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HUEIYEN LANPAO

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ꯋꯥꯔꯤ ꯑꯃꯁꯨꯡ ꯈꯨꯠꯌꯦꯛ ꯁꯝꯁꯟ ꯁꯂꯥꯝ
ꯑꯈꯣꯏꯗꯤ ꯑꯁꯣꯟꯕ ꯖꯤꯕꯅꯦ ꯀꯃꯥꯏꯅ
ꯉꯝꯗꯣꯏꯅꯣ ꯏꯕꯦꯟ꯫

ꯑꯗꯣ ꯎꯄꯥꯏ ꯑꯃꯠꯇꯗꯤ ꯌꯧꯕꯤꯌꯣ
ꯌꯣꯡꯁꯥ꯫

ꯏꯕꯦꯟ ꯑꯀꯟꯕ ꯅꯨꯄꯥ ꯑꯃ ꯂꯩ ꯃꯥꯅ ꯅꯇꯦꯡ ꯄꯥꯡꯕ ꯉꯝꯒꯅꯤ꯫

ꯃꯣꯇꯦ ꯑꯦꯟꯗ ꯀꯣꯄꯨ (ꯑꯅꯥꯜ ꯐꯣꯛ ꯇꯦꯜ)
sCtori AmsuZ AarT < ꯀꯜꯀꯞ ꯀꯦꯃꯜ ꯄꯤꯔꯤꯕ ꯗꯣꯠꯁꯤꯡ ꯁꯝꯖꯤꯟꯅꯔꯒ, ꯂꯥꯏ ꯑꯁꯤ ꯃꯄꯨꯡ ꯐꯥꯍꯜꯂꯨ
1| ꯕꯔꯂꯤꯟꯒꯤ ꯆꯦꯛꯄꯜ ꯊꯨꯒꯥꯏꯈ꯭ꯔꯕ ꯃꯇꯨꯡꯗ ꯅꯣꯡꯄꯣꯛ ꯑꯃꯁꯨꯡ ꯅꯣꯡꯆꯨꯞ
ꯖꯔꯃꯅꯤ ꯄꯨꯟꯁꯤꯟꯈꯤ꯫ ꯃꯗꯨꯗ ꯅꯣꯡꯄꯣꯛ ꯖꯔꯃꯅꯤꯒꯤ ꯃꯍꯨꯠꯁꯤꯟꯗꯨꯅ
ꯑꯣꯂꯤꯝꯄꯤꯛꯀꯤ ꯆꯦꯝꯄꯤꯌꯟ ꯑꯣꯏꯔꯝꯕ ꯁꯥꯟꯅꯔꯣꯏ ꯑꯃꯗꯤ ꯆꯍꯤ ꯑꯃꯗ
ꯁ꯭ꯇꯦꯔꯣꯏꯗ (Steriod) ꯒ꯭ꯔꯥꯝ 3,955 ꯆꯥꯈꯤ ꯍꯥꯏꯅ ꯈꯪꯂꯛꯈꯤ, ꯃꯍꯥꯛ
ꯑꯗꯨ ꯀꯅꯥꯅꯣ?
2) ꯑꯩꯍꯥꯛ ꯑꯅꯤꯁꯨꯕ ꯃꯦꯒꯥ ꯃꯔꯥꯊꯟꯗ ꯅꯨꯄꯥꯒꯤ ꯆꯍꯤ 50ꯒꯤ ꯒ꯭ꯔꯨꯞꯇ ꯑꯅꯤꯁꯨꯕ
ꯇꯥꯈꯤ꯫ ꯑꯩꯒꯤ ꯏꯃꯃꯤꯡ ꯄꯤꯌꯨ꯫
3) ꯋꯤꯟꯇꯔ ꯑꯣꯂꯤꯝꯄꯤꯛꯀꯤ ꯁꯂꯥꯂꯣꯝ (SLALOM)ꯒꯤ ꯊꯧꯔꯝꯗ ꯑꯦꯊꯂꯦꯠ
ꯑꯝꯗꯤ ꯄꯣꯖꯤꯁꯟ ꯑꯍꯨꯝꯒꯤ ꯃꯅꯨꯡ ꯆꯟꯕ ꯉꯝꯈꯤꯗꯕꯗꯒꯤ ꯅꯤꯡꯕ ꯀꯥꯏꯈꯤ꯫
ꯃꯔꯝ ꯑꯗꯨꯅ ꯂꯝꯊꯨꯡꯐꯝ ꯌꯧꯒꯗꯕ ꯃꯤꯇꯔ ꯑꯃꯔꯣꯝꯗ ꯉꯥꯏꯔꯕ ꯃꯐꯝꯗꯒꯤ
ꯐꯝꯊꯔꯒ ꯂꯝꯊꯨꯡꯐꯝ ꯂꯣꯝꯗ ꯃꯅꯤꯡ ꯑꯣꯜꯂꯒ ꯂꯝꯊꯨꯡꯐꯝ ꯑꯗꯨ ꯂꯥꯟꯊꯣꯛꯈꯤ꯫
ꯃꯍꯥꯛ ꯑꯗꯨ ꯀꯅꯥꯅꯣ?
4) ꯃꯅꯤꯄꯨꯔꯗ ꯂꯩꯔꯤꯕ ꯀ꯭ꯂꯕ, ꯁ꯭ꯀꯨꯜ, ꯀꯣꯂꯦꯖꯇ ꯁ꯭ꯇꯦꯠꯀꯤ ꯑꯣꯏꯕ ꯁꯥꯟꯅꯕꯒꯤ
ꯂꯨꯞꯅꯆꯤꯡꯕ ꯑꯁꯤꯒꯤ ꯃꯅꯨꯡꯗ ꯍꯧꯈꯤꯕ ꯆꯍꯤ ꯅꯤꯐꯨ (40)
ꯑꯁꯤꯗ ꯆꯍꯤꯒꯤ ꯑꯣꯏꯅ ꯀ꯭ꯔꯣꯁ ꯀꯟꯇ꯭ꯔꯤ ꯂꯝꯖꯦꯜ
(Cross Country Race) ꯄꯥꯡꯊꯣꯛꯇꯨꯅ ꯃꯅꯥ
ꯃꯊꯨꯝ ꯑꯃꯗꯤ ꯁꯥꯔꯇꯤꯐꯤꯀꯦꯠꯅꯆꯤꯡꯕ ꯌꯦꯟꯊꯣꯛꯄ
ꯑꯃꯒꯤ ꯃꯃꯤꯡ ꯄꯤꯌꯨ꯫
5) ꯎꯠꯂꯤꯕ ꯁꯛꯇꯝ ꯑꯁꯤ ꯀꯅꯥꯅꯣ?

