

Iranian Men's Karate Kumite Team Crowned in Asia



TEHRAN – The Iranian men's karate kumite team defeated Kazakhstan in the Asian championships in Malaysia on Sunday to win the Asian title for the ninth time.

The Iranian team took on the Kazakhstan team in the final of the 19th Asian

Karate Championship Melaka held in Malaysia on July 21-23 and beat the Kazakh team 3-0 to become the Asian champions for the ninth time.

Iran's national team had defeated the teams of Saudi Arabia, Iraq and Jordan to advance to the final match.

The Iranian team kumite team has won 9 gold medals, 6 silver medals and 4 bronze medals in the Asian Championships so far.

Kumite is one of the three main sections of karate training, along with kata and kihon. Kumite is the part of

karate in which a person trains against an adversary.

Also, earlier on Sunday, the Iranian men's Kata team came third in the same competition to win the bronze medal.

Moreover, on Saturday, the Iranian para-Karate team became champions in the same event to bag the gold medal.

Women's Karate Kumite Gain Silver

Iranian women's karate kumite team won the silver medal at the Asian Championship after defeating the Vietnamese team on Sunday.

On the final day of the 19th Asian Karate Championship Melaka in Malaysia, the Iranian women's karate Kumite team won the silver medal with a 2-0 win in the final match against Vietnam.

This was the first time an Iranian women's kumite karate team win the silver medal at the Asian competitions.

To reach the final, the Iranian team defeated the teams of Thailand, Uzbekistan, Japan and Chinese Taipei.

Iran Beat Jordan's Women Basketball Team Twice in Friendly



TEHRAN – Iran's national women's basketball team faced Jordan for the second time and won 57-54 in a friendly match on Sunday.

Led by Greek basketball coach Eleni Kapogianni, the Iranian national women's basketball team played a second friendly match against the national team of Jordan late on Saturday and narrow-

ly won the match.

Earlier, Iran's national women's basketball team defeated Jordan 71-45 in the first friendly match.

The Iranian team, which have been holding their overseas camp in Jordan as it prepares for the FIBA Women's Asia Cup 2023 Division B, a tournament planned for 13-19 August 2023 in Bangkok, Thailand.

Menshazadeh, Nouri Win Silver at World Archery Para Championships



TEHRAN – Iran's Alisina Menshazadeh and Hadi Nouri claimed a silver medal at the 2023 World Archery Para Championships on Saturday.

The Iranian team lost to China 157-150 in the final match. The bronze medal went to the

U.S. after beating the Czech Republic 149-140.

The Iranian team defeated France, Turkey and the U.S. on their way to the final.

The competition started on July 17 in Pilsen, Czech Republic and will run until July 23.



Leon Marchand of France celebrates after winning Men 400m Medley final at the World Swimming Championships in Fukuoka, Japan, Sunday, July 23, 2023.

Frenchman Marchand Breaks Phelps' World Record in 400m Medley

FUKUOKA, Japan (AP) — French 22-year-old Leon Marchand has broken Michael Phelps' world record in the men's 400-meter individual medley in a time of 4 minutes, 2.50 seconds. Phelps set the old record of 4:03.84 at the 2008 Beijing Olympics.

Marchand set the record on Sunday on the first day of eight in the pool at the World Aquatics Championships.

It was the last individual record that Phelps held since retiring for good after the 2016 Rio de Janeiro Olympics.

Marchand swims at Arizona State and is coached by Bob Bowman, the coach of the American team at the world championships. He is a potential hometown superstar going into next year's Paris Olympics. He will also be the favorite in the 200 IM.

Titmus Shatters World Record to Win 400m Freestyle Gold

FUKUOKA, Japan (Reuters) - Reigning Olympic champion Ariarne Titmus of Australia smashed the world record as she blazed to victory in a battle royale for the women's 400m freestyle title on the opening day of the swimming events at the World Aquatics Championships on Sunday.

