I-League: Wanphai ka Lajong sha la ïing ban aireng ïa ka Aizawl

Shillong, Mar 28: Hadien ka jingïakhun ba hynriew sien kynthih shabar, ka kynhun ïalehkai jong ka Shillong Lajong FC ka la wanphai biang sha la ïing bad kan aireng pyrshah ïa ka Aizawl FC ha ka wat ïakhun kaba 21 ha ka lympung I-League 2024-25 ha madan First Ground, kaba ha SSA Stadium Polo, mynta ka sngi Saitjaiñ. Ka jingïalehkai kan sdang ha ka por 7 baje janmiet.

Ka jingïoh kamai point ka la long kaba duna bha ïa ka Lajong na kine ki hynriew tylli ki jingïalehkai ba ka ïakhun shabar, ha kaba ka la ïoh ban kamai tang 4 poiñ, da kaba ïakhaid bad ka Dempo SC da mar 2-2 kol ha ka 19 tarik Rymphang bad kaba jop da 4-3 kol ïa ka Gokulam Kerala FC ha ka 03 tarik u Lber. Ka la mad namrem haduh saw sien.

Ki lai tylli ki jingïakhun ba khatduh baroh ki la kut ha ka jingshah rem, kiba kynthup ïa ar tylli ki jingïalehkai ba ka la rem kput ha ka Churchill Brothers (6-1 kol) bad ha ka Rajasthan FC (4-0 kol), katba ka jingïalehkai kaba khatduh ka la rem da 2-1 kol ha ka Inter Kashi.

Ka Lajong kaba don ha ka kyrdan kaba 8 mynta kan don ïa ka kabu kaba paka ban ïoh ïa ka jingjop namar ba ka Aizawl kaba dei ka lahduh barim (kaba duna 3 poiñ kham poh) ka la mad ïa ka samoi kaba jwat bad kaba sniew tam bad mynta ka don ha ka thup kyrdan ban shah sloit lane relegation zone.

Ha ka por ba kine ki arliang mamla ki la ïakynduh ha ka jingïakhun ba nyngkong ha u bnai Kyllalyngkot, ka SLFC ka la long ka nongjop ha Aizawl. Ha ki san tylli ki jingïakhun I-League ba kine ki arliang ki la ïakhun ha Shillong, ka Aizawl ka la pynliem tang shi sien ïa ka Lajong, ha ka samoi lehkai 2023-24.

Ka Lajong ka long kaba la shngaiñ lypa mynta ka samoi hynrei ka lah ban pyndep tang haduh ka kyrdan kaba hynriew ha ka miej, kane ka shong katkum ka resol jong ki kynhun ba ïajan point bad ka. Ka jingialehkai mynta ka sngi kan long kaba kongsan ha ka jingïakhun ban lait na ka thup kyrdan shah sloit. Katba ka Delhi FC kaba don ha trai duh la thikna ba kan pyndep ha ka thup ban shah pynhiar kyrdan, ka SC Bengaluru bad ka Aizawl kin dang pyrshang ban ïakhun ban kiar na kajuh ka jingshah pynhiar kyrdan.

Ka SC Bengaluru, kaba kamai 20 point, ka lah ban pynim ïalade da kaba jop ïa ka Namdhari FC la sngi U Blei, kata ka long tang lada ka Aizawl – kaba kamai 19 point – kan mad ïa ka namrem ha ka Lajong mynta ka sngi.

SCA Cricket League Super Division 2024-25: Pynliem ka Sputnik ïa ka Nongmensong

SHILLONG, Lber 28: Ka Sputnik CC ka la lah ban pynliem salit da 2 wiket ïa ka Nongmensong CC ha kawei na ki jingïalehkai jong ka lympung Shillong Cricket League Super Division 2024-25, ba la pynïaid da ka Shilong Cricket Association, ha madan polo, hynne ka sngi Thohdieng.

Hadien ba jop ïa ka jingkynting pisa (toss), ka Nongmensong ka la rai ban tied nyngkong, bad ka la lah ban pyndep pura ïa ka 45 ober ba la mang da kaba kamai 212 ron bad khyllem 7 wiket. U Jaskirat u la kamai 50 ron naki 69 bol, katba u Raghav u la tied 30 ron naki 30 bol.

Kiba la seisoh napdeng ki rangkawang bol jong ka Sputnik, u Gurinder Singh u la khur 3/31 naki 9 ober, katba u Md Nafees Siddique u la khur 2/49 naki 9 ober.

