



IPL 2026: Mumbai Indians set 163-run target for Delhi Capitals

NEW DELHI, APRIL 4: The Mumbai Indians have set a modest target of 163 runs for the Delhi Capitals in match 8 of the Indian Premier League (IPL) 2026 being played at the Arun Jaitley Stadium in New Delhi on Saturday.

The hosts won the toss and invited the Hardik Pandya-less MI to bat first. Suryakumar Yadav was leading the five-time champions in the absence of Pandya, who was not feeling well.

Ryan Rickelton and Rohit Sharma started well and collected multiple boundaries in the first two overs. Mukesh Kumar came to bowl his second over and got rid of Rickelton first, then Tilak Varma with a 'caught and bowled' dismissal on the fourth delivery of his over.

That Mukesh Kumar's over stopped the flow of runs for MI and forced Suryakumar and Rohit Sharma to wait for bad deliveries to score.

The duo of Rohit and SKY added 53 runs for the third wicket in 40 balls. Axar Patel dismissed



Sharma in the 10th over. He made 35 runs off 26 balls with the help of six boundaries.

Rutherford also couldn't stay for long and lost his wicket in the 12th over when Mukesh Kumar took a brilliant catch near the boundary rope off Vipraj Nigam's over. He made just five runs off seven balls.

Suryakumar Yadav completed his half-century but couldn't stay for long and lost his wicket when Lungi Ngidi got him LBW. He made 51 runs off 36 balls with the help of three fours and a couple of sixes.

Naman Dhir also contributed with a 21-ball 28 before T Natarajan got him caught out by Tristan

Stubbs.

Mitchell Santner (18 not out) and Corbin Bosch (11 not out) also hit a couple of boundaries each to take MI to a fighting total of 162 runs.

Mukesh Kumar took a couple of wickets, whereas Patel, Natarajan, Ngidi and Nigam shared one wicket each. (ANI)

"Some of our young Indian talent are pretty special": PBKS head coach Ricky Ponting

NEW DELHI, APRIL 4: Punjab Kings defeated the five-time champions Chennai Super Kings (CSK) on Friday to claim their second win of the Indian Premier League (IPL) 2026, and their head coach, Ricky Ponting, called the uncapped players of PBKS special.

Speaking on JioHotstar, Punjab Kings head coach Ricky Ponting shared his thoughts on the squad centred around uncapped players. Prabhsimran Singh, Priyansh Arya, Shashank Singh, Nehal Wadhwa and Vijaykumar Vyshak are uncapped players who were part of the match against CSK on Friday.

"Some of our young Indian talent, the guys at the top of the order, are pretty special. To build some of those Aussie guys around them, we had a really clear strategy going into the auction last year about trying to rebuild this whole team from the bottom up, and change and be different as a franchise. By just keeping Prabhsimran and Shashank, it gave us an opportunity for me to pick the guys that I wanted to work with," said Ponting.

Talking about getting the



senior Indian players in the auction, Ponting said, "Shreyas was obviously number one on the list. But it was really important to get the highest-quality Indian players into our team with Arshdeep and Yuzi."

PBKS defeated CSK by five wickets on Friday when they successfully chased down a 210-run target with eight balls to spare, thanks to the valuable contributions from Priyansh Arya, Prabhsimran Singh and

captain Shreyas Iyer.

Asked to bat first, CSK set a 210-run target for the last year's finalists thanks to Mhatre's 73-run knock and crucial contributions from Shivam Dube (45 not out) and Sarfaraz Khan (32 off 12 balls).

"The toss went our way again, and we were really keen to chase on that pitch. It looked like a belter of a wicket with a little bit of grass on it, something that we're not used to seeing in

Chennai," said Ponting about the win over CSK.

Punjab Kings are set to clash with Kolkata Knight Riders in their next IPL match on Monday at the Eden Gardens.

Speaking about the upcoming match, Ponting said, "We're happy, but you can't afford to be too happy in a tournament like this. We've got a game in a couple of days at Eden Gardens, and that's going to be a high-scoring game."

"We felt short by 15-20 runs": MI stand-in captain Suryakumar after loss against DC

NEW DELHI, APRIL 4: Mumbai Indians suffered their first defeat of the Indian Premier League (IPL) 2026 at the Arun Jaitley Stadium in New Delhi when they couldn't defend 162 runs against Delhi Capitals on Saturday.

