

**35th Senior National Tug-of-War Championships Men ,Women & Mixed 4+4 Beach Categories - (2022-23)**

Dated: 27-05-2022 - 30-05-2022, Location: Paradise Beach, Shiroda ,Vengurla. - Maharashtra

**Categories**

- Beach Senior Men -580Kg
- Beach Senior Men -560Kg
- Beach Senior Men -Catch Wt.
- Beach Senior women 480Kg
- Beach Senior Mixed 4+4 600Kg

**Weights**

- Senior Men -580Kg
- Senior Men -560Kg
- Senior Men -Catch Wt
- Senior Women 480kg
- Senior Mixed 4+4 600Kg

**Details**

the 35th Senior National Tug-of-War Championships (Men, Women & Mixed 4+4) for Beach Categories at Venue -1st . The Championship being held from 27-30 May, 2022 in the Shiroda Paradise Beach, Shiroda ,Vengurla.,Distt. Sindhudurg, Maharashtra under the following Categories (1) Senior Beach Men-580 kg (2) Senior Beach Men- 560Kg (3)Senior Beach Women-480kg (4) Senior Beach Mixed 4+4 -600kg (5) Senior Men Catch Wt. weight categories Hosted by Maharashtra Tug of War Association.

**Results**

Category	Gold	Silver	Bronze
Beach Senior Men -580Kg	Punjab	Kerala	Haryana
Beach Senior Men -560Kg	Punjab	Gujarat	Arunachal Pardesh
Beach Senior Men -Catch Wt.	Haryana Power	Punjab Power	Arunachal Pardesh
Beach SeniorWomen 480Kg	Kerala	Haryana Power	Gujarat
Beach Senior Mixed 4+4 600Kg	Punjab	Haryana Power	Gujarat