Ka Sputnik ka la lah ban kamai 216/8 naki 43.2 ober ban jop ïa ka jingïakhun da 2 wiket. U Arien Bonchang u la lamkhmat ha ka tied da kaba kamai 61 ron naki 108 bol, nangta u Swarajeet Das pat u la kamai 44 ron naki 54 bol.

Watla u Anish Charak (khur 2/32 naki 8.2 ober) bad u Hinam Phukan (khur 2/32 naki 9 ober) ki la lehkai bha ha ka bowling hynrei kim shym la lah satia ban khanglad ïa ka liang pyrshah ban poi sha ka thong. Ïa ka nam Player of The Match la khur da u Gurinder Singh.

Yn ïaknieh nam lahduh ka CSHG & ROC ha ka EKHCA Inter Office T20 Cricket

SOHRA, Lber 28: Ka kynhun ïalehkai jong ka Combine SHG bad ka Ribhoi Office Combine ki la lah ban jam shakhmat sha ka wat ïakhun ba khadtduh (final) ha ka lympung Inter Office Cum Corporate League T20 Cricket Tournament 2025, ba la pynïaid da ka East Khasi Hills Cricket Association [EKHCA].

Ïa kane la pynthikna hadien ba kine ki arliang ki la jop ïala ki jong ki jingïakhun semi final kaba la long ha ka sngi Thohdieng (28 tarik, Lber 2025), ha kaba ka Combine SHG ka la pynliem ïa ka MLP Sohra da 29 ron ha ka jingïalehkai kaba nyngkong, nangta ka Ribhoi Office Combine ka la jop da 4 wiket ïa ka PHE Sohra Division ha ka jingïalehkai kaba bud.

Haba phai sha ka jingïakhun, ka Combine SHG ka la shimti ban tied nyngkong hadien ba jop ïa ka jingkynting pisa (toss) bad ka la lah ban kamai 158/5 haduh kaba kut jong ki 20 ober ba la mang. U E Nathan A Diengdoh u la long uba kongsan tam ha ka tied da kaba khyrwit haduh 74 ron naki 58 tylli ki bol, katba u Stevenson Syiem (jong ka MLP Sohra) u la khur 2/22 naki 4 ober.

U E Nathan Diengdoh (kadiang) jong ka CSHG bad u Probeson Bey (kamon) jong ka ROC, kiba dang pdiang ïa ka khusnam Player of The Match. (Dur : Synñiang)

Watla ka MLP Sohra ka la lah ban tied pyndep ïa ki 20 ober hynrei kam shym la poi satia sha ka thong ba la buh namar ba ka la shah khanglad noh da tang 129 ron bad khyllem 6 wiket. U Albinus Syiemiong u la kamai 49 ron naki 36 bol. U Sunny Sten u la khur 2/10 naki 4 ober, hynrei ïa ka nam Player of The Match la khur da u E Nathan A Diengdoh.

Ka semi final kaba bud la sakhi ïa ka PHE Sohra Division kaba la buh ïa ka thong da 162/8 haki 20 ober, bad u Sandy Kharshandi u la lah ban kamai 65 ron naki 43 bol.

U Wansuklang Shullai u la long uba seisoh tam napdeng ki rangkawang bol jong ka Ribhoi da kaba khur 4/20 haki 4 ober, shuwa ba ka kynhun kan jubab pyndep da kaba kamai 163/5 tang haki 13.5 ober ban khur ïa ka jingjop.

U Probeson Bey u la long uba kongsan tam ha ka tied da kaba kamai 44 ron naki 23 bol ban khur syndon ruh ïa ka nam Player of The Match.

Kumta, kine ki ar kynhun ba dang sah, ka Combine SHG bad ka Ribhoi Office Combine kin hap ban ïa tynjuh bor ha ka final na bynta ka nam lahduh, kaba la buh ban long ha ka 31 tarik Lber, 2025, ha ka por 10 shiteng mynstep.

Pyllait noh ka ïingbishar jong ka Spain ïa u Dani Alves halor ka jingshah kynnoh leh beijot

SPAIN, Lber 28: U rangïalehkai phutbol barim ka klob Barcelona bad jong ka ri Brazil, u Dani Alves, ula jop ïa ka jingujor pyrshah ïa ka jingshah rai pynrem halor ka jingshah kynnnoh batbor kynthei, ha kaba ka ïingbishar jong ka Spain, ka la weng noh ïa katei ka rai ha ka sngi Thohdieng. Ka rai, kaba kdew ïa ki "jingpynshisha bym biang", ka la wanrah ïa ka jingkylla kaba khraw ïa kane ka mukotduma kaba la pynkyndit ïa kiba bun khamtam kiba ieit ïa ka phutbol.