Speaking during the post-match presentation, Suryakumar said, "I mean, when you're batting first, there's nothing like thinking about the score. You just keep batting, understand the stats, what's good, what has been good here, but we felt 180-185 was a good score. We felt short by 15-20 runs. I think it was a decent

wicket.

We expected it to be a little on the slower side, but still, from a batting point of view, we were a little short of 15-20 runs, but I don't want to take any credit away from the bowlers, and also their batters batted really well in the second innings."

Suryakumar was leading the MI side in the absence of the full-time skipper Hardik Pandya, who was unwell.

MI were asked to bat first, and they were restricted to 162/6 despite a 51-run knock from the stand-in captain. Naman Dhir also contributed with a 21-ball 28 before T Natarajan got him caught out by Tristan Stubbs.

Speaking about MI's

batting, Surya said, "I think me and Naman, we both got out at the wrong time, otherwise we would have at least got above par. I mean absolutely, see, there'll be days like this when you try, and it won't work, but we will go back to the drawing board, work hard and come back in the next few days."

Mukesh Kumar took a couple of wickets, whereas Patel, Natarajan, Ngidi and Nigam shared one wicket each.

Chasing a modest target of 163 runs, Sameer Rizvi made 90 runs off 51 balls to take his side past the winning line comfortably.

90 runs by Rizvi is the second-highest individual score by an impact player in IPL behind 107* runs by

Jos Buttler against KKR at Eden Gardens in 2024.

Rizvi's 90 is also the third-highest score by a DC batter against MI in IPL after 95 not out by Virender Sehwag in 2013 and 91 not out by Jason Roy in 2018. Seven sixes by him is also the joint-most by a DC batter hit against MI alongside Rishabh Pant in 2019 and Tristan Stubbs in 2024.

The MI captain praised Rizvi and said, "I mean, at 7 for 2, someone coming in like that and batting the way he batted, I think a lot of credit goes to him. He never let us come into the game. We tried our best to follow all the things what was there in the bowling department, but we couldn't come back."

Alexandersson stresses 'mindset' as India gears up for Australian challenge in AFC U20 Women's Asian Cup

PATHUM THANI, APRIL 4: Head coach Joakim Alexandersson emphasised the importance of mindset as the team re-groups to face Australia in their second Group C match of the AFC U20 Women's Asian Cup Thailand 2026 on Saturday.

According to the All India Football Federation [AIFF], the match will kick off at 14:30 IST at the Pathum Thani Stadium in Pathum Thani, and will be streamed live on FanCode.

After a challenging first outing against Japan on Thursday, which India lost 0-6, the Young Tigresses have quickly shifted their focus to the next test, carrying forward key learnings while maintaining belief in their approach.

"The mindset is to move forward. I told the girls that we performed very well in the first half and were able to compete with a good team. We just have to keep doing that," the Swede said.

India showed encouraging signs in phases of the opening match, particularly in their ability to match the tempo of the top opposition as they were only narrowly behind at half-time. However, sustaining that level across the full 90 minutes remains the next step.

"We need a stronger mindset," Alexandersson added. "Even when we start to get tired, we have to push



a little more. I felt we were losing duels too easily, so we've been talking about mindset and also about being braver with the ball."

Standing in India's way now is a physically imposing Australian side, expected to present a different dimension despite some stylistic similarities with Japan. The Young Matildas won their opening game 5-0 against Chinese Taipei.

Alexandersson said, "I think it's going to be quite similar to the Japan game. They try to play in a similar way. They want to attack with a lot of players, so that's something we can expect."

"But I also think this team is a little more physical and aggressive than Japan. It

means we need to play a bit faster and be a bit braver, with more quality when we have the ball," he explained. "And also, we need to defend for 90 minutes this time and not give up duels too easily as we did in the second half."

Unlike the evening kickoff in the opener, India's next two fixtures will be played at 4 pm local time, adding another layer to the challenge. However, Alexandersson remains confident that his side can cope with the conditions.

"We are from India, we are used to the heat, and I believe the girls will manage fine. Once again, it's about the mindset," he reiterated. "Even if you feel tired be-

cause of the heat, you can always push a bit more. You have to push your limits in these games because this is a level we haven't faced too often before."

With Australia and Chinese Taipei still to come, every point carries significance in a tightly contested Group C, where the top two teams and the two best third-placed sides across all three groups will progress to the quarter-finals. The four semi-finalists will earn a place in the FIFA U20 Women's World Cup Poland 2026.

