

Lahduh u Wankyrmen L Mawphlang bad ka Filinza Hansepi ha ka Shillong 10K Run 2025

SHILLONG, Jylliew 21: U Wankyrmen L Mawphlang bad ka Filinza Hansepi ki la jop ha ka jingiakop mareh jong ki shynrang bad kynthei jong ka 6th Shillong 10K Run 2025, kaba la pynlong da ka Meghalaya State Olympic Association [MSOA].

İa kane ka jingiakop mareh kaba man la u snem la pynlong ha ka step sngi Saitjaiñ (21 tarik Jylliew, 2025), ka sngi kaba jan ia ka 23 tarik Jylliew, kaba la ju rakhe kum ka International Olympic Day, ban rakhe ia ka jingseng ia ka International Olympic Committee ha u snem 1894. Ki jingiakop mareh kiba 10 kilo mitar la ju pynlong ha kylleng ka pyrrthei bad kumjuh ruh ha nongbah Shillong, ha kaba da ki spah ngut ki nongmareh kiba la kham rangbah, ki la iashim bynta man la u snem watla ka lynti ka long kaba jngai hynrei kaba sngewtynnai.

Nadien u Wankyrmen la wan bud da u Rangki Jonathan Pathaw bad u Rishanmehi Ryngkhlem



kiba la wan ha ka kyrdan ba ar bad balai ha ka jingiakop mareh jong ki shynrang (Open men's race).

Ha ka liang jong ki kynthei (Open Women's), ka Filinzaka lakhur ia ka kyrdan ba nyngkong, katba ka Angelista Syiemlieh ka la wan ba-ar bad ka Inocensia Tympuin ha ka kyrdan ba lai.

Ha ka jingmareh jong ki shynrang ba 50 snem shaneng (50-plus men's veteran), u Arvind Basaiawmoit u la wan kyrdan ba nyngkong da kaba tam ha khmat u bah Lawrence Pariong bad u Dr Mario

Danny Hek kiba bud nadien. Ki lai ngut kiba wan hakhamat eh ha ka liang jong ki kynthei ba la rangbah ki long ka Mena Mary Wahlang, ka Julina Wanniang bad ka Smarless Marwein ha ka kyrdan ba nyngkong, ba ar bad ba lai.

I Mei-ieid Kmoın Wahlang, iba dei i nongmareh ba ki paidbah ki sngewtynnad bad iba long ka jingai mynsiem ia baroh, i khlem shym la iashim bynta mynta u snem. Hynrei ha ka jaka kata, kane ka nongmareh kaba la 70 snem shaneng, ka la shah kyrpad

da ka MSOA ban kaweh ia ka lama shuwa ban sdang ka jingmareh kum ka Kongsan bad ban aiti ia ki khusnam ha ka jingialang pynkut. Ha kane ka jingialang i Mei-ieid Kmoın i la ai ruh ia ka jingkren ai mynsiem ha kaba sdang ia ka jingiamareh ha kaba ka la ai khublei ia ki nongpyniaid bad ai mynsiem ia ki nongmareh ba kin don ka jingthmu ban wanrah burom ia ka jylla bad ia ka ri.

Kiwei pat ki riew pawkhmat kiba la donlang ha katei ka step ki kynthup ia u Assistant Director jong

ka tnad Sports and Youth Affairs, Bah Paia B War Nongbri, u General Secretary jong ka MSOA u Bah Finely L Pariat bad kiwei de ki dkhot jong ka MSOA.

Ka lynti mareh ka la sdang na Polo Ground parking lot shuwa ban leit mareh sha 4th Furlong, BK Bajoria School, PGT College, Shillong Commerce College, Shillong College, Don Bosco Square, Laitumkhras Police Point, Laitumkhras Police Beat House, Fire Brigade, St Edmund's School, Dhankheti, Malki Point, Barik Point, Civil Hospital, State Central Library, Meghalaya Secretariat, Deputy Commissioner's Office, Governor's House, Ward's Lake, Chief Minister's residence, Polo Bazar shuwa ban pynkut ha Polo Ground.

