PAKISTAN SPORTS BOARD Ministry of IPC, Government of Pakistan

Newsletter

Issue 01, January 2022



sports**VISION**

To become source of national pride and honour for creating liberal, tolerant, progressive, dynamic and healthier society with the objectives to improve national health and fitness standards by providing recreation, entertainment and self-satisfaction and ensuring optimally and effectively utilization of available Sports infrastructure.











our MISSION

To pursue policies for promotion of sports, enhancing public awareness and affiliation with the teams by ensuring mass participation, realizing intellectual and physical potential of all participants from inter club level to national level for all ages without discrimination of Gender, Language, Race, and Culture.



COVID-19 IMPACT ON PHYSICAL ACTIVITY AND WELL-BEING

The global outbreak of COVID-19 has resulted in closure of gyms, stadiums, Pools and fitness studios, physiotherapy centers, parks and playgrounds. Many individuals are therefore unable to actively participate in their regular individual or group sporting or physical activities outside of their homes. Under such conditions, sports in Pakistan has badly affected resulted into less sports events at National & International level. However, Government / Pakistan Sports Board tried it's best to continue sports activities at the possible levels and distributes cash incentives among the medal winners.



PAKISTAN AT THE 2020 SUMMER OLYMPICS

Pakistan competed at the 2020 Summer Olympics in Tokyo. Originally scheduled to take place from 24 July to 9 August 2020, the Games were postponed to 23 July to 08 August 2021, because of the COVID-19 pandemic. It was Pakistan's eighteenth appearance at the Summer Olympics.

Despite yet again coming across as the most populous country which failed to win any medal, this Olympics was Pakistan's best performance since 2000 when the Field Hockey team finished 4th narrowly missing a bronze medal, with both Talha Talib & Arshad Nadeem reaching the finals of their respective events. Gulfam Joseph also barely missed out on reaching the final of his event.

Following is list of the competitions in the Games.

EVENT	MEN	WOMEN	TOTAL	
Athletics	01	O1	02	
Badminton	0	01	01	
Judo	O1	0	01	
Shooting	03	0	03	
Swimming	O1	O1	02	
Weightlifting	O1	0	01	

ATHLETICS

Pakistani athletes Najma Parveen and Arshad Nadeem achieved the entry standards, either by qualifying time or by world ranking, in the following track and field events (up to a maximum of 3 athletes in each event.

BADMINTON

For the first time a Pakistani Badminton player Mahoor Shahzad participated in the Olympics. She accepted the invitation from the Tripartite Commission and the Badminton World Federation to compete in the women's singles.

JUDO

Pakistan qualified one judo in the men's half-heavyweight category (100 kg) at the Rio 2016. Olympian Shah Hussain Shah accepted a continental berth from the Asian zone as the nation's top-ranked judo outside of direct qualifying position in the IJF World Ranking List of June 28, 2021.

SHOOTING

Pakistani shooters achieved quota places for the following events by virtue of their best finishes at the 2018 ISSF World Championships, the 2019 ISSF World Cup series, and Asian Championships.

SWIMMING

Pakistan received a universality invitation from FINA to send two top-ranked swimmers (one per gender) in their respective individual events to the Olympics, based on the FINA Points System of June 28, 2021.

WEIGHTLIFTING

Pakistan received an invitation from the Tripartite Commission and the IWF to send Talha Talib in the men's -67kg category to the Olympics, marking the country's return to the sport for the first time since 1976.

EQUESTRIAN

The Pakistani rider, for the first time in history qualified in the Olympic equestrian competition, by finishing in the top two, outside the group selection, of the individual FEI Olympic Rankings for Group F (Africa and Middle East). In September 2020, Mr. Usman Khan's horse namely Azad Kashmir while he qualified, died after suffering a severe heart attack. Athletes and their horses qualified as a pair for the Olympics, leaving Khan's place at the Games in doubt.

