

Sports Desk

The Iranian delegation continued its medal-winning run on Day 3 of the Aichi-Nagoya 2026 Asian Para Games in Japan on Wednesday, securing gold medals in judo, para athletics and para taekwondo.

Ali Navaei headlined Iran's medal haul in judo, claiming gold in the men's J1 +95kg category with a victory over Uzbekistan's Islomjon Tukhtaboev in the final.

Navaei's triumph capped a five-medal haul for Iran's men's judo team.

Mohammadreza Kheirollahzadeh settled for silver in the J2 +95kg category after losing to Kazakhstan's Zhurkamyrza Shukurbekov in the final. Mousa Gholami (J1 -95kg), Amirhossein Nimrouzi (J2 +95kg) and Mahdi Borchlou (J1 -81kg) each claimed bronze in their respective events.

Elsewhere, Alireza Zare' secured Iran's seventh gold medal in para athletics, winning the men's 100m T35 in 12.32 seconds to set a new Games record.

Reigning Paralympic champion Yasin Khosravi had struck gold in the men's shot put F57 on Tuesday at Paloma Mizuho Stadium.

The three-time world champion registered a Games-record throw of 15.25 meters with his penultimate attempt to repeat his success at the previous edition in Hangzhou in 2022.

In the men's F53 shot put, Alireza Mokhtari claimed silver on Wednesday with a best effort

Aichi-Nagoya 2026 Asian Para Games:

Iranians triumph in judo, athletics, taekwondo



Iranian judoka Ali Navaei (white) competes in the men's J1 +95kg final at the Aichi-Nagoya 2026 Asian Games in Japan on October 21, 2026.
● VARZESH3

of 8.09 meters, taking his medal tally in Nagoya to two. The 48-year-old had won bronze in the discus throw on Tuesday. Iran added two more bronze medals in women's discus throw on Wednesday. Faezeh Dibaei finished third in the F56/F57 final with a personal-best throw of 24.51 meters, while Kowsar Qaraei secured



Iran's Alireza Bakht celebrates his gold medal in para taekwondo at the Aichi-Nagoya 2026 Asian Games in Japan on October 21, 2026.
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bronze in the F11 event with a mark of 37.15 meters. In para powerlifting, two-time Paralympic champion Rouhollah Rostami settled for silver in the men's -88kg category after losing a closely contested battle against China's Yan Panpan, a two-time Paralympic gold medalist. The pair were separated

by just one kilogram. Iran's flag bearer at the opening ceremony began his campaign with a successful 232kg lift before clearing 237kg and 239kg in his second and third attempts, respectively.

Yan, meanwhile, successfully lifted 233kg, 238kg and 240kg in his three attempts to secure gold.

Mohsen Bakhtiar had opened Iran's medal account in para powerlifting on Tuesday, winning bronze in the men's -72kg category.

Taekwondo glory

Hamed Haqshenas and Alireza Bakht added two gold medals to Iran's tally in men's para taekwondo on Wednesday.

Bakht defeated South Korea's Joo Jeonghun 2-0 (6-2, 12-6) to win the men's K44 -80kg title, while Haqshenas overcame Uzbekistan's Umarjon Muydinov in straight rounds in the +80kg final.

Marzieh Nasrollahi also reached the podium in the women's competition, coming from behind to beat China's Xu Feng 2-1 (2-4, 16-0, 3-2) and claim bronze in the K44 +65kg category.



Iranian sprinter Alireza Zare' is seen ahead of the men's 100m T35 final at the Aichi-Nagoya 2026 Asian Games in Japan on October 21, 2026.
● paralympic.ir

2026 World Weightlifting Championships:

Iran coach Salimi wary of tough test in Olympic qualifier

Sports Desk

Iran men's head coach Behdad Salimi has warned of a tough test at the upcoming IWF World Championships as the country's weightlifters prepare for the first qualifying event for the 2028 Los Angeles Olympics.

