



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. 1284

July 27th, 2024

CONGRATULATIONS TO THE WINNERS OF HEALTH CLUB TOURNAMENT 2024

LADIES

STAMINA

SWIMMING 5 MIN (DISTANCE BASE) Above 15 Yrs. to Below 25 Yrs.
WINNER - N/S.

RUNNER UP - N/S.

SWIMMING 5 MIN (DISTANCE BASE) Above 25 Yrs. to Below 45 Yrs.
WINNER - MALIKA BHAVNANI

RUNNER UP - FARAH TAFTY

SWIMMING 5 MIN (DISTANCE BASE) Above 45 Yrs. to Below 60 Yrs.
WINNER - N/S.

RUNNER UP - N/S.

SWIMMING 5 MIN (DISTANCE BASE) 60 Yrs. & Above
WINNER - MUBARAKA JALIWALA

RUNNER UP - JAMILA HASANALI

SWIMMING 100 Meters (TIME BASE) 8 Yrs. to 15 Yrs.
WINNER - SAMAIRA MEHROTRA

RUNNER UP - AYAANA KHAN

SWIMMING 100 Meters (TIME BASE) Above 15 Yrs. to Below 25 Yrs.
WINNER - N/S.

RUNNER UP - N/S.

SWIMMING 100 Meters (TIME BASE) Above 25 Yrs. to Below 45 Yrs.
WINNER - SANA MERCHANT

RUNNER UP - MALIKA BHAVNANI

SWIMMING 100 Meters (TIME BASE) Above 45 Yrs. to Below 60 Yrs.
WINNER - NILUFER SHROFF

RUNNER UP - MUBARAKA JALIWALA

SWIMMING 100 Meters (TIME BASE) 60 Yrs. & Above
WINNER - N/S.

RUNNER UP - N/S.

CYCLING 10 MINUTES 8 Yrs. to 15 Yrs.
WINNER - AYAANA KHAN

RUNNER UP - SAMAIRA MEHROTRA

CYCLING 10 MINUTES Above 15 Yrs. to Below 25 Yrs.
WINNER - DELZEEN DARUWALLA

RUNNER UP - MALIKA BHAVNANI

GENTS

STAMINA

SWIMMING 5 MIN (DISTANCE BASE) Above 15 Yrs. to Below 25 Yrs.
WINNER - RUHAAN ANKALKOTI

RUNNER UP - BAHMAN COOPER

SWIMMING 5 MIN (DISTANCE BASE) Above 25 Yrs. to Below 45 Yrs.
WINNER - MOHIT BHATIJA

RUNNER UP - URVAKSH SHROFF

SWIMMING 5 MIN (DISTANCE BASE) Above 45 Yrs. to Below 60 Yrs.
WINNER - PRAVEEN JHANGIANI

RUNNER UP - CHANDRU VASWANI

SWIMMING 5 MIN (DISTANCE BASE) 60 Yrs. & Above
WINNER - BEHRAM ENGINEER & SAUNIL SHAH

RUNNER UP - ABDULRASOOL NAVROZ

SWIMMING 100 Meters (TIME BASE) 8 Yrs. to 15 Yrs.
WINNER - N/S.

RUNNER UP - N/S.

SWIMMING 100 Meters (TIME BASE) Above 15 Yrs. to Below 25 Yrs.
WINNER - HUZAIFA POONAWALA

RUNNER UP - SUMER MEHROTRA

SWIMMING 100 Meters (TIME BASE) Above 25 Yrs. to Below 45 Yrs.
WINNER - URVAKSH SHROFF

RUNNER UP - MOHIT BHATIJA

SWIMMING 100 Meters (TIME BASE) Above 45 Yrs. to Below 60 Yrs.
WINNER - CHANDRU VASWANI

RUNNER UP - PRAVEEN JHANGIANI

SWIMMING 100 Meters (TIME BASE) 60 Yrs. & Above
WINNER - KAYOMARZ MISTRY / SAUNIL SHAH

RUNNER UP - BEHRAM ENGINEER

CYCLING 10 MINUTES 8 Yrs. to 15 Yrs.
WINNER - AADIL MERCHANT

RUNNER UP - SUMER MEHROTRA

CYCLING 10 MINUTES Above 15 Yrs. to Below 25 Yrs.
WINNER - CYRUS KUTKY

RUNNER UP - RAJ BHAGAT



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CYCLING 10 MINUTES Above 25 Yrs. to Below 45 Yrs.

