

PRESS RELEASE



National Sports Day 2026: 10-KM Run Held in Tura with Participation from Across West Garo Hills

Tura, August 29, 2026: As part of the National Sports Day celebrations, a 10-km run open to all men and women was organised by the District Sports Office, West Garo Hills, Tura, at the Matchakolgre L.P. School Field (New Tura).



The run, which began at 6:00 AM on Saturday, witnessed participation from runners across different parts of the district, promoting fitness, sporting spirit and active participation in sports.

In the men's category, Meckmillan B Marak of Jengjal secured first place with a timing of 31.15 minutes. Sengwat S Sangma of Aminda Simsang finished second with 31.49 minutes, while Nirest R Marak of Matchakolgre took third place with 32.40 minutes.



The remaining top-eight finishers were Sengnabrith R Marak of Rongram (32.15 minutes), John Omega Sangma of Chitoktak (32.30 minutes), Khrisdalin Basalamoit of Police Reserve (32.45 minutes), Chekam Marak of Upper Wadanang (33.10 minutes) and Rikrak Ch Sangma of Dalu (33.26 minutes).

In the women's category, Rakshli A Marak of Williamnagar emerged victorious with a timing of 42.42 minutes. Martha D Sangma of Williamnagar secured second place in 43.18 minutes, followed by Carnidiliana Ch Momin of Dalu in third with 44.15 minutes.



Palbina A Sangma of Phulbari finished fourth (44.30 minutes), while Dislimet T Sangma of Rongkon Songital was fifth (44.48 minutes), Nimra G Momin of Rongjeng sixth (45.10 minutes), Danchi A Sangma of Najing Bazar seventh (46.09 minutes), and Nopanchi A Sangma of Rongram Alagre eighth (46.17 minutes).

The winners and top performers were subsequently awarded prizes by Shri Rupam R. Marak, MPS, Superintendent of Police (Traffic), Tura, West Garo Hills.



The event served to promote fitness, healthy living and greater participation in sports, while marking National Sports Day through an inclusive sporting activity open to the public.