

29th INTER SCHOOL & 11th INTER COLLEGE KARATE TOURNAMENT 2023

(17TH – 19TH AUGUST 2023)

VENUE: MP HALL, SAI, STC, NEHU, SHILLONG

1. Team Champion School (Boys) : St. Anthony's H.S. School
2. Runner-Up School (Boys) : St. Anthony's L. P. School
3. Team Champion School (Girls) : O.M. Roy Memorial Higher Secondary School
4. Runner-Up School (Girls) : Providence School
5. Team Champion College : St. Anthony's College
6. Runner-Up College : Shillong College
7. Best Karateka (Boys Junior) : Darren R Warjri of Christian Academy Higher Secondary School
8. Best Karateka (Boys Senior) : Paul Danny Kharmudai of Providence School
9. Best Karateka (Girls Junior) : Xenia Rose Nongsiej of St Joseph's Higher Secondary School, Pynthorumkhrach
10. Best Karateka (Girls Senior) : Rebeka Nongspung of Providence School
11. Chief Guest (Opening) : Mr. Shakliar Warjri, Hon'ble Sports Minister, Govt. of Meghalaya
12. Guest of Honour (Opening) : Shri John F Kharshiing, Working President, MSOA
13. Chief Guest (Closing) : Mr Ian Campbell, Olympian and Founder Arms Physical Testing
14. Guest of Honour (Closing) : Mr Robert Kabbas, Olympian
and Silver Medalist 1984 Summer Olympic, Atlanta

**29TH INTER SCHOOL KARATE TOURNAMENT 2023
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Girls Individual Kata Under 10 Years

Name of Participants	Name of School	Results
Asenka Beryl Marwein	St Joseph's English School	Gold
Joanna P Rynnnga	St. Mary's Higher Secondary School	Silver
Bernadeen G. Dkhar	Synod Higher Seconddary Schopol	Bronze
Daphilawankmen Tympuin	St. Mary's Higher Secondary School	Bronze

Girls Individual Kata Under 12 Years

Name of Participants	Name of School	Results
Xenia Rose Nongsiej	St Joseph's Higher Secondary School,Pynthorumkhrah	Gold
Esaranaki Kharjana	Mayqueen Secondary School	Silver
Nelisha Kharpran	Providence School	Bronze
Phibanylla Eleanora Thongni	St Dominic Savio's Higher Secondary School,	Bronze

Girls Individual Kata Under 16 Years

Name of Participants	Name of School	Results
Emika Deimaia Myrthong	B.K. Bajoria School	Gold
Ibakordor M. Kharwanlang	Providence School	Silver
Mebapynhun Marngar	Church of God (ECC) Higher Secondary School	Bronze
Abiangmisaka Lyngdoh Mawphlang	Eriben Presbyterian Secondary School	Bronze

Girls Individual Kata Above 16 Years

Name of Participants	Name of School	Results
Rebeka Nongspung	Providence School	Gold
Daiakyntiew Wahlang	O.M. Roy Memorial Higher Secondary School	Silver
Abiangpormika Lyngdoh Mawphlang	Eriben Presbyterian Secondary School	Bronze
Adeline Sohkhlet	O.M. Roy Memorial Higher Secondary School	Bronze

Girls Team Kata

Name of Participants	Name of School	Results
Nelisha Kharpran		
Ibakordor M Kharwanlang	Providence School	Gold
Sonali D Sangma		
Inlumlang Skhemiew		
Adeline Sohkhlet	O.M. Roy Memorial Higher Secondary School	Silver
Daiakyntiew Wahlang		
Dora Joanna Dohtdong		
Waiarisa Syiemlieh	Synod Higher Secondary School	Bronze
Rikaphylla Skhemlon		
Deisy Mary Lyngdoh		
Ibashongdor K. Rani	K.C. Secondary School	Bronze
Klirme Beypi		

Girls Individual Kumite 6 Years

Name of Participants	Name of School	Results
Haphibansuk Sohshen	St Joseph's L.P School	Gold
Adalicia T Nongtdu	St. Mary's Higher Secondary School	Silver
Sanaita Ale	St. Mary's Higher Secondary School	Bronze
Princy A. Blah Pohti	Pine Mount School, Shillong	Bronze

