

**MALSAWMA KHIANGTE**  
**WEIGHTLIFTING COACH**



|   |               |  |
|---|---------------|--|
| 1 | Name          | Malsawma Kiangte   |
| 2 | Nick Name     | Masawma  |
| 3 | S/o           | K.Lalhuma (L)  |
| 4 | Designation   | Weightlifting Coach  |
| 5 | Qualification | 1.M.A (Hist)<br>2.Diploma in Sports Coaching in the discipline of Weightlifting from (NSNIS) Patiala, Punjab (2002 – 2003) |
| 5 | Address       | Bethlehem Veng, Vanapa Section<br>H/No V – 72, Aizawl  |
| 6 | Email         | <a href="mailto:lalmalsawma039@gmail.com">lalmalsawma039@gmail.com</a>   |
| 7 | Mobile        | 9862383814   |

| 2 | ACHIEVEMENT AS A PLAYER  | Timing/Position  |
|---|--|--|
| 1 | <p><b>ATHLETICS</b><br/>Malsawma Kiangte hi Weightlifting a zir hma in Athletics a tih hmasa a Sikkim, Gangtok Tashi Namgyal Academy School (SAI Hostel ah 1993 – 1995) thleng awmin Athletics a record te chu</p> <p>1.Sikkim Half Marathon 1995 10 km 1<sup>st</sup> Trophy with a cash Prizes Rs 3000</p> <p>2.Mizoram School Games 1997 400 meter (New Record)</p> <p>3.Mizoram School Games 1997 800 meter</p> <p>4.Mizoram School Games 1997 200 meter</p> <p>5.National School Games, Bangalore 1997, 400 meter</p> | <p>1<sup>st</sup> 40 :29 min</p> <p>1<sup>st</sup> 57.63 sec</p> <p>2<sup>nd</sup> 2:17.98 min</p> <p>1<sup>st</sup> 26.48 sec</p> <p>4<sup>th</sup> 57.35 sec</p> |
| 1 | <p><b>WEIGHTLIFTING</b><br/>XVI North East Sports Festival Agartala (Tripura) during February 7 to 10, 2002</p>  | Gold   |
| 2 | XIV North East Sports Festival Tinsukia (Assam) during January 29 <sup>th</sup> to February 1, 2000  | Bronze   |
| 3 | 69 <sup>th</sup> Men & 13 <sup>th</sup> Women Eastern India Weightlifting Championship held at Imphal, Manipur during 26 to 27 May, 2001   | Bronze   |
| 4 | 71 <sup>st</sup> Men and 15 <sup>th</sup> Women Eastern India Weightlifting Championships held at Aizawl, Mizoram during 3 -5 December 2003  | Bronze   |
| 5 | 27 <sup>th</sup> North East Games held at Imphal, Manipur during 8 – 11 April, 2013  | Bronze   |

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|---|---|------|
| 6 | Participation in V National Games held at Imphal during 14 <sup>th</sup> to 25 February, 1999 | Nil  |
| 7 | Participation in XXXI National Games, held at Punjab, 2001                                    | 10th |

