



The Bombay Presidency Radio Club Limited

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

CIN NO: -U99999MH1928GAP001372

Club GST Reg. No: 27AAACT4948F1Z8

Tel No :- 2284 5123 / 2284 50 25 / +91 9167863022 / +91 9167863004

Email: admin@radioclub.co.in Website:- www.radioclub.in

Ref. 992

July 15TH, 2026

NOTICE

CONGRATULATIONS TO THE WINNERS OF HEALTH CLUB TOURNAMENT 2026

LADIES

STAMINA

CYCLING 10 MINUTES (Above 15 to 30 Yrs.)

WINNER - DELZEEN DARUWALA
RUNNER UP - RYANA CONTRACTOR

CYCLING 10 MINUTES (Above 30 to Below 60 Yrs.)

WINNER - RASHMI AGARWAL
RUNNER UP - TASNEEM MESIWALA

CYCLING 10 MINUTES (60 Yrs. & Above)

WINNER - NO PARTICIPATION
RUNNER UP - NO PARTICIPATION

RUNNING ON TREAD MILL 10 MINUTES (DISTANCE BASE) (Above 15 to 30 Yrs.)

WINNER - DELZEEN DARUWALA
RUNNER UP - KIAH MALKANI

RUNNING ON TREAD MILL 10 MINUTES (DISTANCE BASE) (Above 30 to Below 60 Yrs.)

WINNER - RASHMI AGARWAL
RUNNER UP - LAKSHMI RANGARAJ

RUNNING ON TREAD MILL 10 MINUTES (DISTANCE BASE) (60 Yrs. & Above)

WINNER - NO PARTICIPATION
RUNNER UP - NO PARTICIPATION

ELLIPTICAL 10 MINUTES (DISTANCE BASE) (Above 15 to 30 Yrs.)

WINNER - DELZEEN DARUWALA
RUNNER UP - RYANA CONTRACTOR

GENTS

STAMINA

CYCLING 10 MINUTES (Above 15 to 30 Yrs.)

WINNER - DEV KAPOOR
RUNNER UP - KAIZAD KOTWAL

CYCLING 10 MINUTES (Above 30 to Below 60 Yrs.)

WINNER - NANAK LEKHI
RUNNER UP - CYRUS KHAN

CYCLING 10 MINUTES (60 Yrs. & Above)

WINNER - AAMIR SUMAR
RUNNER UP - ALIHUSAIN TAMBAWALA

RUNNING ON TREAD MILL 10 MINUTES (DISTANCE BASE) (Above 15 to 30 Yrs.)

WINNER - DEV KAPOOR
RUNNER UP - AHMED TAMBAWALLA

RUNNING ON TREAD MILL 10 MINUTES (DISTANCE BASE) (Above 30 to Below 60 Yrs.)

WINNER - CYRUS KHAN
RUNNER UP - ANEESH KURIAKOSE

RUNNING ON TREAD MILL 10 MINUTES (DISTANCE BASE) (60 Yrs. & Above)

WINNER - MUSLIM HUSSAIN
RUNNER UP - MUSTAFA MESIWALA

ELLIPTICAL 10 MINUTES DISTANCE BASE (Above 15 to 30 Yrs.)

WINNER - DEV KAPOOR
RUNNER UP - ATHARVA SHETTY



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ELLIPTICAL 10 MINUTES (DISTANCE BASE)

(Above 30 to Below 60 Yrs.)

WINNER - RASHMI AGARWAL
RUNNER UP - TASNEEM MESIWALA

ELLIPTICAL 10 MINUTES (DISTANCE BASE)

(60 Yrs. & Above)

WINNER - NO PARTICIPATION
RUNNER UP - NO PARTICIPATION

ROWING 500 METERS (TIME BASE)

(Above 15 to 30 Yrs.)

WINNER - RYANA CONTRACTOR
RUNNER UP - DELZEEN DARUWALA

ROWING 500 METERS (TIME BASE)

(Above 30 to Below 60 Yrs.)

WINNER - TASNEEM MESIWALA
RUNNER UP - LAKSHMI RANGARAJ

ROWING 500 METERS (TIME BASE)

(60 Yrs. & Above)

WINNER - NO PARTICIPATION
RUNNER UP - NO PARTICIPATION

STRENGTH

BENCHPRESS (Above 15 Yrs. to 30 Yrs.)