Titmus eclipsed the mark set by Canadian teenager Sum-

mer McIntosh at her national trials earlier this year, finishing in three minutes, 55.38, a staggering 3.35 seconds ahead of silver medallist and 2022 champion Katie Ledecky.

The clash between the trio had already generated "race of the century" hype, 20 years after Ian Thorpe beat Pieter van den Hoogenband and Michael Phelps at the 2004 Ath-

ens Olympics and it was Titmus who laid down a marker for next year's Paris Games.

New Zealand's Erika Fairweather edged McIntosh to grab the bronze, finishing 4.21 seconds behind Titmus.

Earlier, Australia's Sam Short won the men's 400m freestyle race a year after his compatriot Elijah Winnington prevailed.

Short, 19, crossed the line in three minutes, 40.68 seconds to edge out Olympic champion Ahmed Hafnaoui of Tunisia by 0.02 seconds while Germany's Lukas Martens was 1.52 seconds behind the winner to take the bronze medal.

Winnington, who bagged the title in Budapest last year, was seventh out of eight competitors.

Vingegaard Poised for Tour Title as Pogacar Wins Stage

LE MARKSTEIN (Reuters) - Defending champion Jonas Vingegaard of Denmark was set to win his second Tour de France title after keeping a close tab on his main rival and 20th stage winner Tadej Pogacar in a final, emotional mountain ride of the race on Saturday.

Two-time Tour winner Pogacar, whose title hopes evaporated when he was crushed by Vingegaard in Tuesday's time trial and cracked in Wednesday's last Alpine stage, claimed victory on the day after 133.5 kilometres (82.95 miles) from Belfort, out-sprinting Austrian Felix Gall for his second win in this year's race. Local hero, France's Thibaut Pi-



not, meanwhile, produced his last mountain effort as he rode on his training roads with thousands of fans cheering him on with flags, beer and flares.

Overall, Jumbo-Visma rider Vingegaard leads Pogacar by sev-

en minutes and 29 seconds with his United Arab Emirates team mate, Briton Adam Yates, in third position, 10:56 off the pace.

"I'm so happy to win my second Tour, it was the big goal of my season. It's really amazing, I want

to thank my team, they've done so well and it's really nice that I could finish it off," Vingegaard told a news conference.

"The Tour de France is something so special, I'll probably try to win it again next year."

Vingegaard built his success on a supersonic time trial and benefited from Pogacar's spectacular failure on Wednesday's toughest stage on the Col de la Loze, and the Slovenian vowed to come back next year, too.

"It's 90% sure that I will be back next year to try and win it," the 24-year-old, who will claim the white jersey for the best under-25 rider for the fourth year in a row, told a news conference.

Haaland Scores Twice as Man City Hit Five in Tokyo Friendly



Manchester City forward Erling Haaland scored twice in Tokyo.

PARIS (AFP) - Erling Haaland scored a brace as Manchester City roared back from two goals down to beat J-League champions Yokohama F-Marinos 5-3 on Sunday in their first match of a pre-season tour of Japan.

John Stones, Julian Alvarez and Rodri were also on target for Pep Guardiola's side in their first outing since completing a historic treble by winning the Champions League final last month.

Only four of the players who started that game were in the initial City XI against Marinos in Tokyo, and after 27 minutes they found themselves a goal down.

Anderson Lopes latched onto the rebound after Stefan Ortega saved his initial shot, converting crisply into the bottom corner.

Right-back Ken Matsubara made it 2-0 only 10 minutes later,

expertly steering home with his first touch after fellow full-back Katsuya Nagato had crossed into his path from the left wing.

Stones pulled one back for City in the 40th minute, coolly slotting home from just inside the area after Alvarez's lay-off.

Two minutes later City were level as Marinos goalkeeper Jun Ichimori surrendered possession cheaply under pressure from Calvin Phillips and Alvarez was on hand to stroke home.

Haaland, one of 10 outfield changes made by Guardiola at half-time, didn't take long to put City ahead.

The Norwegian -- who scored 52 goals in his debut season at City -- fired home from an acute angle after receiving possession from fellow substitute Phil Foden in the 52nd minute.