

## **Outstanding Performance of HEC Squad during the 31<sup>st</sup> National Games 25<sup>th</sup> to 31<sup>st</sup> December 2010 in Peshawar.**

### **Introduction:**

Pakistan Olympic Association in its meeting held on 3<sup>rd</sup> December in Lahore decided that the 31<sup>st</sup> National Games will be held in Peshawar from 25<sup>th</sup> to 31<sup>st</sup> December 2010. Due to security threat these games were held under tight security. Holding of these games was very important for the revival of International sports activities in Pakistan, eyes of whole world were focused on successful holding of these games in the heart of the province where the unrest is going on. The main aim was to send a clear message that Pakistan is capable of providing secure environment for sports activities. Competition were held in 21 male and 7 Female events. HEC participated in HEC 10 male and 2 Female events with a contingent of 98 players and officials. Mr. Ahmad Yahya Khan, Director Sports, HEC was the Chef De Mission and Mr. Qayyum Azam A.D HEC was the Secretary of the HEC cotangent. Governor, Khyber Pakhtoonkhaw was the chief guest on the Opening Ceremony on 25<sup>th</sup> December. Chief Minister Khyber Pakhtoonkhaw was the Chief Guest on the Closing Ceremony on 31<sup>st</sup> December, 2010. HEC Rowing and Swimming teams stayed in Islamabad as these events were held at Khanpur and Islamabad, respectively.



Jokers at the Opening Ceremony of the 31<sup>st</sup> National Games

Due to shortage of time and holidays, HEC Sports division worked day and night to raise the teams on merit in a transparent manner and also made arrangements for participation in the National Games. Directors Sports of the Universities provided full cooperation in holding of Intervarsity Championships in shortest possible time and for the selection of HEC teams on merit. Recommendations of the Committee for selection of HEC teams constituted during its 44<sup>th</sup> meeting were followed.

## **Criteria for Selection of HEC Team, Manager and Coach:**

In case of Individual events, players were selected on the basis of their performance in the intervarsity i.e. Medalist according to merit, fulfilling the Minimum standards criteria. For Team events, players were selected during the Intersarsity Championship. The events in which Intersarsity could not be held such as Swimming, Boxing and Rowing, available student players representing HEC at the National Championships during year 2010 were selected.

Organizing Secretary/Director Sports of the relevant event in the Intersarsity Championship or his nominee was the Manager of only one HEC team of his choice. In case Organizing Secretary had organized more than one events, Manager from the first three position holding teams was appointed as Manager of HEC team according to merit of the event. In case of team positions in more than one event, one event of his choice was assigned.

Coach of HEC team was selected from the first three position holder teams of the Intersarsity Championship of the relevant event on merit in consultation with the HEC team Manager.



HEC Squad in Blue Color at the Opening Ceremony of the 31<sup>st</sup> National Games

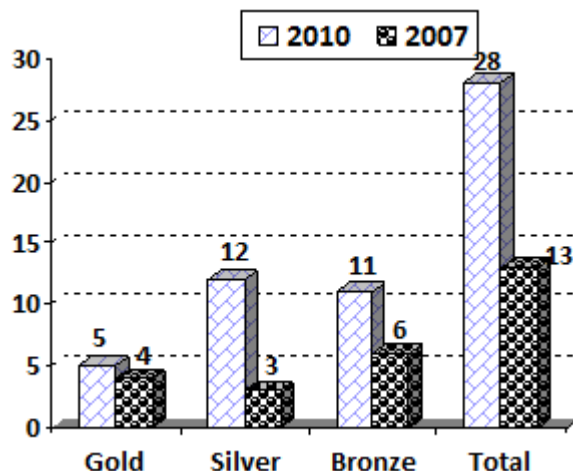
## **Participation:**

HEC participated in 12 sporting events out of 21, in case of game events first six teams of the National Championship are allowed to participate in the National Games. Thus HEC did not qualify in the games of Hockey, Football and volleyball. HEC qualified in Handball but due to non-availability of players who played last year National championship and shortage of time for holding Intersarsity, new team could not be raised. In other events HEC does not hold Intersarsity championship.