WINNER - RIDDHI MOTISHAW

RUNNER UP - MALIKA BHAVNANI

CYCLING Above 45 Yrs. to Below 60 Yrs.

WINNER - NILUFER SHROFF

RUNNER UP - ZAINAB MERCHANT & HARSHA GALANI

CYCLING 60 Yrs. & Above

WINNER - BINDU ROCHLANI

RUNNER UP - PREETI BHAVNANI

RUNNING ON TREAD MILL 10 MINS. (DISTANCE BASE) 8 Yrs. to 15 Yrs.

WINNER - SAMAIRA MEHROTRA

RUNNER UP - AYAANA KHAN

RUNNING ON TREAD MILL 10 MINS. (DISTANCE BASE)

Above 15 to Below 25 Yrs.

WINNER - MALIKA BHAVNANI

RUNNER UP - SANA MERCHANT

RUNNING ON TREAD MILL 10 MINS. (DISTANCE BASE)

Above 25 Yrs. to Below 45 Yrs.

WINNER - DELZEEN DARUWALA

RUNNER UP - N/S.

RUNNING ON TREAD MILL 10 MINS. (DISTANCE BASE)

Above 45 Yrs. to Below 60 Yrs.

WINNER - MUBARAKA JALIWALA

RUNNER UP - NILUFER SHROFF

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

WINNER - BINDU ROCHLANI

RUNNER UP - MORVARID TAFTY

RUNNING ON TREAD MILL (0.25 MILES) TIME BASE

Above 15 Yrs. to Below 25 Yrs.

WINNER - N/S.

RUNNER UP - N/S.

RUNNING ON TREAD MILL (0.25 MILES) TIME BASE

Above 25 Yrs. to Below 45 Yrs.

WINNER - MALIKA BHAVNANI

RUNNER UP - DALZEEN DARUWALA

RUNNING ON TREAD MILL (0.25 MILES) Above 45 Yrs. to Below 60 Yrs.

WINNER - MUBARAKA JALIWALA

RUNNER UP - N/S.

CYCLING 10 MINUTES Above 25 Yrs. to Below 45 Yrs.

WINNER - MOHIT BHATIJA

RUNNER UP - NANAK LEKHI

CYCLING Above 45 Yrs. to Below 60 Yrs.

WINNER - HIREN GORADIA

RUNNER UP - ABBAS MERCHANT & HASNAIN POONAWALA

CYCLING 60 Yrs. & Above

WINNER - RAMESH MANSUKHANI

RUNNER UP - SUNIL SHAHANI & KAYOMARZ MISTRY

RUNNING ON TREAD MILL 10 MINS. (DISTANCE BASE) 8 Yrs. to 15 Yrs.

WINNER - AADIL MERCHANT

RUNNER UP - SUMER MEHROTRA

RUNNING ON TREAD MILL 10 MINS. (DISTANCE BASE)

Above 15 Yrs. to Below 25 Yrs.

WINNER - RAJ BHAGAT

RUNNER UP - RUHAAN ANKALKOTI

RUNNING ON TREAD MILL 10 MINS. (DISTANCE BASE)

Above 25 Yrs. to Below 45 Yrs.

WINNER - MOHIT BHATIJA

RUNNER UP - KARAN RATANCHANDANI

RUNNING ON TREAD MILL 10 MINS. (DISTANCE BASE)

Above 45 Yrs. to Below 60 Yrs.

