

WEEKEND SPORTS WEEKEND

Raw deal for African soccer stars?

The World Cup finals put Africa on the soccer map...

By George Obiero in Nairobi

Cameroon's performance in the 1990 World Cup showed that despite being mostly amateur...

But Roger Milla, the country's hero in Italy, believes European clubs have yet to recognise the true value of African football...

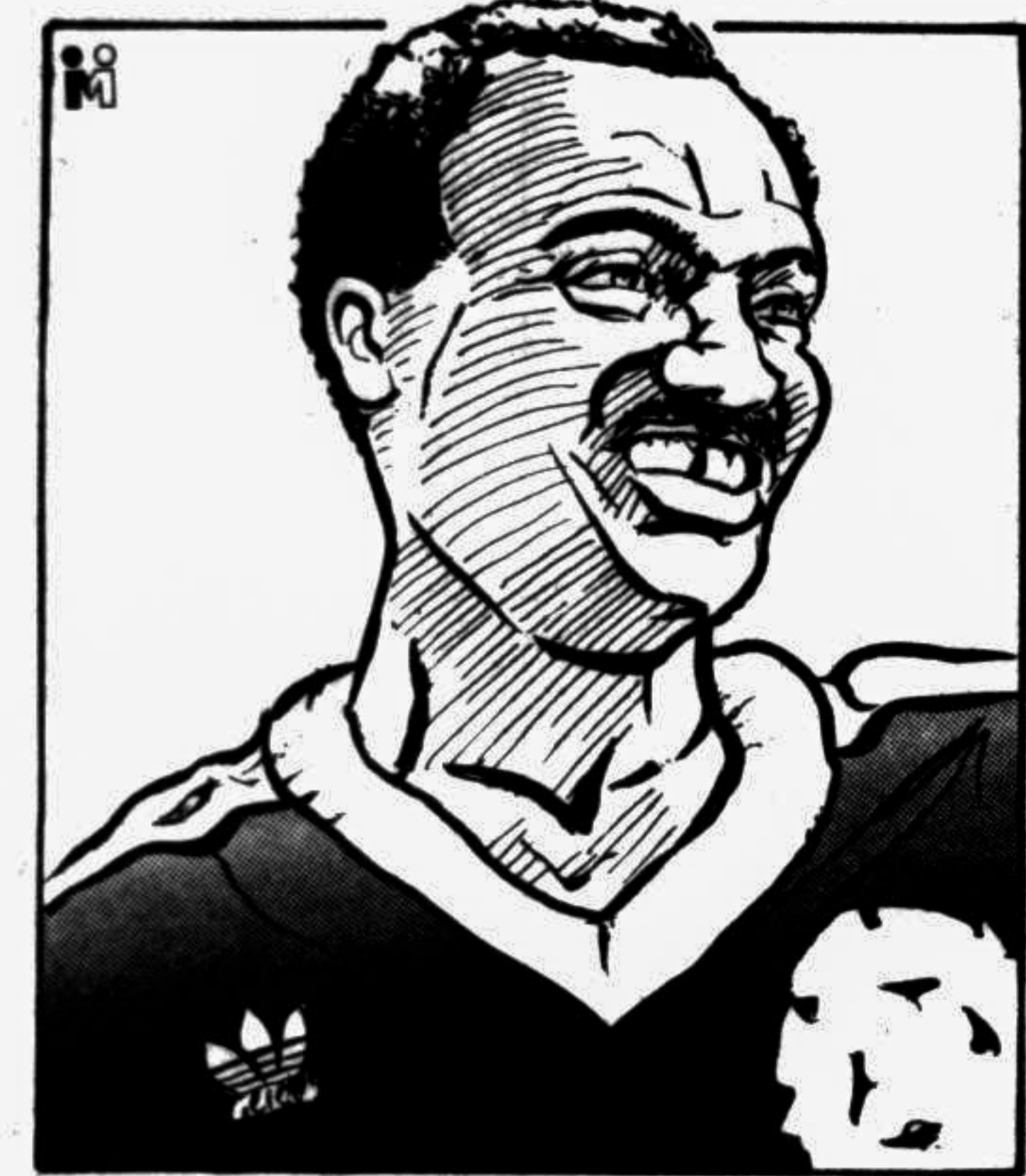
Proof, he says, is that Thomas N'Kono is now in Spain without a contract after asking for a salary increase at his club (Barcelona)...

According to Milla, voted African Footballer of the Year for 1990 by a huge majority, there has been some mismanagement of the image of the Indomitable Lions...

The Italia '90 success has not resulted in extraordinarily rich pickings for most of the country's leading stars...

The 27-year-old central

defender has been training in London with First Division Queen's Park Rangers...



