

# Shuwa ban iakhun ia ka AFC U17 Women's Asian Cup, rah ka India ia ka SAFF U19 Women's C'ship



**POKHARA, NEPAL, Rymphang 08:** Watla ka kynhun India ka ia iakhun ha ka lymprung kaba kham heh rta; hynrei ki thei ialehkai phutbol U17 jong ka ri India ki la pyini ia ka jingbit jong ki ha ka phainal ban rah ia ka nam lahdud jong ka SAFF U19 Women's Championship 2026, da kaba pynliem noh ia ka Bangladesh U19 da 4-0 kol ha Pokhara Rangasala Stadium, ha ka sngi saitjaiñ, 07 tarik u Rymphang 2026.

Ka kapten jong ka kynhun, ka Julian Nongmaithem (42') ka la plie ia ka jingkhang da kaba pynkhihjar nyngkongshuwa ba ka Elizabeth Lakra (63' penalty), ka Pearl Fernandes (68') bad ka Anwita Raghuraman (83') kin pynskhem ia ka jingjop kaba paka, kaba long artad

ka kput ia ka jingshah rem jong ki ha ka jingiaikhun kaba kham mynshwa ha ka round-robin (0-2) pyrshah ia ka Bangladesh.

Lah ban kdew ba ka Alisha Lyngdoh, ka thei ialehkai jong ka jylla Meghalaya, ka la ioh ban ialehkai pura haduh 90 minit ia ka phainal ban pynkut ia ka jinglehkai kaba kyrpang na ka bynta ka nongbuji ha ka jingshah rem jong ka India ha ka Bangladesh. Hynrei ka la iohlad ban ialehkai pura ha ka jingialehkai round-robin kaba khatduh pyrshah ia ka Bhutan da kaba sdang ruh

ban pynkhihjar nyngkong. Ka India ka la phah ia ka kynhun ialehkai U17 sha Pokhara, ban iashim bynta ha ka SAFF U19 Women's Championship, khnang ba ka kynhun kan ioh ban pynkhreh ia ka AFC U17 Women's Asian Cup, ha kaba kut jong une u snem.

Ki nongialehkai U17 jong ka India kiba la mih madan ha ka phainal: Munni (GK), Elizabeth Lakra, Divyani Linda (Taniya Devi Tonamabam 90+1'), Thandamoni Baskey, Julian Nongmaithem (C) (Anushka Kumari 78'), Pearl Fernandes (Anwita Raghuraman 71'), Pritika Barman (Akashi Naik 90+1'), Redima Devi Chingkhmayum (Shveta Rani 90+1'), Abhista Basnett, Alva Devi Senjam, Alisha Lyngdoh.

# Lahduh ka Nongthymmai Nongkynrih bad ka Langsning ha ka lymprung U12 & U14 jong ka SSA

**SHILLONG, Rymphang 07:** Ka kynhun ki khynnah ialehkai jong ka Nongthymmai Nongkynrih SC bad ka Langsning SC ki la pynkut ia ka lymprung U-12 bad U-14 Football Leagues 2025-26 jong ka Shillong Sports Association kum ki lahdud hadien ba ki la jop ia la ki jong ki jingiaikhun phainal, ba la long ha ka sngi saitjaiñ (07 tarik Rymphang) ha madan First Ground-SSA Stadium, Polo.

Ha ka phainal jong ka SSA U-12 Football league 2025-26, la iohi ia ka Nongthymmai Nongkynrih SC kaba la pynliem noh ia ka Shillong Lajong da 4-0 kol ban pynthikna ia ka nam lahdud, katba ka Langsning SC ka la jop da 3-0 kol pyrshah ia ka Mawkhhar SC.

Ka Nongthymmai Nongkynrih ka la pynskhem ia ka jingjop da kaba pynkhihjar lai sien ha ka kylla step lyngba u Roniki Kharshandi (7'), u Damewantei Kharkongor (21') bad u Zevali Synrem (26') shuwa ba u Dameteiskhem Lyngdoh (36') un bynrap ia ka kol kaba saw bad kaba khatduh ban pyndep ia ka jingjop ba paka pyrshah ia ki khynnah lehkai jong ka SLFC.

