



## PRESS RELEASE



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### **Ringchi K Sangma becomes 1<sup>st</sup> wrestler from Garo Hills to secure medal at Meghalaya Games, to fight for gold today**

**Tura, Jan 17, 2024:** In the realm of Freestyle Wrestling at the 5<sup>th</sup> Meghalaya Games, a compelling narrative unfolds around Ringchi K Sangma. Hailing from Upper Wadanang in the West Garo Hills District, aged 19, and a student of Govt. Boys Higher Secondary School, her remarkable journey is making waves.



Ringchi recently joined the Wrestling Association of WGH, a fledgling association boasting just 23 athletes, having been established a mere month ago. Prior to her spectacular debut in the games, she underwent basic training organized by the Wrestling Association of Meghalaya, guided by a senior athlete for just six days.

In her inaugural competition on Tuesday, Ringchi emerged victorious, securing a spot in the final bout scheduled for Wednesday afternoon at 3:30 PM (January 17, 2024), at the Wrestling Venue in St Mary's Higher Secondary School. Currently assured of a silver position, she is determined to vie for gold in the eagerly anticipated final.

Ringchi's success holds historical significance as she is poised to become the first wrestling athlete from Garo Hills to clinch a medal at the Meghalaya Games. Wrestling, now included as one of the 23 sports disciplines in the 5th Meghalaya Games, marks a milestone, considering the absence of a wrestling state association in Meghalaya prior to September 2022.

The 5<sup>th</sup> Meghalaya Games 2024, with its debut of wrestling as an Olympic sport, has undeniably left an indelible impact, uncovering the latent potential of youth in various sports across Meghalaya.