

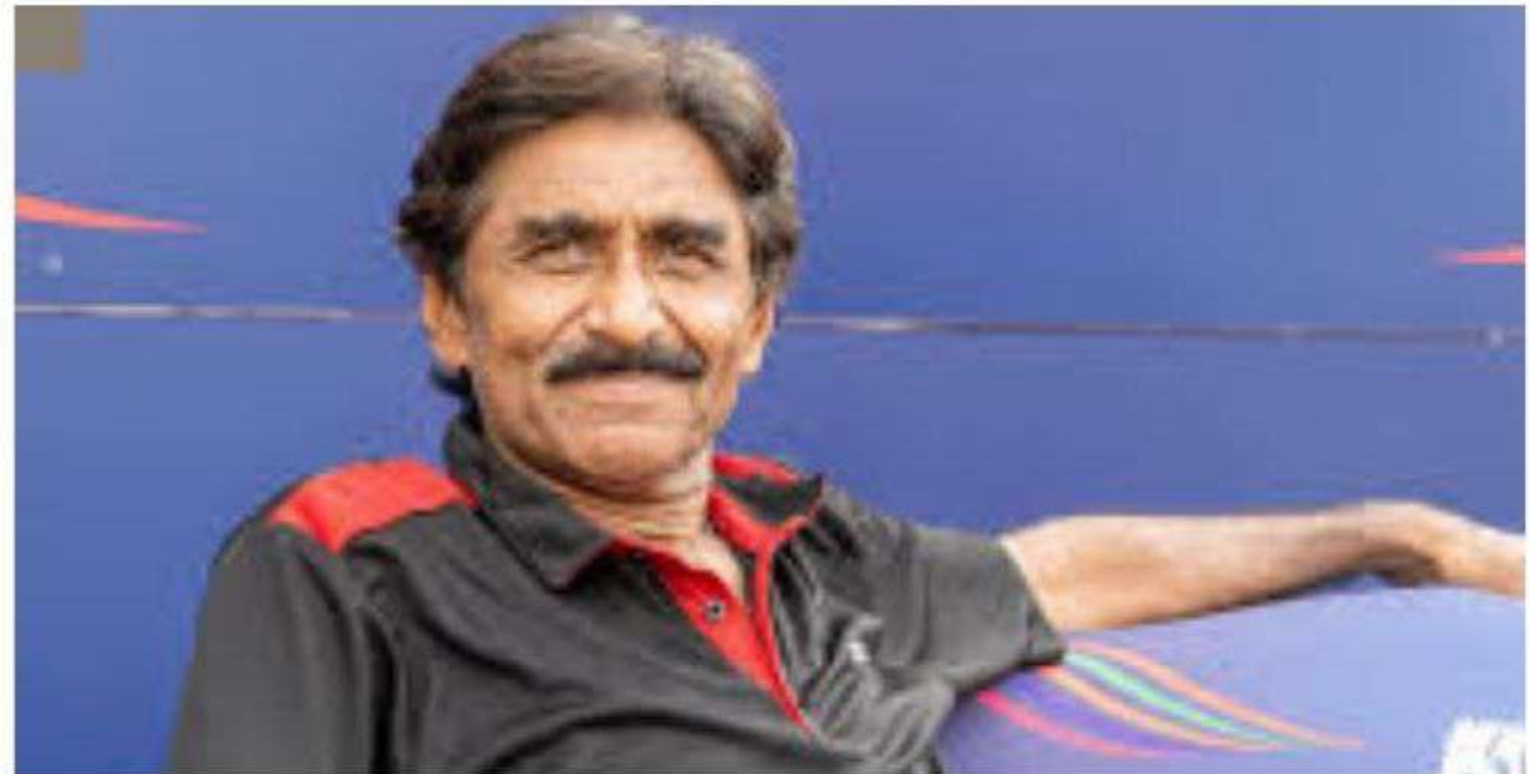


SPORTS NEWS



Javed Miandad Sees Bright Future for Cricket in Saudi Arabia

HAIL (News Desk) – Former Pakistan cricket captain and legendary batsman Javed Miandad has expressed that the future of cricket in Saudi Arabia is bright, encouraging new players to receive training from professional coaches. Speaking at a ceremony held in Jubail, Miandad emphasized that with hard work, dedication