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ ꯁ꯭ꯄꯣꯔꯠꯁ ꯀꯨꯏꯖ-108
ꯃꯊꯛꯇ ꯄꯤꯔꯤꯕ ꯋꯥꯍꯪꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯄꯥꯎꯈꯨꯝ ꯗꯤꯁꯦꯝꯕꯔ 15, ꯅꯣꯡꯃꯥꯏꯖꯤꯡ
ꯅꯨꯃꯤꯠꯀꯤ ꯑꯌꯨꯛꯀꯤ ꯄꯨꯡ 11 ꯐꯥꯎꯕꯒꯤ ꯃꯅꯨꯡꯗ ꯄꯥꯎꯆꯦ ꯑꯁꯤꯒꯤ ꯑꯣꯐꯤꯁꯇ
nTtCrg hueiyensportsquiz@gmail.com d meL AoIn

ꯊꯥꯕꯤꯔꯛꯄ ꯌꯥꯒꯅꯤ꯫ ꯄꯥꯎꯈꯨꯝ ꯄꯤꯕꯤꯔꯛꯄ/ꯊꯥꯕꯤꯔꯛꯄ ꯃꯇꯝꯗ ꯃꯤꯡ, ꯂꯩꯐꯝ
ꯃꯍꯩꯒꯤ ꯊꯥꯛ ꯑꯃꯁꯨꯡ ꯀꯟꯇꯦꯛꯠ ꯅꯝꯕꯔ ꯃꯌꯦꯛ ꯁꯦꯡꯅ ꯏꯕꯤꯔꯛꯎ꯫ ꯋꯥꯍꯪ
ꯈꯨꯗꯤꯡꯃꯛꯀꯤ ꯄꯥꯎꯈꯨꯝ ꯆꯨꯝꯅ ꯅꯠꯇ꯭ꯔꯒ ꯃꯁꯤꯡ ꯌꯥꯝꯅ ꯆꯨꯝꯅ ꯄꯤꯕꯤꯔꯛꯄ
ꯃꯤꯑꯣꯏꯁꯤꯡ ꯑꯗꯨꯗꯒꯤ ꯗ꯭ꯔꯣ ꯑꯣꯠꯆꯔꯒ ꯂꯥꯏꯕꯛ ꯐꯕ ꯃꯤꯁꯛ ꯑꯃ
ꯈꯟꯖꯒꯅꯤ꯫ ꯂꯣꯏꯅꯅ ꯈꯜꯂꯕ ꯃꯤꯁꯛ ꯑꯗꯨꯗ ꯃꯅꯥ ꯄꯤꯖꯒꯅꯤ꯫

ꯒ
ꯃꯃꯤ ꯋꯥꯔꯤ

Premananda Nongthombam is a visual storyteller.

ꯃꯤꯀꯨꯞ ꯃꯆꯦꯠ ꯀꯌꯥ, ꯊꯤꯔꯤ ꯁꯝꯅꯐꯝ
ꯄ꯭ꯔꯦꯃꯥꯅꯟꯗ ꯅꯣꯡꯊꯣꯝꯕꯝ
ꯂꯥꯏ ꯅ a ꯀ ꯌ a ꯗ ꯒ i

ꯉꯥꯛꯊꯣꯛꯅꯕꯒꯤꯗꯃꯛ ꯁꯥ-
ꯉꯥꯒꯤ ꯄꯣꯠꯊꯣꯛꯁꯤꯡ ꯆꯥꯗ꯭ꯔꯤꯉꯩꯗ
ꯅꯤꯡꯊꯤꯅ ꯁꯦꯝ-ꯁꯥꯕ ꯑꯃꯗꯤ ꯆꯥꯝꯊꯣꯛꯄ
ꯃꯊꯧ ꯇꯥꯕꯒꯨꯝ ꯎꯍꯩ-ꯋꯥꯍꯩ ꯑꯃꯗꯤ ꯃꯅꯥ-
ꯃꯁꯤꯡꯁꯤꯡꯗꯁꯨ ꯍꯛꯆꯥꯡ ꯁꯣꯛꯅꯤꯡꯉꯥꯏ
ꯑꯣꯏꯔꯕ ꯃꯍꯤꯛ-ꯃꯇꯥꯡ ꯀꯌꯥ ꯄꯛꯏ꯫
ꯌꯨꯅꯥꯏꯇꯦꯗ ꯁ꯭ꯇꯦꯠꯁꯀꯤ ꯐꯨꯗ ꯑꯦꯟꯗ
ꯗ꯭ꯔꯒ ꯑꯦꯗꯃꯤꯅꯤꯁꯇ꯭ꯔꯦꯁꯟ (ꯑꯦꯐ ꯗꯤ
ꯑꯦ)ꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯃꯥꯂꯦꯝꯒꯤ ꯑꯣꯏꯅ
ꯆꯍꯤ ꯈꯨꯗꯤꯡꯒꯤ ꯑꯃꯣꯠꯄ ꯆꯤꯟꯖꯥꯛ ꯆꯥꯕꯅ ꯃꯔꯝ ꯑꯣꯏꯔꯒ ꯃꯤꯑꯣꯏ ꯃꯤꯜꯂꯤꯌꯟ
84 ꯅꯍꯥꯜꯂꯤ ꯍꯥꯏꯔꯤ꯫

