

Kut noh ka 1st True North Open Swimming Competition & Masters Meet

SHILLONG, Nailur 13: Ka sienjam ba nyngkong (1st) jong ka True North Open Swimming Competition & Masters Meet ka la poi sha kaba kut ha ka sngi Saitjaiñ ha pung jing jong ka True North Leisure Centre kaba don ha Lapalang.

☑ Kane ka lympong kaba ar sngi lynter ka la pyniasoh c lang ia ki nongiakop jingi na kylleng ka jylla ha ki kyrdan rta bapher bapher, naduh kiba dang 6 snem shaneng. Haba kyllum lang baroh, la pynlong palat 100 tylli ki jingiakop - shimet bad relay.

La wan kongsan ha ka sngi pynkut da u MP ka Rajya Sabha ka jylla Meghalaya u James PK Sangma, uba la sam ia ki khusnam sha ki nongiakop jingi ba kynsai lane Best Swimmer.

Ki nongialehkai kiba la khur ia ka nam Best Swimmer ki long naduh ka kyrdan rta jong ka Category 1 ba la jop da u Theodore J Ch Marak (shynrang) bad ka Hanania E Kharkongor (kynthei) haduh ka kyrdan Senior ba la jop da u Banpynshngain Syngwan, uba la pynkut da kaba khur bun tylli ki takma ksiar.

Kiwei pat ki nongiakop jingi ki kynthup ia ka Verem Gedaliah Nongsiej, kaba la khur ia ka takma rnong na ka bynta ka Meghalaya ha ka 1st Khelo India Tribal Games 2026 ha u bnai Lber mynta u snem. Ka la iashim bynta hapoh ka lama True North bad ka la long ka nongjingi ba kynsai tam (jong ki kynthei) ha ka Category 4.

Kawe na ki khyllipmat kaba pynkhih mynsiem bha ha kane ka sngi ka dei ka jingpyni-sap jong u Iarapborlang



Chyne, uba dei u para swimmer. Haden ba u la duh ia ka jingkyrshan jong katto katne ki dkhot met namar ka jingjia aksiden, u Iarapborlang u la don ha ka jingpynkhiah ha PMR Centre ha Laban bad u la sdang ban pyntbit ialade kum u para sprinter. Dang shen u la shim ruh ia ka jingialehkai iakop jingi bad u la ioh tang hynniev tylli ki jinghikai ha True North shuwa ban rung shapoh ka pung

hynnin ka sngi Saitjaiñ ha kaba u la pyndep ban jingi 25 mitar da kaba sei ryngkat ka backstroke.

Ka la long ka khyllipmat kaba kyrpang na ka bynta baroh kito kiba la sakhi ia kane bad ka pyni haduh katno ka True North ka long kaba kongsan ym tang ha ka liang ka jinglong ka jaka ban lehka bad pynjahthait hynrei ban ioh jinghikai kiba kongsan, kiba pynkylla ia ka jingim bad ban

im ka jingim kaba koit ba khiah.

Kiba khur ia ka nam Best Swimmer:	
Category 1 - Theodore J Ch Marak (male), Hanania E Kharkongor (female)	☑
Category 2 - Issac FC Kharsati & Asher W Lyngdoh (male), Naphisa D Ksoo (female)	C
Category 3 - Ezra A Khonglam (male), Ira N Wahlang (female)	Y
Category 4 - Meiaipynsan Lyngdoh Tron (male), Verem G Nongsiej (female)	K
Category 5 - Elhanan J Kharwar (male), Tvisha Jalewa (female)	
Category 6 - Shaun M Diengdoh (male) Senior - Banpynshngain Syngwan (male)	
Kiba khur Best Swimmer ha ka Masters:	
Category A - William Sangma (male), Glarcenda Z Wahlang (female)	
Category B - Rimiki Lyngdoh (male), Mebashisha L Lyngdoh (female)	
Category C - Ardonister Lyngdoh (male), Gracia M Diengdoh (female)	
Category D - Robert Lyngdoh (male)	
Category E - Mario Hek (male), Merry S Syiem (female)	
Category F - Keith R Syiemlieh (male)	

Rah ka LSA ia ka nam lahduh ha ka PDSA Women football league EWKHD 2026

MAIRANG, Nailur 13: Na ka bynta ban kyntiew shuh shuh ia ki kam ialehkai sport hapoh ka district ka Pyndengumiong District Sport Association ka la pynlong ia ka tamsa kynjat bol na ka bynta ki samla kynthei kaba la tip kum ka Pyndengumiong Women Football League 2026 ha madan Domawlum.