and confidence on the field, players can achieve success. The master batsman shared his happiness over the growing popularity of cricket in Saudi Arabia. During the event, Sports Community President Moaz Munir thanked Javed Miandad for his presence. Later, Miandad attended the opening ceremony of the EPCA 100 Balls Floodlight Tournament in Al Khobar as the chief guest.

Saad Habib Secures Second Place in Dallas Amateur Golf Championship 2025



DALLAS (News Desk) – Pakistan's national junior amateur golf champion, Saad Habib Malik, achieved a significant milestone in his career by securing second place at the Dallas Amateur Golf Championship 2025. Held from July 25 to 27 at the technically challenging Cedar Crest Golf Course, the tournament featured 60 elite players with handicaps of 2 or better. Saad was granted a special exemption based on his impressive World Amateur Golf Ranking (WAGR). Despite tough weather conditions, he bounced back after a rough first round, finishing with a five-under-par total, tying with Sam Brewer but taking second place via countback. His consistent performance under pressure highlights his skill, strategy, and mental toughness, marking him as one of Pakistan's most promising young golfers.

Divya Deshmukh Becomes Youngest Women's Chess World Cup Champion

NEW DELHI (News Desk) – Indian chess prodigy Divya Deshmukh made history by becoming the youngest-ever winner of the Women's Chess World Cup. The 19-year-old defeated her 45-year-old compatriot Humpy Koneru in the final. Alongside the World Cup title, Divya also earned the prestigious Grandmaster title, making her the 88th overall and fourth female Grandmaster from India. Prior to Divya, India's Gukesh Dommaraju held the record as the youngest world champion.

Pakistan Defeats Puerto Rico for Fourth Consecutive Win in U19 Volleyball World Championship



BAKU (News Desk) – Pakistan's winning streak continues in the ongoing U19 Volleyball World Championship in Uzbekistan, as the team secured its fourth consecutive victory by defeating higher-ranked Puerto Rico on Monday. In the tournament match, world number 19 Pakistan faced world number 13 Puerto Rico and once again delivered a dominant performance, winning the match 3-0. The set scores were 25-20, 25-20, and 25-15. Pakistani players Yahya, Irfan, Ajmal, and Saud played exceptionally well. Pakistan will play its final group stage match against Argentina. It is worth mentioning that Pakistan has already qualified for the knockout round of the event.

Wasim Akram's Fitness Advice to Young Players Goes Viral

LAHORE (News Desk) – Legendary Pakistani cricketer Wasim Akram has shared a simple yet impactful piece of fitness advice for young players, which has gone viral on social media. Known as the Sultan of Swing, Akram has set numerous records during his career and continues to inspire emerging talent. Amid rising criticism over players' fitness, the former captain advised, "Eat less – there's no need to eat 36 naan." He emphasized that the real secret to fitness lies in moderation and self-control—principles he has personally followed for years. Social media users praised his blunt yet humorous delivery, with one commenting on his strong Punjabi tone and another highlighting the current lack of fitness among players.



PCB Makes Fitness Tests Mandatory for All Domestic Cricketers Ahead of 2025-26 Season

