

**12th Senior Open National Tug of War Championships (Men & Women) - (2019-20)**

Dated: 28-05-2019 - 30-05-2019, Location: Kathmandu - Nepal

**Categories**

- Senior Men
- Senior Women
- Senior Mixed 4+4

**Weights**

- 640 KG
- 480 KG
- 560 KG

**Details**

12th Senior Open National Tug of War Championships (Men & Women) held at Kathmandu, Nepal from 28-30 May, 2019, hosted by Nepal Tug of War Association and organised by Tug of War Federation of India, New Delhi (TWFI).

**Results**

<b>Category</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>
Senior Men : 640Kg	DELHI	GUJARAT	MIZORAM
Senior Women : 480Kg	DELHI	KARNATAKA	UTTRA PRADESH
Senior Mixed 4+4 : 560Kg	CHHATTISHGARH	MAHARASHTRA	DELHI