### **ACHIEVEMENT AS A COACH IN SPORTS & YOUTH SERVICES**

| <b>3</b> | <b>Name of the Championship</b>   | <b>Date</b>                                 | <b>Designation</b>    | <b>Result</b>   |
|----------|---|---|-----------------------|---|
| 1        | 73 <sup>rd</sup> Men and 17 <sup>th</sup> Women Eastern India Weightlifting Championships at Guwahati Assam | 27 – 28 September, 2006                     | Coach                 | 3 Bronze  |
| 2        | 37 <sup>th</sup> All India Rural Sports Tournament at Aizawl, Mizoram                                       | 16 – 19 January, 2007                       | Coach                 | 1 Gold, 2 Silver  |
| 3        | 43 <sup>rd</sup> Men and 19 <sup>th</sup> Women Junior National Weightlifting Championships held at Chennai | 1 – 4 March 2007                            | Coach                 | 1 Bronze  |
| 4        | 74 <sup>th</sup> Men and 17 <sup>th</sup> Women Eastern India Weightlifting Championships held at Aizawl    | 1 – 2 November 2007                         | Coach                 | Women Team Runner's Up<br>1 Gold 3 Silver 2 Bronze<br>Men 2 Silver 1 Bronze         |
| 5        | XXXVIII All India Rural Sports Tournament Group II held at Goa  | 26 – 29 November, 2007                      | Coach                 | Girls 1 Silver<br>Boys 1 Bronze   |
| 6        | XXII North East Games held at Guwahati, Assam   | 30 January to 2 <sup>nd</sup> February 2008 | Coach                 | Women Team Runner's Up<br>1 Gold 1 Silver 2 Bronze<br>Men 2 Silver                  |
| 7        | 3 <sup>rd</sup> National Inter School Sports Tournament held at Pudaspur, Punjab during                     | 24 – 27 December 2008                       | Coach –cum<br>Manager | Girls Team – Champion 2<br>Gold 2 silver 1 Bronze<br>Men 1 Silver 1 Bronze          |
| 8        | 23 <sup>rd</sup> North East Games held at Dharmanagar, Tripura  | 4 – 7 February, 2009                        | Coach                 | Women Team – Runner<br>Up 3 Silver 2 Bronze<br>Men Team 1 Gold 1 Silver<br>1 Bronze |
| 9        | 4 <sup>th</sup> National Inter School Tournament Group II held at Aurangabad (Maharashtra)                  | 25 – 28 January 2010                        | Coach cum<br>Manager  | 1 Bronze  |
| 10       | 47 Men and 23 <sup>rd</sup> Women Junior National Weightlifting Championship held at Jagardhi, Haryana      | 6 – 9 January, 2011                         | Coach                 | 1 Silver  |
| 11       | 3 <sup>rd</sup> National Rural PYKKA Competition at Aurangabad Maharashtra                                  | 3 – 6 February 2011                         | Coach                 | 2 Silver 1 Bronze   |

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|----|--|--|-------------------|---|
| 12 | 7 <sup>th</sup> Youth (Boys and Girls) and 48 <sup>th</sup> Men and 24 <sup>th</sup> Women Junior National Weightlifting Championships held at Nirjuli, Itanagar Arunachal Pradesh | 21 <sup>st</sup> – 30 <sup>th</sup> November, 2011 | Manager           | Girls 1 Silver<br>Boys 1 Silver   |
| 13 | 4 <sup>th</sup> National Level Rural PYKKA Group –III Weightlifting Competition at Tumkur, Karnataka   | 5 - 8 January, 2012                                | Coach             | 2 Bronze  |
| 14 | 76 <sup>th</sup> Men and 20 <sup>th</sup> Women Eastern India Weightlifting Championship held at Imphal , Manipur  | 2 -4 November 2012                                 | Manager           | Men Team -<br>Champion 4 Gold 3 Silver<br>Women Team - Runner's Up Gold 2 silver 2  |
| 15 | 8 <sup>th</sup> Sub – Junior National and 49 <sup>th</sup> Men and 25 <sup>th</sup> Women Junior National Weightlifting Championship held at Delhi                                 | 12 – 19 December, 2012                             | Coach             | Sub Junior - 1 Silver<br>Junior - 1 Bronze  |
| 16 | 5 <sup>th</sup> National Rural PYKKA Tournament at Bhubaneswar, Odisha   | 15 - 18 January, 2013                              | Coach             | 1 Gold 2 Silver & 1 Bronze  |
| 17 | 27 <sup>th</sup> North East Games held at Imphal, Manipur during 8 – 11 April, 2013  | 8 – 11 April, 2013                                 | Coach –cum Player | Women Team<br>Runner's Up<br>1 Gold 4 Silver<br>Men<br>1 Gold 1 Silver 2 Bronze     |
| 18 | 6 <sup>th</sup> Swami Vivekananda PYKKA National Weightlifting Championships held at Ranchi, Jharkhand   | 10 – 13 March 2014                                 | Coach             | Women Team<br>Runner's Up<br>1 Gold 2 Silver 1 Bronze<br>Men Team 1 Silver 2 Bronze |
| 19 | RGKA National Weightlifting Championship held at Bellary, Karnataka  | 1 – 4 January, 2015                                | Coach             | Boys 1 Gold 2 Silver<br>Girls 3 Silver  |
| 20 | RGKA National Weightlifting Championship held at Puducherry  | 26 – 30 January 2016                               | Coach             | Boys 1 Gold<br>Girls 1 Bronze   |
| 21 | 62 <sup>nd</sup> National School Games Weightlifting U -17 ,U -19 (Boys & Girls) held at Warangal, Telangana during 3 – 7, October 2016  | 3 – 7 October,2016                                 | Coach cum Manager | U -17 Girls 1 Silver<br>U – 19 Boys 1 Bronze  |
| 22 | 12 <sup>th</sup> Sub – Junior Boys and Girls and 53 <sup>rd</sup> Men & 29 <sup>th</sup> Women Junior National Weightlifting Championship held at Bhubaneswar                      | 29 <sup>th</sup> November - 4 December,2016        | Coach             | Sub Junior Boys 1 Gold, 2 Silver<br>Junior Men<br>1 Gold 1 Bronze                   |

