

# MP Powerlifting Association Records

## MASTER 3

### Mens(Equipped)

#### Squat

Category	Name	Unit	Body Wt.	Result	Date
66kg	RAMESH CHANDRA NAMDEV	Indore Corporation	64.5	50	21-08-2024
74kg	ASHOK KUMAR TIWARI	Bhopal Corporation	71.35	295	15-04-2023
83kg	UDAI PRATAP SINGH	Bhopal Corporation	76.4	330	15-04-2023
93kg	SHRIRAM TARE	Indore Corporation	83.4	300	15-04-2023
120kg	SANJAY SAXENA	Bhopal Corporation	105.5	100	21-08-2024

### Mens(Equipped)

#### Bench Press

Category	Name	Unit	Body Wt.	Result	Date
66kg	RAMESH CHANDRA NAMDEV	Indore Corporation	64.5	50	21-08-2024
74kg	ASHOK KUMAR TIWARI	Bhopal Corporation	71.35	295	15-04-2023
83kg	SHRI RAM TARE	Indore Corporation	80.7	87.5	21-08-2024
93kg	SHRIRAM TARE	Indore Corporation	83.4	300	15-04-2023
120kg	SANJAY SAXENA	Bhopal Corporation	105.5	100	21-08-2024

### Mens(Equipped)

#### Dead Lift

Category	Name	Unit	Body Wt.	Result	Date
66kg	RAMESH CHANDRA NAMDEV	Indore Corporation	64.5	50	21-08-2024
74kg	ASHOK KUMAR TIWARI	Bhopal Corporation	71.35	295	15-04-2023
83kg	UDAI PRATAP SINGH	Bhopal Corporation	76.4	330	15-04-2023
93kg	SHRIRAM TARE	Indore Corporation	83.4	300	15-04-2023
120kg	SANJAY SAXENA	Bhopal Corporation	105.5	100	21-08-2024

### Mens(Equipped)

#### All

Category	Name	Unit	Body Wt.	Result	Date
66kg	RAMESH CHANDRA NAMDEV	Indore Corporation	64.5	50	21-08-2024
74kg	ASHOK KUMAR TIWARI	Bhopal Corporation	71.35	295	15-04-2023
83kg	UDAI PRATAP SINGH	Bhopal Corporation	76.4	330	15-04-2023

Category	Name	Unit	Body Wt.	Result	Date
93kg	SHRIRAM TARE	Indore Corporation	83.4	300	15-04-2023
120kg	SANJAY SAXENA	Bhopal Corporation	105.5	100	21-08-2024

### MASTER 3

#### Mens(Unequipped)

#### Squat

Category	Name	Unit	Body Wt.	Result	Date
66kg	RAMESH CHANDRA NAMDEV	Indore Corporation	65.5	180	30-03-2023
74kg	RAVINDRA SINGH NEEL	Ujjain	72.92	55	30-03-2023
83kg	SHRIRAM TARE	Indore Corporation	82.1	300	30-03-2023
93kg	SANJIV RAZDAN	Indore Corporation	91.4	462.5	30-03-2023
105kg	MANOHAR LAL SEN	Sagar	101.1	235	30-03-2023
120kg	MANOHAR LAL SEN	Sagar	106.8	67.5	21-08-2024

#### Mens(Unequipped)

#### Bench Press

Category	Name	Unit	Body Wt.	Result	Date
66kg	GURU CHARAN SHRIVASTAVA	Jabalpur	59.14	90	30-03-2023
74kg	UDAI PRATAP SINGH	Bhopal Corporation	71.3	82.5	21-08-2024
83kg	SHRI RAM TARE	Indore Corporation	80.7	87.5	21-08-2024
93kg	SANJIV RAZDAN	Indore Corporation	91.4	462.5	30-03-2023
105kg	PRAVEEN YERPUDE	Bhopal Corporation	99.2	90	21-08-2024
120kg	MANOHAR LAL SEN	Sagar	106.8	67.5	21-08-2024

#### Mens(Unequipped)

#### Dead Lift

Category	Name	Unit	Body Wt.	Result	Date
66kg	RAMESH CHANDRA NAMDEV	Indore Corporation	65.5	180	30-03-2023
74kg	RAVINDRA SINGH NEEL	Ujjain	72.92	55	30-03-2023
83kg	ANURAG DHANYABAD	Jabalpur	77.6	280	30-03-2023
93kg	SANJIV RAZDAN	Indore Corporation	91.4	462.5	30-03-2023
105kg	MANOHAR LAL SEN	Sagar	101.1	235	30-03-2023
120kg	MANOHAR LAL SEN	Sagar	106.8	67.5	21-08-2024

#### Mens(Unequipped)

#### All

Category	Name	Unit	Body Wt.	Result	Date
53kg	GURU CHARAN SHRIVASTAVA	Jabalpur	57.22	95	21-08-2024
66kg	RAMESH CHANDRA NAMDEV	Indore Corporation	65.5	180	30-03-2023
74kg	UDAI PRATAP SINGH	Bhopal Corporation	71.3	82.5	21-08-2024
83kg	SHRIRAM TARE	Indore Corporation	82.1	300	30-03-2023
93kg	SANJIV RAZDAN	Indore Corporation	91.4	462.5	30-03-2023
105kg	MANOHAR LAL SEN	Sagar	101.1	235	30-03-2023
120kg	MANOHAR LAL SEN	Sagar	106.8	67.5	21-08-2024