.0 kgs / 253.5 lbs	Meenakshi .	India	1/2021
14-15	70.0 kgs / 154.3 lbs	Tarandeep Kaur	India	7/2023
45-49	35.0 kgs / 77.1 lbs	Kavita Tanwer	India	6/2022

Weight Class: 56 / 123 Female				
Division	Deadlift	Name	Resides	Date
Open	100.0 kgs / 220.4 lbs	Priya Kuntal	India	7/2019
12-13	50.0 kgs / 110.2 lbs	Khiyansh .	India	7/2019
18-19	100.0 kgs / 220.4 lbs	Priya Kuntal	India	7/2019
20-24	97.5 kgs / 214.9 lbs	Arifa Bilal	India	1/2021

Weight Class: 60 / 132 Female				
Division	Deadlift	Name	Resides	Date
Open	105.0 kgs / 231.4 lbs	Vandana Rawat	India	1/2021
12-13	52.5 kgs / 115.7 lbs	Samriddhi Sharma	India	7/2019
14-15	55.0 kgs / 121.2 lbs	Samriddhi Sharma	India	1/2021
20-24	105.0 kgs / 231.4 lbs	Vandana Rawat	India	1/2021
35-39	100.0 kgs / 220.4 lbs	Ashlesha Tiwari	India	7/2019
40-44	80.0 kgs / 176.3 lbs	Shashi Karan	India	1/2021

Weight Class: 67.5 / 148 Female				
Division	Deadlift	Name	Resides	Date
Open	130.0 kgs / 286.5 lbs	Rakhi .	India	7/2019
16-17	107.5 kgs / 236.9 lbs	Khushi Panwar	India	7/2019
18-19	100.0 kgs / 220.4 lbs	Kiran .	India	1/2021
20-24	105.0 kgs / 231.4 lbs	Manish Jhanjhot	India	7/2019

Weight Class: 75 / 165 Female				
Division	Deadlift	Name	Resides	Date
Open	182.5 kgs / 402.3 lbs	Jyoti Dahiya	India	1/2021
16-17	90.0 kgs / 198.4 lbs	Himanshi .	India	1/2021
18-19	110.0 kgs / 242.5 lbs	Bindu .	India	12/2019
20-24	125.0 kgs / 275.5 lbs	Kunika Sunaria	India	7/2019
35-39	182.5 kgs / 402.3 lbs	Jyoti Dahiya	India	1/2021
40-44	100.0 kgs / 220.4 lbs	Kuldeep Kaur	India	7/2019

Weight Class: 82.5 / 181 Female				
Division	Deadlift	Name	Resides	Date
Open	155.0 kgs / 341.7 lbs	Jyoti Dahiya	India	7/2019
12-13	80.0 kgs / 176.3 lbs	Vriti Nikunj Patel	India	7/2024
16-17	90.0 kgs / 198.4 lbs	Anushka Panwar	India	1/2021
20-24	120.0 kgs / 264.5 lbs	Elishba Kinder	India	7/2019
50-54	90.0 kgs / 198.4 lbs	Madhavi Nandwani	India	7/2019

Weight Class: 90 / 198 Female				
Division	Deadlift	Name	Resides	Date
Open	120.0 kgs / 264.5 lbs	Kamaljeet Kaur	India	6/2022
18-19	100.0 kgs / 220.4 lbs	Ritika Rana	India	7/2019
20-24	115.0 kgs / 253.5 lbs	Pinki .	India	7/2019
35-39	120.0 kgs / 264.5 lbs	Kamaljeet Kaur	India	6/2022

Weight Class: 90+ / 198+ Female				
Division	Deadlift	Name	Resides	Date
Open	140.0 kgs / 308.6 lbs	Tina Sharma	India	7/2019

Weight Class: 48 / 105 Male				
Division	Deadlift	Name	Resides	Date
Open	115.0 kgs / 253.5 lbs	Navneet Singh	India	7/2019
11 and under	57.5 kgs / 126.7 lbs	Vatanpreet Singh	India	1/2021
12-13	90.0 kgs / 198.4 lbs	Gurkirat Singh	India	1/2021
14-15	115.0 kgs / 253.5 lbs	Navneet Singh	India	7/2019
16-17	90.0 kgs / 198.4 lbs	Harender Kumarsuman	India	7/2019
18-19	105.0 kgs / 231.4 lbs	Santosh Singh	India	7/2019

Weight Class: 52 / 114 Male				
Division	Deadlift	Name	Resides	Date
Open	170.0 kgs / 374.7 lbs	Sumit Thakyal	India	7/2023
14-15	70.0 kgs / 154.3 lbs	Dilpreet Singh	India	7/2019