In 2021, Khan attempted to qualify aboard a new horse Kasheer, but failed to obtain the minimum eligibility requirements at the Sydney International Three-Day Event in May. The following outcome meant he would not be eligible to start at the Olympics. While attempting to obtain the minimum requirements on back-to-back weeks was against the regulations set by FEI, Khan competed the week after Sydney at an event in Naracoorte, where he suffered a rotational fall which resulted in the passing of Kasheer.



PRESIDENT DR. ARIF ALVI LAUDS OLYMPIANS' PERFORMANCE

On Saturday, 14th August, 2021 President Dr. Arif Alvi lauded performance of two Pakistani athletes who prominently competed in the recently concluded Tokyo Olympics.

During a call on by the Olympians Arshad Nadeem and Talha Talib, the President said they had brought laurels to the country with their outstanding display of talent. He expressed his confidence that Pakistani athletes would also perform better in the future. Minister for Inter Provincial Coordination (IPC) Dr. Fehmida Mirza was also present during the meeting. The President also gave away cheques to the athletes.

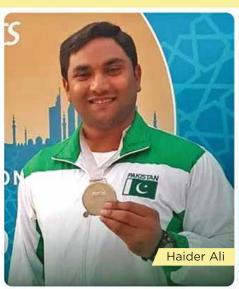
Pakistan's star athlete Arshad Nadeem had put up a tremendous performance at the Tokyo Olympics 2020 and though he couldn't win a medal in the world's biggest sports festival finishing fifth, yet he won the hearts of millions of Pakistanis with his indomitable will to put the country on the map with little resources at his disposal.

Talha Talib, the 21-year-old weightlifter, also performed well during the Tokyo Olympics and finished fifth in the 67kg category with an impressive performance of overall lifting of 320kg weight. In the clean and jerk third attempt, Talha Talib lifted 170kg, which is more than twice his bodyweight.

Both the star athletes have sought the all-out support of the government and private sector and promised to win the gold medals in the Olympics 2024. They are keen to train in and abroad with modern facilities and equipment, which will surely help them prepare well for the mega event in Paris in 2024 and brighten their chances of winning gold medals for their country.



2020 SUMMER PARALYMPICS





Pakistan competed at the 2020 Summer Paralympics in Tokyo, Japan, from 24 August to 5 September 2021. Two Pakistani athletes, one of either gender to compete in athletics (Discus throw).

One Pakistani male athlete, Haider Ali (Discus Thrower F37), successfully to break through the qualifications for the 2020 Paralympics after breaking the qualification limit.

Anila Izzat Baig participated in the F64 Discus Throw. She is first Pakistani female Para athlete who competed in the Paralympics. She ended at 10th place in F64 Discus Throw.

Haider Ali achieved a 55.26 meter throw at his fifth attempt out of a total of six to score the best distance — almost 3m longer than Ukraine's Mykola Zhabnyak who scored 52.43m to come in second place, Brazilian Joao Victor Teixeira de Souza Silva won bronze with a throw of 51.86m

General, PSB Col (Retd) Muhammad Asif Zaman was also present on the occasion.



Haider Ali





INAM BUTT WON GOLD IN WORLD BEACH WRESTLING 2021

Inam Butt Pakistan's top grappler won the gold medal after beating Ukrainian wrestler in the final of the World Beach Wrestling Championship 2021 in Rome, Italy.

The Gujranwala-based athlete, progressed to the final round after beating Romania's Mihai Nicolae Palaghia in the semi-final by 3-0 in the 90Kg category. Inam qualified for the semi-final after defeating Turkish Karadeniz Omer Faruk in the quarter-finals. He had moved to the quarter-finals by defeating the Greek wrestler Georgios Tsaknakis in the second match of the game. Butt then conquered a Ukrainian wrestler in the second match, he defeated his challenger by 3-0.

Inam Butt team mate Zaman Anwar also won the bronze medal in the 90+kg weight category after beating Ukraine's Ivan Malin.



