

**16th Senior Federation Cup National Tug of War Championships (Men & Women) - (2018-19)**

Dated: 26-12-2018 - 29-12-2018, Location: Sholinghur, Vellore - Tamil Nadu

**Categories**

- Senior Men
- Senior Mixed 4+4

**Weights**

- 640 KG
- 600 KG
- 560 KG

**Details**

16th Senior Federation Cup National Tug of War Championships (Men & Women) held at Sholinghur, Vellore, Tamil Nadu from 26-29 December 2018, hosted by Tamil Nadu Tug of War Association and organised by Tug of War Federation of India, New Delhi (TWFI).

**Results**

Category	Gold	Silver	Bronze
Senior Men : 640Kg	HARYANA POWER (HPSG)	GUJARAT	BIHAR
Senior Men : 640Kg	DELHI	ASSAM	GOA
Senior Mixed 4+4 : 560Kg	DELHI	GUJARAT	GOA