LAHORE (News Desk) – The Pakistan Cricket Board (PCB) has made strict fitness tests mandatory for all regional and departmental players ahead of the start of the 2025-26 domestic cricket season. The season will begin in August with the 12-team "Hanif Mohammad Trophy," followed by the eight-team "Quaid-e-Azam Trophy." According to the PCB, all 16 regional teams participating in these tournaments will complete fitness tests for their initial squad members a week before the season begins. A new two-tier fitness standard has been introduced—one for pathway players and another for experienced domestic cricketers. The PCB has already conducted fitness assessments across 107 districts during the "Challenge Cup" and "Senior Inter-District Tournaments" under the supervision of strength and conditioning coaches. In August, around 400 players aspiring to join regional squads will undergo fitness tests at their respective regional headquarters. U19 players will also go through fitness testing before participating in the "Regional U19 One Day Cup." The PCB spokesperson stated that first-class regional players will face rigorous physical and dynamic tests to assess their match fitness and determine eligibility for domestic contracts. Notably, this year the PCB will directly conduct fitness tests for all departmental players, ending the previous practice of independent testing by departments. The board clarified that the purpose of pre-season fitness testing is to ensure that only fully fit players participate in domestic cricket. Players who fail will be given one retest opportunity; however, repeated failure will disqualify them from participating in any tournament during the season. This step aims to enhance both the physical readiness of players and the overall standard of domestic cricket.

Usama Mir Signs Three-Year T20 Deal with Worcestershire County Cricket Club

LONDON (News Desk) – Pakistan's renowned leg-spinner Usama Mir has signed a three-year T20 contract with England's Worcestershire County Cricket Club. The 29-year-old spinner, who has represented Pakistan in all formats, has also played in various T20 leagues, including the Australian Big Bash League, Pakistan Super League, and The Hundred. According to Worcestershire's management, Usama Mir will serve as an overseas player in the 2026 season and will be counted as a home player starting from 2027 under residency regulations. The club confirmed that he will be considered a local player for the 2027 and 2028 seasons. Worcestershire County CEO Ashley Giles expressed enthusiasm, stating, "We are excited to welcome Usama Mir to the team."



Inzamam, Sarfaraz Praise Growing Popularity of Tape Ball Cricket

KARACHI (News Desk) – Former Pakistan Test captains Inzamam-ul-Haq and Sarfaraz Ahmed have welcomed the rapidly growing popularity of tape ball cricket. Speaking at the final ceremony of a tape ball tournament in Karachi, former head coach and chief selector Inzamam-ul-Haq remarked that even during his era, hard ball tournaments did not



offer prize money as high as 5 million rupees. He appreciated the large number of spectators attending tape ball matches and the fame enjoyed by prominent tape ball players. Sarfaraz Ahmed, also present at the event, recalled playing tape ball cricket on the streets in his early days and expressed happiness over the excitement of fans and the organization of high-reward tournaments across the country.

Pakistan Team Holds Intense Practice Session Ahead of T20 Series Against West Indies

LAUDERHILL (News Desk) – Ahead of the T20 International series between Pakistan and West Indies, the national squad participated in an intense training session at Broward County Stadium in Lauderhill. The three-hour session involved extensive batting, bowling, and fielding practice under the supervision of head coaches and trainers. Prior to the main session, players completed warm-ups and fitness drills, followed by focused net practice. The first T20 match is scheduled for July 31 at the same venue, and the Pakistani team is preparing thoroughly as fans eagerly anticipate a strong performance from the Green Shirts.

Eugenie Bouchard Advances to Second Round in Canadian Open, Delays Retirement



MONTREAL (News Desk) – Canadian tennis star Eugenie Bouchard made a winning start in the WTA Canadian Open women's singles competition, advancing to the second round after defeating Colombian player Emiliana Arango Restrepo in the first round. The 31-year-old Bouchard beat her opponent 2-1 in sets, with scores of 4-6, 6-2, and 2-6, eliminating Restrepo from the event. The intense matches of the Canadian Open continue in Montreal at the IGA Stadium. Bouchard's performance not only marked a victorious beginning to the tournament but also extended her tennis career by at least one more match. She is set to face fellow Canadian player Belinda Bencic in the second round. Bouchard, who reached the Wimbledon final and two other Grand Slam semi-finals in 2014, had earlier announced that she would retire after participating in this tournament in her hometown. Before receiving a wildcard entry into the Montreal event, she had played only one match this season. Bouchard once ranked fifth in the women's singles world rankings back in 2014.