Ha ka phainal jong ki khynnah kiba hapoh 14 snem, ka jingiaikhun ha ka kylla step ka la long kaba



Ka Langsning SC (halor) bad ka Nongthymmai Nongkynri (hapoh) kiba la rah ia ka nam lahdud ha ka lymprung U12 & U14 jong ka SSA. (Dur : Synñiang)

itynnad bad kaba iaryngkat bor, ha kaba ka Langsning ka la ioh ban lamkhat da tang shi kol kaba la thep da u Nangteibha Mukhim (12'). Ha ka minit kaba 44 jong ka kylla miet ka Langsning ka la pynjlan ia ka kol lamkhat da 2-0 lyngba u D

Syiem shuwa ba u Nangteibha (51') un pyndep ia ka jingjop da kaba pynkhih ia ka kol kaba ar bad kaba lai na ka bynta ka kynhun.

Ha ka phainal la wan sakhi lang da ki dkhot nongkitkam ba rangbah jong

ka Shillong Sports Association hapoh ka jingialam jong u President bah Banteidor Lyngdoh, kiba la sam ia ki syrnod bad ki takma sha ki lahdud bad kumjuh ruh ia ka kynhun kaba wan ba ar.

Kum ki kynhun lahdud ha Nongthymmai Nongkynrih SC

# Kut noh ka lymprung ialehkai phutbol ka TULBA, angnud ban pynshna iing baduk sha ka longiing ha Ri-Bhoi



Ka kynhun lahdud haka lymprung ialehkai phutbol ka TULBA Eastern Zone.

**Nongpoh, Rymphang 07:** Ka lymprung ialehkai football ba la pyniaid da ka kynhun ki nongñiah thuk-thuk bala tip kum ka The Ultimate Legend Bikers Association (TULBA) Eastern Zone mynta ka sngi ka la poi sha kaba kut ha Madan Shnong Umroi, Umeit, da ka jingiaikhun kaba itynnad hapdeng ka One United FC bad ka Kyllumlang FC ban ia knieh ia ka nam lahdud.

Kum ka jingpynkynmaw, kane ka lymprung ka long katkum ka jingiohi jngai jong ki nongialam TULBA Eastern Zone ban pynmih pisa na bynta ban kyrshan ia ki longiing kiba duk bad kiba jynjar, bad khamtam eh ban lah ban kot sha ka thong ban pynshna iing ia kawei ka longiing kaba duk ba rangli

ha kawei ka shnong ha Ri-Bhoi.

Ia kane ka lymprung la pynhap pyrda mynta ka sngi da u MLA ka Umroi u Bah Damanbait Lamare kum u kongsan, ha ka jingdonlang lang u Bah Raymond Kharbuli, 2nd In-charge ka Khapmara Police Outpost, u Bah P.B. Sylliam, Secretary ka Synjuk ki Rangbah Shnong Ri-Bhoi, u Bah H. Marweñ, President ka Ri-Bhoi Mihngi Sports Association, u Bah P. Malngiang, Rangbah Shnong Umeit, lem bad u Bah Samuel Kurbah, President ka TULBA Eastern Zone bad u Bah Damiyo Lamare, Secretary.

Haba phai sha ka jingialehkai, ha ka jingiaikhun ban ia knieh ia ka kyrdan ba lai, ka Western NCB ka la pynliem ia ka

Umktieh FC lyngba ka jingiaishut tie-breaker. Kum ka kynhun ba wan ba lai, ka Western NCB ka la ioh ban rah ia ka song pisa kaba T.10,000 ryngkat bad ka trophy.

Ha ka jingiaikhun phainal ban ia knieh ia ka nam lahdud, ka jingialehkai hapdeng ka One United FC pyrshah ia ka Kyllumlang FC ka la long kaba shongshit bad kaba itynnad bha ban peit. Ha kaba kut, ka One United FC ka la lah ban pynliem ia ka Kyllumlang FC da 2-0 kol. Kum ka lahdud, ka One United FC ka la rah ia ka song pisa kaba T.1 lak ryngkat bad ka trophy, katba ka Kyllumlang FC kum ka kynhun ba wan ba ar ka la ioh ia ka song pisa kaba T.50,000 ryngkat bad ka trophy.