PAKISTANI ATHLETES SHINE IN ASIAN JU-JITSU CHAMPIONSHIP WITH 8 MEDALS

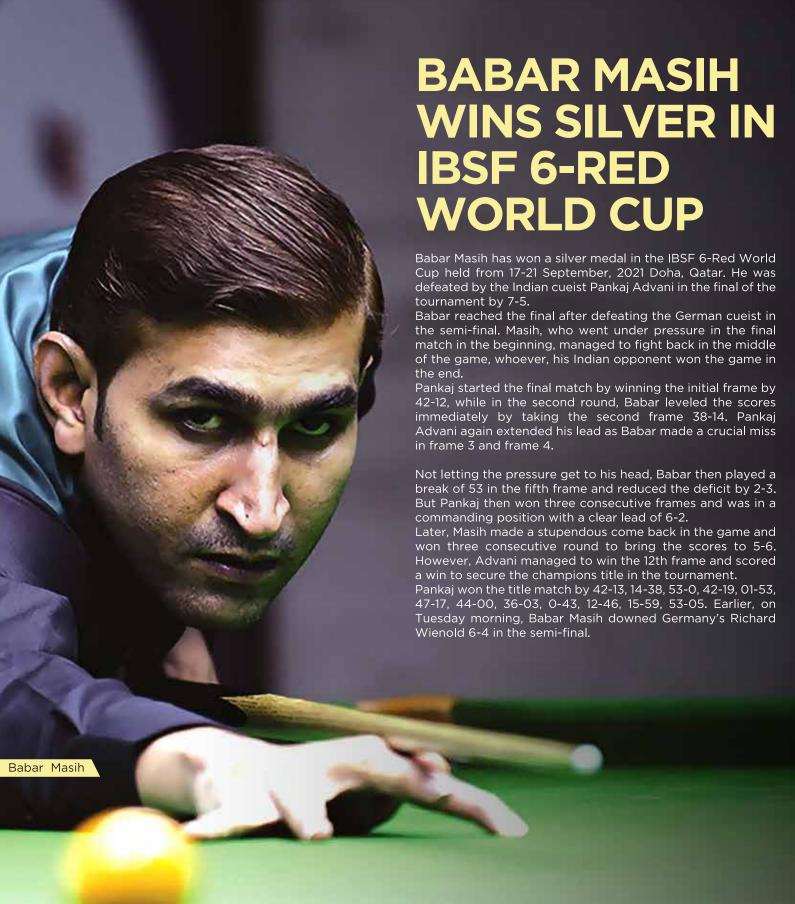
Pakistani athletes have demonstrated their expertise by profitable eight bronze medals throughout the fifth Asian Ju-Jitsu Championship 2021 held from September 13-16, 2021 at Abu Dhabi, UAE underneath the aegis of Ju-Jitsu Asian Union (JJAU).

Muhammad Ammar and Abu Hurraira received bronze medals in present male's class together with Dilawar Khan Sannan and Muhammad Ali Rashid whome additionally received one other bronze in duo males class. Whereas, Isra Waseem and Kainat Arif received bronze medal in duo girls in addition to present girl's class. Abu Hurraira and Kainat Arif received bronze medal in present blended together with Dilawar Khan Sannan and Isra Waseem who additionally received bronze in duo blended class.









Newsletter (Sisue 01, January 2022)

NBP WIN 3RD CHIEF OF THE NAVAL STAFF ALL PAKISTAN HOCKEY TOURNAMENT



National Bank of Pakistan has successfully defended their title after beating Pakistan Wapda in the final of the 3rd Chief of the Naval Staff All Pakistan Hockey Tournament held at Abdul Sattar Edhi International Hockey Stadium, Karachi. Pakistan Navy finished third after defeating Mari Petroleum. Eight top national teams competed for the title which included WAPDA, MPCL, NBP, PN, PAF, ARMY, Punjab and PQA.

