

# MSL 5: Pynskhem ka Lajong bad ka Janepih ia lade ha ka kyrdan ba nyngkong



(nadiang shamor) Shi bynta jong ka jingialehkai hapdeng ka Umkaber (rong saw) bad ka Mawshun (rong blue) bad sha kawei ka liang ka jingiakhun hapdeng ka Mawphu (rong saw) pyrshah ia ka Mawlum Tyrsad (rong lieh).

**SHILLONG, Jymmang 05:** Ka Shillong Lajong FC bad ka Janepih YSCA ki la pynskhem ia lade ban bat ia ka kyrdan ba nyngkong ha la ki jong ki jong ki Group hadien ba baroh ar ki la jop ia la ki jong ki jingialehkai jong ka lypmung 5th Meghalaya State League hynne ka sngi Ba-ar.

Ka Lajong ka la pynliem noh da 3-0 ia ka Lamyrnsiang SCC ha ka Group E ha Wahiajer, katba ka Janepih ka la jop pyrshah ia ka A'chik SCO Rongjeng da 4-1 ha ka Group G ha Williamnagar.

Ha kajuh ka por ka Mawphu SC ka la pynthikna ia ka jaka ban rung sha ka pre-quarterfinal hadien ba ka la lah ban iakhaid da mar 1-1 bad ka Mawlum Tyrsad SCC ha ka Group B ha madan MFA ha Shillong.

U Ebetstar Nongbet (25') u la pynkhihjar nyngkong ia ka Mawlum Tyrsad hynrei kham hadien katto katne por ka Mawphu ka la pyniakhaid lyngba u Banman Roy Nongsiej (39'). Baroh arliang ki la ioh ia ka jingkyrshan kaba paka ha madan hynrei dei ka Mawphu ka ban jam shakhmat sha ka wat iakhun Round-16 hadien ba pyndep ha ka kyrdan ba ar na ka Group B.

Ha Williamnagar, u Akhebor Langrin (45'), u Pynshailang Kharsyntiew (55') bad u Rishembhalang Wanniang (66', 75') ki la pynkhihjar na ka bynta ka Janepih, katba u Klubarth M Sangma (65') u la thep ia ka shi kol jong ka ASCOR - kaba dei artad ka kol ba nyngkong ba ka Janepih kam shah thep haki hynniw sien iakhun ha ka MSL 5. Hynrei kane ka kol kan long tang ka jingpyntngan kaba rit ia ka ASCOR, kaba ym lah shuh ban rung sha ka thup kyrdan Top 2 ha ka Group G.

Ha Amlarem, ka Group C ka la sakhi ia ka Laskein SCSC kaba la pynliem noh ia ka Lamin XI SCC da 5-3 kol. Kane ka jingjop ka long kaba kongsan namar ka la kyntiew shipor ia ka Laskein sha ka kyrdan ba ar, watla ka dang hap ban ap ia ka jingmih jong ka jingiakhun mynta ka sngi hapdeng ka Amlarem SC pyrshah ia ka Mawlai SC ban pynthikna la kan iaid lyngba ne em sha ka pre-quarter.

U Bundaki Lamare (11', 17', 57'), u Rithrangmiki Biam (69') bad u Waitlad Damei Biam (90'+1) ki la pynkhihjar na ka bynta ka Laskein, katba ka Lamin XI ka la pynkhiem im ia ka jingialehkai ha ki minit ba khatduh lyngba u Densil Kongwang (63', 90'+2) bad u Genial Lamin (90'+3).

Ka jingiakhun ha Mairang ruh ka la jan sakhi ia kajuh ka jingmih, ha kaba ka Umlakro SC ka la pynliem noh ia ka Lawbah SC da 5-2 ha ka Group F. Kiba la pynkhihjar na ka bynta ka Umlakro ki long u Rishan Nonghyndah (19'), u Jewelstar R Marak (55') bad u Chaster Makhroh (68', 76', 80') uba la thep hat trik, katba ka Lawbah ka la thep lyngba u Nakibanshan Wanshngong (42'), Steppingstone Wanshngong (74'). Ka jingjop ka la rah ia ka Umlakro na trai duh jong ka Group sha ka kyrdan ba lai.