# Da ki samla shnong khot pyrshang ka Nongkseh ban mih madan ha Fourth Division, poi palat 50 ngut

**SHILLONG, Rymphang 08:** Ka Nongkseh United Football Club ha ka sngi Saitjaiñ ka la pynlong ia ka jingied ia ki nongialehkai kiban mihkhat ia ka klob bad ka shnong ha ka Shillong Sports Association (SSA) Fourth Division League 2026 mynta u snem.

Kaba kham sngewtynnad ka long ba ka klob ka la plie lad shwa ia ki samla na ka shnong Nongkseh kiba hapoh 20 snem ba kin wan pyrshang bad pyni ia ka jingbit jong ki ha kane ka jingialehkai. Ha kane ka sngi ki la poi palat 50 ngut ki samla shynrang kiba wan ban pyrshang ha ryngkat ka jingwan sakhi lang ki kmie ki kpa bad ki bahaiing

Ka Nongkseh United FC kan mih kum ka kynhun na

ka Nongkseh Sports Social & Cultural Club, ka kynhun kaba la ioh ban rah ia ka nam lahdud bad mynta ka la kiew syndon sha ka Shillong Premier League 2026.

Na ka liang ki bor pyniaid ki iathuh ba ka sienjam ba ki shim ban pynmih sa ka kynhun jong

ki samla rit ka long ban plie lad bad pynshur ia ki samla shnong ba kin phaikhmat sha kane ka jingialehkai kaba lah ban ai kamai bad pynphyrnai ia ka lawei jong ki da kaba sdang shwa na ka Fourth Division.

Ia kane ka kynhun jong ki samla la kyrshan bad

lamkhat da u President ka Nongkseh SS & CC Bah Daniel Thangkiew uba don ia ka thong ban pynbit, pynkhlain bad pynjanai ia ka sap ialehkai phutbol jong ki khun samla ka shnong khnang ba kin lah pat ban mihkhat ym tang ia ka jylla hynrei wat ia ka ri ruh

kumjuh.

Ia kane ka kynhun yn ialam da u Bah Richardson Nongneng kum u Coach ryngkat ka jingkyrshan lang u Bah Rogestar Basaawmoit, katba i Kong Lucky Mary Marbianang in don lang ha ka kynhun kum i physiotherapist.



Ka prokram pyrshang jong ka Nongkseh SS & CC ban jied ia ka kynhun ban iakhun ia ka Fourth Division.

# Ban pynmih pisa ban kyrshan iaka skul ha Kyrdem Kulai, da ka lymprung ialehkai phutbol pynlong ka KSU

**NONGPOH, Rymphang 08:** Da ka jingthmu ban kyntyng ia ki khun samla kiba don sap ha ka kam jingialehkai phutbol bad ruh ban pynmih pisa na bynta ban kyrshan ia ka Kyrdemkulai LP & UP School, ka Khasi Students Union (KSU) Kyrdemkulai

Unit, kaba hap hapoh ka KSU Umsning Circle, mynta ka sngi ka la sdang ia ka lymprung jingialehkai phutbol ba la tip kum ka Maitshaphrang Cup, kaba la pynlong ha Kyrdemkulai.

Ia kane ka lymprung la plie pyrda paidbah da u Bah Lambok Rymbai, Vice President ka KSU North Khasi Hills District, kum u kongsan, ha ka jingdonlang

u Bah David Lyngdoh, uwei na ki samla ka thain, kum u symbut kongsan.

Kiwei pat kiba la ia don lang ha kane ka sngi ki kynthup ia u President ka KSU Umsning Circle u Samla Lester Nongbet, u Bah P. Kharnaor, Rangbah Shnong ka Kyrdemkulai, u General Secretary ka KSU Kyrdemkulai Unit u Samla Atiarbaneh Laloo, lem bad

kiwei ki dkhot ka KSU bad ki riew rangbah ka shnong.