Chief of the Naval Staff Admiral Muhammad Amjad Khan Niazi graced the occasion as Chief Guest and gave away prizes to the winning and runner up teams. NBP received a cash prize of Rs1.7million for winning the championship. Wapda and Pakistan Navy won Rs1.3 million and 1 million for securing 2nd and 3rd position, respectively. Dilbar of NBP team was declared as Man of the Tournament. Muhammad Iqbal of Pakistan Navy team and Dilbar of NBP teams were declared best Goalkeeper and best scorer of the tournament, respectively.

The seven days long championship, held from 21 to 28 September 2021, has become a quintessential tournament at the national circuit since 2016. Around 12 pool matches followed by two semi-finals and final matches were conducted through professional umpires of Pakistan Hockey Federation (PHF). With a prize money of PKR 4.2M, the event continues to be the highest prize money hockey tournament of the country. More than 128 enthusiastic players of the country participated in this prestigious event.

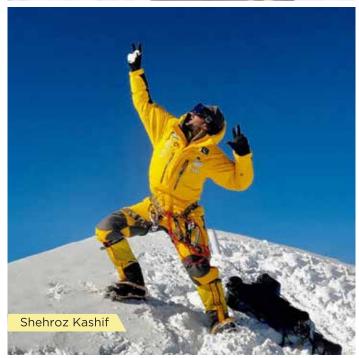
Chief Guest congratulated the winning teams and applauded efforts put in by the Patron PN Hockey, Commander Karachi, PHF and sponsors. He hoped that this tournament will certainly contribute in raising public interest in the national game and will help in the revival of hockey.

Chief of the Naval Staff appreciated the role played by media in the promotion of sports especially the wide coverage given to 3rd Chief of the Naval Staff All Pakistan Hockey Tournament 2021. Admiral Muhammad Amjad Khan Niazi also urged the public and private departments/ organizations to come forward and help in the revival of the national game.

19-YEARS OLD SHEHROZ ACHIEVED ANOTHER MILESTONE

In another major achievement, Shehroz Kashif, 19, has become the youngest Pakistani to reach the summit of Manaslu, the world's eighth highest peak on Saturday, 25th September, 2021. Earlier, Shehroz made history by scaling Mount Everest, K2, and other high mountains at such a young age. Shehroze scaled Manaslu also known as Kutang, which is the world's eighth highest peak at a height of 8,163 metres above the sea level on Saturday morning. After scaling Manaslu, Shehroz has become the world's youngest mountaineer to summit three peaks of over 8,000 meters in five months duration.







PSB ATHLETICS MEET



Federal Minister for Inter Provincial Coordination (IPC) Dr Fehmida Mirza on Monday, 27th September, 2021 inaugurated the colourful Pakistan Sports Board National Athletics Meet-2021 at the Tartan Track of the Qayyum Sports Complex. Director General, PSB Col (Ret.) Muhammad Asif Zaman, Director General Puniab Sports Board Adnan Arshad Aulak, Director General Sports KP Asfandyar Khan Khattak, Director Female Games Miss Rashida Ghaznavi, Director Operations Syed Saglain Shah, players from Punjab, Sindh, Balochistan, AJ&K, GB and KP were also present at the occassion. Each team comprises 20 girls athletes and 20 boys athletes to be competing in the Athletic Meet organized jointly by the PSB and Directorate General Sports KP. More than 280 players participated in this event. The highlight of the ceremony was march past of all the participating athletes of six teams.

Punjab's Under-17 Boys and Under-16 Girls athletics teams won the Inter-Provincial Athletics Tournament 2021 that concluded in Peshawar on Wednesday.

Overall, Punjab's male and female athletics teams accumulated 31 medals in the grand event. Punjab's U-17 Boys and U-16 Girls athletics teams earned 129 and 103 points respectively. Speaker Khyber Pakhtunkhwa Assembly Mushtaq Ghani was the chief guest at the prize distribution ceremony. He awarded the winning trophy to DG Sports Punjab Adnan Arshad Aulakh at the grand closing ceremony.

