

Football: Goa face Mizoram today

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PANJIM: Goa play Mizoram in the crucial second match in the football tournament of the 38th National Games. This match is important following Goa's loss to Assam in the first game.

Speaking to **O Herado**, Head Coach Charles Dais said, "The team is confident and we have to be positive and get the three points. I don't look at the past. I am focused on the Friday's match."

On the medical condition of Clencio Pinto, Charles mentioned he was doing good and would most probably play tomorrow.

He refused to even entertain questions about Goa's record against Mizoram saying he was focused on winning the second game.

Squash: Akanksha enters quarters in

Top seed Akanksha Salunkhe will play in the quarter-finals on Friday to confirm a spot in the semi-finals. She will play

Anika Dube from Maharashtra.

Coach Pinto Rai said that Akanksha played very well and made it look very easy. She played against an opponent from Karnataka and it was a fluent victory for her.

Speaking to the **O Herado**, Akanksha said, "I am having easy games and that is an indication of the quality of my game. I am looking forward to the matches and



I am sure it will get harder as the rounds progress."

The finals will be played on February 3. On the extra pressure on her, Akanksha said that she was focused on winning the match and not thinking about it at all.

Asked about the quality of squash, she said a lot needed to be done to take it

from the confines of the private clubs and make it accessible to everyone which would then grow the sport and increase competition.

Goan cyclist faces gruelling challenge in road race

Jewel Veigas had a very tough time navigating the

roads in the 120km road race and came in 14th in a field of 68 cyclists.

Speaking to **O Herado** Jewel said, "It was a very bumpy ride and a very difficult ride. I was cycling with the very best in the country. I could have come in the top 10 but I faced a problem. I had given my nutritional

bottle to a person who was supposed to give it to me after 80km but he was not to be seen. If I had that water I would have done better."

The person was a local who later came and apologised for not being there. His actions forced Jewel to manage with what he had and he was able to complete the race.

Jewel said, "The conditions were so rough it made my back ache and by the time I was done my entire body was aching. When the race started it was 10 degrees and when it ended two hours later it was 18 degrees."

Jewel said the conditions were certainly a challenge but that was always the case in competitions at this level.

Swimmers struggle to make a splash

Goa's swimmers performed miserably in their heats to be eliminated in their respective events.

In the 200 metres backstroke, Shrungi Bandekar

clocked 2:36:91 to finish 9th in her heat. In the same event in the men's section, Dwayne Clemente came 20th in the preliminary heat.

In the 50 metres freestyle both the Goan swimmers lost. Aryan Sharma swam in the distance in 26.22 to come in the 23rd spot and Rahul Patil came in 28.72 seconds to stand in the 29th spot.

Coach Deepak Chetry said, "We had expected a lot from Shrungi but her mother said she had an injury and had made a comeback and she was out of practise."

Shrungi mother said that she would be back and win more medals for the State. Her education is also important and that could also be a reason for her performance. You have to practice continuously to be on top of the competition.

All the other swimmers he said were performing as per their standards and it was not surprising they were lower down in the ranks.

Goan swimmers are expected to swim again on Sunday and Monday.

Saraswat Vidyalaya HS emerge U-14 Bardez cricket champs

HERALD PIC



The winning team along with Sports Authority of Goa official Ramona D'Souza, PE teacher Jayendra Nagvekar and match officials, at Peddem ground, Mapusa

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MAPUSA: Saraswat Vidyalaya High School, Khorlim, emerged champions in the U-14 boys Bardez taluka level cricket championship organised by the Directorate of Sports and Youth Affairs, at Peddem ground, here.

Saraswat Vidyalaya High School elected to field. Shree Ram Vidya Mandir scored 59 runs.

Gaurang 16. Shaunak Mandrekar 4/9, Saish and Samarth 2 wickets each and Nirvan and Kavish, 1 wicket each.

Saraswat Vidyalaya High School scored the required runs in just 8.3 overs, losing only one wicket. Samarth Dhulepkar was 28 not out, Saish Shirodkar 8 not out. Saraswat Vidyalaya High School won the match by 9 wickets with 11.3 overs left.

Mumbai City, East Bengal play goalless draw

AGENCIES, MUMBAI: Mumbai City FC were held to a goalless draw against the East Bengal FC in the Indian Super League match played at the Mumbai Football Arena, here.

This was East Bengal FC's 100th match in the ISL and they have now moved to 10th spot on the table standings with 18 points from as many games as a consequence of this result.

The Islanders, on the other hand, played their seventh draw of the season and are positioned sixth with 28 points from 18 matches, as they were unable to find a breakthrough despite holding 62.4 per cent of the possession in this match.

East Bengal FC picked up pace earlier on in this encounter, as their entire frontline functioned in tandem to slice open the Mumbai City FC defence in the 14th minute. Dimitrios Diamantakos drew bodies towards him down the cen-

tre, before he sensed space in front of Naorem Mahesh Singh on the left flank and laid a pass for him. Mahesh showed some quick footwork before launching in a low cross for Nandhakumar Sekar on the far post. Nandhakumar took a good first touch but his shot from an acute angle was thwarted by Phurba Lachenpa on the bottom right corner.