## **Performance:**

HEC cotangent showed excellent performance during the 31<sup>st</sup> National Games and all the HEC participating teams got medals, except women table tennis team. HEC stood 4<sup>th</sup> by winning 5 Gold Medals, 8<sup>th</sup> by winning

28 Medals and 10<sup>th</sup> by securing 599 points out of 15 participating teams.. During 30<sup>th</sup> National Games 2007 at Karachi, HEC shared 7<sup>th</sup> position by winning 4 Gold medals, 10<sup>th</sup> by winning 13 Medals and 11<sup>th</sup> out of 11 participating teams by securing 390 points. Comparison and distribution of medals during the two National Games is as follows:



**Comparison of Medals in 30<sup>th</sup> & 31<sup>st</sup> National Games**

S#	Events	Medal during 30 <sup>th</sup> National Games 2007, Karachi	Medals during 31 <sup>st</sup> National Games- 2010- Peshawar
<b>MEN</b>			
1	Athletics	Nil	01 Silver, 02 Bronze
2	Bodybuilding	Nil	01 Silver
3	Boxing	Nil	01 Bronze
4	Badminton	Nil	Not Held
5	Gymnastic	Nil	Not Held
6	Judo	Not Held	01 Silver, 01 Bronze
7	Rowing	Nil	01 Silver
8	Squash	Nil	01 Bronze
9	Swimming	Nil	02 Gold, 01 Silver, 01 Bronze
10	Table Tennis	01 Silver, 01 Bronze	01 Bronze
11	Tennis	Nil	Not Held
12	Weightlifting	02 Silver, 01 Bronze	01 Gold, 03 Silver, 01 Bronze
13	Wrestling	02 Bronze	02 Gold, 01 Silver
<b>Women</b>			
1	Athletics (W)	01 Gold, 02 Bronze	03 Silver, 03 Bronze
2	Tennis (W)	Nil	Nil
3	Badminton (W)	Nil	Not Held
4	Hockey (W)	Nil	Not Held
5	Gymnastic (W)	03 Gold	Not Held
	<b>Total Medal</b>	<b>04 Gold, 03 Silver, 06 Bronze, Total 13</b>	<b>05 Gold, 12 Silver, 11 Bronze, Total 28</b>

HEC weight lifting team stood second in the Games and won the Runners up trophy, similarly HEC Wrestling team stood third during the games, reason being that HEC players contested in all the weight categories and secured points. The major breakthrough was in the Men events in which HEC got 22 medals during the 31<sup>st</sup> National Games as compared to 7 in the 30<sup>th</sup> National Games. During the 30<sup>th</sup> National Games 2007, HEC won 3 Gold medals in Gymnastic Women event which was not held during the 31<sup>st</sup> National Games.

Players of University of Central Punjab won 12 medals including 4 Gold and secured 128 points, University of the Punjab players won 7.75\*\* Medals and secured 88 points and GCU Lahore players got 2.67 \*\* medals and secured 31.99 points. Players of eight universities got medals during the 31<sup>st</sup> National Games 2010. Detail is as follows:

University	Gold	Silver	Bronze	Total Medals	Score*	Ranking
Uni. of Central Punjab	4	5	3	12	128	1 <sup>st</sup>
Uni of the Punjab	1	3.75**	3	7.75**	88	2 <sup>nd</sup>
GCU, Lahore	-	2	0.67**	2.67**	31.99	3 <sup>rd</sup>
University of Karachi	-	0.25**	1.5**	1.75**	20	4 <sup>th</sup>
Superior University	-	1	0.25**	1.25**	14.5	5 <sup>th</sup>
Uni. of Peshawar	-	-	1.33**	1.33**	11.99	6 <sup>th</sup>
Sindh University	-	-	1	1	6	7 <sup>th</sup>
Agriculture Uni. FSD	-	-	0.25**	0.25**	4.5	8 <sup>th</sup>

\* Points have been calculated as per POA formula.

\*\* Medals in team events are proportionally shared.