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|----|---|--|-------------------|---|
| 23 | 13 <sup>th</sup> Youth National (Boys and Girls) and 54 <sup>th</sup> Men & 30 <sup>th</sup> Women Junior National Weightlifting Championship held at Vishakapatnam | 21 – 25 February 2018                              | Manager           | Sub Junior Boys<br>1 Gold 2 Silver<br>Junior Men<br>1 Gold 1 Silver |
| 24 | 2 <sup>nd</sup> Khelo India Youth Games (U -17, U- 21) held at Pune during 9 – 20 January, 2019   | 9 – 20 January,2019                                | Manager           | U – 17 Boys<br>2 Gold 1 Bronze<br>U – 21 Men<br>1 Gold 2 Silver     |
| 25 | 71 <sup>st</sup> Men and 34 <sup>th</sup> Women Senior National Weightlifting Championship held at Vishakapatnam  | 21 <sup>st</sup> – 28 <sup>th</sup> February, 2019 | Manager           | Women 1 Gold<br>Men 1 Silver  |
| 26 | 2 <sup>nd</sup> Women National Inter State Championship held at Vishakapatnam   | 21 <sup>st</sup> – 28 <sup>th</sup> February, 2019 | Manager           | Women 1 Gold<br>Men 1 Silver  |
| 27 | 3 <sup>rd</sup> Khelo India Youth Games (U 17, U-21) held at Guwahati   | 13 – 22 January, 2020                              | Manager           | Result :<br>U – 17 Boys 1 Bronze<br>U – 21 Men 1 Bronze             |
| 28 | 72 <sup>nd</sup> Men and 35 <sup>th</sup> Women Senior National Weightlifting Championship held at Kolkata, West Bengal   | 2 – 7 February, 2020                               | Coach             | Men 1 Gold<br><br>Women 1 Gold                                      |
| 29 | 56 <sup>th</sup> Men and 3 <sup>rd</sup> Senior National Inter State Championship held at Kolkata, West Bengal  | 2 – 7 February, 2020                               | Coach             | Men 1 Gold 1 Bronze<br><br>Women 1 Gold                             |
| 30 | 73 <sup>rd</sup> Men and 36 <sup>th</sup> Women Senior National Weightlifting Championship held at Patiala, Punjab  | 9 – 12 August, 2021                                | Coach cum Manager | Women 1 Gold  |
| 31 | 57 <sup>th</sup> Men and 33 <sup>rd</sup> Women Junior National Weightlifting Championship held at Patiala, Punjab  | 9 – 12 August, 2021                                | Coach cum Manager | Men 1 Silver  |
| 32 | 57 <sup>th</sup> Men and 4 <sup>th</sup> Women Senior National Inter State Weightlifting Championship held at Patiala, Punjab                                       | 9 – 12 August, 2021                                | Coach cum Manager | Women 1 Gold  |

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| <b>4</b> | <b>Others</b>   |  |
| 1        | Award Outstanding Coach Malsawma Khiangte from Talent Club Heritage Sport Icon 14 <sup>th</sup> February, 2019  |  |
| 2        | Indian Weightlifting Federation Category II Referee   |  |
| 3        | Mizoram Incentive Cash award 2021 Rs 30,000 Grassroot Coach of Jeremy Lalrinnunga ( Gold Medalist in Youth Olympic Games held at Buenos Aires, Argentina 2018 |  |