Mumbai City FC will play their next match against NorthEast United FC on February 7 in Shillong, as ISL is set to debut there. East Bengal FC are slated to return to action in front of Chennaiyin FC on February 8.

ISL FIXTURES

Punjab FC vs Bengaluru FC at the Jawaharlal Nehru Stadium, New Delhi, 5 pm
Mohun Bagan Super Giant vs Mohammedan SC at the Vivekananda Yuba Bharati Kriangan, Kolkata, 7.30 pm

Dempo SC aim for 3 points

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PANJIM: Dempo Sports Club will look to build on their first home victory of the season when they take on Rajasthan United FC in their I-League 2024-25 clash on February 1, at Nehru Stadium, Fatorda.

The Golden Eagles finally broke their home drought with a narrow 1-0 win over Delhi FC, thanks to super sub Nestor Dias, who came off the bench in the second half to secure all three points. That result lifted Dempo SC to eighth on the table standings with 14 points from 11 matches, just two points behind Ra-

asthan United, who sit seventh with 16 from the same number of games.

Rajasthan United, meanwhile, came into this contest after a 1-1 draw against Inter Kashi. Bidyashagar Singh put Kashi ahead in the 30th minute, but Rajasthan's Martand Raina restored parity just before halftime, ensuring a share of the spoils.

I-LEAGUE PREVIEW

For Dempo SC, this fixture presents a golden opportunity to climb the standings and showcase their growing confidence.

Head coach Samir Naik,

who has placed immense faith in his Indian contingent, remains optimistic about his squad's potential.

"I always had confidence in my players, and I always will," he said ahead of the clash.

"The I-League is tough - you have to fight for every game. When we started, I wanted to go with an all-Indian line-up, but after discussing with senior players, we decided on two foreigners. That said, our Indian players have stepped up brilliantly. The foreigners have done well too, but the performances of our local talent have been particularly impressive," he signed off.

FC Goa walk past Mumbai City, Dempo SC win; Sesa FA, Maharashtra Orange play goalless draw

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MAPUSA: FC Goa registered a well-deserved 3-1 win over Mumbai City FC in the Reliance Foundation Development League U-21 match played at Duler Stadium, on Friday.

Both the teams though started earnestly failed to score, thereby going into the dressing room locked in a goalless draw.

RELIANCE FOOTBALL

On crossing ends, in the 58th minute, Young Gaurs surged ahead with Komsam Singh darting inside the 18-yard box and then placing the ball into the goal, 1-0. Lalhangliana doubled the lead scoring with a stiff grounder in the 67th minute, 2-0. In the very next



Mumbai City FC player tries to shield the ball from FC Goa player in the Reliance Foundation Development League U-21 match at Duler Stadium, Mapusa, on Friday

minute, Mumbai City managed to reduce the margin with Mohammad Khaif connecting Mihir Mohite's deadly cross past the rival custodian, 2-1. Jovial Dias pumped in the third goal for Young Gaurs from goal-mouth melee, 3-1.

In the evening match, Sesa FA and Maharashtra Orange were locked in a goalless draw.

At Sirsaim ground, Dempo SC registered a 2-0 win over Reliance Foundation Young Champs Mumbai. Both the goals came in the second session of play through Aryan Poll and Chinkhosiam Dimngel.

GOA DIARY

Selection trials for volleyball, athletics to select State civil services teams

PANJIM: The Directorate of Sports and Youth Affairs will conduct a selection trial to select the State civil services volleyball team on February 3, at 3 pm at Masan-de-Amorim ground, near Social Welfare Department, Panjim, at 3 pm and for athletics team on February 6, at the Athletic Stadium, Bambolim, at 3 pm. The interested players, who are regular employees in government department has to report to Antoneta Pinto, APEO, incharge officer along with identity card duly signed by the Head of the Department and proper playing kit at the venue. As per All India Civil Services, junior resident doctors/uniform personnel in defence services/para military/police/RFS/ CISF/ITBP/National School Games/SPG and the newly recruited government employees, who have put in less than six months in regular establishments services are not eligible to participate in the selection trials. The All India Civil Service Cultural and Sports Board will organise All India Civil Service Tournaments in Volleyball from February 14 to 18, and Athletics from February 19 to 21, at various venues across the capital city.