Roger Milla... doubts whether African football is really valued by European clubs

club. In Yaounde, the 38-year-old star said it would be very difficult for him to regain his World Cup form after December...

Champions Cup honours. He will also participate in promotional matches, especially the February 6 match between the Indomitable Lions and England at London's Wembley Stadium...

Another Cameroonian midfielder, Louis M'fede, has signed a two-year contract with Spanish Second Division side Figueras...

Two Egyptian players have also joined the paid ranks since the conclusion of the World Cup. Hossam Hassan, whose goal won Egypt a place in the finals, has signed for the Greek First Division club Pook...

representatives in Italy, managed to join European clubs. Francois Oman Biyik, remembered for being the first man to hit the headlines at the World Cup when his goal deflected Argentina in the opening match...

Rennes. The team was promoted to the First Division this season after Biyik spent two unhappy years at Second Division Laval.

Biyik, 24, has, however, sued Laval for \$160,000, saying they owe him the money from his \$800,000 transfer to Rennes...

Cyrille Makanaky, whose mid-field skills helped Cameroon to reach the World Cup quarters, signed a three-year contract with Spanish club Malaga...

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Two Egyptian players have also joined the paid ranks since the conclusion of the World Cup. Hossam Hassan, whose goal won Egypt a place in the finals, has signed for the Greek First Division club Pook...

Ahmed Shoubair, the country's international goalkeeper, has completed a move to English First Division club Everton for a fee of around \$500,000...

Magdi Tolba (Pook), Magdi Abdel Ghant of Betra Mar of Portugal and Tarek Souleiman of Neuchatel of Switzerland.

African professionals are not only complaining of raw deals in terms of contracts, in December three African players in the German League published an open letter in Frankfurt complaining of growing racism among German fans...

The letter by Anthony Yeboah, Souleyman, Sane and Anthony Baffoe was published in the mass circulation Bild. Yeboah of Ghana plays for Eintracht Frankfurt...

The last half of the year has been very difficult for us. Racist calls from the stands are unfortunately increasing, the letter said...

The letter urged German clubs to do more to stop their fans from insulting black players. It said only one club, St Pauli from Hamburg, has printed leaflets asking fans to stop insulting African players...

About the Author: George Obiero is the first African Sports Editor of The Standard, one of the two English language, daily newspapers in Kenya. He is also the secretary of the Kenya Sports Writers' Association.

Of sins and sports, where punishment is never forever

Cheats in sport have been punished, be it for tax evasion, drug-taking or any thing else but they do re-enter society...

Mel Durslag writes

IN JANUARY— maybe even this month -Pete Rose will stroll from the jailhouse where he has been consigned for a memory flaw...

Re-entering society, Pete will create a dilemma for (a) those in baseball asked to decide whether he should be given employment and (b) those voting for the Hall of Fame, pressed to determine whether one doing time, and suspended from the game, belongs in their shrine...

It is possible that one decision will be linked to the other, which is to say, unless Rose is readmitted to baseball, Hall of Fame voters might find him unfit for approval.

Pete has done a lot of things in life distressingly stupid, but he has been smart enough to keep a low profile during his incarceration.