ꯀꯟꯇꯥꯃꯤꯅꯦꯠ ꯇꯧꯔꯕ ꯃꯅꯥ ꯃꯁꯤꯡ ꯑꯃꯗꯤ ꯎꯍꯩ ꯋꯥꯍꯩ ꯆꯥꯕꯅ ꯑꯩꯈꯣꯏꯕꯨ
ꯅꯥꯍꯜꯂꯤ ꯑꯃꯗꯤ ꯀꯔꯤꯒꯨꯝꯕ ꯃꯇꯝꯗꯗꯤ ꯍꯣꯁꯄꯤꯇꯥꯂꯥꯏꯖ ꯐꯥꯎꯕ ꯇꯧꯍꯟꯕ ꯌꯥꯎꯏ꯫
ꯃꯅꯥ-ꯃꯁꯤꯡ ꯑꯃꯗꯤ ꯎꯍꯩ-ꯋꯥꯍꯩꯁꯤꯡ ꯊꯣꯡ-ꯊꯥꯛꯇ꯭ꯔꯤꯉꯩ ꯅꯠꯇ꯭ꯔꯒꯅ ꯆꯥꯗ꯭ꯔꯤꯉꯩ
ꯃꯃꯥꯡꯗ ꯁꯦꯡꯅ ꯆꯥꯝꯊꯣꯛꯄ ꯍꯥꯏꯕꯤꯁ ꯀꯔꯤꯒꯤꯗꯃꯛ ꯃꯊꯧ ꯇꯥꯔꯤꯕꯅꯣ ꯍꯥꯏꯕꯒꯤ
ꯃꯇꯥꯡꯗ ꯅꯩꯅꯃꯤꯟꯅꯁꯤ꯫
ꯎꯍꯩ-ꯋꯥꯍꯩꯁꯤꯡ ꯑꯃꯗꯤ ꯃꯅꯥ-ꯃꯁꯤꯡꯁꯤꯡ ꯆꯥꯝꯗꯅ ꯆꯥꯕꯅ ꯊꯣꯛꯍꯟꯕ
ꯌꯥꯕ ꯈꯨꯗꯣꯡꯊꯤꯕ ꯑꯅꯤ ꯂꯩ, ꯃꯗꯨꯗꯤ ꯕꯦꯛꯇꯔꯤꯑꯦꯜ ꯀꯟꯇꯥꯃꯤꯅꯦꯁꯟ ꯑꯃꯗꯤ
ꯇꯤꯜꯍꯥꯠ ꯍꯤꯗꯥꯛꯁꯤꯡ ꯑꯁꯤꯅꯤ꯫
ꯍꯧꯈꯤꯕ ꯆꯍꯤꯁꯤꯡꯗ ꯀꯟꯇꯥꯃꯤꯅꯦꯠ ꯇꯧꯔꯕ ꯂꯦꯇꯤꯁ, ꯈꯥꯃꯦꯟ ꯑꯁꯤꯟꯕ
ꯑꯃꯗꯤ ꯄꯥꯂꯪꯁꯥꯗ ꯕꯦꯛꯇꯔꯤꯌꯥ ꯌꯥꯎꯕꯗꯒꯤ ꯆꯤꯟꯖꯥꯛꯇꯒꯤ ꯁꯟꯗꯣꯛꯄ ꯂꯥꯏꯅꯥ
ꯀꯌꯥ ꯄꯥꯛꯇꯛꯅꯅ ꯅꯥꯈꯤ꯫