16-17	140.0 kgs / 308.6 lbs	Ashish Kaushal	India	7/2019
18-19	152.5 kgs / 336.2 lbs	Arshad Khan	India	7/2019
20-24	170.0 kgs / 374.7 lbs	Sumit Thakyal	India	7/2023

**Weight Class: 56 / 123 Male**

Division	Deadlift	Name	Resides	Date
<b>Open</b>	<b>160.0 kgs / 352.7 lbs</b>	<b>Govind Singh</b>	<b>India</b>	<b>7/2019</b>
12-13	62.5 kgs / 137.7 lbs	Abhinav Sharma	India	1/2021
14-15	130.0 kgs / 286.5 lbs	Ritik Sadafule	India	7/2019
18-19	140.0 kgs / 308.6 lbs	Yash Rana	India	7/2019
20-24	150.0 kgs / 330.6 lbs	Ravel Singh	India	7/2019

**Weight Class: 60 / 132 Male**

Division	Deadlift	Name	Resides	Date
<b>Open</b>	<b>185.0 kgs / 407.8 lbs</b>	<b>Manish Sharma</b>	<b>India</b>	<b>1/2021</b>
14-15	150.0 kgs / 330.6 lbs	Kuldeep Singh	India	7/2019
16-17	150.0 kgs / 330.6 lbs	Yashraj Gurjar	India	1/2021
18-19	175.0 kgs / 385.8 lbs	Kunal Sharma	India	7/2019
20-24	172.5 kgs / 380.2 lbs	Paras Juneja	India	1/2021

**Weight Class: 67.5 / 148 Male**

Division	Deadlift	Name	Resides	Date
<b>Open</b>	<b>220.0 kgs / 485.0 lbs</b>	<b>Mayank Sukhyani</b>	<b>India</b>	<b>7/2019</b>
14-15	70.0 kgs / 154.3 lbs	Sharandeep Singh	India	1/2021
16-17	160.0 kgs / 352.7 lbs	Piyush Gupta	India	1/2021
18-19	220.0 kgs / 485.0 lbs	Mayank Sukhyani	India	7/2019
20-24	207.5 kgs / 457.4 lbs	Palvinder Singh	India	1/2021
35-39	175.0 kgs / 385.8 lbs	Parmjit .	India	7/2019
40-44	187.5 kgs / 413.3 lbs	Vedparkesh Pandey	India	7/2019
50-54	100.0 kgs / 220.4 lbs	Rajesh Kumar	India	1/2021

**Weight Class: 75 / 165 Male**

Division	Deadlift	Name	Resides	Date
<b>Open</b>	<b>237.5 kgs / 523.5 lbs</b>	<b>Aman .</b>	<b>India</b>	<b>7/2023</b>
14-15	100.0 kgs / 220.4 lbs	Ayush Kumar	India	7/2019
16-17	215.0 kgs / 473.9 lbs	Husanpreet Singh	India	7/2024
18-19	180.0 kgs / 396.8 lbs	Azharuddin Ansari	India	7/2019
20-24	227.5 kgs / 501.5 lbs	Ritik .	India	1/2021
35-39	160.0 kgs / 352.7 lbs	Amrinder Singh	India	6/2022
40-44	162.5 kgs / 358.2 lbs	Sabir Ali	India	7/2019
50-54	80.0 kgs / 176.3 lbs	Sureshchandra Sharma	India	7/2019
60-64	122.5 kgs / 270.0 lbs	Manohar Kadam	India	7/2019

**Weight Class: 82.5 / 181 Male**

Division	Deadlift	Name	Resides	Date
<b>Open</b>	<b>230.0 kgs / 507.0 lbs</b>	<b>Vikrant Yadav</b>	<b>India</b>	<b>7/2024</b>
12-13	75.0 kgs / 165.3 lbs	Sachin Kapoor	India	1/2021
16-17	180.0 kgs / 396.8 lbs	Ankush .	India	12/2019
18-19	180.0 kgs / 396.8 lbs	Sagar .	India	12/2019
20-24	222.5 kgs / 490.5 lbs	Rakshit .	India	1/2021

35-39	200.0 kgs / 440.9 lbs	Jagpreet Singh	India	1/2021
40-44	200.0 kgs / 440.9 lbs	Jagpreet Singh	India	6/2022
50-54	200.0 kgs / 440.9 lbs	Jaswant Singh	India	7/2019
55-59	150.0 kgs / 330.6 lbs	Bashir Ahmed Sheikh	India	7/2019
Handicapped	110.0 kgs / 242.5 lbs	Naveen Sharma	India	11/2023

