Diego Forlan announces retirement from professional football

Former Uruguay captain and English Premier League winner with Manchester United. Diego Forlan announced his official retirement at the age of 40. He was named the best player at the 2010 World Cup in South Africa where Uruguay finished fourth. He began his senior career with Argentina’s Independiente before a big-money move to Manchester United. He won the English title in 2003 and the FA Cup. He scored 36 goals in 112 matches for his country.

Steve Smith becomes second-fastest to score 25 Test centuries

Steven Smith became the second-fastest batsman to register 25 centuries in the Test format. He achieved the feat during the second innings of the first Ashes Test match against England. He recorded his 25th century in 119th innings and went past Indian skipper Virat Kohli who had achieved the feat in 127 innings. Smith became the fifth Australian batsman to register centuries in both innings of Ashes Test.

Ravichandran Ashwin named PCA Player of the Month

Ravichandran Ashwin named as Professional Cricketers Association’s Player of the month of July 2019. The consistent performances in the county championships around 197 runs and picked up 23 wickets from 3 matches for Nottinghamshire. He is the fastest Indian bowler (also in some records the fastest in the world) to reach the 50-, 100-, 150-, 200-, 250- and 300-wicket mark in Test cricket. He became the third Indian to win the ICC Cricketer of the Year award.

Fiona Kolbinger first woman to win 4,000km cycling race

German cancer researcher Fiona Kolbinger won the mixed annual 4,000km (2,485 miles) cycling Transcontinental Race from Burgas in Bulgaria. She becomes the first woman to win one of the world’s toughest cycling races. She took 10 days, 2 hours and 48 minutes to complete the challenge.

Lovlina Borgohain Won Gold In Umakhanov Memorial International Boxing Tournament

Lovlina Borgohain won gold at the Magomed Salam Umakhanov Memorial International Boxing Tournament 2019 The event held at Kaspiysk, Russia The Golaghat district of Assam, Lovlina faced Assunta Canfora of Italy in the finals. Govind Sahani (49Kg) and Jony (60Kg) grabbed bronze medals after their semi-final losses.

Lewis Hamilton won Hungarian Grand Prix

Formula One Mercedes driver Lewis Hamilton won the Hungarian Grand Prix. He defeated Max Verstappen for a record-extending seventh time. He won 62 points clear in the championship. Lewis Hamilton He is a British racing driver races in Formula One for Mercedes-AMG Petronas Motorsport.
is one of the greatest drivers in the history of the sport. Hungarian Grand Prix is a motor race held annually in Mogyoród, Hungary. Most win: United Kingdom Lewis Hamilton

**Australia Ellyse Perry becomes first cricketer to reach 1000 runs, 100 wickets in T20**

Australia all-rounder Ellyse Perry became the first cricketer to reach the rare milestone of scoring 1000 runs. She took 100 wickets in the T20 format. Perry (47 not out) and captain Meg Lanning (43 not out) to guide Australia to a seven-wicket win against England in the second T20 of the Women's Ashes tour.

**Indian Federation of Sports Gaming appoints Justice A.K. Sikri as ombudsman**

Indian Federation of Sports Gaming (IFSG), country’s self-regulatory industry body for the online fantasy sports gaming sector announced the appointment of Justice Arjan Kumar Sikri as its ombudsman and ethics officer. Justice A.K. Sikri responsible for investigating queries/complaints raised by the users of the online fantasy sports gaming platforms.

**Dalilah Muhammad set new world record in the 400m hurdles womens athletics at the U.S. Championships athletics**

American Athlete Dalilah Muhammad set new world record in the 400m hurdles women’s athletics at the U.S. Championships athletics on 28 July. She clocked 52.20sec. The previous world record was set at 52.34 sec by Russia’s Yuliya Pechonkina in 2003.

**India tallied 9 medals at the 23rd Presidents Cup in Labuan Bajo, Indonesia**

Mary Kom won gold in the 51Kg category at the 23rd President’s Cup in Labuan Bajo, Indonesia. She defeated Australian April Franks and secured 5-0. In the event India won 9 medals. It comprised of seven gold and two silver medals. 2018 World Championships bronze winner Simranjit Kaur also won a gold in the event.

**Max Verstappen won crazy German Grand Prix**

Max Verstappen clinched German Grand Prix with Mercedes' Formula One leader Lewis Hamilton. The extraordinary race of constantly changing fortunes, multiple pitstops and endless drama, Ferrari’s Sebastian Vettel started from last place.

**The third edition of Khelo India Youth Games will be held in Guwahati in 2020 January**

Ministry of Sports has announced that the third edition of Khelo India Youth Games will be held in Guwahati from January 18-30, 2020. The announcement was made by the Sports Minister Kiren Rijiju on 27 July. It will be conducted in partnership with IOA, SGFI, and Assam.

**Ehsan Mani has been appointed as the head of ICCs influential Finance and Commercial Affairs committee**

Pakistan Cricket Board's chairman Ehsan Mani has been appointed as the head of the International Cricket Council's (ICC) influential Finance & Commercial Affairs committee (F&CA). The decision
regarding the appointment was announced during the International Cricket Council's annual conference. The F&CA is one of the ICC's most important committees, in relation to all financial and commercial matters.

**Kristof Milak created a new world record in the 200 metres butterfly at the 2019 FINA world championship**

Hungarian swimmer Kristof Milak created a new world record in the 200 metres butterfly at the FINA world championship 2019 in Gwangju, South Korea. He clocked 1:50.73. He broke the record set by Michael Phelps who clocked 1:51.51 in an event in Rome 2009.

**Shiva Thapa Becomes India's First Gold Medallist in Kazakhstan Presidents Cup**

Four-time Asian medallist Shiva Thapa became India’s first gold medallist at the President’s Cup boxing tournament in the finals in Astana, Kazakhstan. The newly-introduced Olympic category of 63kg. Thapa to fight Kazakhstan’s Zakir Safiullin in the summit clash.