ꯀꯨꯝꯖꯥ 2016ꯗ ꯃꯤꯑꯣꯏ 19ꯕꯨ ꯍꯣꯁꯄꯤꯇꯥꯂꯥꯏꯖ ꯇꯧꯍꯟꯈꯤꯕ ꯂꯤꯁꯠꯔꯤꯑꯣꯁꯤꯁꯀꯤ
ꯂꯥꯏꯆꯠ ꯑꯃꯒꯤ ꯃꯔꯝꯗ ꯁꯦꯟꯇꯔ ꯐꯣꯔ ꯗꯤꯖꯤꯖ ꯀꯟꯇ꯭ꯔꯣꯜ ꯑꯦꯟꯗ ꯄ꯭ꯔꯤꯚꯦꯟꯁꯟ
(ꯁꯤ ꯗꯤ ꯁꯤ)ꯅ ꯊꯤꯖꯤꯟꯈꯤ꯫ ꯂꯥꯏꯆꯠ ꯑꯁꯤꯅ ꯃꯔꯝ ꯑꯣꯏꯔꯒ ꯃꯤꯑꯣꯏ ꯑꯃ
ꯏꯟꯐꯐꯦꯛꯁꯟ ꯊꯣꯛꯇꯨꯅ ꯁꯤꯈꯤ꯫
ꯈꯔꯒ ꯍꯦꯟꯅ ꯀꯨꯏꯗ꯭ꯔꯤꯕ ꯊꯧꯗꯣꯛ ꯑꯃꯗꯅ, ꯆꯍꯤ ꯑꯁꯤꯒꯤ ꯖꯅꯨꯋꯥꯔꯤ ꯊꯥꯗ
ꯀꯟꯇꯥꯃꯤꯅꯦꯠ ꯇꯧꯔꯕꯒ ꯔꯣꯃꯦꯏꯟ ꯂꯦꯇꯤꯁ ꯆꯥꯔꯨꯕꯗꯒꯤ ꯏ. ꯀꯣꯂꯥꯏ ꯏꯟꯐꯦꯛꯁꯟꯒꯤ
ꯂꯥꯏꯆꯠ ꯑꯃꯒꯤ ꯃꯔꯝꯗ ꯁꯤ ꯗꯤ ꯁꯤ, ꯑꯦꯐ ꯗꯤ ꯑꯦ ꯑꯃꯗꯤ ꯀꯦꯅꯥꯗꯥꯒꯤ ꯁ꯭ꯇꯦꯠ
ꯀꯌꯥꯒꯤ ꯍꯦꯜꯊ ꯑꯣꯐꯤꯁꯦꯜꯁꯤꯡꯅ ꯏꯟꯚꯦꯁꯇꯤꯒꯦꯠ ꯇꯧꯈꯤ꯫ ꯂꯥꯏꯆꯠ ꯑꯗꯨꯅ
ꯁ꯭ꯇꯦꯠ 16ꯇ ꯂꯩꯕ ꯃꯤꯑꯣꯏ 62 ꯅꯥꯍꯟꯈꯤ, ꯑꯗꯨꯕꯨ ꯁꯤꯕꯃꯛꯇꯤ ꯌꯥꯎꯈꯤꯗꯦ꯫
ꯂꯧꯃꯤꯁꯤꯡꯅ ꯃꯍꯩ-ꯃꯔꯣꯡ ꯍꯦꯟꯅ ꯄꯨꯊꯣꯛꯄꯗ ꯇꯤꯜꯍꯥꯠ ꯍꯤꯗꯥꯛꯁꯤꯡꯅ
ꯃꯇꯦꯡ ꯄꯥꯡꯂꯕꯁꯨ ꯍꯛꯁꯦꯜꯒꯤ ꯑꯣꯏꯕ ꯈꯨꯗꯣꯡꯊꯤꯕ ꯀꯌꯥꯁꯨ ꯊꯣꯛꯍꯜꯂꯤ꯫
ꯇꯤꯜꯍꯥꯠ ꯍꯤꯗꯥꯛ ꯌꯥꯎꯗꯅ ꯄꯣꯠ-ꯆꯩ ꯊꯥꯕ ꯍꯥꯏꯕꯁꯤ ꯑꯋꯥꯕꯒꯤ ꯃꯁꯛꯅꯤ ꯑꯗꯨꯕꯨ
ꯑꯇꯣꯞꯄ ꯃꯅꯥ-ꯃꯁꯤꯡꯗꯁꯨ ꯀꯦꯃꯤꯀꯦꯜꯁꯤꯡ ꯑꯁꯤꯅ ꯁꯣꯛꯍꯜꯂꯤ꯫
ꯏꯟꯚꯥꯏꯔꯟꯃꯦꯟꯇꯦꯜ ꯋꯥꯔꯀꯤꯡ ꯒ꯭ꯔꯨꯞ ꯀꯧꯕ ꯅꯟ-ꯄ꯭ꯔꯣꯐꯤꯠ ꯑꯣꯔꯒꯅꯥꯏꯖꯦꯁꯟ
ꯑꯃꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯌꯨꯅꯥꯏꯇꯦꯗ ꯁ꯭ꯇꯦꯠꯁꯀꯤ ꯎꯍꯩ-ꯋꯥꯍꯩ ꯑꯃꯗꯤ ꯃꯅꯥ-ꯃꯁꯤꯡꯁꯤꯡꯒꯤ
ꯆꯥꯗ 70 ꯔꯣꯝꯗꯤ ꯆꯥꯝꯊꯣꯛꯂꯕ ꯃꯇꯨꯡꯗꯐꯥꯎꯕ ꯇꯤꯜꯍꯥꯠ ꯍꯤꯗꯥꯛꯀꯤ ꯔꯦꯁꯤꯗ꯭ꯌꯨ
ꯌꯥꯎꯏ ꯍꯥꯏꯔꯤ꯫