WINNER - PRITESH THAKKAR

RUNNER UP - N/S.

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

WINNER - RAMESH MANSUKHANI

RUNNER UP - MUSLIM HUSSAIN

RUNNING ON TREAD MILL (0.25 MILES) TIMES BASE

Above 15 Yrs. to Below 25 Yrs.

WINNER - RAJ BHAGAT, RUHAAN ANKALKOTI

DRUHAAN CHUGANI

RUNNER UP - BAHMAN COOPER

RUNNING ON TREAD MILL (0.25 MILES) TIME BASE

Above 25 Yrs. to Below 45 Yrs.

WINNER - URVAKSH SHROFF, KARAN RATANCHANDANI,

MOHIT BHATIJA & RISHABH RAJANI

RUNNER UP - JAY SHAH

RUNNING ON TREAD MILL (0.25 MILES) Above 45 Yrs. to Below 60 Yrs.

WINNER - PRITESH THAKKAR

RUNNER UP - N/S.



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RUNNING ON TREAD MILL (0.25 MILES) 60 Yrs. & Above

WINNER - N/S.

RUNNER UP - N/S.

ELLIPTICAL 10 MINUTES (DISTANCE BASE) Above 15 to Below 25 Yrs.

WINNER - N/S

RUNNER UP - N/S

ELLIPTICAL 10 MINUTES DISTANCE BASE Above 25 Yrs. to Below 45 Yrs.

WINNER - DELZEEN DARUWALA

RUNNER UP - MALIKA BHAVNANI

ELLIPTICAL 10 MINUTES DISTANCE BASE Above 45 Yrs. to Below 60 Yrs.

WINNER - NILUFER SHROFF

RUNNER UP - N/S.

ELLIPTICAL 10 MINUTES DISTANCE BASE 60 Yrs. & Above

WINNER - N/S.

RUNNER UP - N/S.

ROWING 500 METRES (TIME BASE) Above 15 to Below 25 yrs

WINNER - N/S.

RUNNER UP - N/S.

ROWING 500 METRES (TIME BASE) Above 25 to Below 45 yrs

WINNER - MALIKA BHAVNANI

RUNNER UP - DELZEEN DARUWALA

ROWING 500 METRES (TIME BASE) Above 45 Yrs. to Below 60 Yrs.

WINNER - N/S.

RUNNER UP - N/S.

ROWING 500 METRES (TIME BASE) 60 Yrs. & Above

WINNER - N/S.

RUNNER UP - N/S.

STRENGTH

BENCHPRESS Above 15 Yrs. to Below 25 Yrs.

WINNER - N/S.

RUNNER UP - N/S.

BENCHPRESS Above 25 to Below 45yrs

WINNER - MALIKA BHAVNANI

RUNNER UP - DELZEEN DARUWALA

BENCHPRESS Above 45 Yrs. to Below 60 Yrs.

WINNER - N/S.

RUNNER UP - N/S.

BENCHPRESS 60 Yrs. & Above

WINNER - N/S.

RUNNER UP - N/S.

RUNNING ON TREAD MILL (0.25 MILES) 60 Yrs. & Above

WINNER - RAMESH MANSUKHANI

RUNNER UP - SUNIL SHAHANI

ELLIPTICAL 10 MINUTES DISTANCE BASE Above 15 to Below 25 Yrs.

WINNER - ATHARV SHETTY

RUNNER UP - BAHMAN COOPER

ELLIPTICAL 10 MINUTES DISTANCE BASE Above 25 Yrs. to Below 45 Yrs.

WINNER - MOHIT BHATIJA & NANAK LEKHI

RUNNER UP - JAY SHAH & URVAKSH SHROFF

ELLIPTICAL 10 MINUTES DISTANCE BASE Above 45 Yrs. to Below 60 Yrs.