Girls Individual Kumite 7 Years

Name of Participants	Name of School	Results
Ellyona Clara Kharshanbi	K.V. Happy Valley, Shillong	Gold
Insanda Akor Caitlyn Warjri	Loreto Convent	Silver
Samaira Nongsiej	St. Mary's Higher Secondary School	Bronze
Elsa Ibawanshwa Diengdoh	Little Flower Secondary School	Bronze

Girls Individual Kumite 8 Years

Name of Participants	Name of School	Results
Naome Yuzinie Sylliang	Sacred Heart Girls Higher Secondary School	Gold
Yvette Leticia L. Mairang	Church of God (ECC) Higher Secondary School	Silver
Daphilawankmen Tympuin	St. Mary's Higher Secondary School	Bronze
Laishram Yohenbi Devi	B.K. Bajoria School	Bronze

Girls Individual Kumite 9 Years

Name of Participants	Name of School	Results
Tatiana Nongsiej	Lumshyiap Secondary School	Gold
Sandasulang Myrthong	Providence School	Silver
Iniwandaka Kharjana	Pine Mount School, Shillong	Bronze
Eliana Haphisha Syiem	B.K. Bajoria School	Bronze

Girls Individual Kumite 10 Years

Name of Participants	Name of School	Results
Kerphiiangi Stephanie Thabah	Loreto Convent	Gold
Andrea Rana Basaiawmoit	Seven Set Higher Secondary School, Malki, Shillong	Silver
Audrella C Marbaniang	Loreto Convent	Bronze
Ibalatyngkai L Nongkynrih	St Joseph's L.P School	Bronze

Girls Individual Kumite 11 Years

Name of Participants	Name of School	Results
Nelisha Kharpran	Providence School	Gold
Philapynkmen Nongkynrih	Christian Academy Higher Secondary School	Silver
Hinam K. Lamin	Synod Higher Seconddary Schopol	Bronze
Rajvee Viritka Raje	St. Mary's Higher Secondary School	Bronze

Girls Individual Kumite 12 Years

Name of Participants	Name of School	Results
Esaranaki Kharjana	Mayqueen Secondary School	Gold
Dominica P Kharbani	Sacred Heart Girls Higher Secondary School	Silver
Xenia Rose Nongsiej	St Joseph's Higher Secondary School,Pynthorumkhrah	Bronze
Risaiaka Rynthathiang	Synod Higher Seconddary School	Bronze

Girls Individual Kumite 13 Years

Name of Participants	Name of School	Results
Berecca Dkhar	B.K. Bajoria School	Gold
Emika Deimaia Myrthong	B.K. Bajoria School	Silver
Darisa Phawa	K.C. Secondary School	Bronze
Ibankyntiew langrai	Pine Mount School, Shillong	Bronze

Girls Individual Kumite Cadet -40 Kg

Name of Participants	Name of School	Results
Jennet Rumnong	Govt. UP RMSA Secondary School, Nongkwar	Gold
Kerridame M. Khongji	Synod Higher Seconddary Schopol	Silver
Joanna Z Laloo	Pine Mount School, Shillong	Bronze
Sophiana Dkhar	Synod Higher Seconddary Schopol	Bronze

Girls Individual Kumite Cadet -47 Kg

Name of Participants	Name of School	Results
Dayalangki Challam	Army Public School	Gold
Sandameka V. Langstieh	Synod Higher Seconddary Schopol	Silver
Mebapynhun Marngar	Church of God (ECC) Higher Secondary School	Bronze
Fennycia Nongkhlaw	Govt. UP RMSA Secondary School, Nongkwar	Bronze

Girls Individual Kumite Cadet -54 Kg

Name of Participants	Name of School	Results
Daphishisha Shadap	O.M. Roy Memorial Higher Secondary School	Gold
Toroilangki Pala	K.C. Secondary School	Silver
Ameliza M Lyngkhoi	Pine Mount School, Shillong	Bronze
Saralyn Phawa	Brookside Adventist Higher Secondary School	Bronze

Girls Individual Kumite Cadet +54 Kg

Name of Participants	Name of School	Results
Dorea Joanna Dohtdong	Synod Higher Seconddary Schopol	Gold
Daphilahun M Wahlang	Sacred Heart Boys' Higher Secondary School	Silver
Ibakordor M. Kharwanlang	Providence School	Bronze
Elizabeth Lalruatfeli	K.C. Secondary School	Bronze