Ia katei ka tamsa kynjat la sdang naduh u bnai Nailar ba la dep ha kaba ki la don phra tylli ki kynhun ialehkai kiba la wan ban iashim bynta.

Na pdeng I phra tylli ki kynhun kiba la iashim bynta ki ar tylli ki kynhun ki ba la poi sha ka ba kut ban iaknieh ia ka nam lahduh ki dei ka Little Star Academy FC pyrshah ia ka Young FC.

Ia katei ka tamsa kynjat bol la pynkut ha kane ka sngi saitjaiñ ka 12 tarik Nailur .Ha katei ka sngi ka



jingialehkai ka la long kaba itynnad haduh katta katta namar kitei ki kynhun ki dei kiba khilaiñ bad kiba don shisha ia ka sap ialehkai.

Ha ka kylla step ka jingiakhun ka long kaba shong shit hynrei namar baroh artylli ki kynhun ki dei kiba tbti bha ym shym la don mano mano ba ioh ban pynkhih jar

Ka jingiakhun ha ka kylla miet ka la long kaba

hynrei ha katei ka jingaipor ruh ym don ba ioh lad ban pynkhih ia ka jar bad ki la poi sha ka jingiakhaid.

Kumta na ka liang u nongpyniad u la hap ban pynialeh da ka tie breaker ha kaba ka Little Star Acanemy FC ka la pynliem noh ia ka Young FC da 4 kol la 1.

Ha katei ka sngi la iadon lng da u bah Equator Nongrang MDC ka Mairang constituency kum u kongsan ha ryngkat ki nongpyniad jong ka PDSA ba kynthup ia u bah Lambok Nongrang President, bah Charles Warjri secretary, bad Risen Nongsiej bah Bernard Syiemiong sordar shnogn Pyndengumiong uba dei ruh u nonhgaibuit jong ka PDSA bad kiwei kiwei ki riew rangbah.

Khatduh eh la sam ia ki khusnam da u kongsan bad ki nongpyniad ka PDSA.

26 ngut ki nongialehkai phah ka WJDSA sha ka Meghalaya State Senior Athletics C'ship 2026



JOWAI, Nailur 13: Ka West Jaiñtia District Sports Association (WJDSA), ka la pynlong ia ka jingialang haka 11 tarik u Nailur ha Indoor Sports Hall jong ka WJDSA, Jowai na ka bynta ban phah ia ka kynhun ki nongialehkai Athletics jong ka, ki ban mihkhmat ia ka West Jaiñtia Hills District (WJDSA), ha ka Meghalaya State Senior Athletics Championship 2026, kaba la buh ban long naduh 14 haduh 16 tarik u Nailur 2026, ha SAI, STC, Shillong.

Ia ka jingialang la pyniad da u Cheini W.

Niangti, Chairman ka Athletic Committee, WJDSA. Ha kane ka jingialang la wan shim bynta da ki nongkitkam, ka WJDSA, Coach bad ki dkhot jong ka kynhun Athletics. U Lammato Laloo, Adviser WJDSA, uba la ai ruh ki jingkren ba kyrpang, ha kaba ula ai mynsiem bad kyntu ia ki nongialehkai ka kynhun ban ai ne pyni ia ka jinglah kaba bha tam ha ka lympong jong kane ka State Championship.

Kiwei pat kiba donlang ki kynthup ia u Ryum Khonglah

Honorary General Secretary, WJDSA, u Ram Phawa Vice President, WJDSA, u Ehortre Dkhar, Coach, u Cheini W. Niangti, Chairman Athletic Committee, WJDSA bad kiwei de.

Ka kynhun jong ka WJDSA ka don 26 ngut ki nongialehkai, kiba kynthup ia 16 ngut ki shynrang bad 10 ngut ki kynthei. Ki nongialehkai ki dei kiba la khreh ban mih iakhun ha ka State Championship ryngkat bad ki nongialehkai na kylleng ka jylla Meghalaya.

Haba kren ha ka jingialang, u Lammato Laloo u la kyntu ia ki nongialehkai ban long kiba peitngor, kiba don discipline bad ban ai ia ka jinglah kaba bha tam ha kaba mihkhmat ia ka West Jaiñtia Hills ha ka kyrdan State.

Ka Association ka la ai khublei ia ki coach, ki trainer, ki kmie ki kpa bad ki nongialehkai halor ka jingtrei shitom bad ka jingiarap kaba ki la ai ha ka jingpynkhreh ia ka kynhun na ka bynta kane ka lympong.