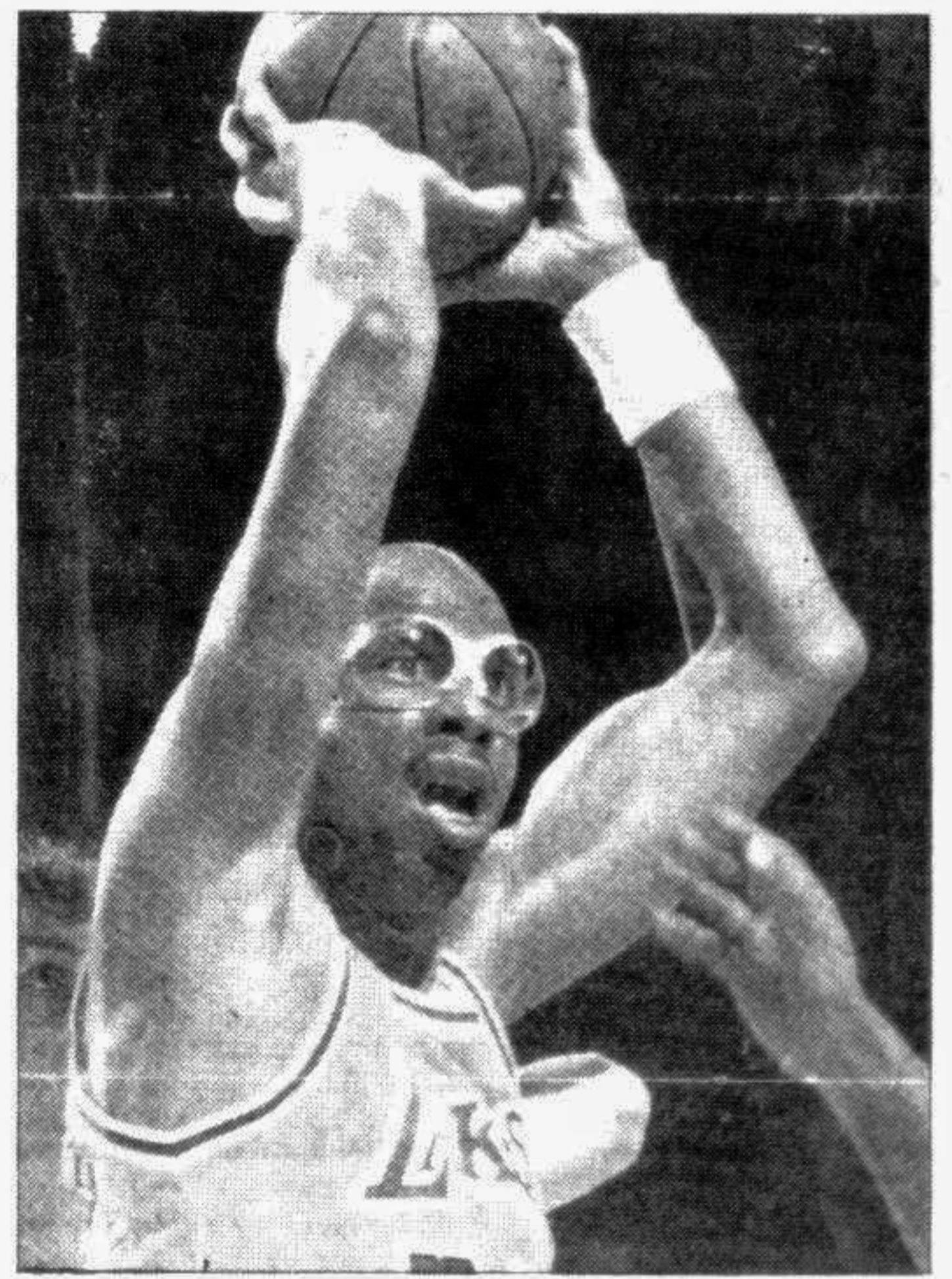
He has reduced the profile, in fact, to non-existent, rejecting all publicity on the ground that news of him might enhance the status of those gathering it, but not of Pete.

Ugly

Jail is an ugly experience. Rose wants out and obviously he wants to return to baseball, which he knows something about.

At anything else, he has to be a bust. He can't build bridges. He can't write poetry. He can't sell. And in today's competitive market, it isn't likely he could make a go of saving souls.

Baseball's piety in connection with the Rose case



Kareem Abdul Jabbar... went around punching guys

is the least bit repulsive. The game has been grandstanding, creating the impression that for givenness of its wayward sons is a bigger deal than it is in other sports.

Ben Johnson is back on the track. And what sin greater than cheating in the Olympics, holiest of athletic endeavors?

Johnson cheated. He used substances banned by Olympic law. His victory was negated. He brought disgrace to his country.

But he is back in business, because punishment needn't be forever.

Dexter Manley, a three-time drug loser, is back in football, forgiven with tons of others, in all sports, for drug violations.

Forgiven

Lester Piggott, England's most successful jockey—the Bill Shoemaker of his land—is back at work. Lester evaded a year for income tax evasion. Muhammad Ali ducked the draft at a time America didn't consider it good form...

And during his early and middle years in pro basketball, was Kareem Abdul-Jabbar saintlike? He went around punching guys. One night, he sneak-punched a player named Kent Benson, injuring him badly...

So, reflecting on the Rose case, you want to discourage finger-wagging. Too many who wag are vulnerable. How long George survived before getting the foot.

The mad course followed by Rose hardly is recommended here, but when the jailhouse doors open and he comes to baseball, which he served most of his life, asking for a job, we don't see it as a major concession if he gets one.

We don't even see the need for deep and profound soul-searching. -LAT-WP

Mickey Duff: Lord of the boxing ring

Alan Baldwin talks to the man who has been matchmaker, manager and promoter since 1948

THE young Mickey Duff used his fists to fight his way out of the East End slums of post-war London to fame and fortune as Britain's 'Mr Boxing'.

From his shabbily-decorated office in London's Soho, known for its Chinatown district and seedy strip joints, he now presides over an empire with interests from Moscow to Las Vegas.

Ex-pugilist

Duff, a short man with thickrimmed glasses, glistening forehead and the flattened nose of an ex-pugilist, left his native Poland with his mother on the eve of World War Two to join his father in London.