In the boys event, Khyber Pakhtunkhwa team with 92 points finished second whereas the third position was taken by Sindh athletes, who scored 53 points. The athletes from AJK, Balochistan and Gilgit Baltistan had to content with 25, 13 and 4 points respectively.

Showing dominating performance, Punjab's male athletes pocketed 09 gold medals, 04 silver and 03 bronze medals in the athletics meet. The second position team KP took 03 gold medals, 05 silver and 04 bronze medals. The boys' team from Sindh failed to win any gold, however, they won 03 silver and 04 bronze medals.

On the other hand, Punjab's girls won 06 gold medals, 07 silver and 02 bronze

medals during the event. The girls from host province KP secured 03 gold, 03 silver and 04 bronze medals while the Sindh female team clinched one gold and 04 bronze medals.

Khyber Pakhtunkhwa girls accumulated 64 points to remain runners up while Sindh finished third with 42 points. Azad Jammu & Kashmir scored 18 points followed by Balochistan 12 and Gilgit-Baltistan 4 points.

In the third and last day's Boys U-17 athletics competitions, Punjab's Majid, Mohsin, Sakhawat and Bilal won gold in 4x400 relay event. Punjab athletes Aman, Sakhawat, Mohsin and Majid also demonstrated wonderful performance in 4x100 relay event and finished the match with earning gold medals

Mohsin also bagged the gold medal in 200m race. The gold medal of the 400m race was won by Punjab's Majid Khan while the bronze medal went to Mohsin. Usman excelled in the 110m hurdles race and secured another gold medal for his team while M Hamza finished second and won silver medal in javelin throw event.





66th NATIONAL TRACK CYCLING **CHAMPIONSHIP**

Sui Southern Gas Company (SSGC) won the 66th National Track Cycling Championship that concluded on Wednesday, 20th October, 2021.

Besides SSGC, Punjab team finished the event as runners up. Federal Minister for Inter Provincial Coordination (IPC) Dr. Fehmida Mirza graced the concluding ceremony as chief guest and distributed prizes among the winners. Speaking on the occasion, Dr Fehmida said: "The departments should support the regional teams in the same way the entire world has been doing, as we can see that in many sports ruling countries, their departments have been supporting their regional teams. The fact is that the departments have deserted the sports nurseries in the country." The Federal Minister said Government was well aware of the problems faced by the sportsmen and steps are being taken to redress their problems and to help them to earn livelihood as they are the ambassadors of the country and elevate its (county's) image by producing fine results in international meets abroad. The IPC Minister said the present government is fully committed to revive and promote sports across the country.



1ST CHIEF MINISTER PUNJAB 5-A-SIDE NATIONAL WOMEN HOCKEY CHAMPIONSHIP



Wapda women hockey team outplayed Punjab Colours by 4-0 to lift 1st Chief Minister Punjab 5-a-Side National Women Hockey Championship trophy here at the National Hockey Stadium on Wednesday, 20th October, 2021.

Railways women hockey team trounced Army by 2-1 to claim the third position. Federal Minister for Inter-Provincial Coordination (IPC) Dr. Fahmida Mirza was the guests of honour at the grand concluding ceremony. They were also introduced with the finalists prior to the title clash. Dr Fehmida awarded the winners' trophy and a cash prize of Rs 5 lakh to Wapda team. Secretary Sports and Youth Affairs Punjab Fuad Hashim Rabbani distributed medals among runners-up and third position holders. DG PSB Col (R) Muhammad Asif Zaman, DG SBP Adnan Aulakh, PHF Women Hockey Wing GM Ms Tanzeela Amir Cheema, Director Admin Javed Chohan, Director Sports Hafeez Bhatti, Olympian Kh Junaid, Col (R) Asif Naz Khokhar, Olympian M Usman and a large number of hockey players and enthusiasts were also present on this occasion.