Ka WJDSA ka kitbok kitrwiang ia baroh 26 ngut ki nongialehkai bad kymren ba ka jingiashim bynta bad ka jingjop jong ki kan ai mynsiem ia kiba bun ki samla na West Jaiñtia Hills ban shim ia ka Athletics bad ban pyjanai ia ka sap ha ki jingialehkai. Kane ka long katkum ka khubor na u Marso Kyndait Athletic Secretary, WJDSA.

Rung phainal sa ka Dkhiah West SCSO & Cham Cham SCSC haka 2nd bad 3rd Division ka EJHDEA



Jowai, Nailur 13: Ka Dkhiah West SCSO bad ka Cham Cham SCSC ki la pynthikna ia la ka jong ka jaka ha ka phainal jong ka lympong phutbol Second bad Third Division 2026 bala pyniad daka East Jaiñtia Hills District Football Association (EJHDEA), da kaba jop ia la ki jong ki jingiakhun semi final ha ka sngi Saitjaiñ (12 tarik u Nailur, 2026) ha madan Artificial Ground Diengshynrum, Khliehriat.

Haba phai sha ka Semi Final jong ka Second Division ka Dkhiah West SCSO ka la pynliem noh da 1-0 kol iaka Khliehriat West FC ban rung sha ka phainal. Ka shi kol ba la thep da u Nevermind Kya (42') ka la paw ba ka la biang ia ka Dkhiah West ba kan khur ia ka jingjop.

Katba ka Semi Final jong ☑ ka kyrdan Third Division, C ka Cham Cham SCSC kala jop suk da 5-0 pyrshah iaka kMoonongtdi SC. U Raymon Phawa (10, 27 & 64') u la long u namtam jong ka Cham Cham SCSC, da kaba thep hat trick, katba u Monmi Dkhar (72 & 80+1') u la pynkhihjar ar sien.

Da kane ka jingjop, baroh ar kin ioh ia ka lad ban iakhun na ka bynta ka khusnam lahduh ha ka kyrdan 2nd Division bad 3rd Division.

Wan pynhap pyrda u Myntri ia ka 2nd Open to All Veteran Badminton Tournament, 2026

JOWAI, Nailur 13: Ka jingialehkai Badminton kaba la tip kum ka 2nd Open to All Veteran Badminton Tournament, 2026 ia kaba la pyniad da ka West Jaiñtia District Badminton Association (WJDBA), kala poi noh sha kaba kut ha kane ka sngi saitjaiñ jong 12 tarik mynta u bnai September, ha kaba u myntri ka tnat sports jong ka jylla u ma Wailadmi shylla u la wan ban pynhap pyrda ia kane ka lympong ialehkai Badintomn. Ia kane ka jingialehkai Badminton la pynlong ha Seinraij Indoor Hall, Tpep Pale Jowai, ka la sdang naduh ka 11 u bnai Nailur.



Christie Challam.

Ia ki khusnam ha kane ka sngi la sam da u kongsan ma Wailadmiki Shylla ha ka jingiadonlang u ma D Pyrbot President WJDBA, ma R Passah General Secretary WJDBA, ma Patrick Lamare

Chairman Tournament Committee, ma Sunday Tariang, ma S.K Lato bad kiwei de ki dkhot ka WJDBA ryngkat ki riew rangbah bad kiba la shah khot sngewbha sha kane ka lympong jingialehkai Badminton.

İakhaid ar tylli ki jingiakhun haka TSA 2nd Division



Jowai, Nailur 12: Kalympung ialehkai phutbol jong ka (L) Joybell Suaim Memorial Football League 2026 haka kyrdan 2nd Division bala pyniad da ka Thadlaskein Sport Association kaba la long ha ka sngi Saitjaiñ (12 tarik u Nailur, 2026) ha madan Wahiajer Multi Sports Complex Stadium.

Haba phai sha ka jingiakhun kaba nyngkong hapdeng ka Iawpynsin Wahiajer bad ka Mukhla Mission kila poi sha ka

jingiakhaid khlem don kiba ioh ban thep kol (0-0) haduh ba kut jong ka por.

Haka jingiakhun kaba ar ruh hapdeng ka Kdiap Rising Sun bad ka Maskut SC kila poi sha ka jingiakhaid da mar shikol (1-1), ia ka shikol Kdiap Rising Sun la thep da u Nangai Ryngkhlem haka minit ba 34, ia ka kol na Maskut SC la thep da u Wadshwa Rynjah (own goal) haka minit ba 6.