Kumjuh ruh ka Mawshun SCC ka la kiew sha ka kyrdan ba lai ha ka Group A da kaba pynliem ia ka Umkaber SCC da 6-1 ha SSA Stadium, Shillong. Baroh hynniw tylli ki kol ki la wan ha ka kylla miet, ha kaba ka Mawshun ka la ioh mad ia ka jingjop ba nyngkong lyngba ki kol jong u Bradley Masnynting (62', 76'P), u Iarborathiathew Khongnoh (69', 86') bad u Niki Khonglam (87'). Ka la don ruh ka kol ba la thep hi ha ka minit kaba 71. Ka Umkaber ka la pynphai

Group A - Shillong SSA	MP	W	D	L	GD	Pts
1 Nongkseh SSCC	5	5	0	0	42	15
2 Khimusniang SC	5	4	0	1	21	12
3 Mawshun SCC	6	1	0	5	-12	3
4 Umkaber SC	6	1	0	5	-51	3

Group B - Shillong MFA	MP	W	D	L	GD	Pts
1 Nangkiew Irat SC	5	5	0	0	28	15
2 Mawphu SC	6	3	1	2	-2	10
3 Mawlum Tyrsad	6	2	1	3	-4	7
4 Mulang Nongbah	5	0	0	5	-22	0

Group C - Amlarem	MP	W	D	L	GD	Pts
1 Mawlai SC	5	4	1	0	11	13
2 Laskein SCSC	6	2	3	1	0	9
3 Amlarem SC	5	2	1	2	1	7
4 Lamin XI SCC	6	0	1	5	-12	1

Group D - Khliehriat	MP	W	D	L	GD	Pts
1 Shkenshynriah SC	5	4	1	0	8	13
2 Thangskai Tiger SC	6	3	2	1	0	11
3 Ladthadlaboh SC	6	1	2	3	4	5
4 Jalaphet Pyrdung	5	0	1	4	-12	1

Group E - Wahiajer	MP	W	D	L	GD	Pts
1 Shillong Lajong	5	5	0	0	20	15
2 Lumphyrnai Sohphoh	5	3	0	2	7	9
3 Iatylilang Lumsehkot	5	1	1	3	-15	4
4 Lamyrnsiang SCC	5	0	1	4	-12	1

Group F - Mairang	MP	W	D	L	GD	Pts
1 Langsning FC	5	5	0	0	28	15
2 Mishon SSCC	4	2	0	2	1	6
3 Umlakro SC	6	2	0	4	-14	6
4 Lawbah SC	5	1	0	4	-15	3

Group G - Williamnagar	MP	W	D	L	GD	Pts
1 Janepih YSCA	7	5	2	0	16	17
2 Maram FC	7	4	1	2	5	13
3 A'chik SCOR	7	3	0	4	11	9
4 Balmanturi FC	6	2	1	3	-4	7
5 Ationg Matgrik FC	7	1	0	6	-28	3

Group H - Mawkyrwat	MP	W	D	L	GD	Pts
1 Rangdajied Utd	5	2	2	1	2	8
2 Umdang Pyllun	6	2	2	2	-4	8
3 Mawlarshong SC	6	1	4	1	2	7
4 Mawten SC	5	1	2	2	0	5

Ka miej kheif point jong ki kynhun naduh ka Group A haduh H ha ka 5th MSL tad haduh ka sngi Ba-ar.

shi kol ha ka 88 minit na u Bateilang Kharbteng. Ki ar tylli kiwei pat ki jingialehkai ki la kut ha ka jingiakhaid da mar 2-2 kol.

Ka Group D ha Khliehriat, la sakhi ia ka Ladthadlaboh SC bad ka Thangskai Tiger SC kiba la lamkhat markylliang shuwa ban iasam point. U Andrew Nanghuloo (7', 90'+3) u la thep na bynta ka Ladthadlaboh bad u Phermedaki Syrti (65') bad u Maiki Nongtdu (88') ki la thep na ka bynta ka Thangskai.

Nangta ha Mawkyrwat, ha ka Group H, ka Seng Samla Umdang Pyllun ka la pynkhihjar lyngba u Rangkynsaistar Mawsor (71') bad u John Paul Mawsor (88'), katba ka Mawlarshong SC ka la thep lyngba u Dadapbor Marwein (38', 46'P). Na ka bynta u Rankynsaistar, u la pynjlan ia ka jingthep kol jong u sha baroh hynriew tylli ki jingiakhun jong ka Umdang Pyllun haduh mynta.