La sam khusnam pisa sha ki lai ngut kiba la wan hakhamat na kawei pa kawei ka kyrdan, ha kaba ki lahdud kin ioh T.5,000, kiba wan ba ar T.3,000 bad kiba wan ha ka kyrdan kaba lai T.2,000.

30 tarik u Jylliew yn sdang ka lypmpong 3rd Division ka EJHDEA

JOWAI, Jylliew 22: Ka East Jaintia Hills District Football Association (EJHDEA) kala pyntip shen kan sdang noh iaka lypmpong ialehkai phutbol haka kyrdan 3rd Division jong u snem 2025.

Ha kane ka 3rd Division



kiba wan iashim bynta ki don 38 tylli ki kynhun (teams) bad hadien ka jingpynkhalai nasib ia ki la pynhap ha ki 16 tylli ki Pool. Kiba jop na kawei kawei ka Pool kin ioh rung sha ka Round-16 (knockout stage).

La pyntip ka jingialehkai 3rd Division kan sdang ha ka 30 tarik u Jylliew, 2025 (Monday) ha madan Artificial Ground Diengshynrum, Khliehriat naka bynta lai tylli ki jingiakhun haka por 11 baje mynstep ka Teilang SCSC Lummyrlli pyrrshah ia ka Narwan SCSC. Ka Mookhep SCSC pyrrshah ia ka Youngstar SCSC kaba por 1 baje nohphai sngi. Katba ka Tong seng Youth SYSC pyrrshah iaka Umlong SCSC haka por 3 baje nohphai sngi.

“Ym don kano kano ka jingangnud kaba jwat ia Ngi ban pynurlong” - Rifiines Warjri

SHILLONG, Jylliew 22: Man la ki jingjop kiba khraw ka sdang da ka jingphohsniew, hynrei ka jingiaid lynti jong ka Samla Rifiines Warjri ka la sdang da ka sur kaba sawa ha skhor kaba ong, “La thmu ia phi na ka bynta kaei kaei kaba kham khraw”.

Ka samla Rifiines Warjri ka dei ka khun kynthei jong u Bah Shlurbor Kharmyndai bad ka Kong Diamondsea Warjri ba shong ba sah ha Laitkor.

Ha ka step jong ka 18 tarik Jymmang, 2025 ka Rifiines ym tang ba ka la kylla long ka kynthei kaba lai na kane ka Jylla Meghalaya hynrei ka la buh ia ka dak kum ka nongkiewlum kaba khynnah tam jong ka Jylla, ha kaba tang ha ka rta ba 20 snem ka la lah ban kiew ia u Lum ba jrong tam ha ka pyrrthei, u Lum Everest (ha ka jingirong kaba 8,848-mitar).

Kane ka la pyniasoh lang ia ka lem bad ar ngut kiwei pat ki khun kynthei na kane ka Jylla ban ioh ia kane ka jingjop da kaba bud ia ki dienjat jong ka Wansuk Myrthong (2013) bad ka Dolyne Kharbhih (2016).

Kaba sngewtynnai ka long ba ka Rifiines Warjri ka la shim ia kane ka jingjop kum u mawjam ban ai mynsiem lem sha kiwei pat ki para samla jong ka Jylla.

Haba iakren bad ki lad pathai khutor kane ka samla ka la iathuh ia baroh ki jingeh ba ka la hap ban mad bad ki lynti kiba jwat ba ka hap ban iaid lyngba ha ka por ba leit kiew ia utei u lum ba jrong tam ha ka pyrrthei.

“Ban kiew ia u lum Everest kam dei kaba suk, ka long shisha kaba jwat namar haba phi kiew ym dei ba phi donkam tang ia ka bormet hynrei ka bor pyrkhat kaba skhem ruh ka iaid ryngkat kaba la pynlah ia Nga ban poi

haduh kliar u lum Everest,” la ong ka Rifiines da kaba bynrap ba kane ka jingjop ka la pynkmen ym tang ia ka hynrei ka sngew sarong ba ka la wanrah nam bad burom ia ka Jylla hi baroh kawei.