Ha kane ka lymprung jingialehkai phutbol la wan shim bynta haduh 16 tylli ki kynhun na ki shnong bapher bapher. Ha ka jingialehkai ba nyngkong ha ka sngi plie pyrda, la jingiaikhun kala long hapdeng ka Kur Shylla bad ka KSU Umran Niangbyrnai, ha kaba ka KSU Umran Niangbyrnai ka

la jop ia ka jingiaikhun da 2-1 kol.

Ha kane ka sngi plie pyrda, u Samla Lambok Rymbai, u Bah Dabid Lyngdoh bad u Samla Lester Nongbet ki la ai jingkaroh ia ka KSU Kyrdemkulai Unit kaba la lah ban pynlong ia kane ka lymprung, da kaba ai ryrsan ia ki samla don sap ha ka kam phutbol bad ruh ban kyrshan ia ka Kyrdemkulai LP & UP School na bynta ban kyntyng ia ka jule puthi.

# Cricket League Super Div'n: Pynliem ka Lok Bhawan ia ka NFU da 110 ron

**SHILLONG, Rymphang 08:** Ka kynhun ialehkai jong ka Lok Bhawan ka la pynliem noh ia ka NFU da 110 ron ha ka jingiaikhun ia ka Shillong Cricket League Super Division 2026 jong ka Shillong Cricket Association hynne ka sngi.

Haba tied nyngkong hadien ba jop ia ka jingkynting pisa (toss) ka Lok Bhawan ka la kamai 204 ron shuwa ban khyllam baroh 10 wicket haki 39.1 ober. Kiba la ialam ha ka tied ki long u Vishal Kanwar (54 ron naki 60 bol) bad u Aditya Shah (48 ron

naki 44 bol).

U Tapash Das (7.1 ober: ailad 28 ron) bad u Akash Choudhary (8 ober: ailad 35 ron) ki la ioh ban khur mar 3 wicket na ka bynta ka NFU.

Hynrei haba wan ban ba la shah weng lut baroh 10 wicket tang na ka bynta 94 ron haki 34.4 ober. Dei tang u Shubham Rasaily (31 ron naki 95 bol) bad u Akash Choudhary (20 ron naki 15 bol) kiba la kham seisho ha ka tied.

U Ayushman Das u lakhur 2/13 naki 5 ober, katba u Bikash Singha u la khur 3/22

naki 7 ober, ha kaba ka Lok Bhawan ka la jop suk da 110 ron. Ha kaba kut u Bikash Singha u la ioh ban khur ia ka nam 'Player of the match'.

Ha ka jingialehkai kaba la long ha ka sngi Saitjaiñ, ka Suptnik CC ka la pynliem jem haduh 238 ron ia ka Lumpyngngad.

Ka Suptnik ka la lah ban kamai 309 ron haduh kaba kut jong ki 42 ober, bad hap 9 wicket, shuwa ba kan pynkhyllam noh ia baroh 10 wicket jong ka Lumpyngngad CC tang na ka bynta 71 ron haki 20 ober.

Kiba la lamkhat ha ka

tied na ka bynta ka Suptnik ki long u Arien B Sangma (63 ron naki 68 bol) bad u Mark Ingty (57 ron naki 45 bol), katba u Swarajeet Das (8 ober; ailad 33 ron; khur 4 wicket) bad u Avinav Choudary (4 ober; ailad 8 ron; khur 2 wicket) ki la noh synñiang da ka jingialehkai ba kyrpang ha ka boling.

Na ka bynta ka jingialehkai kaba kyrpang ba baroh ki liang, u Swarajeet Das (kamai 24 ron ha ka tied bad khur 4 wicket ha ka boling) u la ioh ban khur ia ka khusnam 'Player of the Match'.



Ki nongialam ka KSU lem bad ki ar kynhun haka jingplie pyrda iaka lymprung Maitshaphrang Cup bala pynlong da ka KSU Kyrdemkulai Unit.