Kane ka jingiakhaid ka mut ba ka Mawlarshong ka la khyllem noh na ka jingiakhun ban ioh jaka ha ka pre-

quarterfinal hynrei ka Umdang Pyllun kan hap ban ap 24 kynta ban tip ia ka nusib jong ka mynta ka sngi.

**Ka prokram ialehkai mynta ka sngi (Baroh Por 3 baje nohphai sngi):**

- Group A (Shillong SSA Stadium) - Khimusniang SCC pyrshah ia ka Nongkseh SSCC
- Group B (Shillong MFA Ground) - Mulang SC Nongbah pyrshah ia ka Nangkiew Irat SC
- Group C (Amlarem) - Amlarem SC pyrshah ia ka Mawlai SC
- Group D (Khliehriat) - Rymbai Shkenshynriah SC pyrshah ia ka Jalaphet Mochut Pyrdung SC
- Group E (Wahiajer) - Ym don
- Group F (Mairang) - Mishon SSCC pyrshah ia ka Langsning FC
- Group G (Williamnagar) - Ationg Matgrik FC pyrshah ia ka Maram FC
- Group H (Mawkyrwat) - Mawten SC pyrshah ia ka Rangdajied United FC

## Shim bynta ka Meghalaya ha ka Senior Artistic Gymnastics C'ship 2026-27

**SHILLONG, Jymmang 05:** Ka Meghalaya Gymnastics Association ka la phah ia ka kynhun kaba don san ngut ki nongialehkai gymnast kiba la mihkham ia ka jylla ha ka Senior Artistic Gymnastics National Championship 2026-27 ha Bhubeneswar.

Kane ka Championship ka la sdang ha ka 29 tarik iaiong haduh ka 03 tarik u Jymmang bad la pyniaid da ka Gymnastics Federation of India.

Kane ka kynhun ka kynthup ia ki nongialehkai gymnast kiba la kham rangbah (senior), ka Josephine Isabel Warjri, ka Bakmenhun Shangpliang, ka Wandalang Magdalene Malngiang, ka Athilia

Susngi bad ka Edeva Synnah. Ia ka kynhun la synran da u Arjun Singh Kwairakpam kum u coach bad ka kong Lucy Mary Malngiang kum ka Team manager.

Watla ka kynhun kam shym la ioh khur takma hynrei la ioh ia ka jingkiev kaba khraw jong ka sap ki nongialehkai gymnast ka jylla ha kane ka jait jingialehkai, la pynpaw ka MGA ha ka kyrwoh khubor hynne ka sngi Ba-ar.

Nalor kata, ka jingiashim bynta ha kum kane ka rynsan ialehkai ba pawman jong ka ri ka la ai ka jingtip kaba kordor ia ki nongialehkai, kaba la pynlah ia ki ban pyni ia la

ka sap bad ban ioh ia ka jingshemphang ha ka jingiakhun pyrshah ia ki nongialehkai gymnast kiba kysai tam jong ka ri."

Ka MGA ka la ai khublei ruh ia u Director ka Sports & Youth Affairs uba la ai ka jingkyrshan khnang ba ki nongialehkai gymnast kin lah ban iashim bynta ha kane ka National Championship.

Ka MGA ka la ong ba ka dang neigt skhem ba, da kaba bteng ia ka jingpyntbit bad ka jaka ialehkai ba kyrpang, "kumba la kular da ka sorkar jong ngi" ki nongialehkai jong ka Meghalaya kin ioh ban khur takma na ka bynta ka jylla ha ki jingiakob ban wan.



Ki nongialehkai gymnast jong ka jylla ha ryngkat u coach bad Manager.

## Premier League: Ioh mynsiem ka Arsenal naba iakhaid ka Man-City bad ka Everton Pyllait im u Doku ia ka City na ka namrem.

**MERSYSIDE, Jymmang 05:** Ka jingkyrmen jong ka Manchester City ban rah ia ka nam lahdud jong ka Premier League ka la shah pynmong hadien ba kam shym la lah ban khur pura ia ki lai point ba kordor ha ka jingialehkai pyrshah ia ka Everton, kaba la kut ha ka jingiakhaid mar 3-3 kol.

