



ASM Technologies Limited

RAHUL DRAVID  
ATHLETE MENTORSHIPS

WITH GoSports

## 9. S. Sathish Kumar

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**Date of Birth:** 23<sup>rd</sup> June 1992

**Sport:** Weightlifting (77 kg)

**Hometown:** Vellore, Tamil Nadu

**Training Base:** NSNIS, Patiala

Sathish, who works as a Clerk in the Southern Railways, Chennai won India the gold medal in the Commonwealth Games in both 2014 as well as 2018. He comes from a rustic Vellore Gym, which has produced five Olympians before Sathish.



Sathish took up weightlifting because of his family members, who were all weightlifters, including his father. His father was with the Army and now works as a security guard at VIT University and his mother is a housewife. He also has a younger brother, who is a mechanical engineer.

He trained in Belarus for the Rio Olympics, 2016 and finished 11<sup>th</sup> in the finals. In September 2017, he won his first 4<sup>th</sup> gold at the Commonwealth Championships in Australia, lifting a total of 320 kg.

### Athlete Performances

- Gold medal at the 2018 Commonwealth Games
- Gold (Senior category) medal – Commonwealth Senior, Junior & Youth Championships, 2017
- 11<sup>th</sup> Position – Rio Olympics, 2016
- Gold medal – 69<sup>th</sup> Senior National Weightlifting Championship, 2016
- Gold (NR) medal – Commonwealth Championship, 2015
- Gold (CWR) medal – Commonwealth Games, 2014
- Gold medal – Commonwealth Championship, 2013