Girls Individual Kumite Junior -45 Kg

Name of Participants	Name of School	Results
Inlumlang Skhemiew	O.M. Roy Memorial Higher Secondary School	Gold
Delightful Marngar	St. Anthony's Higher Secondary School	Silver
Felicia Kharbani	Pine Mount School, Shillong	Bronze
Balapdianghun Kharkongor	Christian Academy Higher Secondary School	Bronze

Girls Individual Kumite Junior -50 Kg

Name of Participants	Name of School	Results
Kynjailin Lyngdoh Mawnai	O.M. Roy Memorial Higher Secondary School	Gold
Ibashongdor K. Rani	K.C. Secondary School	Silver
Clareenda Lyngdoh	St Joseph's Higher Secondary School	Bronze
Indarika Nongbri	Mynken RMSA Secondary School	Bronze

Girls Individual Kumite Junior +50 Kg

Name of Participants	Name of School	Results
Larisha Kurbah	O.M. Roy Memorial Higher Secondary School	Gold
Adeline Sohkhlet	O.M. Roy Memorial Higher Secondary School	Silver
Sweetly Ranee	St. Edmund's Higher Secondary School	Bronze
Philashisha Syngkli	Govt. UP RMSA Secondary School	Bronze

Girls Individual Kumite Senior Open

Name of Participants	Name of School	Results
Rebeka Nongspung	Providence School	Gold
Wandahunshisha Mawblei	Shillong College Higher Secondary Education	Silver
Fennysha Shangpliang	Govt. UP RMSA Secondary School	Bronze
Phindasumarlin Rani	Sacred Heart Boys' Higher Secondary School	Bronze

Boys Individual Kata Under 10 Years

Name of Participants	Name of School	Results
Daaron R Warjri	Christian Academy Higher Secondary School	Gold
Hamebanjop L. Kharmawphlang	Mayqueen Secondary School	Silver
Nevyn Ian Rynksai	Christian Academy Higher Secondary School	Bronze
Jaxon Meki Mawthoh	Sunrays Secondary School, Mawlai Nonglum	Bronze

Boys Individual Kata Under 12 Years

Name of Participants	Name of School	Results
Jason Mc R Malniang	St. Anthony's Lower Primary School	Gold
Eric Banteinam Ryngnga	St. Anthony's Higher Secondary School	Silver
Dakitdorbha L Chyne	St. Anthony's Lower Primary School	Bronze
Ben Hanan Oshea Kharmawphlang	St Edmund's School Shillong	Bronze

Boys Individual Kata Under 16 Years

Name of Participants	Name of School	Results
Aventinus G Mylliem	St. Anthony's Higher Secondary School	Gold
Ferdinand S Rani	St. Anthony's Higher Secondary School	Silver
Gregorwilson Makdoh	St. Anthony's Higher Secondary School	Bronze
Badondor S Ryntathiang	St. Anthony's Higher Secondary School	Bronze

Boys Individual Kata Above 16 Years

Name of Participants	Name of School	Results
Paul Danny Kharmudai	Providence School	Gold
Wilson Mylliempdah	Providence School	Silver
Ram Lanong	Government Boys Higher secondary school	Bronze
Gideon Tympuin	St. Anthony's Higher Secondary School	Bronze

Boys Team Kata

Name of Participants	Name of School	Results
Gregorwilson Makdoh		
Gideon Tympuin	St. Anthony's Higher Secondary School	Gold
Ferdinand S Rani		
Paul Danny Kharmudai		
Cheltis Shylla	Providence School	Silver
Iohbor Mylliempdah		
Yowanki Kharwillborn		
Mebalambok Kharshandi	K.C. Secondary School	Bronze
Safyyo Nongtdu		
Savio Majaw		
Jason Malngiang	St. Anthony's Lower Primary School	Bronze
Dakitdorbha L. Chyne		

Boys Individual Kumite 6 Years

Name of Participants	Name of School	Results
Darren R. Warjri	Christian Academy Higher Secondary School	Gold
Wilson Lunlalmuan	St. Anthony's Lower Primary School	Silver
Roderick Donbok Kharbani	Sacred Heart Girls Higher Secondary School, Mawlai	Bronze
Reece Blaise Dohkruit	St. Anthony's Lower Primary School	Bronze

Boys Individual Kumite 7 Years

Name of Participants	Name of School	Results
Ethaniel Azariah Marwein	Cherished Buds School, Lummbawbah	Gold
Jordan Kharsyntiew	Step by Step School	Silver
Christovianney.K.Nongspung	Jyoti Sroat School	Bronze
Manri –Oo Hame Dkhar	St. Anthony's Lower Primary School	Bronze