Wat hadien ba lamkham ia ka kylla step da 1 kol ka Man City ka la hap ban wanphai na ka ar kol ha ka kylla miet ban pyniakhaid lyngba u Erling Haaland (83') bad u Jeremy Doku (90+7') uba pynkhihjar ha ki minit pynjlan ba khatduh shuwa ban kut artad.

U Doku u la thep ia ka kol kaba nyngkong na ka bynta ka City ha ka minit kaba 43 hynrei ka Everton ka la jubab da kaba tyngeh lyngba ki kol ba la thep da u Thierno Barry (68 & 81') bad u Jake O'Brien (73').

Da kaba kamai 71 point naki 34 tylli ki jingiakhun, ka City ka bud nadien ia ka Arsenal kaba tam 5 point ha ka kyrdan ba nyngkong, tangba ka City ka don sa kawei ka jingialehkai ha kti.

Kumba ka long ka miej kheif point, ka City mynta ka donkam ia ka Arsenal — kaba la khur 76 poin hadien 35 tylli ki jingialehkai — ba kan rem ne iakhaid ha kawei na ki lai tylli ki jingialehkai ba khatduh jong ka ban pynneh pynsah ia ka jingkyrmen ban rah ia ka khusnam lahdud.

"Ka kham bha ban ia kaba rem. (Hynrei) kam shong shuh ha ki kti jong ngi," ong u Guardiola shaphang ka jingiaknieh ban rah ia ka nam lahdud. "Kham mynshuwa ka shong ha ngi, mynta kam don shuh. Ngi dang don ki jingialehkai kiba sah. Ngin sa peit kaei ka ban jia."

## SCA Inter School Under 18: Yn iaknieh nam lahdud ka KV Happy Valley bad ka St Nanak SS

**SHILLONG, Jymmang 05:** Ka kynhun ialehkai jong ka KV Happy Valley bad ka St Nanak Secondary School ki la pynthikna ia ka jingiakhun phainal hapdeng jong ki ha ka lypmung Shillong Cricket Association Inter School Under 18, hadien ba ki la jop ia la ki jong ki jingialehkai semi final hynne ka sngi Ba-ar.

Ka KV Happy Valley ka la pynliem noh ia ka Sunrise Accademy da 57 ron, katba ka St Nanak Secondary School ka la jop da 9 wicket pyrshah ia ka St.Anthony's Higher Secondary School.

Haba phai sha ki jingiakhun, ka St. Nanak SS ka la jop ia ka jingkynting pisa bad kam trai ban tied nyngkong, ha kaba ka la lah ban kamai 154 ron bad hap 3 wicket haduh kaba kut ki 16 ober. La lamkham ia ka tied da u Ayush Kumar, uba la noh synniang 70 ron naki 48 bol, katba u Piyush Kumar Ray u la kamai 44 ron naki 32 bol. U Obojit Paul u la khur 2/31 naki 4 ober.

Haba jubab ka Sunrise Accademy ka la iohlad ban kamai tang 97 ron bad khyllem 7 wicket haduh kaba kut ki 16 ober, kiba kham pawkham ha ka tied ki long u Harsh (19 ron naki 21 bol) bad u Ayan Burman (18 ron naki 13 bol).

U Ashish Kumar u la long u nongkwang bol ba seisoh tam jong ka St Nanak SS, da kaba khur 2/8 naki 3 ober, hynrei ia ka nam Player of the Match la khur da u Ayush Kumar uba la kamai 70 ron bad pynpah ruh 1 wicket ha ka boling.

Ha ka semi final kaba bud, la sakhi ia ka St Anthony's HSS kaba la tied pyndep ia ki 20 ober ban kamai 105 ron bad khyllem 8 wicket. U Ayush Debnath u la noh synniang 20 ron naki 16 bol katba u Samelawan u la iarap 14 ron naki 14 bol. U Aman Chahal u la khur 2/7 naki 4 ober.

Ka jingnoh synniang kaba khraw na u Aman kr Ray (44 ron naki 46 bol) bad u Udit Pradhan (39 ron naki 52 bol) ka la iarap ia ka KV Happy Valley ban pyndep ia ka kamram, da kaba kamai 108 ron haki 20 ober bad hap tang shi wicket.

Na ka bynta ka jingialehkai kaba kyrpang ha baroh ki liang, u Udit Pradhan (kamai 39 ron bad khur 1 wicket) u la khur ia ka khusnam Player of the Match.



