

**32nd Senior National Tug of War Championships (Men & Mixed 4+4) - (2019-20)**

Dated: 15-01-2020 - 18-01-2020, Location: Nanded - Maharashtra

**Categories**

- Senior Men
- Senior Mixed 4+4

**Weights**

- 640KG
- 600KG
- 560KG

**Details**

32nd Senior National Tug-of-War Championships (Men & Mixed 4+4) held at Nanded, Maharashtra from 15-18 January, 2020 hosted by Maharashtra Tug of War Association organised by Tug of War Federation of India, New Delhi (TWFI)

**Results**

Category	Gold	Silver	Bronze
Sr. Men : 640KG	KERALA	PUNJAB	PUNJAB POWER (PSPCL)
Sr. Men : 600KG	CHANDIGARH	MAHARASHTRA	KERALA
Sr. Mixed 4+4 : 560KG	PUNJAB	KERALA	CHHATTISHGARH