U Alves u la shah rai pynrem da kaba set phatok saw snem shiteng ha u bnai Rymphang 2024 hadien ba la lap ba u la leh beijot ïa kawei ka kynthei ha kawei ka nightclub ha Barcelona ha u snem 2022. La pyllait jamin ïa une ne u rangïalehkai full-back barim, uba la mih madan 126 tylli ki jingïalehkai bar ri ïa ka Brazil, ha u bnai Lber 2024 katba ïa ka jingujor jong u la bishar da ka ïingbishar kaba kham halor.

Ka iingbishar ba ha khlieh duh jong ka Catalan ka la pynpaw ïa ki jingbym ïahap ïa ka jingphla jong ka nongshah lehbein, khamtam ha ki bynta kiba lah ban pynshisha lyngba ki durkhih. Ka rai ka la kren shai ba katto katne na ki jingkynnoh ba la pynpaw "kim ïahap bad ka jingshisha," kaba la pynlong ha kaba kut ban weng noh ïa ki jingshah kynnoh.

Hadien ba la rai pyllait, u Alves mynta u la long uba laitluid ban mih noh na Spain namar baroh ki jingkhang leitkai kiba la buh mynshwa ïa u la weng noh. Kane ka rai ka la pynmih ïa ki jingkynthoh bapher bapher, ha kaba ki riew shemphang aiñ ki la kdew ba kane ka rai ka pynpaw ïa ka jingdonkam jong ki sakhi kiba skhem ha kaba ïadei bad ki mukotduma kam runar.

Hynrei ka mukotduma ka lah ban ym pat kut, namar ba ka liang pynngat ka don ka hok ban tuklar ïa ka rai ha khmat ka ïingbishar ba ha khlieh duh jong ka Spain.

"U Alves u sngewkmen shibun. U long uba luilui, kata ladep pyni. Ka hok ka la kren," la ong u Ines Guardiola, u nongïasaid jong u Alves halor kane ka mutkotduma.

U Alves u la jop bun tylli ki trophy ha ka por ba ïalehkai na ka Sevilla, Barcelona, Juventus bad Paris St-Germain bad ruh u la ïarap ïa ka Brazil ban jop ar tylli ki Copa America bad kawei ka takma ksiar ha ka Olympic ha ka rta kaba 38 snem.

Ha ka por ba u shah kem u dang ïalehkai na ka bynta ka Pumas UNAM, kaba la pynlong ïa ka klob na Mexico ban pynkut noh mardor ïa ka jingïateh sokular jong u.

Jam u Djokovic sha ka semi final ha ka Miami Open

MIAMI, Lber 28: U Novak Djokovic u la lah ban pynliem noh ïa u Sebastian Korda jong ka America ban jam sha ka semi-final ha ka Miami Open.

Une u rangïalehkai ba bat kyrdan ba san ha ka pyrthei u la ïakhun tyngeh ha ka set kaba ar ban khylliap ïa ka jingïakhun da 6-3 7-6 (7-4).

U Djokovic 37-snem u dei u rangïalehkai ba la rangbah tam ban rung sha ka semi final ha ka ATP Masters 1,000 bad u khmihlynti ban khur ïa ka khusnam kaba hynñiew ha Miami.

Kane ka jingïalehkai la buh ban long ha ka sngi Balang hynrei la pynkynriah sha ka sngi Palei ha ka por ba lyngkot hadien ba ka jingïakhun jong ka Emma Raducanu ka la shimpor kham slem ban kut.

Shah jied u Alan Sun Marbaniang ban mihkhmat ïa ka Asia ha ka World C'ship

SHILLONG, Lber 28: Ka long ka khubor kaba kmen bad kaba sarong ïa ka jylla, ha kaba uwei u khlur ïakhunkti (arm wrestler) ba khlaiñ ka jylla uba dei u pulit na Ri Bhoi District, u bah Alan Sun Marbaniang, u la shah jied ban mihkhmat ia ka dewbah Asia ha ka World Championship kaban long ha Birmingham, England.

Une u khlur lehkai ki pulit, un mihkhmat ïa ka India ha ka Asian Championship kaban long ha Delhi kaban sdang naduh 03 tarik Jymmang 2025 haduh 11 tarik Jymmang 2025 ha ka kyrdan ïakop kaba 90kg jong ka senior men.