Both the teams began the title clash aggressively and attacked each other's goal posts repeatedly. The Wapda team got a 2-0 lead at half time. Hamra Latif of Wapda scored two goals while Nida Asghar and Afsheen contributed one goal each in the final. In the third/fourth position match, Railways women trounced Army 2-1. For Railways, Arzoo Mansoor and Sarika Sarwar netted one goal each while Sidra Bibi struck one for Army.























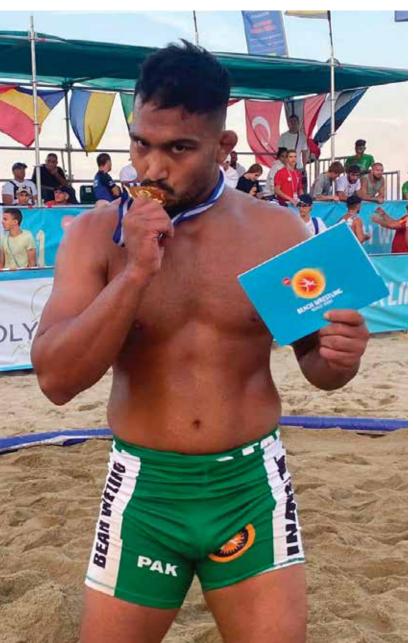




















ATF BAHRAIN TENNIS CHAMPIONSHIP

Rizwan brothers, Hussnain Ali, Haider Ali and Hamza Ali, finished the Bahrain tour on a high note as they earned 2 gold medals, one silver and one bronze in the ATF Bahrain Tennis Championship 2021, which concluded in Bahrain on Saturday, 9th October, 2021.

With the loss in the doubles final, Pakistan's Hamza Ali Rizwan, along with Egypt's Ahmed Ibrahim, claimed silver medal. Hussnain Ali Rizwan then won the bronze medal when he defeated Raed Rizvie of Sri Lanka 4-1, 4-0. The performance of Rizwan brothers was widely lauded by international players, local administrators as well as Pakistani community settled in Bahrain. Meanwhile, another good news was witnessed during the event when Pakistani-born England player Issa Ali overpowered India's Rushkesh Sonawane 6-4, 6-2 in the final to win gold medal while the Indian received the silver medal.





Newsletter (Substitution of Line 1972)

COAS PAKISTAN OPEN TAEKWONDO CHAMPIONSHIP

As many as 419 International and National players took part in the Chief of Army Staff (COAS) Pakistan Open International Taekwondo Championship (G-1) which was played in the Liaquat Gymnasium, Pakistan Sports Complex, Islamabad from 06-09 November, 2021. Besides hosts Pakistan, Afghanistan, Albania, Nepal, Jordon, Kazakhstan, Oman, Egypt, Iran, Turkey, Morocco, United Arab Emirates (UAE), El-Salvador, Croatia, and WT Refuge Team fought for 16 gold medals in this mega event.

Dr. Fehmida Mirza, Federal Minister for Inter Provincial Coordination opened the Championship on 6th November, 2021. Director General, PSB Col. (Ret.) Muhammad Asif Zaman accompanied her at the occasion.

Kazakhstan clinched six gold medals to win the Championship. Kazakh women Aidama Yedibayeva (-57kg), Zahadyra Khairullina (-62kg), Nuray Bauyrzhanova (-49kg), Cansel Deniz (-73kg) and Aigul Yelubay (+73kg) all picked up gold medals.

Hosts Pakistan also got won medals - Haroon Khan in -58kg flyweight and Hamza Umar Saeed in +87kg heavyweight men's contests.

Overall, the Pakistan athletes claimed 02 gold, 08 silver and 12 bronze medals to bad second spot in the Championship.

Besides Pakistan, Croatia and Egypt also won 02 gold medals each while Oman, Turkey, Afghanistan and World Team of Refugees taking a gold each.





