SSA Champions Cup: Da 2-1 pynliem ka Mawpat ïa ka Nongkrem ban khur pura ïa ki lai point

SHILLONG, Naiwieng 04: Ka Mawpat SC ka la khur 3 point hadien ba ka la wanphai na ka shi kol ban pynliem ïa ka Nongkrem da 2-1 ha ka jingïalehkai kaba ar jong ka Group A ha ka SSA Champions Cup hynne ka sngi Balang ha SSA Stadium.

Ryngkat ka jingkyrshan kaba shitrhem na ki nongkyrshan, u Thompson Lyngdoh (46') bad u Sparkle Khongshei (68') ki la pynkhihjar na ka bynta ka Mawpat ha ka kylla miet hadien ba ka Nongkrem ka la lamkhmat ïa ka kylla step lyngba ka kol jong u Sawadame Tang (21').

Watla ka Nongkrem, kaba wan ba ar (runners-up) ha ka First Division, ka ïalehkai ha ka kyrdan kaba kham heh ban ïa ka Mawpat kaba dei ka lahduh ha ka Second Division, hynrei ka jingsngewthuh ka long ba kane kan jin da long kaba suk na ka bynta ka Mawpat, kaba la pynkhlaiñ ïa ka kynhun hashwa ka samoi ïalehkai 2026 bad la nang pynkhlaiñ shuh shuh da ka jingwan ïasoh ki san ngut ki nongïalehkai ba ka la shim wai na ka bynta ka Champions Cup. Kane ka rukom shim wai ka long tang ïa ki kynhun ïalehkai Second, Third bad Fourth Division, ha kaba ki kynhun kiba ïakhun ha ka Shillong Premier League bad First Division ki hap ban ïalehkai tang da la ki jong ki rangïalehkai kiba la register.

Hynrei wat hapdeng kane, dei ka Nongkrem kaba la pynkhihjar nyngkong. Ka jingïaibteng ban ñion bad pashat bol shakhmat hapoh phyllaw kol jong ka Mawpat ka la plielad ïa u Sawadame ban ïoh thep ïa ka kol bad pynlong ïa ka Nongkrem ban lamkhmat ïa ka kylla step.

Hynrei ka Mawpat ka la jubab mardor tang mar ïa wanphai sha ka kylla miet, kaba la urlong da ka jingpyrshang kaba jam jong u Thompson tang hadien 30 sekhon ba la sdang biang ïa ka jingïalehkai. Nangta u Sparkle u la pyndep ïa ka jingwanphai jong ka Mawpat da kaba thep ïa ka nam tam ha ka minit kaba 68.

Ka Champions Cup kan wanphai biang ha ka 07 tarik Naiwieng da ar tylli ki jingïalehkai jong ka Group B. Ha ka por 12:30 baje mynsngi ka Shillong Lajong FC ba wan ba-ar ha ka SPL kan aireng pyrshah ïa ka lahduh jong ka Third Division ka Sanmer SC ka ban bud sa ka jingïakhun hapdeng ka lahduh jong ka First Division ka Mawkhar SC pyrshah ïa ka Sohryngkham kaba wan ba-ar ha ka Second Division ha ka por 3:45 baje nohphai sngi.

Shi bynta jong ka jingïalehkai hapdeng ka Mawpat (blue) pyrshah ïa ka Nongkrem (Saw).

Pdiang burom ka SWKHDAWA ïa u Samla Jimmison Marweiñ ba khur takma Rupa ha ka *47th World Arm Wrestling C'ships 2026*

MAWKYRWAT, Naiwieng 04: Ka South West Khasi Hills District Arm Wrestling Association, Mawkyrwat, ryngkat ka ka South West Khasi Hills Sports Association, ka la pynlong ïa ka jingpdiang burom ïa u samla Jimmison Marweiñ ha ka jingwan phai jong u sha la shnong, hadien ba u la wanrah ïa ka nam bad ka burom ïa ka South West Khasi Hills District, ka Jylla Meghalaya bad ka ri India hi baroh kawei lyngba ka jingïashim bynta ha ka 47th World Arm Wrestling & 28th Para Arm Wrestling Championships 2026, naduh ka 28 Risaw haduh 6 tarik u Naiwieng, 2026 ha Nongbah New Delhi.

Ha kane ka jingïakop, kaba long ruh ka sien kaba nyngkong ïa u ban leit mihkhmat, u samla Jimmison Marweiñ u la lah ban khur ïa ka takma rupa (Silver Medal) ha ka kyrdan Youth Category. Kane ka jingjop ka long ka jingkmen bad ka jingsarong kaba khraw ïa ka dong ka thaiñ South West Khasi Hills District baroh kawei, khamtam eh ïa ka South West Khasi Hills Arm Wrestling Association, Mawkyrwat, namar ka pyni ïa ka sap bad ka jinglah jong ki samla jong ka distrik ban poi sha ki kyrdan ïalehkai kiba heh ha ka pyrthei.