## Sngew sarong ka WKHBA ba paw bha ki samla ka District ha ka lypmung ia kura

**NONGSTOIN, Jymmang 05:** Ka West Khasi Hills Boxing Association ka ai khublei kyrpang ia ka Meghalaya Boxing Association, kaba la pynlong ia ka Annual State Boxing Championship, na ka bynta ka jingnang kyntiew ha ki kam ia kura hapoh ka jylla baroh kawei.

Ka WKHBA jingiaroh ia ki nongialehkai ia kura sha ka lypmung Annual State Boxing Championship, kiba la shimbynta naduh ka 27 tarik haduh 30 tarik iaiong 2026 ba la pynlong da ka Meghalaya Boxing Association.

Kumjuh ka West Khasi Hills Boxing Association ka ai khublei kyrpang ia ki kmie ki kpa kiba la ai

jingkyrshan radbah sha la ki khun ki kti shynrang bad kyntiei, ki nongkhor tama ha ka Annual State Boxing Championship kaba la pynlong ha madan Basketball Court Mawlai Mawroh Shillong ha u bnai iaiong 2026.

Ki nongkhor tama na West Khasi Hills District ki long, ka Esawanbiang Nongsiej Gold, Victory Lyngdoh Mawnai Gold, Ibanpynsuk Thabah Bronze, Maitphang Mawsor Bronze bad Wallamkumar Kharbani bronze.

Ka kynhun ka ai burom ia ka jingiakhun bha ki khynnah ia kura kyntiei bad shynrang, nangta ia kito

nongiashimbynta ki bym shem la poi ha ka thong, ba kin nang trei shitom nangne shakhmat.

Ka WKHBA ka ai khublei ia kiba haining ka sem kiba la ai jingkyrshan ia la ki khun ha ki kam ialehkai boxing. Ka kyrwoh ka ki khublei kumjuh sha ki nongpyniaid jong ki skol ki college bapther kiba la kyrshan ia ki khynnah pule ha ki kam ialehkai sports.

Ka jingwanrah nam wanrah burom da ki tama ksiar tama rupa bad ka nrong, kan long bynta ka burom ka thain bad ka jylla hi baroh kawei, ong ka kyrwoh na u bah Despitol Sun President WKHBA.



Ki nongialehkai Boxing ka WKHBA kiba la tyngshai ha ka lypmung iakura ka MBA.

## Pynskhem ka India ialade ha ka kyrdan ba nyngkong ha ka ICC Men's T20I rankings

**DUBAI, Jymmang 05:** Ka kynhun India ka la nang pynskhem shuh shuh ia ka jingsynshar jong ka ha ki jingialehkai kriket ba lyngkot (lypmung T20), da kaba bat ia ka kyrdan ba ha khlieh duh ha ka thup jong ka ICC Men's T20I Team Rankings hadien ka jingpynbna ba man la u snem ba la pynmih ha ka sngi Ba-ar.

Ha ka jingialam jong u Suryakumar Yadav, ka India ka shong ha ka kyrdan ba nyngkong da 275 point. Katba ka point lamkhamat jong ki ka la nang hiar khyndiat, ki tam tang khyndiat ia ka England kaba wan ha ka kyrdan ba ar (262 point), katba ka Australia ka bud nadien ha ka kyrdan kaba lai da kaba ioh 258 point.

Kane ka thup ba thymmai, kaba kyntiew 100 percent ia ka jingmih jong ki jingiakhun ba la ialehkai naduh u bnai Jymmang 2025 bad 50 percent ia kito kiba na ki ar snem ba la dep, ka pyni ia ka jinglah ban lehka bha ka India ha ka kriket T20I. Ka kynhun ka la ioh mad ia ka jingialehkai ba kyrpang ha kane ka rukom ialehkai, da ka jop ar sien lynter ia ka ICC T20 World Cup jong ki shynrang ha u snem 2024 bad 2026, bad ka

la ia id khlem shah rem ha ki jingialehkai T20I series ha kane ka por.

Kam shym la don kano kano ka jingkylla ha ka thup kyrdan Top 7. Ka New Zealand (247) ka dang ia bteng ban bat ia ka kyrdan ba saw, bud sa ka South Africa (244) ha ka kyrdan kaba san. Ka Pakistan (240) bad ka West Indies (233) mariabud ki dang sah ha ka kyrdan kaba hynriew bad kaba hynniw.