| <b>5</b> | <b>Successful International Players</b>   | <b>Address</b> |
|----------|---|----------------|
| 1        | Grassroot Coach of Jeremy Lalrinnunga ( Gold Medalist in Youth Olympic Games held at Buenos Aires, Argentina 2018   | Govt.Complex   |
| 2        | Grassroot Coach of Lalzuidika Commonwealth Youth Weightlifting Championship held at Pennang, Malaysia 23 – 30 November, 2013                              | TNT, Aizawl    |
| 3        | Grassroot Coach of Jacob Vanlaltluanga Asian Junior and Youth Gold Medalist held at Apia, Samoa during 6 – 15, July, 2019                                 | Govt.Complex   |
| 4        | Grassroot Coach of Zakhuma Commonwealth Youth Silver held at Gold Coast, Australia during 3 – 9 September, 2017   | Govt.Complex   |
| 5        | Grassroot Coach of Lalchhanhimi Participated in XXI Commonwealth Games held at Gold Coast, Australia during 4 <sup>th</sup> – 9 <sup>th</sup> April, 2018 | Khawzawl       |
|          |   |                |
| <b>6</b> | <b>Successful National Players</b>  | <b>Address</b> |
| 1        | Lalchhanhimi Senior National 2016, 2019, 2020,2021 - Gold   | Khawzawl       |
| 2        | Jeremy Lalrinnunga Senior National 2020, 2021 - Gold  | Govt.Complex   |
| 3        | Lalzuidika Senior National 2019, 2020 - Bronze  | T.N.T          |
| 4        | Zakhuma Khelo India Games 2018,2019 – Silver & Gold   | Govt.Complex   |
| 5        | Jacob Vanlaltluanga Khelo 2018,2019, 2020 (Gold & Bronze 2)   | Govt.Complex   |
| 6        | Lalkrawsmawia PYKKA National U – 17 2014, Bronze  | Samtlang       |
| 7        | Moses Lalnuntluanga PYKKA National U – 17 2015, Silver  | Bethlehem Veng |
| 8        | Lalzarmawia RGKA National U – 17 2015, Gold   | Sairang        |
| 9        | Lalthlengliani PYKKA National U -17 2014, Bronze  | Mamit          |
| 10       | Esther Hmingthansangi PYKKA 2013 & 2014, Gold   | Zawngin        |
| 11       | Lalthianghlimi PYKKA National U – 17 2014, Silver   | Sihhmui        |
| 12       | Gaurav Sunar, RGKA 2015, Silver   | Govt.Complex   |

### **SYS WEIGHTLIFTING ACADEMY**

| Sl.No | Name of Championships  | Date                   | Designation | Result   |
|-------|--|------------------------|-------------|--|
| 1     | 11 <sup>th</sup> Senior Men & Women and 5 <sup>th</sup> Junior Men and Women State Level Weightlifting Championships | 19 – 21 September 2012 | Coach       | Senior Men Team – Champion<br>Women Team – Runner up<br>Junior Men Team – Champion<br>Women Team – Runner up |
| 2     | 12 <sup>th</sup> Senior Men & Women and 6 <sup>th</sup> Junior Men and Women State Level Weightlifting Championships | 7 – 8 November 2013    | Coach       | Senior Men Team – Champion<br>Women Team – Champion<br>Junior Men Team – Champion<br>Women Team – Champion   |

|    |   |                        |       |   |
|----|---|------------------------|-------|---|
| 3  | 14 <sup>th</sup> Senior Men & Women State Level Weightlifting Championships                     | 24 – 25 September 2015 |       | Senior Men Runner's Up                          |
| 4  | 7 <sup>th</sup> Junior Men and Women State Level Weightlifting Championships                    | 26 – 27 March 2015     | Coach | Junior Men Team - Champion<br>Women - Runner Up |
| 5  | 15 <sup>th</sup> Senior Men & Women State Level Weightlifting Championships                     | 25 – 26 August 2016    | Coach | Senior Men Runner's Up                          |
| 6  | 9 <sup>th</sup> Junior Men and Women State Level Weightlifting Championships                    | 20 -21 September 2017  | Coach | Junior Men Runner's Up                          |
| 7  | 1st Sub Junior Boys & Girls and 10 <sup>th</sup> Junior Weightlifting Championships             | 22 – 23 November 2018  | Coach | Junior Men Runner's Up                          |
| 8. | 17 <sup>th</sup> Senior Men & Women State Level Weightlifting Championships                     | 14 – 15 March 2019     | Coach | Senior Men Runner's Up                          |
| 9  | 11 <sup>th</sup> Junior Men & Women State Level Weightlifting Championships                     | 26 – 27 September 2019 | Coach | Junior Men Team Champion                        |
| 10 | 3 <sup>RD</sup> Sub Junior Boys & Girls and 12 <sup>th</sup> Junior Weightlifting Championships | 25 March 2021          | Coach | Junior Men Runner's Up                          |



