



The Bombay Presidency Radio Club Limited

157, Arthur Bunder Road, Colaba, Mumbai – 400 005

CIN NO: - U99999MH1928GAP001372

Tel No: - ☎ 2284 51 21/ 23/ 2284 50 25/ 71/ 75/ 22828671 / Fax: 2283 32 13

Email: radioclub05@gmail.com, radclubmumbai@gmail.com Website: www.radioclub.in

Ref. No. _____

2nd August 2017

CONGRATULATIONS TO THE WINNERS OF HEALTH CLUB TOURNAMENT 2017

LADIES

RUNNING ON TREAD MILL 15 MIN 15 YRS – 25 YRS

WINNER - ANAHEEZ PATEL
RUNNER UP - AAFREEN JALIWALA

RUNNING ON TREAD MILL 15 MIN 25 YRS – 40 YRS

WINNER - MALIKA BHAVNANI
RUNNER UP - NIYATI GORAGANDHI

RUNNING ON TREAD MILL 15 MIN 55 YRS – 65 YRS

WINNER - MEENA MULCHANDANI
RUNNER UP - KAVITA GIDWANI

RUNNING ON TREAD MILL (0.25 MILES) 15 YRS – 25 YRS

WINNER - ANAHEEZ PATEL
RUNNER UP - AAFREEN JALIWALA

RUNNING ON TREAD MILL (0.25 MILES) 25 YRS – 40 YRS

WINNER - MALIKA BHAVNANI
RUNNER UP - VINITA SHETH

CYCLING 15 MIN 15 YRS – 25 YRS

WINNER - ANAHEEZ PATEL
RUNNER UP - KAMIYA PATEL

CYCLING 15 MIN 25 YRS – 40 YRS

WINNER - MALIKA BHAVNANI
RUNNER UP - MEGHA MOTWANI

CYCLING 15 MIN 40 YRS – 55 YRS

WINNER - KASHMIRA SUBRAMANYAM
RUNNER UP - MOOBARAKA JALIWALA

CYCLING 15 MIN 55 YRS – 65 YRS

WINNER - MEENA MULCHANDANI
RUNNER UP - MORVARID TAFTY

SWIMMING 5 MIN (DISTANCE BASE) 8 YRS – 15 YRS

WINNER - BIANCA FERNANDES
RUNNER UP - SAARAH DHANSURA / ALEFIYA DHANSURA

GENTS

RUNNING ON TREAD MILL 15 MIN 15 YRS – 25 YRS

WINNER - RISHI RAJANI
RUNNER UP - PARZAN KOTWAL

RUNNING ON TREAD MILL 15 MIN 25 YRS – 40 YRS

WINNER - AVINASH MANSUKHANI
RUNNER UP -

RUNNING ON TREAD MILL 15 MIN 40 YRS – 55 YRS

WINNER - NAYAN MARPHATIA
RUNNER UP - HIREN GORADIA

RUNNING ON TREAD MILL 15 MIN 55 YRS – 65 YRS

WINNER - SUNIL SHAHANI
RUNNER UP - JAYESH SHAH

RUNNING ON TREAD MILL 15 MIN 65 YRS & ABOVE

WINNER - SURESH MALKANI
RUNNER UP - MAHESH VANWARI

RUNNING ON TREAD MILL (0.25 MILES) 15 YRS – 25 YRS

WINNER - BHARAT MIRCHANDANI
RUNNER UP - RISHI RAJANI

RUNNING ON TREAD MILL (0.25 MILES) 25 YRS – 40 YRS

WINNER - AVINASH MANSUKHANI
RUNNER UP -

RUNNING ON TREAD MILL (0.25 MILES) 40 YRS – 55 YRS

WINNER - HIREN GORADIA
RUNNER UP - MANESH WADHWANI

RUNNING ON TREAD MILL (0.25 MILES) 55 YRS – 65 YRS

WINNER - SUNIL SHAHANI
RUNNER UP -

RUNNING ON TREAD MILL (0.25 MILES) 65 YRS & ABOVE

WINNER - SURESH MALKANI
RUNNER UP - MAHESH VANWARI

CYCLING 15 MIN 15 YRS – 25 YRS

WINNER - BHARAT MIRCHANDANI
RUNNER UP - RISHI RAJANI

CYCLING 15 MIN 25 YRS – 40 YRS

WINNER - RISHAB RAJANI
RUNNER UP -

CYCLING 15 MIN 40 YRS – 55 YRS

WINNER - ABBAS MERCHANT
RUNNER UP - HIREN GORADIA

CYCLING 15 MIN 55 YRS – 65 YRS

WINNER - SUSHEEL HRISHIKESH
RUNNER UP - SUNIL SHAHANI

CYCLING 15 MIN 65 YRS & ABOVE

WINNER - SURESH MALKANI
RUNNER UP - N.K. BAFNA

SWIMMING 5 MIN (DISTANCE BASE) 8 YRS – 15 YRS

WINNER - HUZAIFA POONAWALA
RUNNER UP - GIRISH CHUGANI



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SWIMMING 5 MIN (DISTANCE BASE) 15 YRS – 25 YRS