ꯐꯥꯔꯝꯒꯤ ꯎꯍꯩ-ꯋꯥꯍꯩꯁꯤꯡ ꯑꯃꯗꯤ ꯃꯅꯥ-ꯃꯁꯤꯡꯁꯤ ꯑꯁꯤ ꯇꯥꯡꯀꯛ ꯀꯌꯥꯗ
ꯈꯨꯗꯣꯡꯊꯤꯅꯤꯡꯉꯥꯏ ꯑꯣꯏꯔꯕ ꯕꯦꯛꯇꯔꯤꯌꯥꯁꯤꯡꯅ ꯏꯟꯐꯦꯛꯠ ꯇꯧꯕ ꯌꯥꯏ꯫ ꯍꯧꯔꯤꯉꯩ
ꯇꯥꯡꯀꯛꯇ ꯀꯟꯇꯥꯃꯤꯅꯦꯁꯟ ꯇꯧꯕ ꯑꯁꯤ
ꯁꯥ-ꯌꯦꯟꯒ ꯁꯣꯛꯅ ꯊꯦꯡꯅꯔꯨꯕꯗꯒꯤ,
ꯏꯁꯤꯡ ꯅꯠꯇ꯭ꯔꯒꯅ ꯂꯩꯕꯥꯛꯇ ꯍꯛꯆꯥꯡ
ꯁꯣꯛꯅꯤꯡꯉꯥꯏ ꯑꯣꯏꯕ ꯄꯣꯠꯂꯝꯁꯤꯡ
ꯌꯥꯎꯕꯗꯒꯤ ꯑꯃꯗꯤ ꯍꯥꯏꯖꯤꯟ ꯋꯥꯠꯄꯗꯒꯤ
ꯑꯣꯏꯕ ꯌꯥꯏ꯫
ꯎꯍꯩ-ꯋꯥꯍꯩ, ꯃꯅꯥ ꯃꯁꯤꯡ ꯑꯃꯗꯤ
ꯃꯍꯩ-ꯃꯔꯣꯡꯁꯤꯡ ꯂꯣꯛꯂꯕ ꯃꯇꯨꯡꯗꯁꯨ
ꯀꯟꯇꯥꯃꯤꯅꯦꯠ ꯇꯧꯕ ꯌꯥꯏ꯫ ꯌꯨꯝꯗꯁꯨ
ꯄꯣꯠꯂꯝꯁꯤꯡ ꯑꯁꯤ ꯂꯤꯕ ꯑꯃꯗꯤ ꯊꯣꯡ
ꯊꯥꯛꯄꯗ ꯀꯥꯡꯂꯣꯟ ꯆꯨꯝꯗꯕꯗꯒꯤ ꯀꯥꯟꯇꯥꯃꯤꯅꯦꯠ ꯇꯧꯕ ꯌꯥꯏ꯫
ꯀꯔꯤꯒꯨꯝꯕ ꯃꯇꯝꯗ ꯇꯒꯠ-ꯇꯒꯠ ꯇꯦꯛꯂꯤꯕ ꯎꯍꯩ-ꯋꯥꯍꯩ ꯑꯃꯗꯤ ꯃꯅꯥ-
ꯃꯁꯤꯡꯁꯤꯡ ꯑꯁꯤ ꯁꯥꯜꯃꯣꯅꯦꯂꯥ, ꯏ. ꯀꯣꯂꯥꯏ ꯅꯠꯇ꯭ꯔꯒꯅ ꯂꯤꯁꯠꯔꯤꯌꯥꯒꯨꯝꯕ
ꯍꯛꯆꯥꯡ ꯁꯣꯛꯅꯤꯡꯉꯥꯏ ꯑꯣꯏꯔꯕ ꯃꯍꯤꯡ-ꯃꯇꯥꯡꯁꯤꯡ ꯌꯥꯎꯕ ꯌꯥꯎꯏ꯫ ꯍꯥꯏꯔꯤꯕ
ꯕꯦꯛꯇꯔꯤꯌꯥꯁꯤꯡ ꯑꯁꯤꯅ ꯃꯤꯑꯣꯏꯕꯗ ꯌꯥꯝꯅ ꯁꯥꯊꯏꯕ ꯑꯅꯥ-ꯑꯌꯦꯛ ꯊꯣꯛꯍꯟꯕ
ꯉꯝꯃꯤ꯫ ꯃꯤꯑꯣꯏ ꯈꯔꯗꯗꯤ ꯆꯤꯟꯖꯥꯛꯇꯒꯤ ꯄꯣꯛꯄ ꯂꯥꯏꯅꯥꯁꯤꯡ ꯑꯁꯤ ꯑꯇꯣꯞꯄ
ꯃꯤꯑꯣꯏꯁꯤꯡꯒꯗꯤ ꯍꯦꯟꯅ ꯅꯥꯒꯜꯂꯤ꯫ ꯐꯨꯗ ꯄꯣꯏꯖꯅꯤꯡꯒꯤ ꯔꯤꯁꯛ ꯈ꯭ꯋꯥꯏꯗꯒꯤ
ꯋꯥꯡꯕ ꯃꯤꯑꯣꯁꯤꯡꯗꯤ-ꯆꯍꯤ ꯃꯉꯥꯒꯤ ꯃꯈꯥꯗ ꯂꯩꯕ ꯑꯉꯥꯡꯁꯤꯡ, ꯃꯤꯔꯣꯟꯕꯤ
ꯅꯨꯄꯤꯁꯤꯡ, ꯆꯍꯤ 65 ꯑꯃꯗꯤ ꯃꯊꯛꯀꯤ ꯑꯍꯜꯁꯤꯡ ꯑꯃꯗꯤ ꯏꯝꯃ꯭ꯌꯨꯟ ꯁꯤꯁꯇꯦꯝ
ꯁꯣꯟꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯅꯤ꯫