WINNER - RYANA CONTRACTOR
RUNNER UP - DELZEEN DARUWALA

BENCHPRESS (Above 30 Yrs. to Below 60 Yrs.)

WINNER - MALIKA BHAVNANI
RUNNER UP - RASHMI AGARWAL

BENCHPRESS (60 Yrs. & Above)

WINNER - NO PARTICIPATION
RUNNER UP - NO PARTICIPATION

SQUATS (Above 15 Yrs. to 30 Yrs.)

WINNER - DELZEEN DARUWALA
RUNNER UP - RYANA CONTRACTOR

ELLIPTICAL 10 MINUTES DISTANCE BASE

(Above 30 to Below 60 Yrs.)

WINNER - CYRUS KHAN
RUNNER UP - NANAK LEKHI

ELLIPTICAL 10 MINUTES DISTANCE BASE

(60 Yrs. & Above)

WINNER - AAMIR SUMAR
RUNNER UP - MUSTUFA CONTRACTOR

ROWING 500 METERS (TIME BASE)

(Above 15 to 30 Yrs.)

WINNER - KAVAN JAGTIANIE
RUNNER UP - DEV KAPOOR

ROWING 500 METERS (TIME BASE)

(Above 30 to Below 60 Yrs.)

WINNER - HARSIM SINGH
RUNNER UP - JERAZ BHAGAT

ROWING 500 METERS (TIME BASE)

(60 Yrs. & Above)

WINNER - AAMIR SUMAR
RUNNER UP - ALIHUSAIN TAMBAWALA

STRENGTH

BENCHPRESS (Above 15 Yrs. to 30 Yrs.)

WINNER - DEV KAPOOR
RUNNER UP - AHMED TAMBAWALLA

BENCHPRESS (Above 30 Yrs. to Below 60 Yrs.)

WINNER - RISHAB HRISHIKESH
RUNNER UP - URVAKSH SHROFF

BENCHPRESS (60 Yrs. & Above)

WINNER - DEEPAK RAMASWAMY
RUNNER UP - AAMIR SUMAR

SQUATS (Above 15 Yrs. to 30 Yrs.)

WINNER - NO PARTICIPATION
RUNNER UP - NO PARTICIPATION



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SQUATS (Above 30 Yrs. to Below 60 Yrs.)

WINNER - MALIKA BHAVNANI

RUNNER UP - RASHMI AGARWAL

SQUATS (60 Yrs. & Above)

WINNER - **NO PARTICIPATION**

RUNNER UP - **NO PARTICIPATION**

BICEP CURL (Above 15 Yrs. to 30 Yrs.)

WINNER - DELZEEN DARUWALA

RUNNER UP - RYANA CONTRACTOR

BICEP CURL (Above 30 Yrs. to Below 60 Yrs.)

WINNER - MALIKA BHAVNANI

RUNNER UP - RASHMI AGARWAL

BICEP CURL (60 Yrs. & Above)

WINNER - **NO PARTICIPATION**

RUNNER UP - **NO PARTICIPATION**

FREE HAND EXERCISE

PUSH-UP (1 MINUTE) (Above 15 Yrs. to 30 Yrs.)

WINNER - RYANA CONTRACTOR

RUNNER UP - DELZEEN DARUWALA

PUSH-UP (1 MINUTE) (Above 30 Yrs. to Below 60 Yrs.)

WINNER - **NO PARTICIPATION**

RUNNER UP - **NO PARTICIPATION**

PUSH-UP (1 MINUTE) (60 Yrs. & Above)

WINNER - **NO PARTICIPATION**

RUNNER UP - **NO PARTICIPATION**

PULL-UPS (1 MINUTE) (Above 15 Yrs. to 30 Yrs.)

WINNER - RYANA CONTRACTOR

RUNNER UP - DELZEEN DARUWALA

SQUATS (Above 30 Yrs. to Below 60 Yrs.)

WINNER - RISHAB HRISHIKESH

RUNNER UP - URVAKSH SHROFF

SQUATS (60 Yrs. & Above)

WINNER - DEEPAK RAMASWAMY

RUNNER UP - AAMIR SUMAR

BICEP CURL (Above 15 Yrs. to 30 Yrs.)