WINNER - HASNAIN POONAWALA

RUNNER UP - ABBAS MERCHANT

ELLIPTICAL 10 MINUTES DISTANCE BASE) 60 Yrs. & Above

WINNER - SUNIL SHAHANI

RUNNER UP - RAMESH MANSUKHANI

ROWING 500 METRES (TIME BASE) Above 15 to Below 25 yrs

WINNER - RUHAAN ANKALKOTI

RUNNER UP - CYRUS KUTKY & JATIN MIRCHANDANI

ROWING 500 METRES (TIME BASE) Above 25 to Below 45 yrs

WINNER - RISHABH RAJANI

RUNNER UP - JERAZ BHAGAT

ROWING 500 METRE (TIME BASE) Above 45 Yrs. to Below 60 Yrs.

WINNER - NIRAV MEWAWALA

RUNNER UP - N/S.

ROWING 500 METRES (TIME BASE) 60 Yrs. & Above

WINNER - RAMESH MANSUKHANI

RUNNER UP - KHOZEM TOPIWALA

STRENGTH

BENCHPRESS Above 15 Yrs. to Below 25 Yrs.

WINNER - RUHAAN ANKALKOTI

RUNNER UP - MOHIT GUPTA

BENCHPRESS Above 25 to Below 45 yrs

WINNER - MOHIT BATHIJA

RUNNER UP - RISHABH RAJANI

BENCHPRESS Above 45 Yrs. to Below 60 Yrs.

WINNER - DEEPAK RAMASWAMY

RUNNER UP - N/S.

BENCHPRESS 60 Yrs. & Above

WINNER - RAMESH MANSUKHANI

RUNNER UP - MUSLIM HUSSAIN



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SQUATS Above 15 Yrs. to Below 25 Yrs.

WINNER - N/S

RUNNER UP - N/S

SQUATS Above 25 to Below 45 Yrs.

WINNER - MALIKA BHAVNANI

RUNNER UP - DELZEEN DARUWALA

SQUATS Above 45 Yrs. to Below 60 Yrs.

WINNER - N/S

RUNNER UP - N/S

SQUATS 60 Yrs. & Above

WINNER - N/S

RUNNER UP - N/S

BICEP CURL Above 15 Yrs. to Below 25 Yrs.

WINNER - N/S

RUNNER UP - N/S

BICEP CURL Above 25 to Below 45 yrs

WINNER - MALIKA BHAVNANI

RUNNER UP - DELZEEN DARUWALA

BICEP CURL Above 45 Yrs. to Below 60 Yrs.

WINNER - N/S

RUNNER UP - N/S

BICEP CURL 60 Yrs. & Above

WINNER - N/S

RUNNER UP - N/S

FREE HAND EXERCISE

PUSH-UP (1 MINUTE) Above 15 Yrs. to Below 25 Yrs.

WINNER - N/S.

RUNNER UP - N/S.

PUSH-UP (1 MINUTE) Above 25 to Below 45 Yrs

WINNER - MALIKA BHAVNANI & MEHEK GHADIALI

RUNNER UP - DELZEEN DARUWALA

PUSH-UP (1 MINUTE) Above 45 Yrs. to Below 60 Yrs.

WINNER - N/S.

RUNNER UP - N/S.

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

WINNER - N/S.

RUNNER UP - N/S.

PULL-UPS (1 MINUTE) Above 15 Yrs. to Below 25 Yrs.

WINNER - N/S.

RUNNER UP - N/S.

PULL-UPS 1 MINUTE) Above 25 to Below 45 Yrs

WINNER - N/S.

RUNNER UP - N/S.

SQUATS Above 15 Yrs. to Below 25 Yrs.

WINNER - RUHAAN ANKALKOTI

RUNNER UP - BAHMAN COOPER

SQUATS Above 25 to Below 45 Yrs.

WINNER - MOHIT BATHIJA

RUNNER UP - RISHABH RAJANI

SQUATS Above 45 Yrs. to Below 60 Yrs.