Boys Individual Kumite 8 Years

Name of Participants	Name of School	Results
Trevor Ryntathiang	Seven Set Higher Secondary School, Malki	Gold
Flavian Sawian	St. Anthony's Lower Primary School	Gold

Hezron Khongwir Nongkhlaw	St. Anthony's Lower Primary School	Silver
Amenmanbha B Sawkmie	St. Anthony's Lower Primary School	Bronze
Mewanbanshan Jana Nongbet	St. Anthony's Lower Primary School	Bronze

Boys Individual Kumite 9 Years

Name of Participants	Name of School	Results
Fabian Nongkynrih	St. Albert's Secondary School	Gold
Jayden Laloo	Seven Set Higher Secondary School, Malki	Silver
Jaxon Meky Mawthoh	Sunrays Secondary School, Mawlai Nonglum	Bronze
Johanson Nongkynrih	H.Elias Higher Secondary School	Bronze

Boys Individual Kumite 10 Years

Name of Participants	Name of School	Results
Garret Ivan Lyngdoh	St. Anthony's Lower Primary School	Gold
Jayden Lewanmi War	Seven Set Higher Secondary School, Malki	Silver
Hamemanbha F Dhar	Christian Academy Higher Secondary School	Bronze
Bruce E Mawkhlieng	St. Anthony's Lower Primary School	Bronze

Boys Individual Kumite 11 Years

Name of Participants	Name of School	Results
Aibor Jyrwa	St Joseph's Higher Secondary School, Pynthorumkhrach	Gold
Alvin Sammy L Mawlong	St. Anthony's Higher Secondary School	Silver
Demitrio Dkhar	St. Anthony's Higher Secondary School	Bronze
Ronak Thapa	St. Anthony's Lower Primary School	Bronze

Boys Individual Kumite 12 Years

Name of Participants	Name of School	Results
Damelambha Elnathan Rymbai	St Edmund's School Shillong	Gold
Samuel Kurbah	Divine Saviour Higher Secondary School	Silver
Henry Wanshan K Khongwet	Sacred Heart Boys' Higher Secondary School	Bronze
Banshaibor Kharshandi	K.C. Secondary School	Bronze

Boys Individual Kumite 13 Years

Name of Participants	Name of School	Results
Abhradeep Agnan	K.V. NEHU, Shillong	Gold
Nowmi Ryngkhlem	St. Anthony's Higher Secondary School	Silver
Mebalambok Kharshandi	K.C. Secondary School	Bronze
Nongpoknganba T. Kharmawphlang	Mayqueen Secondary School	Bronze

Boys Individual Kumite Cadet -45 Kg

Name of Participants	Name of School	Results
Yowanki Kharwillborn	K.C. Secondary School	Gold
Bankerlang Marbaniang	Providence School	Silver
Hakidawanme D Phanbuh	Sunrays Secondary School, Mawlai Nonglum	Bronze
Bameshanlang Sawkmie	Seven Set Higher Secondary School, Malki, Shillong	Bronze

Boys Individual Kumite Cadet -52 Kg

Name of Participants	Name of School	Results
Ferdinand S Rani	St. Anthony's Higher Secondary School	Gold
Febbyson Lyngkhoi	Sunrays Secondary School, Mawlai Nonglum	Silver
Shanborlang Kharkrang	St. Gabriel Higher Secondary School Upper Shillong	Bronze
lainehskhem Shabong	Government Boys Higher secondary school	Bronze

Boys Individual Kumite Cadet -57 Kg

Name of Participants	Name of School	Results
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Gregorwilson Makdoh	St. Anthony's Higher Secondary School	Gold
Nathanial Marbaniang	Sunrays Secondary School, Mawlai Nonglum	Silver
Aventinus G Mylliem	St. Anthony's Higher Secondary School	Bronze
Arsang Bongcher	St. Anthony's Higher Secondary School	Bronze

Boys Individual Kumite Cadet -63 Kg

Name of Participants	Name of School	Results
Romeo Nongtdu	K.C. Secondary School	Gold
Sarmiji Hanse	K.C. Secondary School	Silver
Nathaniel Ryntathiang	St. Anthony's Higher Secondary School	Bronze
Gareth R Dhar	K.V. NEHU, Shillong	Bronze