“Ha ki samla jong ka Meghalaya, lada don kawei ka jingai jingmut kaba nga lah ban iasam na ka jingiaid lynti ka jong Nga, ka long kane: Wat ju tieng haba phi leh ia kano ka kam, shaniah halade...Pynleit jingmut ia kaba phi angnud da ka dohnud baroh, bad trei shitom ban pynurlong ia ka. , Kam pher na kano ka jaka phi wan hynrei ki jingangnud jong phi ki long kiba shisha, bad ka jinglah jong phi ka long kaba khlem pud”.

“Da ka jingkut jingmut, ka jinglong ryntih, bad ka jingngeit, ym don lum uba jrong, ym don jingangnud kaba jwat ia ngi ban pynurlong,” la pynkut ka Rifiines Warjri.

Ia ka samla Rifiines Warjri la pdiang burom ha ka 21 tarik Jylliew, 2025 (sngi Saitjaiñ) ha Umroi Airport da ki kmie ki kpa bad kumjuh da ka 61 Meghalaya Girls Battalion NCC hadien ka jingshim bynta jong ka ha ka NCC Mount Everest Expedition 2025.

Ka Rifiines Warjri ka dei tang ka nongkiew lum kaba marwei ban shah jied na ka thaiñ shatei lammihngi baroh kawei ban iasoh bad ka kynhun jong ka NCC kaba don 10 ngut kiba la jop ban kiew sha kliar jong u lum uba jrong tam ha ka pyrrthei bad da ka jingsngew sarong ban sieh ia ka lama lai rong jong ka India ha u Lum Everest.

Nalor ka jingkiew lum, ka Rifiines Warjri ka dei ruh ka nongialehkai Wushu bad kickboxing kaba la thit bha bad kaba la mikhkhamat ia ka jylla Meghalaya ha ki rynsan iakop kiba bun jait.



Shongthait noh u Durga Boro, u riew pawkhmat ha ka phutbol jong ka Jylla Assam

SHILLONG, Jylliew 22: U rangialehkai phutbol jong ka ri u Durga Boro u la rai ban shongthait bad wah noh ia ki juti jong u ha ka sngi Saitjaiñ, kaba la pynkut noh ia ka jingim lehkai kaba seisoh jong u kaba la iohi ia u ban mikhkhamat ia ka ri India ha bun tylli ki lypmpong ialehkai, kynthup ia ka Indian Super League bad ka Subroto Cup.

Ka Kokrajhar SAI Stadium ka la kylla long ka jaka lehkmien katba da ki spah ngut ki nongkyrrshan, ki heh sorkar, bad ki para nongialehkai ki la iawan lang na ka bynta ka jingialang ai khublei khatduh ba la pynbeit ryntih da ka Sorkar Bodoland Ter-

ritorial Council bad ka Assam Football Association.

Ka jingshongthait jong u Boro ka pyni ia ka jingpynkut jong ka lynnong kaba kongsan ha ka phutbol jong ka thaiñ shatei lam mihngi jong ka ri India. Ka jingiaid lynti jong u na ki lypmpong ialehkai ha ki thaiñ shaduh ki lypmpong ba paw jong ka ri ka la pynlong ia u kum uwei na ki nongialehkai ba pawnam jong ka Assam, khamtam eh uba ai mynsiem ia ki samla ialehkai na ka thaiñ Bodoland.

Ha kane ka jingialang, la sakhi ia ka jingialehkai exhibition hapdeng ka Assam Eleven FC pyrrshah ia ka Bodoland FC, ha kaba u Boro

u la mih madan khatduh. Da kaba ialehkai ryngkat bad ki paralok bad ki rangialehkai kiba la slem bha.

“Ka phutbol ka la long kaba Nga sngewtynnad, ka jingim jong Nga. Nga sngewnguh ia ka jingieid bad jingkyrrshan ha kine ki snem baroh. Kane ka khyllipmat ka long kaba kthi ia ka jingsngew, hynrei Nga shongthait noh da ka jingsngew sarong bad da ka jingkmien,” la ong u Boro ha katei ka jingialang.

U MP Basumatary u la iaroh ia ka jingktah kaba jylliew jong une u rangialehkai phutbol: “U Durga Boro u la pynlong ia ka Assam bad ka thaiñ Bodoland ban sngew sarong.