PSB ANTI DOPING SEMINAR





Pakistan Sports Board (PSB organized a one-day Anti-Doping Seminar at the Library Hall of the Pakistan Sports Complex on 10th November, 2021.

The seminar, organized on the instructions of the Federal Minister for Inter-Provincial Coordination Dr. Fehmida Mirza, was inaugurated by Secretary Ministry of Inter-Provincial Coordination (IPC) Mohsin Mushtaq.

Experienced lecturers including Shahid Islam, Deputy Director General, PSB, Qurrat-ul-ain, Sports Psychologist, Dr. Shabina Mushtaq (Medical Officer PSB), Dr. Jaweria Syed (Sports Physiotherapist Shifa International Hospital), Khalid Zamir (Former Doping Control Officer, PSB) and Dr. Sohail Saleem (Director Sports Medicine) shed light on various topics regarding anti-doping.

The speakers said to aware athletes, coaches and everyone related to sports, about mental, mental health and anti-doping was the need of the hour. We need to promote overall health and well-being and maintaining balance in life, they stressed.

These lectures included Psychological First Aid (Stress, Anxiety, Depression), Use of Illicit Drugs, Competitive Strategies and Mental Health in Sports, Acquisition of Skills in Life, Psychological Strength and Stimulus, Psychological and Mental Health Challenges of Doping (How to control aggression).

At the end of the seminar, Director General, PSB Col (Ret) Muhammad Asif Zaman distributed certificates to the lecturers and participants. He urged that more seminars would be organized at the provincial headquarters to provide awareness to the athletes for prevention of illicit drugs. Every possible step will be taken to improve the performance of the players, he said.



INTER BOARDS SPORTS GALA 2020-21









Board of Intermediate and Secondary **Education (BISE)** Mardan with the collaboration of **Pakistan Sports Board** organized Inter Boards Sports Gala 2021 at **Pakistan Sports** Complex, Islamabad from 30th November to 3rd December, 2021. The Boys disciplines were Hockey, Volleyball, Badminton and Athletics whereas the Girls competed in Hockey, Volleyball, **Table Tennis and** Athletics event.

The Federal Minister for Education Shafqat Mahmood, was the chief guest at the opening ceremony held on 30th November, 2021. The Director General Pakistan Sports Board (PSB) Col (Ret) Muhammad Asif Zaman and other officials of the Board were also present on the occasion.

whereas Ms. Wajiha Qamar, Parliamentary Secretary for Federal Education & Professional Training graced the closing ceremony as Chief Guest at Liaquat Gymnasium The concluding ceremony was organized at Hockey Ground, PSC, Islamabad on 3rd December, 2021. In boys' category Board of Intermediate and Secondary Education, Faisalabad and in girls' category Board of Intermediate and Secondary Education, Lahore won the title of Inter Board Sports Gala 2021.





KAMYAB JAWAN SPORTS DRIVE



Prime Minister Imran Khan inaugurated Kamyab Jawan Sports Drive on 6th December, 2021 at the Jinnah Stadium, Pakistan Sports Complex, Islamabad. The games where heavy investment has been planned include football, cricket, hockey, squash, boxing, weightlifting, wrestling, athletics, skiing, handball, judo, volleyball.

Young athletes aged 15 to 25 men & women will be picked through organization of different sports planned around the country. Later the selected ones will be cached and groomed in different sports.

In an impressive opening ceremony, Prime Minister Imran Khan announced revamping of the entire sports structure in Pakistan, saying the government is striving to take Pakistan forward in international sports through various measures including talent-hunting, development of sports grounds, reforms in sports bodies and elimination of mafias from various sport.