Boys Individual Kumite Cadet +63 Kg

Name of Participants	Name of School	Results
Emmanuel B Diengdoh	St. Anthony's Higher Secondary School	Gold
Jeremaiah Kharshandi	Mrs N Hills 'Tiny Tots' East Ville School	Silver
Thanyawut Ritthong	K.C. Secondary School	Bronze
Deepayan Sarkar	St. Anthony's Higher Secondary School	Bronze

Boys Individual Kumite Junior -50 Kg

Name of Participants	Name of School	Results
Damebanmerbha S Blah	BSF Senior Secondary School, Umpling	Gold
Samebanmerbha S Blah	BSF Senior Secondary School, Umpling	Silver
Wilson Mylliempdah	Providence School	Bronze
Jasper D Pdang	St. Anthony's Higher Secondary School	Bronze

Boys Individual Kumite Junior -55 Kg

Name of Participants	Name of School	Results
Ram Lanong	Government Boys Higher secondary school	Gold
Gideon Tympuin	St. Anthony's Higher Secondary School	Silver
Lakhon Lanong	Government Boys Higher secondary school	Bronze
Kmenlang Shabong	Government Boys Higher secondary school	Bronze

Boys Individual Kumite Junior +55 Kg

Name of Participants	Name of School	Results
Shanderson Nongrem	O.M. Roy Memorial Higher Secondary School	Gold
Kympham Kharkongor	Shillong College Higher Secondary Education	Silver
Bhawanchwadame L Mawphlang	St. Anthony's Higher Secondary School	Bronze
Aaron Theodore Lyngdoh	St. Edmund's Higher Secondary School	Bronze

Boys Individual Kumite Senior -50 Kg

Name of Participants	Name of School	Results
Teiborlang Lapang	Shillong College Higher Secondary Education	Gold
Fredrick Rani	Shillong College Higher Secondary Education	Silver
Manish Sohbar	K.C. Secondary School	Bronze
Bankerlang Khardewsaw	Christian Academy Higher Secondary School	Bronze

Boys Individual Kumite Senior -55 Kg

Name of Participants	Name of School	Results
Nangkitbok Phira	Shillong College Higher Secondary Education	Gold
Cheltis Shylla	Providence School	Silver
Biswajit Sinha	Laban Bengalee Boy's Higher Secondary School	Bronze

Boys Individual Kumite Senior +55 Kg

Name of Participants	Name of School	Results
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Paul Danny Kharmudai	Providence School	Gold
Evanmedon Rynghang	O.M. Roy Memorial Higher Secondary School	Silver
Iohbor Mylliempdah	Providence School	Bronze
Jemuel Marak	Little Flower H.S. School Dadenggre	Bronze

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Women Individual Kata

Name of Participants	Name of College	Results
Eva Gracia Mary Kharumnuid	St. Anthony's College	Gold
Elisheba Khongwar	St. Edmund College	Silver
Melvarica Kharbani	St. Mary's College	Bronze
Dikshita Hazarika	St. Anthony's College	Bronze

Women Individual Kumite Senior -45 Kg

Name of Participants	Name of College	Results
Eva Gracia Mary Kharumnuid	St. Anthony's College	Gold
Melvarica Kharbani	St. Mary's College	Silver
Elisheba Khongwar	St. Edmund College	Bronze
Genievieve D Wahlang	Synod College	Bronze

Women Individual Kumite Senior -50 Kg

Name of Participants	Name of College	Results
Dikshita Hazarika	St. Anthony's College	Gold
Moirangthem T Linthpichanu	St. Anthony's College	Silver
Dakapaia Kharpran	Shillong College	Bronze
Saphira Lyngkhoi	St. Mary's College	Bronze

Women Individual Kumite Senior +50 Kg

Name of Participants	Name of College	Results
Carene Sohiong	Shillong College	Gold
Carenia Rapthap	Shillong College	Silver
Dutyfull Lyngdoh	Greater Mawlai College	Bronze
Impera Makdoh	St. Anthony's College	Bronze

Name of College

Name of Participants	Name of College	Results
Wanphrang Jyrwa	Shillong Commerce	Gold
Davysong Kharkpngor	Seng Khasi College	Silver
Ialamphang Kharkongor	Shillong College	Bronze

Men Individual Kumite Senior Open

Name of Participants	Name of College	Results
Ialamphang Kharkongor	Shillong College	Gold
Davysong Kharkpngor	Seng Khasi College	Silver
Evanstone Thangkhiew	St. Anthony's College	Bronze
Samkhih Lama	Shillong College	Bronze