ꯆꯤꯟꯖꯥꯛꯇ ꯊꯣꯛꯄ ꯑꯅꯥꯕꯁꯤꯡꯒꯤ ꯂꯥꯏꯑꯣꯡꯁꯤꯡꯗ ꯄꯨꯛ ꯅꯥꯕ, ꯗꯥꯏꯔꯤꯌꯥ
(ꯏ ꯌꯥꯎꯔꯛꯄ ꯌꯥꯏ) ꯑꯣꯕ, ꯂꯥꯏꯍꯧ, ꯀꯣꯛ ꯆꯤꯡꯄ, ꯍꯛꯆꯥꯡ ꯊꯤꯟꯗꯣꯛꯄ
ꯑꯁꯤꯅꯆꯤꯡꯕꯁꯤꯡ ꯌꯥꯎꯏ꯫
ꯀꯔꯝꯅ ꯆꯥꯝꯒꯅꯤ꯫ ꯎꯍꯩ-ꯋꯥꯍꯩꯁꯤꯡ ꯑꯃꯗꯤ ꯃꯅꯥ-ꯃꯁꯤꯡꯁꯤꯡ ꯑꯁꯤ
ꯃꯤꯑꯣꯏꯕꯒꯤ ꯆꯤꯟꯖꯥꯛꯀꯤ ꯌꯥꯎꯗꯕ ꯌꯥꯗ꯭ꯔꯕ ꯃꯆꯥꯛ ꯑꯃꯅꯤ꯫ ꯃꯈꯣꯏꯁꯤꯡ
ꯑꯁꯤ ꯃꯆꯤ ꯑꯣꯏꯕ ꯄꯣꯠꯂꯝꯁꯤꯡ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯌꯥꯎꯕ, ꯀꯦꯂꯣꯔꯤ ꯅꯦꯝꯕ
ꯑꯃꯗꯤ ꯃꯁꯤꯡꯒꯤ ꯁꯔꯨꯛ ꯆꯥꯡ ꯋꯥꯡꯅ ꯌꯥꯎꯏ꯫ ꯃꯈꯣꯏꯁꯤ ꯆꯥꯕꯗ ꯍꯛꯆꯥꯡꯗ
ꯌꯥꯝꯅ ꯀꯥꯟꯅꯩ, ꯑꯗꯨꯕꯨ ꯃꯁꯤ ꯆꯥꯕꯗ ꯍꯛꯆꯥꯡꯗ ꯁꯣꯛꯇꯅꯕꯒꯤꯗꯃꯛ ꯃꯊꯧ ꯇꯥꯕ
ꯆꯦꯛꯁꯤꯟ ꯊꯧꯔꯥꯡꯁꯤꯡꯗꯤ ꯁꯣꯏꯗꯅ ꯂꯧꯈꯠꯀꯗꯕꯅꯤ꯫
ꯎꯍꯩ-ꯋꯥꯍꯩ ꯑꯃꯗꯤ ꯃꯅꯥ-ꯃꯁꯤꯡꯁꯤꯡ ꯑꯁꯤ ꯆꯥꯗ꯭ꯔꯤꯉꯩꯗ ꯇꯧꯒꯗꯕꯁꯤꯡꯗꯤ-
ꯆꯤꯟꯖꯥꯛ ꯁꯦꯝ ꯁꯥꯗ꯭ꯔꯤꯉꯩ ꯃꯃꯥꯡ ꯑꯃꯗꯤ ꯃꯇꯨꯡꯗ ꯈꯨꯠ ꯁꯦꯡꯅ
ꯍꯥꯝꯗꯣꯛꯀꯗꯕꯅꯤ꯫ ꯑꯄꯠꯄ ꯅꯠꯇ꯭ꯔꯅ ꯃꯁꯥ ꯁꯣꯛꯂꯕ ꯁꯔꯨꯛꯁꯤꯡ ꯆꯥꯗ꯭ꯔꯤꯉꯩ
ꯅꯠꯇ꯭ꯔꯒꯅ ꯁꯦꯝ ꯁꯥꯗ꯭ꯔꯤꯉꯩꯗ ꯁꯣꯏꯗꯠꯇꯨꯅ ꯂꯪꯊꯣꯛꯈꯤꯒꯗꯕꯅꯤ꯫ ꯃꯀꯨꯗ ꯄꯛꯂꯝꯕ
ꯑꯄꯣꯠꯄ ꯑꯃꯗꯤ ꯕꯦꯛꯇꯔꯤꯌꯥꯁꯤꯡ ꯆꯥꯅꯕ ꯁꯔꯨꯛꯇ ꯄꯛꯂꯛꯇꯅꯕ ꯃꯀꯨ
ꯈꯣꯛꯗ꯭ꯔꯤꯉꯩꯗ ꯁꯦꯡꯅ ꯆꯥꯝꯊꯣꯛꯀꯗꯕꯅꯤ꯫ ꯑꯆꯦꯟꯕ ꯏꯁꯤꯡ ꯃꯅꯨꯡꯗ ꯇꯛꯇꯨꯅ
ꯆꯥꯝꯒꯗꯕꯅꯤ꯫ ꯊꯕꯤ ꯑꯃꯗꯤ ꯁꯦꯕꯣꯠꯀꯨꯝꯕ ꯑꯀꯟꯕ ꯃꯍꯩ-ꯃꯔꯣꯡ ꯆꯥꯝꯕꯗ
ꯚꯤꯖꯤꯇꯦꯕꯜ ꯕ꯭ꯔꯁꯅ ꯇꯛꯀꯗꯕꯅꯤ꯫ ꯍꯩ-ꯔꯥ ꯑꯃꯗꯤ ꯃꯅꯥ-ꯃꯁꯤꯡꯁꯤꯡ ꯑꯗꯨ
ꯑꯐꯕ ꯐꯤ ꯅꯠꯇ꯭ꯔꯒꯅ ꯐꯗꯤ ꯑꯃꯅ ꯁꯦꯡꯅ ꯇꯩꯊꯣꯛꯇꯨꯅ ꯀꯪꯍꯟꯒꯗꯕꯅꯤ꯫
ꯀꯣꯕꯤꯒꯨꯝꯕꯒꯤꯗꯤ ꯃꯄꯥꯅ ꯊꯪꯕ ꯃꯅꯥꯁꯨ ꯂꯧꯊꯣꯛꯀꯗꯕꯅꯤ꯫
ꯐꯥꯔꯝꯒꯤ ꯎꯍꯩ-ꯋꯥꯍꯩ ꯑꯃꯗꯤ ꯃꯅꯥ-ꯃꯁꯤꯡꯁꯤꯡ ꯑꯁꯤ ꯑꯌꯥꯝꯕꯅ ꯇꯤꯜꯍꯥꯠ
ꯍꯤꯗꯥꯛ ꯌꯥꯎꯏ꯫ ꯃꯔꯝ ꯑꯗꯨꯅ ꯑꯁꯤꯒꯨꯝꯕ ꯇꯤꯜꯍꯥꯠ ꯍꯤꯗꯥꯛꯁꯤꯡ ꯌꯥꯎꯗꯅꯕꯒꯤꯗꯃꯛ
ꯑꯣꯔꯒꯥꯅꯤꯛ ꯐꯥꯔꯝꯒꯤ ꯄꯣꯠꯊꯣꯛꯁꯤꯡ ꯆꯥꯕ ꯌꯥꯏ꯫

