



SPORTING LEGENDS: WASEEM AHMAD

SPORT: HOCKEY

COMPETITIVE ERA: 1995 - PRESENT

Waseem Ahmad (born 10 April 1977, Vehari) is a Pakistan field hockey player and ex-captain of Pakistan hockey team. He is regarded as one of the best left halves in the world, and became the most capped midfielder and most capped player for Pakistan.

Pakistan's most-capped player and midfielder became the 34th National hockey Captain of Pakistan when Pakistan clashed with India in the opener of 9th Indo-Pak Series (Friday 24 September) at Karachi's HCP. He was the 17th captain to lead Pakistan in Champions Trophy. Apart from Shahbaz Ahmed, who captained Pakistan 6 times (1990-95) in Champion Trophys, only three players have captained Pakistan on two occasions.

Waseem Ahmed was the seventh midfielder to lead Pakistan. Hamidullah Burki was the first one when he led Pakistan in 1950 World Championship at Barcelona. Burki was followed by midfielders Ghulam Rasool, Anwar Ahmed Khan, Akhtar Rasool, Rashidul Hassan and Muhammad Usman.

Waseem played his 200th international hockey match on 24 September 2003 when Pakistan inflicted a 4-2 win over India in the Group-B encounter of 6th Asia Cup Hockey Championship at National Hockey Stadium of Bukit Jalil Sports Complex at Kuala Lumpur, Malaysia. Waseem also struck a precious goal in that match when he converted Pakistan's first penalty corner by beating Indian keeper Devesh Chauhan. He scored that crucial goal when the match was evenly poised at 2-2.

Being captain of Pakistan Hockey team for the 1st time, team won the 9th Indo-Pak Test Hockey Series and returned back to Pakistan with a victory under his captaincy. Waseem won silver medals in Champions Trophy at Chennai 1996 and Lahore 1998 besides bronze medals in 2002,2003 and 2004 editions. He also appeared in CTs of 1997, 1999, and 2001.

Waseem also represented Pakistan in Olympics 2000, 2004, World Cup 1998, 2002 and Junior World Cup 1997. He has also won silver medal in 5th and 6th Asia Cup at Kuala Lumpur 1999 and 2003 respectively, and bronze medal in 13th Asian Games at Bangkok 1998. Pakistani team won Sultan Azlan Shah Cup 3 times and Waseem Ahmad was in the side every time. He became Pakistan's second most-capped player when he earned his 253rd cap on December 4, 2004 in a match against Germany and he became Pakistan's most-capped (304) December 12, 2004 in his last match before retirement against India which was for Bronze medal and Pakistan won it. He was declared man of the match in this match for his excellent captaincy and midfield work.

SPORTING LEGENDS: WASEEM AHMAD



Scott Burton's Final Thought

Waseem's international hockey career has sustained excellent longevity, via the way he has focused on intense physical conditioning over the years.

In-between his various retirements he has always been fit enough to make a comeback, which takes some doing at international level



Another goal for Pakistan – another assist for Waseem Ahmad!