WINNER - AAFREEN JALIWALA / MUSKAN LUCKNOWALA

RUNNER UP - SHRADHA SHAHANI

SWIMMING 5 MIN (DISTANCE BASE) 25 YRS – 40 YRS

WINNER - NIYATI GORAGANDHI

RUNNER UP - MALIKA BHAVNANI

SWIMMING 5 MIN (DISTANCE BASE) 40 YRS – 55YR S

WINNER -

RUNNER UP - NP

SWIMMING 5 MIN (DISTANCE BASE) 55 YRS – 65 YRS

WINNER - JAMILA HASANALI

RUNNER UP - KAVITA GIDWANI

SWIMMING 100 METERS (TIME BASE) 8 YRS – 15 YRS

WINNER - ALEFIYA DHANSURA

RUNNER UP - SAARAH DHANSURA

SWIMMING 100 METERS (TIME BASE) 15 YRS – 25 YRS

WINNER - AAFREEN JALIWALA

RUNNER UP - MUSKAN LUCKNOWALA

SWIMMING 100 METERS (TIME BASE) 25 YRS – 40 YRS

WINNER - NIYATI GORAGANDHI

RUNNER UP - MALIKA BHAVNANI

SWIMMING 100 METERS (TIME BASE) 55 YRS – 65 YRS

WINNER - BRIGITTE FERNANDS

RUNNER UP - JAMILA HASANALI

STRENGTH

BENCH PRESS 25 YRS – 40 YRS

WINNER - MALIKA BHAVNANI

RUNNER UP - NIYATI GORAGANDHI

SQUATS 15 YRS – 25 YRS

WINNER - ANAHEEZ PATEL

RUNNER UP - AAFREEN JALIWALA

SQUATS 25 YRS – 40 YRS

WINNER - MALIKA BHAVNANI

RUNNER UP - NIYATI GORAGANDHI

BICEP-CURL 15 YRS – 25 YRS

WINNER - ANAHEEZ PATEL / AAFREEN JALIWALA

RUNNER UP -

SWIMMING 5 MIN (DISTANCE BASE) 15 YRS – 25 YRS

WINNER - SHAHAAB ROSHAN

RUNNER UP - BHARAT MIRCHANDANI

SWIMMING 5 MIN (DISTANCE BASE) 25 YRS – 40 YRS

WINNER - AVINASH MANSUKHANI

RUNNER UP - MALIK AMLANI

SWIMMING 5 MIN (DISTANCE BASE) 40 YRS – 55 YRS

WINNER - SUNIL LEKHI

RUNNER UP - PRAVEEN JHANGIANI

SWIMMING 5 MIN (DISTANCE BASE) 55 YRS – 65 YRS

WINNER - SALIM NATHANI / DILIP MADAL

RUNNER UP - ABDUL RASOOL NAVROZ

SWIMMING 5 MIN (DISTANCE BASE) 65 YRS & ABOVE

WINNER - BEHRAM ENGINEER

RUNNER UP - ASHVIN SAVANI

SWIMMING 100 METERS (TIME BASE) 8 YRS – 15 YRS

WINNER - HUZAIFA POONAWALA

RUNNER UP - ANSH JAIN

SWIMMING 100 METERS (TIME BASE) 15 YRS – 25 YRS

WINNER - SHAHAAB ROSHAN

RUNNER UP - BHARAT MIRCHANDANI

SWIMMING 100 METERS (TIME BASE) 25 YRS – 40YRS

WINNER - ADITYA PARIKH

RUNNER UP - AVINASH MANSUKHANI

SWIMMING 100 METERS (TIME BASE) 40 YRS – 55 YRS

WINNER - ABI TURAB CHOONIA

RUNNER UP - ABBAS MERCHANT

SWIMMING 100 METERS (TIME BASE) 55 YRS – 65 YRS

WINNER - SALIM NATHANI

RUNNER UP - DILIP MANDAL

SWIMMING 100 METERS (TIME BASE) 65 YRS & ABOVE

WINNER - BEHRAM ENGINEER

RUNNER UP - SURESH MALKANI

STRENGTH

BENCH PRESS 15 YRS – 25 YRS

WINNER - PRANAV MALIK

RUNNER UP - BHARAT MIRCHANDANI/TABISH MOOMAN/ABHISHEK WADHWA

