Manu proves 'two good'

Wins 2nd Olympic medal; seals 10m air pistol mixed team bronze with Sarabjot

A calm and composed Manu Bhaker scripted history to become the first Indian athlete in post-independence era to win two Olympic medals in a single edition of the Games as she combined with an equally unruffled Sarabjot Singh to clinch the 10m air pistol mixed team bronze here on Tuesday.

The Indian pair defeated the Korean duo of Lee Wonoho and Oh Yeh Jin 16-10 to earn the country its second medal at Chateauroux's shooting range. The 22-year-old Bhaker had earlier snared the women's 10m air pistol bronze medal at the same venue on Sunday, wiping off the memories of a horrendous Olympic debut in Tokyo 2020 where her pistol malfunctioned leaving her in tears.

Before her, British-Indian athlete Norman Pritchard had won two silver medals in 200m sprint and 200m hurdles at the 1900 Olympics but that achievement had come in the pre-Independence era. While it is a massive achievement for women's sport in the country, Tuesday's medal is also redemption for Sarabjot, who had failed to make the men's 10m air pistol final, finishing ninth on Saturday with a score of 577.

"I'm feeling really proud and there is a lot of gratitude, thanks for all the blessings," said Bhaker after the match, which the two young Indians played with remarkable poise to make it a one-sided contest. "Actually we can't control (what the rivals will do), we can do what is in our hand, me and my partner thought let's just try our best and we will keep fighting till the end," added the shooter from Jhajjar in Haryana.

In Tokyo, she could not even qualify for this event alongside Saurabh Chaudhary and had finished seventh. Ambala shooter Sarabjot, who passed through a difficult phase trying to come to terms with the disappointment of the individual competition just three days back, said he was under a lot of pressure to perform. "I'm feeling good, the game was very tough and there was a lot of pressure, I am very happy," said the 22-year-old Sarabjot, who comes from a farming family.

The Indians started on the wrong foot with Sarabjot's opening shot fetching a poor 8.6, while Bhaker shot 10.2 for an aggregate of 18.8. The Koreans aggregated 20.5 to take the opening round and open a 2-0 lead. In mixed team events, the pair that reaches 16 points first wins the medal. Down 0-2, Bhaker's consistency came to the fore and it rubbed off on Sarabjot as the pair took the next four rounds to take their tally to 8-2. Such was her level of confidence that Bhaker had just three shots below 10 in the entire contest which lasted 13 rounds. It was an uphill task for the Koreans who succumbed to pressure and could not match their rivals losing 16-10.



It's all about keeping it steady

Bhaker said that high-speed and high-precision sport requires a steady mind.

forget the disappointment of his individual performance. "It was in my mind that I should just for-

steady mind.

"We don't need to be in a hurry, just relax and breathe. Shooting is the kind of sport where it's all about nerves, your heart beats heavily, we can't move, we have to stand at one place," she explained. Sarabjot said he has been trying hard to

forget the disappointment of his individual performance. "It was in my mind that I should just forget the last shot and focus on new one and give my best now. I can't express what I feel when I see India India winning a medal."

Bhaker will next be seen in action in the 25m women's pistol qualification on August 2 and

has a good chance of making the finals. She won gold medals in this event at the 2023 World Championships and the 2022 Hangzhou Asian Games.

The prodigal talent's long list of honours also includes nine World Cup gold medals across events. Sarabjot is also a World Championship, World Cup and Asian Games gold medallist.

Harmanpreet's double does it for India

Team nears quarters after 2-0 win over Ireland

PARIS

The Indian men's hockey team expectedly beat Ireland despite a few defense lapses to more or less secure its passage into the quarterfinals of the Paris Olympics, with skipper Harmanpreet scoring a brace in a 2-0 win in a Pool B match, here Tuesday.

Unlike the previous two matches, India penetrated the rival circle consistently and dictated play in the first half. It was expected, considering that Ireland were the easiest of the opponents in this pool. India were, however, far from convincing in the second half, but the win has taken them to seven points from three matches while the defeat has ousted Ireland from the quarterfinal race.

Belgium and Australia, both unbeaten, have six points each and they play against each other later in the day. India just about managed to edge New Zealand 3-2 before holding Argentina to a 1-1 draw in their previous two outings. Most likely, Argentina and New Zealand will fight for the fourth spot in this Pool. The top four teams from each of the two pools qualify for the quarterfinals.

armanpreet (13th and 19th minutes) struck once each in the first two quarters, while the second half remained goal-less despite



 $India's \ captain \ Harman preet \ Singh \ celebrates \ with \ team mates \ after \ scoring \ a \ goal \ against \ Ireland \ on \ Tuesday. \ — \ Photo: PTI$

both teams earning plenty of penalty corners. Ireland were profligate, squandering 10 chances.

India earned their first penalty corner as early as the second minute of the match when Abhishek made a move from the left and passed the ball to Sukhjeet Singh. However, the Harmanpreet strike blocked by an Ireland onrusher. Even on rebound, there was a chance, but Mandeep Singh lost possession. Harmanpreet created another chance by passing the ball to Sumit on the left flank but his reverse strike hit the post.

