



CWG-2026

Sharmila wins historic gold in para athletics as India shines with multiple medals

GLASGOW, JULY 28: *Sharmila Dhankar scripted history by becoming India's first-ever Commonwealth Games para-athletics gold medallist, while high jumper Sarvesh Kushare and weightlifters Valluri Ajaya Babu and Gyaneshwari Yadav clinched a silver each, as the country enjoyed a rewarding day in the multi-sport event here.*

Sharmila delivered a landmark performance by winning the women's shot put F57 title with a season-best effort of 9.81m, becoming the first Indian to win a gold medal in para-athletics at the Games late on Monday night.

Her triumph ended India's 20-year wait for a para-athletics medal at the Games. The last para athletics medal in CWG was won by Ranjith Kumar Jayaseelan in the men's seated Discus Throw event in the 2006 edition.

The F57 classification is for athletes with lower limb impairments, limb deficiencies or reduced muscle power.

Soon after, national record holder Kushare created history by becoming the first Indian to win a silver medal in the men's high jump at the Games.

The 31-year-old cleared 2.25m before narrowly missing out on gold on countback to Jamaica's Romaine Beckford after both failed to clear 2.28m. England's Jack Kimani took bronze with 2.20m.

Kushare improved upon the bronze won by Tejaswin Shankar in Birmingham four years ago, which had been India's only medal in the event. Tejaswin, who also competed on Monday, retired after failing to clear 2.05m in his opening attempt as a precaution ahead of the decathlon beginning later this week. Adarsh Ram finished fifth with 2.15m.

Weightlifting continued to be India's richest source of medals as 21-year-old Valluri Ajaya Babu clinched silver in the men's 79kg category after a gripping duel with Malaysia's



Erry Hidayat Muhammad.India News Portal

The Andhra Pradesh lifter totalled 330kg (149kg snatch and 181kg clean and jerk), narrowly missing the gold by a kilogram after Hidayat finished with a Games record total of 331kg (147kg and 184kg). The duo repeatedly rewrote the Games records during an enthralling clean and jerk contest before the Malaysian sealed victory with his final lift.

Ajaya Babu's silver took India's weightlifting tally to six medals at the Games.

India had already enjoyed a productive day on Monday with Gyaneshwari Yadav winning silver in the women's 53kg event and Bindyarani Devi adding a bronze in the 58kg class.

Gyaneshwari produced career-best lifts to total 199kg (88kg and 111kg), finishing behind Nigeria's Onome Omolola Didih, who rewrote the Commonwealth and Commonwealth Games records with a total of 206kg.

Bindyarani fought hard but had to settle for bronze after finishing with 199kg (87kg and 112kg), while Nigeria's Rafiatu Folashade Lawal stormed to a record-breaking gold.

Boxers inch closer to medals

Indian boxers also kept themselves firmly in medal contention with Sachin Siwach,

Ankush and Sakshi Chaudhary advancing to the quarterfinals of their respective categories.

Former world youth champion Sachin defeated England's William Hewitt 4-1 in the men's 60kg division and will next meet Botswana's Treasure Moremi for a place in the semifinals.

Ankush outclassed Jan Zalaan of Antigua and Barbuda 5-0 in the men's 80kg category to set up a quarterfinal against Seychelles' Jade Micock, while former world youth and junior champion Sakshi registered a unanimous 5-0 win over Botswana's Lethabo Modukanele in the women's 51kg event and will face Northern Ireland's Caitlin Fryers next. However, Sumit bowed out after losing a closely-fought men's 70kg round of 16 contest 1-4 on split decision to Northern Ireland's Jon McConnell.

Fastest man Gurindervir disappoints

In athletics earlier in the day, national record holder Gurindervir Singh endured a disappointing outing after crashing out of the men's 100m heats. The 25-year-old, who came into the Games with a personal best of 10.09 seconds and hopes of becoming the first Indian to break the 10-second barrier, clocked 10.39 seconds to finish 28th overall and miss the semifinals.

Meanwhile, national record holder Tejas Shirse became the first Indian to qualify for the men's 110m hurdles final at the Games but finished last in the medal race after sustaining an injury.India News Portal

The 24-year-old Shirse finished third in Heat 1 with a time of 13.76 seconds and made it to the final at sixth place overall.

However, in the final later in the evening, an injured Shirse could only manage 15.39 seconds to finish eighth and last. His national record stands at 13.27 seconds.

"In the warm up, I suffered a Navicular stress fracture in my left leg. I didn't want to pull out so I told my physio to tape it," Shirse told PTI after the race.

"I am the first Indian to qualify for the 110m hurdles final in the CWG, so I didn't want to let the whole nation down (by pulling out)," he added.

No success in pool

It was little joy in the pool as two-time Olympian Sajjan Prakash and Aryan Nehra both finished eighth in their respective finals.