The global showpiece will kick off next Tuesday in Ningbo, China, where Iran will be represented by eight weightlifters across four men's weight categories. Super-heavyweight duo Ali Davoudi and Alireza Yousefi will headline the eight-man roster in Ningbo, with both expected to be among the contenders in the +110kg category.



● IRNA

Former world champion Mirmostafa Javadi and Abdollah Beiranvand will

compete in the 85kg category, while Ali A'alipour – also a gold medalist at the Asian Games – and Hamidreza Zarei will feature in the 95kg division. In the 110kg category, Alireza Moeini will look to build on his impressive performance at last year's World Championships, where he claimed the snatch gold and total silver.

Joining Moeini in the category is Alireza Nasiri. The young Iranian set two world junior records on his way to winning the clean and jerk gold and total silver last year but endured a disappointing Asian Games campaign, missing out on the podium.

"Competition will certainly be much

possible if any lifter failed to reach the required level of fitness.

"Our goal is to send lifters who are physically ready to compete," said the former world and Olympic champion. The coach also defended Nasiri following his disappointing performance at the Asian Games, describing the young weightlifter as one of Iran's most valuable prospects.

"Alireza is an asset to us and one of the best in the world. We must do everything we can to support him," Salimi said.

He said Nasiri had considerable physical strength and potential but sometimes struggled to manage the pressure and atmosphere of major competitions, which affected his performance.

According to Salimi, Nasiri showed better composure in Nagoya than in previous competitions. He expressed confidence that the young lifter could become one of Iran's leading medal contenders at the World Championships and the 2028 Olympics.

Reflecting on Iran's Asian Games campaign, Salimi described the overall performance as positive despite the team falling short of its target of four medals. Iran secured two golds through Davoudi and Alipour, while Javadi and Nasiri failed to reach the podium. Salimi also highlighted the progress from silver medals at the previous edition to gold in Nagoya.

He said he hoped the team would maintain its progress at the World Championships and through the remaining stages of Olympic qualification. However, Salimi cautioned that the competition in China would be considerably tougher, with the leading lifters from the Asian Games expected to return alongside three or four additional contenders from other countries.

Hosseinnejad shrugs off lack of starting role for Dynamo Makhachkala

Sports Desk

Iranian midfielder Mohammadjavad Hosseinnejad has stressed that helping his team is his priority, regardless of whether he starts or comes off the bench for Russian Premier League side Dynamo Makhachkala.

Introduced as a halftime substitute, the Iran U23 international was on target in the 72nd minute as Dynamo played out a 1-1 home draw against Akron Tolyatti in the Russian top flight on Saturday.

Speaking after the game, the young Iranian admitted that the result was disappointing.



● MNA

ing but said he was pleased to get on the scoresheet.

"Obviously, I'm more disappointed with the final result. We needed a win and knew that before the match. We also knew it would be a difficult game and that we would have to give everything to get the result," said Hosseinnejad, whose team sit seventh in the league table with 13 points from 11 matches. "Unfortunately, instead of three points, we took only one, which is disappointing. Still, I think one point isn't such a bad result. Overall, I'm happy to have scored," the Iranian added.

Hosseinnejad also explained how he won possession from an opposing defender to create the scoring opportunity, admitting that luck played a part. "I was a little lucky, too. I didn't think much at that moment; I knew I had to chase the ball. I believed I could win it back from the opponent, and eventually I managed to do that," he said. The Iranian midfielder also declared himself physically ready to play the full 90 minutes, leaving the decision over his role to the coaching staff.

"Yes, absolutely, I'm ready. Of course, it depends on the coach's decision and the tactics he chooses for each match," Hosseinnejad said. "I'm ready to help my team, and it makes no difference to me whether I start or come on as a substitute. I'm here to help the team."

Having joined Dynamo from Iranian club Sepahan in August 2024, Hosseinnejad has scored eight goals and provided eight assists in 74 appearances across all competitions for the Russian club.

He has made seven appearances this season, five of them as a substitute.