India did not have to wait long for their first goal. It came from a penalty stroke awarded to India in the 13th minute of the match. Gurjant intercepted the ball in between two Irish players and sent it towards Mandeep Singh. A tackle by Shane O'Donoghue in front of the goalpost resulted in the umpire awarding a penalty stroke, which was converted by Harmanpreet.

he India captain doubled his side's lead by converting the fourth penalty corner in the second quarter. This was after Ireland's defenders blocked two consecutive attempts. PTI

Bhajan storms into pre-quarters

PARI

Bhajan Kaur dominated Poland's Wioleta Myszor in straight sets in the Round of 16 Elimination Round to register a 6-0 victory over her opponent and reach the prequarterfinals.

World Ranked 45, Bhajan Kaur scored 28, 29, 28 in the three sets to confirm her qualification to the next round. Myszor was not able to find her footing in the match as she struggled with scores of 23, 26, and 22 with

only one shot in the inner-10 circle. Bhajan Kaur earlier progressed to the Round of 16 in the women's archery event after defeating Indonesia's Syifa Nurafifah Kamal 7-3 in the Round of 32 Elimination Round.

The clash started on a feisty note as both archers finished with 27 points in the first set. The Indonesian pulled ahead winning the second set 29-27 and taking the 3-1 lead over Kaur. Following the second set, Kaur registered impressive

scores of 29, 27 and 28 in the next three rounds to seal the victory. Despite Kaur's win, there were some signs of gloom in the Indian archery camp as fellow compatriot Ankita Bhakat was eliminated just moments before Kaur's match.

Despite being just one set away from victory whilst possessing a 4-2 lead, Ankita lost the final two sets and missed out on qualifying for the next stage with a 4-6 loss against Poland's Wioleta Myszor. IANS

All too easy for Satwik, Chirag

PARIS

Medal contenders Satwik-sairaj Rankireddy and Chirag Shetty notched up a dominating straight-game win against Indonesian duo of Muhammad Rian Ardianto and Fajar Alfian to top Group C in men's doubles badminton competition at the Paris Games here on Tuesday.

The third-seeded Indian duo beat their opponents 21-13 21-13 in the final Group C match that lasted just 38 minutes. The reigning Asian Games champion Indian pair had qualified for the quarterfinals on Monday after the withdrawal of one pair and the loss suffered by another.

Tuesday's match was meant to decide group winner. The Indonesian pair also qualified for the quarterfinals after finishing second in the group.

The draw for the quarterfinals will be held on Wednesday. Satwik and Chirag were scheduled to meet the German duo of Mark Lamsfuss and Marvin Seidel on Monday in what was supposed to be their second Group C match.

But the match was can-

But the match was cancelled following the withdrawal of Lamsfuss due to injury. As a result, the Group C was considered a three-pair affair, with the duo of Lucas Corvee and Ronan Labar of France being the third one.

The Frenchmen lost both their matches and were eliminated. Only two teams from each of the four groups qualify for the quarterfinals. PTI



India's Satwiksairaj Rankireddy and Chirag Shetty in action against Indonesia's Fajar Alfian and Muhammad Rian Ardiant

This is my last Olympics: Ponnappa

PARIS

Indian badminton stalwart Ashwini Ponnappa on Tuesday broke down in tears, announcing she has played her last Olympics after she and her partner Tanisha Crasto suffered their third straight loss in the women's doubles competition of the Paris

Games.
Ashwini and Tanisha lost to Australia's Setyana Ma-

pasa and Angela Yu 15-21 10-21 in their final Group C game on Tuesday. They ended their campaign after losing all their three group matches.

matches.

"This will be my last, but Tanisha has a long way to go," said 34-year-old Ashwini, who was playing in her third Olympics, when asked whether she hopes to play in the 2028 Los Angeles Games. "It takes a toll emo-

tionally and mentally, I can't go through this again. It is not easy, you can take all these if you are a little younger. Having played for so long, I can't take it anymore," she said while trying to hold back tears. Ashwini, who had won her first national title in 2001, had formed a formidable and history scripting women's pair with Jwala Gutta, who played till 2017. PTI



ROWING PARIS

Balraj Panwar finishes 5th in single sculls quarterfinals

India's lone representative in rowing at the Paris Olympics, Balraj Panwar on Tuesday finished fifth in his quarterfinals heat race of the men's single sculls event and will now fight for minor positions. The 25-year-old clocked 7 minutes and 5.10 seconds in quarterfinals heat 4 to be relegated to semifinals C/D, meant for rowers to compete for positions 13th to 24th. Panwar had progressed to the quarterfinals after finishing second in his repechage round race.



Short

takes

TABLE TENNIS PARIS

Focusing to play every match with my best effort, says Manika

Table tennis Manika Batra expressed her joy after becoming the first Indian paddler to reach the round of 16 at the Olympics. Manika stunned Prithika Pavade 4-0 on Monday, "I'm not focusing on that (reaching Roud of 16 for the first time). My focus is to play every match with my best effort and enjoy the Olympics and yes, I'm really happy that I reached round of 16 and blessed. So I just give my best for every round I play against whoever I play," said Manika.



TENNIS PARIS

Alcaraz dealing with a groin muscle problem since Wimbledon

Carlos Alcaraz took a medical timeout for what he said is a lingering groin muscle issue in the second set of his 6-1, 7-6 (3) singles victory over Tallon Griekspoor at the Paris Olympics. Alcaraz is scheduled to play doubles for Spain with Rafael Nadal on Tuesday — and the opponents happen to be the Dutch pair of Griekspoor and Wesley Koolhof. "It's a pain that I've been dealing with. I know what I have to do ... to deal with this pain," said Alcaraz.