Prakash clocked 1:58.05 in the men's 200m butterfly final, while Nehra returned a time of 8:07.26 in the men's 800m freestyle final.

In para swimming, Swatik Patil finished fifth in the men's 100m breaststroke SB9 event with a timing of 1:15.82.

District Badminton Tournament Kathua-2026 enters knockout stage

HIMALAYAN MAIL NEWS
JAMMU, JULY 28

The District Badminton Tournament Kathua-2026, being organised by the District Administration Kathua under the Nasha Mukh Jammu & Kashmir Abhiyan has entered the knockout stage with exciting contests across various categories.

The tournament, being held under the guidance of Deputy Commissioner Kathua, Rajesh Sharma has drawn enthusiastic participation from players representing Basohli, Billawar, Nagri, Hiranagar, Mahreen and other parts of the district. More than 25 girls are participating in the tournament, reflecting the growing enthusiasm among young women towards badminton and competitive sports.

Since its commencement on July 25, the tournament has witnessed keen competition, with 33 matches played on the opening day,



followed by 61 matches on the second day and 47 matches on the third day. On the fourth day, 35 matches are being played, taking the tournament into the decisive knockout phase. The Under-19 Girls Singles and Under-19 Boys Singles events have reached the semifinal stage, while the Under-19 Girls Doubles,

Women's Singles and Veterans Men's Singles and Doubles competitions have advanced to the finals. Matches in the remaining categories are progressing through the quarterfinal and semifinal rounds.

The tournament has received an encouraging response from players, parents, coaches and sports

enthusiasts. By organising such events, the District Administration Kathua aims to channelise the energy of youth towards sports and constructive activities, promoting physical fitness, discipline and a drug-free lifestyle in line with the objectives of the Nasha Mukh Jammu & Kashmir Abhiyan.

Andhra Minister Kondapalli Srinivas hails Ajaya Babu's CWG 2026 Silver medal win

VIZIANAGARAM, JULY 28: Andhra Pradesh Minister Kondapalli Srinivas hailed Valluri Ajaya Babu's Commonwealth Games 2026 silver medal as a proud moment for Vizianagaram and the state.

The 22-year-old from Kondavelagada village in Andhra Pradesh delivered a spirited performance to finish second with a total lift of 330kg (149kg in snatch and 181kg in clean and jerk), falling just one kilogram short of Malaysia's Muhammad Erry Hidayat, who claimed gold with 331kg after producing a Games-record clean and jerk lift of 184kg.

Srinivas also highlighted the rich weightlifting tradition of Ajaya's native Kondavelagada village and credited the continued promotion of the sport by Chief Minister N. Chandrababu Naidu and senior leader Pusapati Ashok Gajapathi Raju for nurturing such talent.

Speaking to ANI, Srinivas said, "I'm very happy to share that, you know, a person from Vizianagaram has won the Commonwealth Silver medal in the weightlifting championship. It's a proud moment for Vizianagaram, and this is not the first award for



weightlifting from Vizianagaram. He's from the same village, Kondavelagada, Vizianagaram. And there are serious efforts that the villagers have taken; predominantly this sport has been encouraged by Honourable Chief Minister Sri Nara Chandrababu Naidu and my beloved leader Sri Pusapati Ashok Gajapathi Raju, Governor of Goa."

Srinivas praised Valluri Ajaya Babu's father Srinivasa Rao, a former Army man and weightlifting coach, for training him from the age of eight. Calling the Commonwealth Games silver medal a matter of national pride, the Andhra Pradesh minister congratulated Ajaya for bringing honour to the country and making Vizianagaram district proud.

"I've seen his father; his father is an ex-army and he is a trainer in weightlifting. And especially, special applause to his father, Srinivas; he has trained his son from the age of eight years. And today, it is a nation's pride that he has won this Commonwealth Silver medal. And definitely, it's a very proud moment for the district, and I heartily congratulate Mr Valluri Arun Ajay for standing for the nation, getting this award and

making us proud," he said. Ajaya made a dream start by setting a Commonwealth Games record of 149kg in the snatch, putting himself in contention for the gold medal. However, Hidayat produced a clutch performance in the clean and jerk to edge past the Indian by a solitary kilogram. TrendingVideos

The silver medal was another proud moment for Ajaya's family. His father had won bronze in weightlifting at the 2010 Commonwealth Games, and the young lifter surpassed that feat by claiming silver in Glasgow.

Ajaya also continued the rich sporting tradition of his native Kondavelagada village in Andhra Pradesh, which has produced 20 national and 13 international weightlifters.