PM Imran Khan told a huge gathering of youth in Islamabad, at Jinnah Stadium on the occasion of the launching of country's Kamyab Jawan Sports Drive which is the part of the new four projects worth Rs. 4 billion initiated by the present government in coordination with Kamayab Jawan Programme and the Higher Education Commission to keep the country's youth engaged in sports and extracurricular activities The PM, who earlier launched the Sports Drive and lit-up the torch, said that since the country's 70% of population was under the age of 30 years, the present government has so far developed 300 and 260 sports grounds in Khyber Pakhtunkhwa and Punjab, respectively.

The Prime Minister said that the government was also focusing

on education and had disbursed Rs. 47 billion in scholarships to 6.3 million youth, the highest number of scholarships in country's history. PM mentioned his 21 years of experience in sports and said his message for the youth was that they should never feel discouraged after defeat in a game, as it provided them an opportunity to review their shortcomings and prepare themselves for the next competition with a renewed vigor and spirit. He also congratulated his Special Assistant on Youth Affairs Usman Dar for organizing such a big event of Kamyab Jawan Sports Drive and hoped that such talent-hunt drives will help further promote sports culture in the country and among youth.

The Federal Minister for Inter-Provincial Coordina¬tion and Sports Dr. Fehmida Mirza in her remarks on the occasion described the Kamayab Jawan Programme as one of the present government's best programmes and initiatives. She said under the new sports policy made in line with the vision of Prime Minister Imran Khan, the government during its five year tenure will develop sports grounds at every Tehsil and Districts of the country. Dr. Femida Mirza also thanked the Prime Minister for allocating billions of rupees for the people of Sindh under the government's Ehsas Programme.

Besides the participation of a total of 6000 youth including 3300 boys and 2700 girls of the age group of 15 to 25 years in the sports competition, a large number of youth from across the country had gathered at Jinnah Stadium to witness the Sports Drive. In its first phase, 12 different games for males and 10 for females arranged across 25 regions under the talent hunt programne.



INTERNATIONAL CHAMPIONSHIP OF TENT PEGGING 2021

Pakistani players won two gold medals and a silver medal by displaying impressive performance in International Championship of Tent Pegging 2021 held in Oman. The tournament that concluded on 8th December, 2021 which was held in Duqm, a port town on the Arabian Sea in Al Wusta Governorate in central-eastern Oman.

Horse riders (Men and Women alike) from around 20 countries, including Saudi Arabia, Qatar, Malyasia, Iraq, Britain, Germany, Norway, Iran, Russia, Pakistan, Canada, the United States, Jordan, Sudan and Palestine, as well as Oman, took part in the championship.

Zulfiqar Ali Bagri, manager of the Pakistani team, performed the responsibilities of judge at the event. He also gave away souveniers to the players and managers of different countries. The tent pegging is a sport of ancient era in which horse riders pull the peg out while running their horses in the speed of a bullet.



WORLD WEIGHTLIFTING CHAMPIONSHIP

Pakistan's premier weightlifter Talha Talib lifted bronze in snatch in the World Championship in Tashkent on 10th December, 2021. Talha, who featured in the -67kg, could not play upto his right potential as he lifted 143kg in snatch, which is much less than his best effort of 150kg, but still managed a bronze medal. Talha missed clean and jerk due to some technical issues. Talha, who shot to fame when he finished fifth in the Tokyo Olympics, seemed in great form before leaving for Tashkent. The other day Abu Bakar Ghani finished at the 13th place in the 61kg. He lifted 116kg in snatch and 138 kg in clean and jerk, finishing with a total of 254kg.





HAMZA WINS US JUNIOR OPEN SQUASH U-19 TITLE



Hamza Khan won the Under-19 title of US Junior Open Squash Championships held in Philadelphia on 22nd December, 2021. Seventh seed Hamza defeated fellow citizen fifth seed Noor Zaman 11-3, 12-14, 11-8, 11-5 in 45 minutes in the final of the under-19 category. Haris Qasim defeated Tad E Carney of the US 11-5, 9-11, 11-9, 11-5 to secure third position. Khushal Riaz secured 9th position. Huzaifa Ibrahim secured fourth position in the under-17 category.