TODAY'S SPORTS

GFA Division II League (Ilhas Zone): Aivao Youth Club vs Carambolim Sports Club, at Taleigao ground. **Bardez Zone:** Bidesh XI Sports Club vs Sangolda Lighting Club, at Duler Stadium, Mapusa. Dunes SC, Mandrem vs Valpoi FC, at Parra ground. Kick off 3.45 pm

GFA U-15 Division I League: Pax of Nagoa SC vs Clube de Sangaocar, at Nagoa ground, 3.45 pm

St Vauradeancho Ixtt Trophy: Fr Agnel Youth Club, Paroda, vs SCC Loutolim, at the DSYA ground, Curtorim, 4.30 pm

17th All Goa inter-village Seraulim Panchayat Cup: St Anthony's Club, Colva, vs United Sports Club of Seraulim, at Seraulim panchayat ground, 4.30 pm

Ambelim Sports Club inter-village Lourdes Soccer: SCS Poitomy vs Carmona SC, at Ambelim ground, 4.30 pm

Guardian Angel SC win

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RAIA: Guardian Angel SC scored a hard-fought 2-1 win over Sporting Clube de Goa in the GFA U-17 Division I League match played at Betalbatim Panchayat ground, on Friday. Pio Gomenes scored a brace for Guardian Angel SC, while Aaron Fernandes reduced the margin for Sporting Clube de Goa.

Ambelim SC in quarters
Ambelim SC downed SC-Davorlim 3-0 via tie-break-

er to enter the quarter-finals of the Lourdes soccer at Ambelim ground. Velroy Fernandes, Michael Silva and Blasco Fernandes scored a goal each.

Benfica YC lose
Guardian Angel SC moved past Benfica YC, Vasco, 3-1 to move into the quarter-finals of 1st Vauradencho Ixtt Trophy 2025 at DSYA ground, Curtorim. For Guardian Angel SC Jaidan Dias (7th), Adrian Gomes (20th) and Jaidan Dias in the (55th) minute, while for Benfica YC Stalen in the 50th.

Dalot and Kobbie Mainoo scored for United in the second half of their final league phase fixture at the National Arena in Bucharest. Results: Tottenham 3 (Scarlett 70, Ajayi 84, Moore 90+4) Elfsborg 0, Braga 1 (Horta 6) Lazio 0, Lyon 1 (Tolisso 54) Ludogorets 1 (Almeida 77), Real Sociedad 2 (Oskarsson 43, 48) PAOK 0, Maccabi Tel Aviv 0 Porto 1 (Gonzalez 58), Dynamo Kyiv 1 (Pikhonok 76) RFS 0, Athletic Bilbao 3 (N. Williams 25, Alvarez 64, Martin 90+5) Viktoria Plzen 1 (Havel 71), Roma 2 (Angelino 44, Shomurodov 69) Eintracht Frankfurt 0, Ajax 2 (Traore 23, Fitz-Jim 58) Galatasaray 1 (Osimhen 90+4), FCSB 0 Manchester United 2 (Dalot 60, Mainoo 68).

Mukund returns to Davis Cup action

NEW DELHI: Sasikumar Mukund will aim for a winning return to the Davis Cup fold and redeem himself after serving an unannounced suspension as India will start firm favourites against lower-ranked yet gritty Togo in the World Group I Play-Off, starting here from Saturday. Much was expected from Mukund when he broke into the national scene a few years back, drawing praise even from the legendary Leander Paes but his progress was marred by injuries. It is now a perfect opportunity for Mukund in the absence of Sumit Nagal to win his first Davis Cup match and contribute in India's victory in this tie, the winner of which will compete in World Group I in September this year. The doubles and reverse singles will be played on Sunday. India vs Togo (Saturday): Sasikumar Mukund vs Liova Ayite Ajavon, Ramkumar Ramanathan vs Thomas Setodji. On Sunday: N Sriram Balaji/Rithvik Bollipalli vs Thomas Steodji/Hod'Abalo Isak Padio, Sasikumar Mukund vs Thomas Setodji, Ramkumar Ramanathan vs Liova Ayite Ajavon.

sportspopup

Only one specialist spinner in Pakistan's 15-member squad for Champions Trophy

LAHORE: Pakistan selectors on Friday sprung a surprise by including just one specialist spinner and picking nine batsmen in their 15-member squad for the Champions Trophy beginning next month. Abrar Ahmed, 26, the only specialist spinner in the squad captained by Mohammad Rizwan, has played four ODIs taking 10 wickets with a best of 4/33. The Pakistan Cricket Board (PCB) said that it can make changes to the squad until February 11 as per the International Cricket Council's (ICC) rules. The selectors have recalled all-rounders Khushdil Shah and Faheem Ashraf and opener Fakhar Zaman, whose inclusion was on the cards after Saim Ayub sustained an ankle injury. The squad will also play a Tri-series with South Africa and New Zealand in Karachi and Lahore from February 8-14. Pakistan squad: Mohammad Rizwan (c), Salman Ali Agha (vc), Babar Azam, Fakhar Zaman, Saud Shakeel, Kamran Ghulam, Khushdil Shah, Tayyab Tahir, Usman Khan, Faheem Ashraf, Shaheen Shah Afridi, Haris Rauf, Naseem Shah, Muhammad Hasnain and Abrar Ahmed.

Man Utd, Spurs advance to last 16 in Europa League

LONDON: Manchester United booked their place in the Europa League last 16 with a 2-0 win at Romanian side FCSB, while troubled Tottenham turned to their young guns to advance via a top-eight finish on Thursday. Diogo

AUDIENCE DECLARED BEST SHOW OF THE SEASON

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