Ka jingjop jong u samla Jimmison kam dei tang ka jingjop jong ka district, hynrei ka long ruh ka jingjop kaba wanrah nam bad burom ïa ka Jylla Meghalaya bad ïa ka ri India hi baroh kawei. Ka jinglah jong u ban khur ïa kane ka takma ha ka sien kaba nyngkong jong ka jingïashim bynta jong u, ka long ruh ka jingai mynsiem bad ka jingpynshlur ïa kiwei pat ki samla ïalehkai ban trei shitom bad ban pynjanai ïa la ki sap ha ki jingïalehkai bapher bapher, khamtam eh ha ka jingïalehkai Arm Wrestling.

Ha ka jingïalang, la ïoh ruh ban aiti ïa ka jingaisngewbha sha u samla Jimmison Marweiñ kum ka dak jong ka jingsngewnguh, sngewburom ïa ka jingjop jong u, kaba la aiti da u Bah H.S. Diengdoh, President jong ka ka South West Khasi Hills Sports Association.

Haba ai jingkren ha kane ka sngi, u Bah Eldestson Wanniang, President jong ka ka South West Khasi Hills District Arm Wrestling Association, u la ai ïa ki kyntien kyrkhu kyrdoh ïa u samla Jimmison Marweiñ ha ka jingïaid lynti jong u, da kaba pynpaw ïa ka jingkmen bad ka jingsarong halor kane ka jingjop kaba u la wanrah. U la kyntu ïa u samla Jimmison ba un ym hun tang ha kane ka jingjop, hynrei ban nangïai trei shitom, ban pynkhlaiñ shuh shuh ïa ka jingpynkhreh (practice) bad ban bteng ban ai mynsiem bad pyni ïa ka nuksa kaba bha ïa kiwei pat ki para samla.

U la pynpaw ruh ba kum ka Association, ki don ka jingkyrmen kaba khraw ba u samla Jimmison un nangïai kiew shaphrang ha ka jingïalehkai Arm Wrestling bad ban nangwanrah shuh shuh ïa ki takma bad ka nam jingjop na ka bynta ka South West Khasi Hills District, ka Jylla Meghalaya bad khamtam eh ïa ka ri India ha ki jingïakop ha ki kyrdan bapher bapher ha ki sngi ban sa wan.

SAFF Championship: Yn sdang ka India ban ïada ïa ka nam lahduh pyrshah ïa ka Pakistan

DHAKA, Naiwieng 04: Ka kynhun ïalehkai jong ka ri India kan sdang ban ïada ïa ka nam lahduh jong ka ha ka SAFF Championship 2026 pyrshah ïa ka Pakistan ha ka jingïalehkai ba nyngkong jong ka Group B ha National Stadium, ha Dhaka, Bangladesh, ha kane ka sngi Palei, 05 tarik Naiwieng, 2026.

Kane ka jingïalehkai kan sdang ha ka por 3 baje nohphai sngi, bad yn pyni live lyngba ka Veto app.

Ka India kaba thmu ban pynjlan ïa ka rekod da kaba rah ïa ka nam lahduh kaba 10 ha ka SAFF Championship, kan shah ïalam da u Naushad Moosa kum u head coach. Ka kynhun ka rung sha kane ka lympung da kaba bat kyrdan ba 138 ha ka thup jong ka FIFA, katba ka Pakistan ka don ha ka kyrdan kaba 197. Kine ki arliang ki la ïakynduh pyrshah haduh 29 sien ha ki jingïalehkai bar ri ba la rangbah (Senior International), ha kaba ka India ka la jop 16 sien, ka Pakistan saw sien bad ki khyndai sien ki la kut noh ha ka jingïakhaid.

Ka jingïakhun ba dang shen hapdeng jong ki ka long ha ka SAFF Championship 2023 ha Bengaluru, ha kaba ka India ka la khur ïa ka nam jop da 4-0 kol. U Sunil Chhetri u la thep hat-trick, katba u Udanta Singh Kumam u la bynrap ïa ka kol kaba saw.

Hynrei ha kane ka kynti u Moosa u khmih lynti ïa ka jingïakhun kaba jwat bad kaba pher. "Ngin sa ïakhun ïa ka kynhun Pakistan kaba kham pher haba ïanujor bad kaba ngi la ïakynduh ha ka SAFF Championship ba la dep, bad ngi la pynkhreh bha na ka bynta kata".

"Ngi kwah shisha ban jop ïa ka jingïalehkai. Ngam tharai ba ka don kano kano ka jingban khia. Hynrei ka dei shaphang ka jingdon ïa ka jingthmu ban ai ïa kaba bha tam bad ban aiti lut baroh ha madan. Kyrmen ba ngin lah ban wanphai bad ka resol kaba bha," la ong u Moosa.

Ka India ka la shah kynthup lang ryngkat ka Pakistan bad Maldives ha ka Group B ha kane ka lympung. Bad kan aireng pyrshah ïa ka Maldives ha ka jingïalehkai ba ar bad ba khatduh ha ka 11 tarik Naiwieng (Por 3 baje nohphai sngi). Ka Bangladesh kaba pynlong ïa ka lympung, ryngkat ka Sri Lanka bad Bhutan ki la shah pynngat ha ka Group A.

