

Asian Youth and Junior Weightlifting Championships:

Iran grabs 50 medals, wins men's junior title

Sports Desk

Iran enjoyed a prolific run at the Asian Youth and Junior Weightlifting Championships, collecting a remarkable 50 medals across the men's and women's competitions.

The pinnacle of the Iranians' campaign in Doha came in the men's junior contests, where the 10-man squad tallied 727 points to beat Uzbekistan (684pts) and Saudi Arabia (594pts) to the title. Superheavyweight Hamidreza Mohammadi brought the curtain down on a glorious campaign for Iran on Wednesday, registering a

177-225-402 performance to make a clean sweep of three silver medals in the men's junior +109kg event.

There was further final-day glory for the country in the women's draw, with Sara Safaverdi winning the snatch silver in the +87kg class with a best effort of 100kg, while Ma'soumeh Hosseini settled for the snatch bronze in the youth +81kg event. Iran stood fourth in a tight women's junior race with 577 points, following Kazakhstan (598pts), Chinese Taipei (586), and India (584). Ariya Paydar headlined Iranian men's

medal haul in the Qatari capital with three golds in the junior 109kg event. Mehrab Davasari, Amir Mohammad Rahmati, Hamidreza Zarei, and Amirhossein Sepah were also among the gold winners, as Iran finished with eight golds, 15 silvers, and 12 bronzes.

Haniyeh Sharifi, meanwhile, spearheaded Iranian women across the youth and junior categories with the total and C&J golds, as well as the snatch silver in the junior 71kg contests. Iranian girls bagged double golds, five silvers, and eight bronzes.



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Tsitsipas hoping to 'reinvent' himself in search for stability



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REUTERS – Two-time Grand Slam finalist Stefanos Tsitsipas said on Friday he needs to break out of a rut and start afresh in 2025 after winning just one title in the previous campaign and dropping out of the world's top 10.

The Greek world number 11, who claimed his only win at the Monte Carlo Masters, has also ended his collaboration with his father Apostolos as his coach.

"I'm looking at kind of reinventing myself,"

said Tsitsipas, who begins his season at the Dec. 27-Jan. 5 United Cup mixed team event. "I felt like I've been stuck in a pattern over the last few months. I haven't been able to kind of unlock the pattern. "I'm looking for a

fresh, new 2025. That doesn't mean to suddenly just start winning everything.

"It's just to see a trajectory of constant improvement and improving in all fields in my career, but also in my outside life... I want to have stability in my life," he told reporters. Tsitsipas is starting the year outside the top 10 for the first time since 2019 and he hoped that would take some of the pressure off him. "I don't think there's that much pressure when you're outside of the top 10. Well, probably there is some pressure in terms of like now it's my opportunity to add on points and get some good weeks going," he said.

The United Cup will serve as part of Tsitsipas' preparations for the Australian Open, where the 26-year-old reached the final in 2023.

Man United 'just have to survive', says Amorim after Wolves loss

THE GUARDIAN – Ruben Amorim said Manchester United must adopt survival mode to end their miserable run after a fourth defeat in five Premier League matches dropped them to 14th, eight points above the relegation zone.

United's Portuguese manager blamed the lack of time to coach his players as a barrier to progress after a sapping Boxing Day defeat at Wolves, where his captain, Bruno Fernandes, was sent off early in the second half after picking up a second yellow card.

Amorim is the first United manager to lose as many as five of his first 10 games in charge of the club in all competitions since Walter Crickmer in January 1932.

"I manage but I didn't train [the players]," said

Amorim, who replaced Erik ten Hag six weeks ago. "They need time to train, they are completely changing the way of playing, it is really hard on them and for the staff to pass on all the information. When you don't have results, it's even harder for them to believe.

"In this moment we just have to survive and to win some time to work on the team. We already knew it. I started this job, with the team, the new idea, without any time to train, with a lot of tough games. It is a long journey. We have to continue to fight these bad moments. We need time to work. We also have to win games to sell the idea to the players. If not, it is really hard."

Wolves scored di-

rectly from a corner through Matheus Cunha, a near-identical goal to the one Son Heung-min scored in Tottenham's 4-3 Carabao Cup quarter-final victory last week. Cunha admitted his teammates were asked to "manage" the United goalkeeper André Onana by unsettling him. Asked whether United can think about qualifying for Europe, Amorim replied: "We have to work on a lot of things in our club, inside the pitch, outside the pitch, so let's focus on each game, each time. We have to use every minute of training and to improve the team."

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Four last-gasp finishes on dramatic night in NBA

BBC – The Portland Trail Blazers' Scoot Henderson scored the game-winning basket with 0.1 seconds remaining in one of four last-gasp finishes in the NBA on Thursday. Henderson's step-back jumper gave the Trail Blazers two points and sealed a 122-120 win against the Utah Jazz. In Miami, Tyler Herro sunk

a 15-footer with 0.5 seconds to go to complete an 89-88 for the Miami Heat against state rivals the Orlando Magic.

There was still time for Orlando to have the last shot but Jalen Suggs' long three-point attempt rimmed out and was ruled to have come after the buzzer.

The most unlikely win came for the Detroit Pis-

tons as Jaden Ivey scored a three-pointer while being fouled, with 3.1 seconds on the clock, and sunk the subsequent free throw to complete a 114-113 win against the Sacramento Kings.

The Pistons had trailed by 10 points inside the final three minutes.

And in Washington, Jordan Poole's three-pointer with

8.7 seconds left helped the Washington Wizards beat the Charlotte Hornets.

Poole's basket put the Wizards 112-110 ahead before Charlotte's Brandon Miller missed from distance with six seconds to go, and Washington's Justin Champagnie hit one of two free throws as the Wizards completed a 113-110 victory.

Washington trailed by 21 points in the first half and remain bottom of the Eastern Conference despite a fifth win of the season.

In Thursday's other fixtures, the Oklahoma City Thunder beat Indiana Pacers 120-114 for their ninth straight win.

Shai Gilgeous-Alexander scored 45 points for the

Western Conference leaders.

The Memphis Grizzlies, currently third behind the Thunder, scored 155 points – the most in their franchise history – in a 155-126 win against the Toronto Raptors.

Jalen Johnson scored a career-high 30 points to help the Atlanta Hawks come from behind to beat the Chicago Bulls 141-133, Jalen Green scored 30 points as the Houston Rockets beat the struggling New Orleans Pelicans 128-111 and Cameron Johnson scored 29 points in the Brooklyn Nets 111-105 victory against the Milwaukee Bucks.