WINNER - DEEPAK RAMASWAMY

RUNNER UP - N/S

SQUATS 60 Yrs. & Above

WINNER - RAMESH MANSUKHANI

RUNNER UP - MUSLIM HUSSAIN

BICEP CURL Above 15 Yrs. to Below 25 Yrs.

WINNER - RUHAAN ANKALKOTI

RUNNER UP - BAHMAN COOPER

BICEP CURL Above 25 to Below 45 Yrs

WINNER - RISHABH RAJANI

RUNNER UP - MOHIT BATHIJA

BICEP CURL Above 45 Yrs. to Below 60 Yrs.

WINNER - DEEPAK RAMASWAMY

RUNNER UP - PRITESH THAKKAR

BICEP CURL 60 Yrs. & Above

WINNER - RAMESH MANSUKHANI

RUNNER UP - MUSLIM HUSSAIN

FREE HAND EXERCISE

PUSH-UP (1 MINUTE) Above 15 Yrs. to Below 25 Yrs.

WINNER - DRUHAN CHHUGANI

RUNNER UP - BAHMAN COOPER

PUSH-UP (1 MINUTE) Above 25 to Below 45 yrs

WINNER - URVAKSH SHROFF

RUNNER UP - JERAZ BHAGAT

PUSH-UP (1 MINUTE) Above 45 Yrs. to Below 60 Yrs.

WINNER - PRITESH THAKKAR

RUNNER UP - HASNAIN POONAWALA

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

WINNER - RAMESH MANSUKHANI

RUNNER UP - ROHINTON MASTER

PULL-UPS (1 MINUTE) Above 15 Yrs. to Below 25 Yrs.

WINNER - BHAMAN COOPER

RUNNER UP - RUHAAN ANKALKOTI

PULL-UPS (1 MINUTE) Above 25 to Below 45 Yrs

WINNER - URVAKSH SHROFF

RUNNER UP - JERAZ BHAGAT



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PULL-UPS (1 MINUTE) Above 45 Yrs. to Below 60 Yrs.

WINNER - N/S.

RUNNER UP - N/S.

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

WINNER - N/S.

RUNNER UP - N/S.

PLANK (TIME BASE) Above 15 Yrs. to Below 25 Yrs.

WINNER - N/S.

RUNNER UP - N/S.

PLANK (TIME BASE) Above 25 to Below 45 Yrs

WINNER - MEHEK GHADIALI

RUNNER UP - MALIKA BHAVNANI

PLANK (TIME BASE) Above 45 Yrs. to Below 60 Yrs.

WINNER - ZAINAB MERCHANT

RUNNER UP - PREETI BHAVNANI

PLANK (TIME BASE) 60 Yrs. & Above

WINNER - N/S

RUNNER UP - N/S

PULL-UPS (1 MINUTE) Above 45 Yrs. to Below 60 Yrs.

WINNER - N/S.

RUNNER UP - N/S.

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

WINNER - RAMESH MANSUKHANI

RUNNER UP - MUSLIM HUSSAIN

PLANK (TIME BASE) Above 15 Yrs. to Below 25 Yrs.

WINNER - BAHMAN COOPER

RUNNER UP - RUHAAN ANKALKOTI

PLANK (TIME BASE) Above 25 to Below 45 Yrs

WINNER - JAY SHAH

RUNNER UP - URVAKSH SHROFF

PLANK (TIME BASE) Above 45 Yrs. to Below 60 Yrs.

WINNER - PRITESH THAKKAR

RUNNER UP - DEEPAK BATHIJA

PLANK (TIME BASE) 60 Yrs. & Above

WINNER - RAMESH MANSUKHANI

RUNNER UP - BEHRAM ENGINEER

Sd/-

Monesh Kishen Mirchandani

Chairman- Health Club Sub- Committee

cc. Health Club Department / Mobile App / Website.

Sd/-

Rahul Singh

Manager