ꯀꯔꯤꯒꯤꯗꯃꯛ ꯑꯩꯈꯣꯏꯅ ꯎꯍꯩ-ꯋꯥꯍꯩꯁꯤꯡ ꯑꯃꯗꯤ ꯃꯅꯥ-

ꯃꯁꯤꯡꯁꯤꯡꯕꯨ ꯆꯥꯝꯊꯣꯛꯀꯗꯧꯔꯤꯕꯅꯣ
ꯂꯧꯁꯤꯡ ꯄꯨꯛꯀꯩ / ꯈꯣꯝꯖꯤꯟꯕ: ꯀꯩꯊꯦꯜꯂꯥꯛꯄꯝ ꯈꯨꯃꯟꯉꯝꯕ
62ꯁꯨꯕ ꯁꯥꯔ ꯆꯨꯔꯥꯆꯥꯟꯗ ꯁꯤꯑꯍ ꯐꯨꯠꯕꯣꯜ ꯇꯨꯔꯅꯥꯃꯦꯟꯠ 2019
ꯋꯥꯏ ꯄꯤ ꯑꯩꯆ ꯌꯨꯅ ꯆꯤꯀꯜꯕꯨ ꯄꯥꯟꯖꯜ 4-3ꯗ, ꯅꯥꯀꯣꯅ ꯇꯥꯝꯄꯤ ꯑꯦꯐ ꯁꯤꯕꯨ ꯄꯥꯟꯖꯜ 1-0ꯗ ꯃꯥꯏꯊꯤꯕ ꯄꯤꯈ꯭ꯔꯦ
ꯏꯝꯐꯥꯜ, ꯗꯤꯁꯦꯝꯕꯔ 05 (ꯑꯩꯆ ꯑꯦꯟ ꯑꯦꯁ):
ꯑꯣꯜ ꯃꯅꯤꯄꯨꯔ ꯐꯨꯠꯕꯣꯜ
ꯑꯦꯁꯣꯁꯤꯑꯦꯁꯟꯅ ꯁꯤꯟꯗꯨꯅ ꯏꯝꯐꯥꯜꯒꯤ
ꯃꯄꯥꯜ ꯀꯥꯡꯖꯩꯕꯨꯡꯗ ꯄꯥꯡꯊꯣꯛꯄ 62ꯁꯨꯕ
ꯁꯥꯔ ꯆꯨꯔꯆꯥꯟꯗ ꯁꯤꯡꯍ ꯀꯦ ꯁꯤ
ꯑꯦꯁ ꯑꯥꯏ, ꯁꯤ ꯕꯤ ꯏ ꯃꯦꯃꯣꯔꯤꯑꯦꯜ
ꯐꯨꯠꯕꯣꯜ ꯇꯨꯔꯅꯥꯃꯦꯟꯠ 2019ꯒꯤ ꯉꯁꯤ
ꯁꯥꯟꯅꯈꯤꯕ ꯃꯦꯆꯁꯤꯡꯗ ꯋꯥꯏ ꯄꯤ
ꯑꯩꯆ ꯌꯨꯅ ꯆꯤꯀꯜꯕꯨ ꯄꯥꯟꯖꯜ 4-3ꯗ,
ꯅꯥꯀꯣꯅ ꯇꯥꯝꯄꯤ ꯑꯦꯐ ꯁꯤꯕꯨ ꯄꯥꯟꯖꯜ
1-0ꯗ ꯃꯥꯏꯊꯤꯕ ꯄꯤꯈ꯭ꯔꯦ꯫
ꯇꯣꯉꯥꯟ ꯇꯣꯉꯥꯟꯕ ꯇꯤꯝ 32ꯅ
ꯁꯔꯨꯛ ꯌꯥꯗꯨꯅ ꯆꯠꯊꯔꯤꯕ 62ꯁꯨꯕ ꯁꯥꯔ
ꯆꯨꯔꯥꯆꯥꯟꯗ ꯁꯤꯡꯍ ꯀꯦ ꯁꯤ ꯑꯦꯁ
ꯑꯥꯏ, ꯁꯤ ꯕꯤ ꯏ ꯃꯦꯃꯣꯔꯤꯑꯦꯜ
ꯐꯨꯠꯕꯣꯜ ꯇꯨꯔꯅꯥꯃꯦꯟꯠ 2019ꯒꯤ ꯉꯁꯤ
ꯁꯥꯟꯅꯈꯤꯕ ꯑꯍꯥꯟꯕ ꯒ꯭ꯔꯥꯎꯟꯗ ꯋꯥꯏ
ꯄꯤ ꯑꯩꯆ ꯌꯨ ꯑꯃꯁꯨꯡ ꯆꯤꯀꯜ ꯂꯝꯕꯥ
ꯇꯧꯅꯈꯤ꯫ ꯃꯦꯆ ꯑꯗꯨ ꯍꯦꯛ ꯍꯧꯕꯒ
ꯇꯤꯝ ꯑꯅꯤꯅ ꯑꯀꯟꯕ ꯃꯑꯣꯡꯗ ꯂꯝꯕ
ꯇꯧꯅꯔꯛꯈꯤ꯫ ꯑꯍꯥꯟꯕ ꯍꯥꯐ ꯑꯁꯤꯗ
ꯇꯤꯝ ꯑꯅꯤꯅ ꯄꯥꯟꯖꯜ ꯑꯣꯏꯕ ꯌꯥꯕ ꯀꯌꯥ
ꯅꯥꯟꯊꯣꯛꯈꯤꯕꯗꯒꯤ ꯄꯥꯟꯖꯜ ꯑꯃꯠꯇ
ꯆꯟꯕ ꯉꯝꯅꯈꯤꯗꯦ꯫

ꯑꯅꯤꯁꯨꯕ ꯍꯥꯐꯇ ꯇꯤꯝ ꯑꯅꯤꯅ
ꯑꯍꯥꯟꯕ ꯍꯥꯐꯇ ꯁꯥꯟꯅꯔꯝꯕ ꯑꯗꯨꯗꯒꯤ
ꯍꯦꯟꯅ ꯐꯖꯅ ꯁꯥꯟꯅꯔꯛꯈꯤ꯫

ꯁꯥꯟꯅꯕꯒꯤ 65ꯁꯨꯕ ꯃꯤꯅꯠꯇ ꯋꯥꯏ
ꯄꯤ ꯑꯩꯆ ꯌꯨꯒꯤ ꯁꯥꯟꯅꯔꯣꯏ ꯗꯕꯂꯤꯌꯨ
ꯁꯗꯥꯅꯟꯗꯅ ꯃꯦꯠꯆꯀꯤ 65ꯁꯨꯕ
ꯃꯤꯅꯠꯇ ꯄꯥꯟꯖꯜ ꯑꯃ ꯆꯟꯈꯤ꯫