Ha ka World Championship, yn mihkhmat na ka dewbah Asia kaban long ha Birmingham, England ha u bnai Jylliew bad Naitung ha ka kyrdan ïakop kaba 90kg.

Ki nongïalehkai Boxing kin ym duh shuh ïa kino kino ki lympung: ong u Ajay Singh, President ka BFI

NEW DELHI, Lber 28: Hapdeng ka jingïakynad kaba dang ïaid shakhmat, u President ka synjuk ïalehkai boxing of India (BFI), u Ajay Singh, u la pynskhem ba ki nongïalehkai boxing kin nym pep shuh ïa kino kino ki lympung ïalehkai. U la pyntip ba shen kin sa sdang biang ïa ki prokram pynkhreh jong ka ri bad yn sa pynbna ruh ïa ka rukom hikai ba thymmai.

Ka jingïalehkai ïakura ha India ka la don ha ka jingthiah lyngngai kaba ym lah ban batai hadien ka Olympic ha Paris ha kaba ki nongïalehkai ki la duh ïa ki katto katne ki lympung ïalehkai bar ri, kynthup ïa ka Asian Championships, Strandja Memorial bad ka Women's World Championships kaba dang shen.

Katba ka kynhun ki nongïakura jong ki shynrang ka dang don ha Brazil na ka bynta ka wat kaba nyngkong jong ka World Boxing Cup kaban sdang ha ka sngi U Blei, ki thei ïakura ki la duh noh namar ka jingpynslem bunsien ha ka National Championships, kaba la kut ha ka 27 tarik Lber.

"Ki nongïalehkai boxing jong ka ri India kin ym duh ei ei. Ki prokram pynkhreh jong ka ri kin sdang noh shen. Ki kynthei kim ym duh shuh ïa kine ki Championships.

"Ngin sa pynlong ruh ïa ka junior bad sub-junior championships," la ong u Singh haba ai jingkren sha ki lad pathai khubor ha ka sngi ba khatduh jong ka women's National Championship.

Mynshwa, ka lad ban rung sha ki prokram pynkhreh jong ka ri (National Camps) ka long tang da kaba pyndep ha ki kyrdan ba shakhmat ha ki lympung ïalehkai jong ka National Championships. Hynrei mynta ka BFI kan sa pyntreikam ïa ka rukom kaba thymmai ka ban kynthup ïa ki nongïalehkai boxing na ki 2 tylli kiwei pat ki lympung, kynthup ïa ka REC Open Talent Hunt Program, kumjuh.

"Saw ngut ki nongïakura na ka National Championships, ki 2 ngut kiba ïakhun final ha ka REC nalor kata Ngi dang don ïa ka rynsan ïakhun Chief of Army Staff Championship na bynta ki shynrang bad ka jingïakop kaba khlem jer kyrteng na ka bynta ki kynthei bad na kine ki jingïakop ruh ngin jied arngut ki nongïalehkai boxing.

"Ngin sa thaw ïa ka pool na kine ki 8 ngut ki nongïalehkai bad na kata ka pool ngin jied ïa saw ngut ki nongïalehkai ban mihkhmat ïa Ngi ha ki national camps" la ong u Singh.

Wat hapdeng ka jingpynslem ha ka elekshon jong ka BFI, kaba dang sahkut mynta namar ki mukotduma kiba dang ïaid shakhmat, u Singh u la pynthikna ba ka synjuk kan ïaid shakhmat ban thung ïa ki nonghikai ba thymmai ban pynthikna ba ki nongïalehkai boxing kin ym shah ktah.

U Ajay Singh, President jong ka BFI.

"Ngin bteng ïa ka kam jong Ngi, Ngin bteng ban pynlong ïa ki championships, bteng ka jingpyntreikam ïa ki prokram pynkhreh bad ka jingpynrung briew. Ha kano kano ka por haba don ka elekshon lada don ka kynhun kaba thymmai Ngi long kiba laitluid ban shim ïa ki jingkhot jong ki." U Singh u la pynpaw ruh ïa ka jingkynthoh ïa ka polisi jied jong ka synjuk kaba mynshuwa, kaba la bujli ïa ki jingpyrshang da ka rukom bishar bñiah, da kaba ong ba ka synjuk "kan ïakren biang ïa ka ha ka jingpynbeit kaba thymmai".

"Bun kiba ngeit ba donkam ban don ka jingkhot pyrshang (trial). Hynrei lada don ki trial, ki nongïakura ki kiew ba paw shuwa ban ïalehkai ha ka championship bad kim lah ban kiew ha ka por kaba dei. Ka jingbishar bad khmih bñiah baroh shisnem ka treikam kham bha bad haba ka jan, lah ban pynlong ïa ka jingkhot pyrshang."