BENCH PRESS 25 YRS – 40 YRS

WINNER - ADIP MEHTA

RUNNER UP - RISHAB RAJANI

BENCH PRESS 40 YRS – 55 YRS

WINNER - DEEPAK RAMASWAMY

RUNNER UP - VINOD SURANA

BENCH PRESS 65 YRS & ABOVE

WINNER - NARI HATHI RAMANI

RUNNER UP -

SQUATS 15 YRS – 25 YRS

WINNER - BHARAT MIRCHANDANI

RUNNER UP - ZANAAN GHADIALI

SQUATS 25 YRS – 40 YRS

WINNER - ADITYA SINGH

RUNNER UP - RISHAB RAJANI

BICEP-CURL 15 YRS – 25 YRS

WINNER - BHARAT MIRCHANDANI

RUNNER UP - TABISH MOOMAN



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BICEP-CURL 25 YRS – 40 YRS

WINNER - MALIKA BHAVNANI
RUNNER UP - NIYATI GORAGANDHI

FREE HAND EXERCISE

PUSH UP (1 MINUTE) 15 YRS – 25 YRS

WINNER - ANAHEEZ PATEL
RUNNER UP - AAFREEN JALIWALA

PUSH UP (1 MINUTE) 25 YRS – 40 YRS

WINNER - MALIKA BHAVNANI
RUNNER UP - SHANICE MANSUKHANI

PLANK 15 YRS – 25 YRS

WINNER - ANAHEEZ PATEL
RUNNER UP - AAFREEN JALIWALA

PLANK 25 YRS – 40 YRS

WINNER - ZAINAB MERCHANT
RUNNER UP - MALIKA BHAVNANI

PLANK 40 YRS – 55 YRS

WINNER - MOOBARAKA JALIWALA
RUNNER UP -

PLANK 55 YRS – 65 YRS

WINNER - KAVITA GIDWANI
RUNNER UP - BRIGITTE FERNANDES

BICEP-CURL 25 YRS – 40 YRS

WINNER - ADIP MEHTA
RUNNER UP - RISHAB RAJANI

BICEP-CURL 40 YRS – 55 YRS

WINNER - DEEPAK RAMASWAMY
RUNNER UP - HASNAIN POONAWALA

FREE HAND EXERCISE

PUSH UP (1 MINUTE) 15 YRS – 25 YRS

WINNER - PARZAN KOTWAL
RUNNER UP - BHARAT MIRCHANDANI

PUSH UP (1 MINUTE) 25 YRS – 40 YRS

WINNER - ADIP MEHTA
RUNNER UP - AVINASH MANSUKHANI

PUSH UP (1 MINUTE) 40 YRS – 55 YRS

WINNER - NAYAN MARPHATIA
RUNNER UP - DEEPAK RAMASWAMY

PUSH UP (1 MINUTE) 55 YRS – 65 YRS

WINNER - ROHINTON MASTER
RUNNER UP - SUNIL SHAHANI

PULL UP (1 MINUTE) 15 YRS – 25 YRS

WINNER - TABISH MOOMAN
RUNNER UP - RISHI RAJANI

PULL UP (1 MINUTE) 25 YRS – 40 YRS

WINNER - AVINASH MANSUKHANI
RUNNER UP - ADIP MEHTA

PULL UP (1 MINUTE) 40 YRS – 55 YRS

WINNER - NAYAN MARPHATIA
RUNNER UP -

PLANK 15 YRS – 25 YRS

WINNER - RISHI RAJANI
RUNNER UP - BHARAT MIRCHANDANI

PLANK 25 YRS – 40 YRS

WINNER - ADIP MEHTA
RUNNER UP - AVINASH MANSUKHANI

PLANK 40 YRS – 55 YRS

WINNER - NAYAN MARPHATIA
RUNNER UP - HIREN GORADIA

PLANK 55 YRS – 65 YRS

WINNER - SUNIL SAHANI
RUNNER UP - ROHINTON MASTER

PLANK 65 YRS & ABOVE

WINNER - BEHRAM ENGINEER
RUNNER UP -

Jt. Hon. Secretaries

cc. K.I. Shaikh / Paramdham / Kishore Dhanwani

Asif Petiwala
Tournament Director