**Weight Class: 90 / 198 Male**

Division	Deadlift	Name	Resides	Date
<b>Open</b>	<b>270.0 kgs / 595.2 lbs</b>	<b>Sagar Dahiya</b>	<b>India</b>	<b>1/2021</b>
14-15	130.0 kgs / 286.5 lbs	Partap Jhala	India	7/2019
16-17	220.0 kgs / 485.0 lbs	Abhishek Attri	India	1/2021
18-19	180.0 kgs / 396.8 lbs	Prabhjot Singh	India	1/2021
20-24	270.0 kgs / 595.2 lbs	Sagar Dahiya	India	1/2021
35-39	230.0 kgs / 507.0 lbs	Tarandeep Singh	India	1/2021
40-44	200.0 kgs / 440.9 lbs	Ritesh Virang	India	7/2019
45-49	135.0 kgs / 297.6 lbs	Vijay Kumar	India	6/2022
50-54	162.5 kgs / 358.2 lbs	Kulwantjit Singh	India	1/2021
Handicapped	110.0 kgs / 242.5 lbs	Ayush Sapra	India	6/2022

**Weight Class: 100 / 220 Male**

Division	Deadlift	Name	Resides	Date
<b>Open</b>	<b>255.0 kgs / 562.1 lbs</b>	<b>Sourab Dahiya</b>	<b>India</b>	<b>1/2021</b>
16-17	190.0 kgs / 418.8 lbs	Akash Yadav	India	7/2024
18-19	202.5 kgs / 446.4 lbs	Lokesh .	India	7/2024
20-24	255.0 kgs / 562.1 lbs	Sourab Dahiya	India	1/2021
35-39	237.5 kgs / 523.5 lbs	Tarandeep Singh	India	11/2022
40-44	242.5 kgs / 534.6 lbs	Sunil Nagar	India	7/2019
45-49	170.0 kgs / 374.7 lbs	Harjit Singh	India	7/2019
50-54	150.0 kgs / 330.6 lbs	Vinod Rajpal	India	1/2021

**Weight Class: 110 / 242 Male**

Division	Deadlift	Name	Resides	Date
<b>Open</b>	<b>285.0 kgs / 628.3 lbs</b>	<b>Gurpreet Singh</b>	<b>India</b>	<b>7/2019</b>
16-17	225.0 kgs / 496.0 lbs	Teerkaran Singh	India	7/2023
18-19	235.0 kgs / 518.0 lbs	Prabhjot Singh	India	6/2022
20-24	285.0 kgs / 628.3 lbs	Gurpreet Singh	India	7/2019
35-39	235.0 kgs / 518.0 lbs	Tarandeep Singh	India	6/2022
40-44	205.0 kgs / 451.9 lbs	Sanjeev Sharma	India	11/2022
45-49	150.0 kgs / 330.6 lbs	Deepak Dixit	India	6/2022

**Weight Class: 125 / 275 Male**

Division	Deadlift	Name	Resides	Date
<b>Open</b>	<b>265.0 kgs / 584.2 lbs</b>	<b>Deepak Basist</b>	<b>India</b>	<b>7/2023</b>
16-17	75.0 kgs / 165.3 lbs	Dipesh .	India	7/2019
18-19	185.0 kgs / 407.8 lbs	Shubham Luthra	India	7/2019
20-24	225.0 kgs / 496.0 lbs	Sunny .	India	12/2019
40-44	200.0 kgs / 440.9 lbs	Sanjeev Sharma	India	6/2022
45-49	165.0 kgs / 363.7 lbs	Neeraj Kumar	India	6/2022
Handicapped	175.0 kgs / 385.8 lbs	Sandeep Khosla	India	11/2023

<b>Weight Class: 140 / 308 Male</b>				
<b>Division</b>	<b>Deadlift</b>	<b>Name</b>	<b>Resides</b>	<b>Date</b>
Open	270.0 kgs / 595.2 lbs	Sunny .	India	6/2022
20-24	270.0 kgs / 595.2 lbs	Sunny .	India	6/2022
35-39	182.5 kgs / 402.3 lbs	Gurpreet Singh	India	7/2019

<b>Unknown Class: SHW Male</b>				
<b>Division</b>	<b>Deadlift</b>	<b>Name</b>	<b>Resides</b>	<b>Date</b>
Open	280.0 kgs / 617.2 lbs	Harpal Singh	India	1/2021
20-24	185.0 kgs / 407.8 lbs	Smith Kabir Marshal	India	1/2021