WINNER - **NO PARTICIPATION**

RUNNER UP - **NO PARTICIPATION**

BICEP CURL (Above 30 Yrs. to Below 60 Yrs.)

WINNER - NANAK LEKHI

RUNNER UP - BURZIN MISTRY

BICEP CURL (60 Yrs. & Above)

WINNER - DEEPAK RAMASWAMY

RUNNER UP - AAMIR SUMAR

FREE HAND EXERCISE

PUSH-UP (1 MINUTE) (Above 15 Yrs. to 30 Yrs.)

WINNER - DEV KAPOOR

RUNNER UP - ATHARVA SHETTY

PUSH-UP (1 MINUTE) (Above 30 Yrs. to Below 60 Yrs.)

WINNER - URVAKSH SHROFF

RUNNER UP - JERAZ BHAGAT

PUSH-UP (1 MINUTE) (60 Yrs. & Above)

WINNER - **NO PARTICIPATION**

RUNNER UP - **NO PARTICIPATION**

PULL-UPS (1 MINUTE) (Above 15 Yrs. to 30 Yrs.)

WINNER - **NO PARTICIPATION**

RUNNER UP - **NO PARTICIPATION**



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PULL-UPS (1 MINUTE) (Above 30 Yrs. to Below 60 Yrs.)

WINNER - **NO PARTICIPATION**

RUNNER UP - **NO PARTICIPATION**

PULL-UPS (1 MINUTE) (60 Yrs. & Above)

WINNER - **NO PARTICIPATION**

RUNNER UP - **NO PARTICIPATION**

PLANK (TIME BASE) (Above 15 Yrs. to 30 Yrs.)

WINNER - RYANA CONTRACTOR

RUNNER UP - DELZEEN DARUWALA

PLANK (TIME BASE) (Above 30 Yrs. to Below 60 Yrs.)

WINNER - TASNEEM MESIWALA

RUNNER UP - RASHMI AGARWAL

PLANK (TIME BASE) (60 Yrs. & Above)

WINNER - **NO PARTICIPATION**

RUNNER UP - **NO PARTICIPATION**

DEAD HANG (Above 15 Yrs. to 30 Yrs.)

WINNER - RYANA CONTRACTOR

RUNNER UP - DELZEEN DARUWALA

DEAD HANG (Above 30 Yrs. to Below 60 Yrs.)

WINNER - **NO PARTICIPATION**

RUNNER UP - **NO PARTICIPATION**

DEAD HANG (60 Yrs. & Above)

WINNER - **NO PARTICIPATION**

RUNNER UP - **NO PARTICIPATION**

PULL-UPS (1 MINUTE) (Above 30 Yrs. to Below 60 Yrs.)

WINNER - URVAKSH SHROFF

RUNNER UP - JERAZ BHAGAT

PULL-UPS (1 MINUTE) (60 Yrs. & Above)

WINNER - **NO PARTICIPATION**

RUNNER UP - **NO PARTICIPATION**

PLANK (TIME BASE) (Above 15 Yrs. to 30 Yrs.)

WINNER - **NO PARTICIPATION**

RUNNER UP - **NO PARTICIPATION**

PLANK (TIME BASE) (Above 30 Yrs. to Below 60 Yrs.)

JT. WINNER - CYRUS KHAN / BURZIN MISTRY

RUNNER UP - URVAKSH SHROFF

PLANK (TIME BASE) (60 Yrs. & Above)

WINNER - MUSLIM HUSSAIN

RUNNER UP - AAMIR SUMAR

DEAD HANG (Above 15 Yrs. to 30 Yrs.)

WINNER - **NO PARTICIPATION**

RUNNER UP - **NO PARTICIPATION**

DEAD HANG (Above 30 Yrs. to Below 60 Yrs.)

WINNER - CYRUS KHAN

RUNNER UP - URVAKSH SHROFF

DEAD HANG (60 Yrs. & Above)

WINNER - KAYOMARZ MISTRY

RUNNER UP - AAMIR SUMAR

Sd/-

Manager

cc. Health Club Department / Mobile App / Website.