Ka jingaiti lut jong u ha ka phutbol ka la ai mynsiem ia kiba bun ki samla, bad Ngi kitbok kitrwiang ia u ha ki kam ba shakhamat jong u.”

Ki heh sorkar ka la pynpaw ba ka jingiakren ka dang iaid shakhamat ha kaba iadei bad ka jinglah

jong u Boro ban iashim bynta ha ki program pynroi ia ki sap jong ki khynnah samla, ban pynthikna ba ka jingbit jong u kan dang sah hapoh ka imlang ka sahlang jong ka phutbol wat hadien ba ki sngi ialehkai jong u ki la kut.

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SSA U-20 Fourth Division 2025: Khur jingjop ka Mawkasiang, Lapalang bad ka Them Rangshken



SHILLONG, Jylliew 21: Ka Mawkasiang, ka Lapalang bad ka Them Rangshken ki la jop ia la ki jong ki jong ki jingialehkai hynne ka sngi Saitjaiñ ha ka lypmpong ialehkai jong ka Shillong Sports Association U-20 Fourth Division 2025 ha madan First Ground- SSA Stadium.

Ka resol jong baroh lai tylli ki jingialehkai ki long kiba shongkun ha kaba ka Mawkasiang ka la pynliem suk da 3-0 kol ia ka Summit Football Academy, nangta ka Lapalang ka la jop da 2-1 kol

ia ka Nongthymmai Nongkynrih, bad khatduh ka Them Rangshken ka la wanphai nadien ban pynliem ia ka Lummawbah da 3-2 kol.

Ha ka jingialehkai kaba nyngkong, ki lai kol na ka bynta ka Mawkasiang la thep da u Geoff Suting (36'min) bad ar tylli ki kol na u Kyrmen Mukhim (49', 78'min). Kumjuh ha ka jingialehkai kaba bud, ka Lapalang ka la ioh ban lamkhmat ar kol lyngba u Ryntihlang Marap (51'min) bad u Superlative Khongain (72'min), ka Nongthymmai Nongkynrih ka la ioh ban pynphai shi kol ha ka minit kaba 73 lyngba u Shain Mujai hynrei ka por ka long kaba lyngkot eh ia ka kynhun ban wanphai.

Ha ka jingiakhun kaba khatduh, ka Lummawbah ka la pynsyrrwa kai ia ka kabu ban khur ia ka jingjop kaba

nyngkong hadien ba ka la ioh ban lamkhmat ar sien ia ka jingialehkai shuwa ban shah rem.

Ka kol ba nyngkong na u Fredy Ryntathiang (23'min) la shah pyniakhaid noh ha u Elban Kurbah (27'min), nangta kaba ar na u Bajiedlang Rangslang (56') la pyniakhaid noh da u Batisha Langstieh (62'min) shuwa ba u Neban Janong (71'min) un pynkhih ia ka namtam na ka bynta ka Them Rangshken ban khur pura ia ki lai point.

Ka prokram ialehkai ha kane ka sngi Nyngkong (23 tarik Jylliew, 2025: ka Mawpdang pyrrshah ia ka Mawphlang ha ka por 10 shiteng mynstep, nangta ka Mawlyngngad pyrrshah ia ka Pynthorbah, ha ka por 1:30 baje mynsngi, bad khatduh ka Laitlulong pyrrshah ia ka Umsohsun ha ka por 4:15 baje nohphai sngi.

Khur u Neeraj Chopra ia ka jingjop ba nyngkong hadien ar snem ha ka Diamond League

SHILLONG, Jylliew 22: U khlor iakop kawang sum jong ka ri India ha ka Olympic u Neeraj Chopra u la wanphai da ka jingjop sha ka kyrdan ba hakhamat duh jong ka lypmpong Diamond League, da kaba khur ia ka nam lahdud kaba nyngkong eh hadien ar snem ha ka bynta jong kane ka jingiakop ba la long ha nongbah Paris jong kane ka jingialehkai Athletic ba pawnam.