ꯄꯥꯟꯖꯜ ꯑꯗꯨ ꯆꯤꯀꯜꯒꯤ ꯃꯥꯏꯀꯩꯗꯒꯤ
ꯃꯦꯠꯆꯀꯤ 72ꯁꯨꯕ ꯃꯤꯅꯠꯇ
ꯍꯟꯗꯣꯛꯇꯨꯅ 1-1ꯗ ꯂꯩꯅꯈꯤ꯫ ꯃꯈꯥ
ꯇꯥꯅ ꯇꯤꯝ ꯑꯅꯤꯅ ꯑꯍꯦꯟꯕ ꯄꯥꯟꯖꯜ
ꯆꯟꯅꯕ ꯉꯝꯅꯗꯕꯗꯒꯤ ꯄꯦꯅꯥꯜꯇꯤ
ꯀꯥꯎꯅꯈꯤ꯫
ꯇꯤꯝ ꯑꯅꯤꯒꯤ ꯁꯥꯟꯅꯔꯣꯏ 5/5ꯅ
ꯀꯥꯎꯅꯈꯤꯕ ꯄꯦꯅꯥꯜꯇꯤ ꯑꯗꯨꯗ ꯋꯥꯏ
ꯄꯤ ꯑꯩꯆ ꯌꯨꯒꯤ ꯃꯥꯏꯀꯩꯗꯒꯤ ꯀꯦ
ꯀꯃꯥꯟꯗꯣ, ꯗꯕꯂꯤꯌꯨ ꯑꯣꯂꯦꯟ, ꯀꯦ ꯑꯩꯆ
ꯑꯔꯨꯟꯅ ꯄꯥꯟꯖꯜ ꯆꯟꯈꯤ꯫ ꯑꯗꯨꯒ
ꯆꯤꯀꯜꯒꯤ ꯃꯥꯏꯀꯩꯗꯒꯤ ꯑꯦ ꯑꯉꯣ
ꯑꯃꯗꯤ ꯕꯤꯗ꯭ꯌꯥꯆꯟꯗ꯭ꯔꯅ ꯆꯟꯈꯤ꯫
ꯃꯦꯠꯆ ꯑꯁꯤꯗ ꯋꯥꯏ ꯄꯤ ꯑꯩꯆ ꯌꯨꯅ
ꯆꯤꯀꯜꯕꯨ ꯄꯥꯟꯖꯜ 4-3ꯗ ꯃꯥꯏꯊꯤꯕ
ꯄꯤꯈꯤ꯫

ꯑꯅꯤꯁꯨꯕ ꯒ꯭ꯔꯥꯎꯟꯗ ꯇꯥꯝꯄꯤ
ꯑꯃꯁꯨꯡ ꯅꯥꯀꯣ ꯂꯝꯕ ꯇꯧꯅꯈꯤ꯫ ꯃꯦꯠꯆ
ꯑꯁꯤꯒꯤ ꯑꯍꯥꯟꯕ ꯍꯥꯐꯇ ꯇꯤꯝ ꯑꯅꯤꯅ
ꯂꯝꯕꯥ ꯆꯥꯅ ꯁꯥꯟꯅꯔꯛꯈꯤ꯫ ꯑꯗꯨꯕꯨ
ꯅꯥꯀꯣꯒꯤ ꯃꯥꯏꯀꯩꯗꯒꯤ ꯁꯥꯟꯅꯔꯣꯏ
ꯄꯤ ꯑꯖꯥꯟꯄꯨ ꯀꯕꯨꯏ ꯖꯔꯁꯤ ꯅꯝꯕꯔ
15ꯅ ꯁꯥꯟꯅꯕꯒꯤ 21ꯁꯨꯕ ꯃꯤꯅꯠꯇ
ꯄꯥꯟꯖꯜ ꯑꯃ ꯆꯟꯗꯨꯅ 1-0ꯗ
ꯃꯥꯡꯖꯤꯜ ꯊꯥꯍꯟꯈꯤ꯫ ꯑꯍꯥꯟꯕ ꯍꯥꯐ
ꯂꯣꯏꯕ ꯐꯥꯎꯕꯗ ꯇꯥꯝꯄꯤ ꯑꯦꯐ ꯁꯤꯒꯤ
ꯃꯥꯏꯀꯩꯗꯒꯤ ꯄꯥꯟꯖꯜ ꯑꯗꯨ ꯍꯟꯗꯣꯛꯄ
ꯉꯟꯗꯅ ꯂꯩꯈꯤ꯫
ꯑꯅꯤꯁꯨꯕ ꯍꯥꯐꯇ ꯇꯥꯝꯄꯤ ꯑꯦꯐ
ꯁꯤꯅ ꯑꯀꯟꯕ ꯄ꯭ꯔꯦꯁꯔꯒ ꯂꯣꯏꯅꯅ
ꯑꯦꯀꯥꯎꯟꯠ ꯍꯥꯡꯅꯕ ꯍꯣꯠꯅꯔꯛꯈꯤ꯫

ꯑꯗꯨꯕꯨ ꯅꯥꯀꯣ ꯇꯤꯝꯒꯤ ꯗꯤꯐꯦꯟꯁ ꯂꯥꯏꯟ
ꯌꯥꯝꯅ ꯂꯤꯡꯅ ꯂꯩꯈꯤꯕꯅ ꯀꯥꯟꯅꯕ
ꯐꯪꯗꯅ ꯃꯦꯠꯆ ꯑꯗꯨ ꯅꯥꯀꯣꯅ 1-0ꯗ
ꯃꯥꯏ ꯄꯥꯛꯈꯤ꯫