Names of Players who brought laurel to HEC along with names of the University are as follows:

### Men

S#	Name of Players	Event	University	Gold	Silver	Bronze
1	Mr. Zahid Ali	Athletics (400 h)	Punjab		01	
2	Mr. M. Asim	Athletics (800 m)	Peshawar			01
3	Faisal Ali	Athletics (High Jump)	Punjab			01
4	Awais Sajid	Bodybuilding (70 Kg)	Central Punjab		01	
5	Hallar Qamrani	Boxing (48 Kg)	Sindh			01
5	Waheed Ud Din	Judo (66 Kg)	Superior		01	
6	Ghulam Fareed	Judo	Central Punjab			01
7	Mr. Saqib Yousuf	Squash (Team Event)	G.C.U, Lahore			01
	Mr. Aqib Hanif	Squash (Team Event)	G.C.U, Lahore			
	Mr. Tahir Iqbal	Squash (Team Event)	Peshawar			
8	Sikander Khan	Swimming	Central Punjab	2	1	01
9	Jawad Ali Lone	Rowing	G.C.U, Lahore		01	
10	Haroon Shoukat	Weightlifting (105 Kg)	Central Punjab	1		
11	Imran Ismail	Weightlifting (56 Kg)	Central Punjab		01	
12	Habib Asghar	Weightlifting (77 Kg)	Central Punjab		01	
13	Mustaqeem Butt	Weightlifting (+105kg)	G.C.U, Lahore		01	
14	Ali Affan	Weightlifting (69 Kg)	Central Punjab			01
15	Muhammad Mustafa	Wrestling ( 66 Kg)	Central Punjab	01		
16	Muhammad Inam	Wrestling ( 84 Kg)	Punjab	01		

17	Zunair Bin Zaheer	Wrestling ( 120 Kg)	Central Punjab		01	
18	Hafiz Zeeshan Arshad	Table Tennis (Team Event)	Agri. Fsd.			01 (4 <sup>th</sup> Position)
	Abdullah Muhammad	Table Tennis (Team Event)	Superior			
	Kamran	Table Tennis (Team Event)	Karachi			
	Syed Ahmar Ali	Table Tennis (Team Event)	Karachi			

**Women**

S#	Name of Players	Event	University	Gold	Silver	Bronze
19	Madiha Latif	Athletics (Shot Put)	Punjab		01	
20	Madiha Latif	Athletics (Discus)	Punjab			01
21	Madiha Latif	Athletics (Javelin Throw)	Punjab			01
22	Miss. Razia	Athletics (Long Jump)	Karachi			01
23	Madiyah, Sobia, Sehrish, Razia	Athletics (4 x 100 m Relay)	PU, PU, PU, Kar.		01	
24	Javeria, Bakhtawar, Sobia, Sehrish	Athletics (4 x 400 m Relay)	Punjab		01	
	<b>Total Medals</b>		<b>28</b>	<b>5</b>	<b>12</b>	<b>11</b>

**Acknowledgement:**

Special thanks are to the Vice Chancellor, University of Peshawar for devoting all the available resources to the HEC sports contingent to make their stay comfortable at the time when accommodation was not available due to security concern. Mr. Bahr-e-Karam Director Sports University of Peshawar and Mr. Farman Ullah Anjum, Director, HEC Regional Centre and his team provided full support in handling day to day affairs. Staff of the Sports division needs special appreciation for working day and night and raising a good team in making the impossible task possible in shortest possible time, which brought laurels to HEC.

**Pictures of Players who won medals during the 31<sup>st</sup> National Games.**



**Sikandar Khan, Swimming 2Gold, 1Silver and 1 Bronze.**



**Ali Affan, Weightlifting, 69kgs, Bronze**



**Awais Sajjad Bodybuilding 70+kg Silver Medal**



**Ghulam Farid, Judo Bronze Medal**





Habib Asghar, Weightlifting 77Kgs, Silver Medal



Zunair Bin Zaheer, Wrestling 120 kgs, Silver Medal



Muhammad Mustafa Wrestling 66Kgs Gold



Razia Sher Khan, Silver 4x 100 Relay, Bronze Triple Jump. (Karachi University)