Ka kynrum kynram hapoh ka BFI ka la kahdum ïa ka women's National Championship. Ki jylla kiba pyrshah ïa ka jingshah jied biang jong u Singh ki la weng ïalade ban nym ïashim bynta ha katei ka lympung.

Hynrei u Singh u la pynpaw ba ki nongïalehkai boxing kin ym dei ban shah ktah namar kane ka jingkulmar ha ka saiñ pyrthei.

"Ngin sa leh katba lah namar kam dei ka jingbakla jong ki ba ki la kylla long ki nongshah pyndik ha kane ka politik. Ngan leh ïa kaba don ha ka bor jong Nga ban pynthikna ba kin ïoh ïa ka lad ha kiwei pat ki championships ba kin ïoh ïa ka lad ban wanphai biang," u la ong.

Khur rnong u Kyrshanbor Songthiang ha ka 8th Senior National Wushu Federation Cup

SHILLONG, Lber 28: U Kyrshanbor Romeo Songthiang u la ïoh ban khur ïa ka takma rnong ha ka 8th Senior National Wushu Federation Cup, kaba la long naduh ka 24 haduh 28 tarik mynta u Lber, 2025 ha Bilaspur, Chattisgarh.

Ïa kane ka lympung ïakop la pynlong da ka Wushu Association Of India ryngkat ka jingïatreilang bad ka Chattisgarh Wushu Association.

U Kyrshanbor Romeo Songthiang u la ïoh ban khur ïa kane ka takma dei hadien ba u la hap ban ïakhun ha ka Toalu Nandao ryngkat bad ki nongïalehkai kiba la mihkhmat ha ki kyrdan International bad National ha ka Toalu Event.

Kum ban shu pynkynmaw, dang shen u Kyrshanbor u la wan kyrdan ba saw ha ka 38th National Games kaba dang shu dep long ha Dehradun, Uttarakhand.

Na ka liang jong ka Wushu Association of Meghalata ka la pynpaw ba ka jingkyrmen ka don shibun ïa ki khynnah lehkai Wushu ka Jylla lada ka ïoh kloi ïa ka rynsan na bynta ka jingïalehkai Toalu lane ka Toalu arena, kaba ka synjuk kam pat don haduh mynta.

Ka MWA ka kitbok kitrwiang ïa baroh kiwei pat ki nongïalehkai Wushu ka Meghalaya khamtam ïa ka kynhun Sub Junior bad Junior kiba dang leit ïashim bynta mynta sha ka Ahmedabad Gujrat, sha ka Khelo India Women's League bad ïa kiwei ruh kumjuh.

Yn aireng ka Sabalenka ïa ka Pegula ha ka final jong ka Miami Open

MIAMI, Lber 28: Ka thei ïalehkai tennis ba bat kyrdan ba nyngkong ha ka pyrthei (WorldNo.1) ka Aryna Sabalenka kan hap ban aireng pyrshah ïa ka Jessica Pegula ha ka jingïakhun final jong ka Miami Open mynta ka sngi hadien ba ka khynnah ïalehkai ba dang khat snem rta, ka Alexandra Eala ka la shah pynliem noh ha ka semi-final.

Kane ka thei ïalehkai na Belarus, ka Sabalenka, 26 snem, kam pat shym la shah rem wat tang kawei ka set point ha kane ka lympung bad ka la bteng ïa ka jingjop kaba paka jong ka da kaba pynliem da 6-2 6-2 ïa ka thei ïalehkai ba bat kyrdan ba hynriew, ka Jasmine Paolini.

Ka Sabalenka, ka lahduh kaba la jop lai tylli ki Grand Slam, mynta ka la rung ar tylli ki final marïabud, ha kaba ka la mad ïa ka namrem ha ka Mirra Andreeva ha ka lympung jong ka Indian Wells dang shen mynta u bnai.

Kane ka thei ïalehkai ba shah thup kyrdan ba hakhmat eh, ka Sabalenka - kaba ym pat ju ïohrung sha ka final ha ka Miami Open - ka la wanrah ïa ka jingïalehkai kaba itynnat ha ka sngi Palei, da kaba tehlakam ban synshar ïa ka thei ïalehkai na Italy, ka Paolini.

Ha kawei pat ka liang, ka Pegula na America, ka la pynliem ïa ka Eala ba dang 19-snem, ka ha Miami da 7-6 (7-3) 5-7 6-3.

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