La pyntip ka jingiakhun mynta ka sngi 14/09/2026 haka por 10 baje mynstep ka Mukhla Wahshnong pyrshah iaka Niriang Pdienlum. Ha ka por 12 baje mynsngi ka Nongthymme Nongdhar pyrshah iaka Iawthymblien. Katba ha ka por 2 baje nohphai sngi Shillong Police pyrshah iaka Madan Synrang SC.

Lahduh ka Nongtalang Chnongthmai SC ha ka 1st Nongtalang Grassroots Football League (U-13)

JOWAI, Nailur 13: Ka 1st Nongtalang Grassroots Football League (Under-13) 2026 kala poi sha kaba kut ha ka sngi Thohdieng (11 tarik u Nailur, 2026) ha madan Seinraij Nongtalang (Chui-radu) ha ka jingiakhun phainal hapdeng ka Nongtalang Chnongthmai Sports Club pyrshah ia ka Amlariang Sports Club, ha kaba ka Nongtalang Chnongthmai SC kala pynliem iaka Amlariang SC da 8-3 kol bad long syndon ka lahduh ha kane ka jingialehkai.



Haba phai sha ka jingialehkai kala long kaba itynnad shisha bad pynhun ia ki nongpeitkai namar ka jingtbit ki nongialehkai na baroh arliang bad kiba dang dei ki khynnah rit.

Ha shwa ban sam ia ki khusnam sha ki nongjop la

don ka jingialang ba lyngkot ba la pyniad da U bah Tennyson Rymbui uba dei u Convener jong kane ka League ba ryngkat ka jingiadon lang u samla Youdahunki Shylla uba dei ruh u General Secretary jong ka Seng Samla Khlachympa Sports and Cultural Club, u Waheh Shnong ka Nongtalang Khlachympa u bah Robert Lyngdohgiri, u

bah Souvick Nonglamin u samla uba la pyndep iaka License-D Coach napoh ka jylla Punjab.

Ha kane ka sngi ia ka nam Promising player la ioh da u Raplang Pohchen bad u Neymar Bareh, Youngest player da u Aimgrical Pohsnem, Player of Tournament da u Kenedy Bareh, Player of the match da u Francis Bareh, Best goal-

keeper da u Rihok Pohlynjar, Top Scorer da u Meban Bareh, Discipline team la ioh da ka Shongpdeng Sports Club bad ia ka nam Tournament Referee da u Donbok Pohrmen.

Naka liang ka Committee kala khmih lynti haka League ka ban sa long ha u snem ban wan kan long kaba kham heh bad kaba dang itynnad shuh shuh.

Jam ka Elena Rybakina sha ka kyrdan ba nyngkong ryngkat ka nam lahduh ha ka US Open



NEW YORK, Nailur 13: Ka Elena Rybakina ka la khanglad ia ka Aryna Sabalenka ban jop lai sien lynter ia ka nam lahduh ha ka US Open ha ka sngi U Blei, da ka jingjop pyrshah ia kane ka thei ialehkai ba kan sa bujli ha ka kyrdan ba ha khliehduh ha ka pyrthei (World No.1).

Ka Rybakina, kaba la dep ban pynthikna ba kan bujli ia ka Sabalenka ha ka kyrdan ba nyngkong ha ka pyrthei da kaba poi sha ka semifinal ha New York, ka la jop da 6-4, 5-7, 6-2 ban khur ia ka nam lahduh kaba lai jong ka ha ka lympong Grand Slam bad kaba nyngkong ha ka US Open.

Ka la jop ia kaba nyngkong ha Wimbledon ha u snem 2022, bad nangta ka la pynliem ia ka Sabalenka ha ka phainal jong ka Australian Open ban khur ia ka Grand Slam kaba ar ha u Kyllalyngkot.

“Ka sngew kyrpang bha,” la ong ka Rybakina. “Ka dang long kaba eh haduh katta katta ban pyrkhait ia kaei kaba la jia. Ki la don shibun ki jingjop ha kine ki khyndiat taiew. Nga sngewkmen shibun, nga sngew sarong shibun ia ki kam baroh. Ka long kaba kyrpang.”

Ka jingjop jong ka Rybakina ka la pynkut noh ia ka jingjop kaba 20 sien lynter jong ka Sabalenka ha Flushing Meadows, ha kaba kane ka lahduh jong u snem 2024 bad 2025 kam shym la shah rem satia naduh ka phainal jong u snem 2023.