Une u rangialehkai ba 27 snem ka rta, u la lah ban tyngshaiñ ban ia kiwei pat ki nongialehkai ka liang pyrrshah, kynthup ia u Julian Weber ka Germany, da kaba pynher stet bad pynsied jngai ha ka sien pyrrshang kaba nyngkong ban kynjoh 88.16 mitar.

Watla um shym la pynpra ia ka jingkheĩn kaba eh ban kynjoh ia ka 90 mitar, hynrei ka jingpyrrshang kaba nyngkong jong u Chopra ka la biang ban pynskhem ia ka kyrdan jong u bad ban iaid shakhamat ha kane ka jingiakob kaba la iashim bynta da san ngut ki nongialehkai ba pawnam kiba lah ban kawang haduh 90mitar ka jingjngai. Ki jingpyrrshang jong u ki long 85.10m, lai tylli ki jingbakla (foul), bad ka jingpyrrshang kaba khatduh kaba long 82.89m. U Weber u la wan ba-ar da kaba kynjoh 87.88m, katba u Luiz Mauricio da Silva na Brazil u wan balai da kaba kynjoh 86.62m.

“Nga kmen ia ka jingpyrrshang jong Nga bad khamtam eh ia kane ka jingjop. Ka jingmareh jong Nga ka long kaba stet bha mynta—lehse ka long kaba stet palat ban tehlaakam—hynrei Nga la hun ia ka resol,” la ong u Chopra.

Kane ka dei ka jingjop kaba nyngkong jong u



Chopra ha ka Diamond League naduh ka Lausanne ha u Jylliew 2023, ha kaba u la lah ban kynjoh ia ka jingjngai kaba 87.66m. Hapdeng kine ki jingiakhun, u la ioh hynriew sien ha ka kyrdan ba ar, kynthup ha Doha ha kaba sdang jong kane ka samoi, ha kaba u la iaid lait ia ka jingjngai ban kawang ia u sum haduh 90 mitar (90.23m) hynrei u la shah tam noh ha ka jingpyrrshang kaba khatduh jong u Weber kaba long 91.06m.

Mynta une u lahdud barim ba la khur ia ka takma ksiar bad rupa ha ka Olympic u don hapdeng ka jingpynkhreh na ka bynta ka Golden Spike meet ha Ostrava ka ban long ha ka 24 tarik Jylliew, bud sa ka Neeraj Chopra Classic ha Bengaluru ha ka 05 tarik Naitung — ka World Athletics category A event kaba la pynlong ha ka kyrteng jong u.

“Nga kyrmen ba kin dang don shuh shuh ki jingpyrrshang ban kynjoh 90 mitar ha kane ka samoi. Hadien ba la leh ia kane ha Doha ka ai mynsiem bha ia nga. Hynrei ka shong ha ka jinglong jingman ka suĩnbng, ka jinglong jong

Nga, bad kumno ka met ka sngew,” la ong ka Chopra. Kaba kham kongsan ka long ba ka jingwanphai biang jong u Chopra sha ka Paris DL ruh ka long ka dak — ka jing mih madan kaba khatduh jong u hangne ka dei ha u snem 2017 kum u nongjop jong ka pyrrthei ha ka kyrdan Junior, ha kaba u la ioh ia ka kyrdan kaba san da kaba pynsied 84.67m.

La sakhi ruh ha kane ka jingiakop ia ki nongialehkai kiba khlaĩn ba ki la shah rem. U Keshorn Walcott jong ka Trinidad & Tobago u la wan ha ka kyrdan kaba saw da kaba kynjoh 81.66m, bud sa u Anderson Peters na Grenada (80.29m) bad u Julius Yego na Kenya (80.26m).

U Chopra u la sdang ia ka samoi ialehkai 2025 jong u da kaba jop ha ka jingiakob ba la khot sngewbha ha South Africa, da kaba pynsied 84.52 miatar. Naduh katei ka por, ka jingialehkai jong u ka la nang kiew stet, sa shisien pat ka la buh ia u ha ka kyrdan kum uwei na ki nongialehkai ba pawnam ban leit iakhun sha ka World Championships ha kaba kut jong une u snem.