Ki ar tylli ki kynhun kiba wan hakhmat duh na kawei pa kawei ka Group kin rung sha ka semi-final, ka ban long ha ka 14 tarik u Naiwieng bad ka final la buh ban pynlong ha ka 17 tarik u Naiwieng.

Ka India ka la jop ïa ka sienjam ba la dep ha u snem 2023, da kaba pynliem ïa ka Kuwait ha ka phainal ha Bengaluru, bad kan kyrmen ban dang bat ïa ka nam lahduh katba ka dang sdang ïa ka jingïakhun jong ka ha Dhaka.

Ïakhaid ki jingïakhun First bad Super Division jong ka TSA

JOWAI, Naiwieng 04: Ki ar tylli ki jingïalehkai phutbol ka lympung 'Hajan Shylla Memorial Football League 2026' jong ka kyrdan 'First Division' bad ka kyrdan 'Super Division' kaba la tip kum ka 'Kesilroy Memorial Football League 2026' ba la long hynne ka sngi Balang, 04 tarik u Naiwieng 2026, ki la kut ha ka jingïakhaid.

Baroh ar tylli ki lympung ba la kdew haneng la pynïaid daka Thadlaskeiñ Sport Association (TSA) bad ki jingïalehkai la pynlong ha Wahiajer Multi Sports Complex Stadium.

Haba phai sha ka jingïakhun ba nyngkong jong ka '1st Division' ka Evergreen SC bad ka Namdong-B kila ïakhaid da mar 2-2 kol. Ka Evergreen SC ka la pynkhihjar ar sien lyngba u Rimon Kharmuti (33') bad u Robert Syngkon (35') ban lamkhmat ïa ka kylla step hynrei ka Namdong-B ka la wanphai da kaba tyngeh ban pynphai ar kol ha ka kylla miet lyngba u Phrangsngi Law (50') bad u Kynsai Lamurong (54').

Nangta ka jingïakhun ba ar jong ka Super Division, la sakhi ïa ka Wahiajer SC bad ka Nongkhroh Krem Kum kiba la ïakhaid da mar 1-1 kol. Ka Nongkhroh KK ka la lamkhmat ïa ka kylla step lyngba u Teilang Pyngrope (45+3') uba la pynkhihjar ha ki minit pynjlan shuwa ban jam sha ka por shongthait hynrei ka Wahiajer SC ka la pynïakhaid na u Hame Dkhar (79').

Ka prokram ïakhun ha kane ka sngi Palei (5.11.2026) ki long: Haka kyrdan '1st Division' ka Lumsharatoh SC kan aireng pyrshah ïaka Maya SC haka por 11 baje mynstep; katba ha ka kyrdan 'Super Division' ka Ummulong SC pyrshah ïaka Mukhla Raij SC haka por 2 baje shiteng nohphai sngi.

Champions League: Khur jingjop ka PSG, Barcelona bad Man united

CAMP NOU, Naiwieng 04: Ka Paris Saint-Germain ka la thaw histori haka Champions League da ka jingjop ba paka hadien ba ka la pynliem noh ïa ka Villarreal da 6-0 kol, katba ka Barcelona ka la pynliem noh ïa ka Aston Villa da 3-0 kol ha Camp Nou.

Ka PSG kaba bat ïa ka nam lahduh, ka la pynmih ïa ka jingïalehkai kaba khlaiñ watla ka la duh katto katne ki nongïalehkai ba kongsan, katba ka Barcelona ka la pynkut noh ïa ka jingsdang kaba paka jong ka Villa ha kane ka lympung.

Ka lahduh jong ka France, ka PSG ka la pynkhihjar saw sien hapoh ki 17 minit ba sdang shwa ban thep sa ar kol ha ka kylla miet. Kiba la pynkhihjar ki long u João Neves (9'), Desire Doué (12'), Senny Mayulu (13'), u Fabián Ruiz (17' & 50') bad u David Boly (78').

Ha Camp Nou u Lamine Yamal (7') bad u Raphinha (52', 64') ki la ïarap ïa ka Barcelona ban pynkut noh ïa ka jingjop ba lai sien lynter jong ka Aston Villa ha ka Champions League.

Ha kawei pat ka jaka, ka Manchester United ka la pynkhihwin da kaba wanphai na ka ar kol ban pynliem ïa ka AS Roma da 3-2 kol ha Old Trafford.

Ki kol na u Matias Soule (11') bad u Donyell Malen (17' P) ki la pynlong ïa ka Roma ban lamkhmat da 2-0 ïa ka kylla step. Ka United ka la pynphai shi kol na ka penalty jong u Bruno Fernandes ha ka minit kaba 58 bad nangta u Matheus Cunha (83' & 86') u la pynkhihjar ar sien ban buh hakhmat ïa ka kynhun shuwa ba un ïoh red card ha ki minit ba khatduh.

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