The Indian had entered the Games in impressive form after defeating Hidayat at the Commonwealth Weightlifting Championships earlier this year with a total of 335kg, compared to the Malaysian's 333kg. Although Hidayat reversed the result in Glasgow, Ajaya once again demonstrated his ability to compete with the world's best. (ANI)

Sonam Uttam Maskar and Himanshu Dhillon clinch bronze in 10m Air Rifle mixed team at ISSF World Cup Hangzhou

HANGZHOU [CHINA], JULY 28: Indian rifle shooters Sonam Uttam Maskar and Himanshu Dhillon secured the bronze medal in the 10m Air Rifle Mixed Team event at the ongoing ISSF World Cup Rifle/Pistol/Shotgun in Hangzhou, China, adding another podium finish to India's campaign.

Both Indian teams delivered strong performances in the qualification round to advance to the final. Sonam Uttam Maskar (317.2) and Himanshu Dhillon (317.4) combined for an aggregate qualification score of 634.6, according to a release.

Meanwhile, the pair of Elavenil Valarivan (316.8) and Parth Rakesh Mane (317.4) qualified right be-

hind them with a total score of 634.2.

In the final, Sonam and Himanshu produced a composed performance to combine for 441.2 points (220.6 each), securing the bronze medal behind China 1 and China 2. Elavenil and Parth finished fourth with a final score of 378.8 (Elavenil: 190.5, Parth: 188.3).

Reflecting on the achievement, Sonam Uttam Maskar said, "It was a tough competition, and the overall experience was very good. Winning a medal is always important because it gives us confidence for the assignments ahead. Experience matters more than anything, and this performance will motivate us as we prepare for the Asian

Games and the World Championships later this season."

Making his first-ever senior ISSF World Cup final appearance, Himanshu Dhillon added, "It was a great experience competing in my first senior World Cup final. I believed in myself, trusted my coach's guidance and relied on my strengths. I've competed in many junior finals, but winning my first senior World Cup medal makes this achievement very special."

The podium finish marks another milestone for 23-year-old Sonam Uttam Maskar from Kolhapur, Maharashtra. Sonam previously won silver medals at the ISSF World Cup in Cairo and the ISSF World Cup Final in New Delhi in

2024, alongside a fifth-place finish at the ISSF World Cup Granada, cementing her reputation as one of India's top rifle shooters, the release said. WorldNews Section

For 20-year-old Himanshu Dhillon from Jind, Haryana, the bronze medal represents his maiden senior ISSF World Cup podium.

Himanshu previously won gold in the 10m Air Rifle Men Junior event at the ISSF Junior World Cup in New Delhi in 2025 before adding another gold at the Asian Shooting Championships.

The bronze medal takes India's overall tally at the ISSF World Cup Hangzhou to four medals (1 Gold, 1 Silver, and 2 Bronze). (ANI)

The Mile returns: An iconic race chases new glory at CWG 2026

GLASGOW, JULY 28: It is the distance that gave athletics the elusive four-minute barrier, the immortal "Miracle Mile" and two enduring names in Roger Bannister and John Landy.

Sixty years after disappearing from the Commonwealth Games programme, the sport's most romantic race is back, inviting a new generation to chase a piece of history.

Its return in Glasgow is more than a nostalgic throwback. For the first time in Commonwealth Games history, women will also compete in the Mile, ensuring that the revival celebrates not only the past but also how far the sport has travelled.

Replacing the traditional 1500 metres, the Mile returns to the Games for the first time since 1966. Measuring 1,609.34 metres -- 109.34 metres longer than the Olympic-standard 1500m -- it occupies a unique place in athletics as the only imperial distance for which World Athletics officially ratifies world records.

From the inaugural Commonwealth Games in 1930 until 1966, the Mile was the blue-riband middle-distance event of the competition. Over the decades, races over the distance acquired names that reflected their place in sporting folklore -- the Miracle Mile, the Dream Mile, the Golden Mile and the Mile of the Century. Its mythology was cemented at the 1954 Commonwealth Games in Vancouver.



England's Bannister had become the first man to break the four-minute barrier just two months earlier. Australia's Landy soon followed, setting up one of the most anticipated duels in athletics history between the world's only two sub-four-minute milers.

What unfolded became known simply as the "Miracle Mile".

Landy led almost from the start and still held the advantage entering the final bend. Then came the moment immortalised in one of sport's most famous photographs.

With around 90 yards remaining, Landy glanced over his left shoulder to check Bannister's position. At that exact instant, Bannister surged past on the right before pulling away to win in a Commonwealth record 3:58.8.

Landy also dipped under four minutes, clocking 3:59.6, making it the first

race in which two athletes broke the barrier in the same contest.

More than seven decades later, Glasgow hopes to reconnect with that glorious chapter by restoring the Mile to the Games programme.

The presence of Scotland's new world record holder Josh Kerr only adds to the anticipation.

Kerr recently lowered the men's Mile world record by half a second, eclipsing the 27-year-old mark set by Moroccan great Hicham El Guerrouj in 1999, and the home favourite is relishing the chance to race before a Scottish crowd.