For India, the focus remains on staying competitive, executing their game plan, and growing into the tournament.

Kerala Hockey defeat Telangana Hockey 4-1 in Division 'C', Pool A Sub Junior women's match

RANCHI, APR 04: The fourth day of the 16th Hockey India Sub Junior Women National Championship 2026 saw Le Puducherry Hockey and Kerala Hockey win in Division 'C' while Hockey Himachal, Hockey Unit of Tamil Nadu and Delhi Hockey won their respective matches in Division 'B' on Saturday in Ranchi, Jharkhand.

According to a release, the opening match of the day, Le Puducherry Hockey enjoyed a dominant 10-0 win over Hockey Rajasthan in Pool B, Division 'C'. Gnaneswari Giraka (2', 25', 28', 48'), Chanchal (26', 54', 55'), Haridharshini (18'), Tharini S (30') and Captain Kanagasri (47') scored for Le Puducherry Hockey in their big victory.

In Division 'C', Pool A encounter, Kerala Hockey defeated Telangana Hockey with a scoreline of 4-1. Parameswari Pinapothula (6', 10'), Niranjana Pradeep (20') and Captain Reshma Samad (48') were the goal scorers for Kerala Hockey, while Anandi Mahanand (20') was the lone goal scorer for Telangana Hockey.

Goans Hockey and



Hockey Jammu and Kashmir topped the Pool A and B standings respectively to conclude the Division 'C' of the 16th Hockey India Sub Junior Women National Championship 2026. In Division 'B', Pool B, Hockey Chandigarh and Hockey Uttarakhand played out a 2-2 draw. Annu (27', 37') scored an impressive brace for Hockey Chandigarh, while Captain Minakshi (49') and Gungun Katariya (60') scored the goals for Hockey Uttarakhand.

In another Division 'B', Pool B match, Hockey Himachal beat Hockey Karnataka 3-1. Shanvi Sharma (20', 33') and Arushi (7') scored goals for the winning side. Saraswathy H Y (39') was the lone goalscorer for Hockey Karnataka.

Hockey Unit of Tamil Nadu enjoyed a commanding 5-1 victory over Assam Hockey in their Pool A, Division 'B' match.

Jonishadefny MJ (17', 42', 55') scored a commendable hat-trick for Hockey Unit of Tamil Nadu,

and Captain Kanishka S.S (24') and G Swathi (36') also contributed with goals. Kalita Chayanika (8') scored a goal for Assam Hockey.

In the last encounter of the day, Delhi Hockey defeated Dadra and Nagar Haveli & Daman and Diu Hockey with a score of 2-1.

Captain Dipika (5') and Aashna Kamboj (42') were the goal scorers for Delhi Hockey, while Priya (43') was the lone scorer for Dadra and Nagar Haveli & Daman and Diu Hockey. (ANI)

Spirit of Pinkathon returns with 160 km run from Mumbai to Pune

PUNE, APRIL 4: The ethos of endurance, resilience and women's empowerment came alive once again as the Spirit of Pinkathon flagged off its 6th edition, featuring an extraordinary 160 km run from Mumbai to Pune.

According to a release, the run commenced on April 2, at 5:00 AM from Shivaji Park, Mumbai, and culminated at the AFMC Ground, Pune on April 4, over the course of three days.

Leading this inspiring journey are two remarkable runners, Captain Pooja Mehra (Retd.), a 49-year-old ultra-marathoner, psychotherapist, mo-

tivational speaker, and former Indian Army officer, and Poonam Karanjkar, a 45-year-old endurance runner and former IT professional. Together, they will undertake this demanding multi-day run, embodying the core ethos of Pinkathon, empowering women to push boundaries and prioritise their health.

The Spirit of Pinkathon has consistently championed women's fitness and well-being, encouraging women from all walks of life to embrace an active lifestyle and challenge their perceived limits.

Speaking about the initiative, Pinkathon founder Milind Soman said: "The Spirit of Pinkathon is a powerful reminder that fitness and endurance are not just physical; they are deeply connected to mind and emotion. Every year, women across the country continue to redefine what strength looks like, and this 160 km Mumbai to Pune run is a testament to that spirit. Poonam and Captain Pooja embody resilience, courage, and purpose, inspiring countless others to take that first step towards their own fitness journey."