He boxed briefly as the lightweight 'Kid from Krakow' and since 1948 has been matchmaker, manager and promoter.

I had a manager but I used to manage him if you know what I mean, Duff said, absent-mindedly exploring the contents of an ear with his index finger during the interview.

Because his parents would never have allowed him to box, he changed his name so they would not find out.

Born as Morris Prager, he became Mickey Duff after watching James Cagney in the tough-guy movie 'Cash and Carry'.

His name in that picture was Jackie-boy Duffy. I immediately thought of Mickey Duffy but it didn't sound right.

Then I thought of Mick Duffy and that still wasn't right. Then I thought Mickey Duff.

After his parents divorced, 'My father disowned me' - his mother opened a restaurant to make a living.

I used to sell her my prizes. I used to get canteens of sutery and I used to scil'em to her.

Lively

Ever the hustler, he is at his liveliest when shouting down the telephone to fix his latest deal or clambering into the ring to see to his fighter and berate all within earshot.

He has been called many names over the years, mostly unprintable, but can be relied on to give as good as he gets.

A lot of promoters couldn't match the checks of their own backside, is a fairly typical Duff pronouncement. His English is rarely perfect, always inventive.

At a recent title fight, a friend yelled to Duff as he approached his fading fighter:

"Scream at him, Mick, scream at him."

Duff just shrugged, and replied: "I've scremt."

His management style is equally blunt. "There's nothing in our contract that says we have to like each other, he once said of Britain's ex-world welterweight champion Lloyd Honeyghan.

Time was when he and a group of associates effectively controlled all major promotions in Britain but that has changed with the emergence of a breed of younger entrepreneurs.

"Standards have changed and there are more people challenging for the action. You just can't make any deals today without making sure you've got everything in writing," he said.

His English is rarely perfect, always inventive. At a recent title fight, a friend yelled to Duff as he approached his fading fighter: "Scream at him, Mick, scream at him. Duff just shrugged and replied: 'I have scremt.'"

Duff's beginnings in boxing date from when, as a child, he was evacuated from wartime London to a hostel where one of the other refugee kids had two pairs of gloves.

I put them on and I beat the shit out of him," he said.

Deal

I was just talking to a Russian who wants to make a deal," he said. He has several Russian backers he wants me to develop in this country. He has a sponsor that will pay all their fares and transport...

But despite the rich rewards of a life in boxing, Duff said he would not encourage any boy to take up the sport.

In the old days a lot of kids got into boxing because of the poverty. Today, the smart ones become accountants and the others, the street smart, wind up in casinos.

I would have been a pit boss in a casino." Reuter

Moroccans ready to rule

The Kenyan stranglehold in the middle and long distance events may be coming to an end as a new generation of Moroccans with generous government backing begin to show their form. Mohamed Issangar has already ended Kenya's reign in 3,000 metres, but reports Gemini News Service, the real test will come at the next world championships in Tokyo.

By Patrick Isaack

The victory of the Moroccan Khalid Skah in the World Cross Country championships in France surprised many people who had predicted a fifth straight win for John Ngugi of Kenya. But track analysts who have been following the progress of Morocco were not taken aback.

The government realised victory brings international fame and goodwill and invested heavily in sports. The results have been remarkable, epitomised by Skah's stunning victory.

Four time champion Ngugi trailed in 20th position as Skah sped away to win the race. It looks as if Morocco could be set to end Kenya's long reign in both the middle and long distance events.

The form of Kenyan runners has nosedived following the unresolved row between the athletics and the Kenya Amateur Athletics Association (KAAA).

Only Ngugi has been consistent in his 5,000 metres since Kenya's medal winning spree in the Seoul Olympics in 1988. Olympic champions Paul Ereng (800 metres) and Peter Rono (1500 metres) have not appeared since, while Julius Karuki (3,000 metres) last appeared in the Commonwealth Games where he took another gold.

But for the first time in many years, Kenya lost in the 3,000 metres when a Moroccan snatched the gold at the Africa Championships in Cairo in September. Many could not believe it when Kenya, the favourites, finished third overall after Egypt and Nigeria.

Meantime, the Moroccans are throwing in all they have to ensure they replace Kenya as the leading nation on the track. The government has introduced scientific approaches in the training and grooming of young athletes.

Brahim Boutayeb, the 10,000 metre Olympic champion, is still in top form. And Addis Abebe of Ethiopia seems to be his only challenger at the moment.

Hammou Boutayeb, who joined fellow-countryman Said

Aouita's personal training group in Casablanca two years ago with no track record at all, is just as good. He was 12th overall in the last World Cross Country championships.

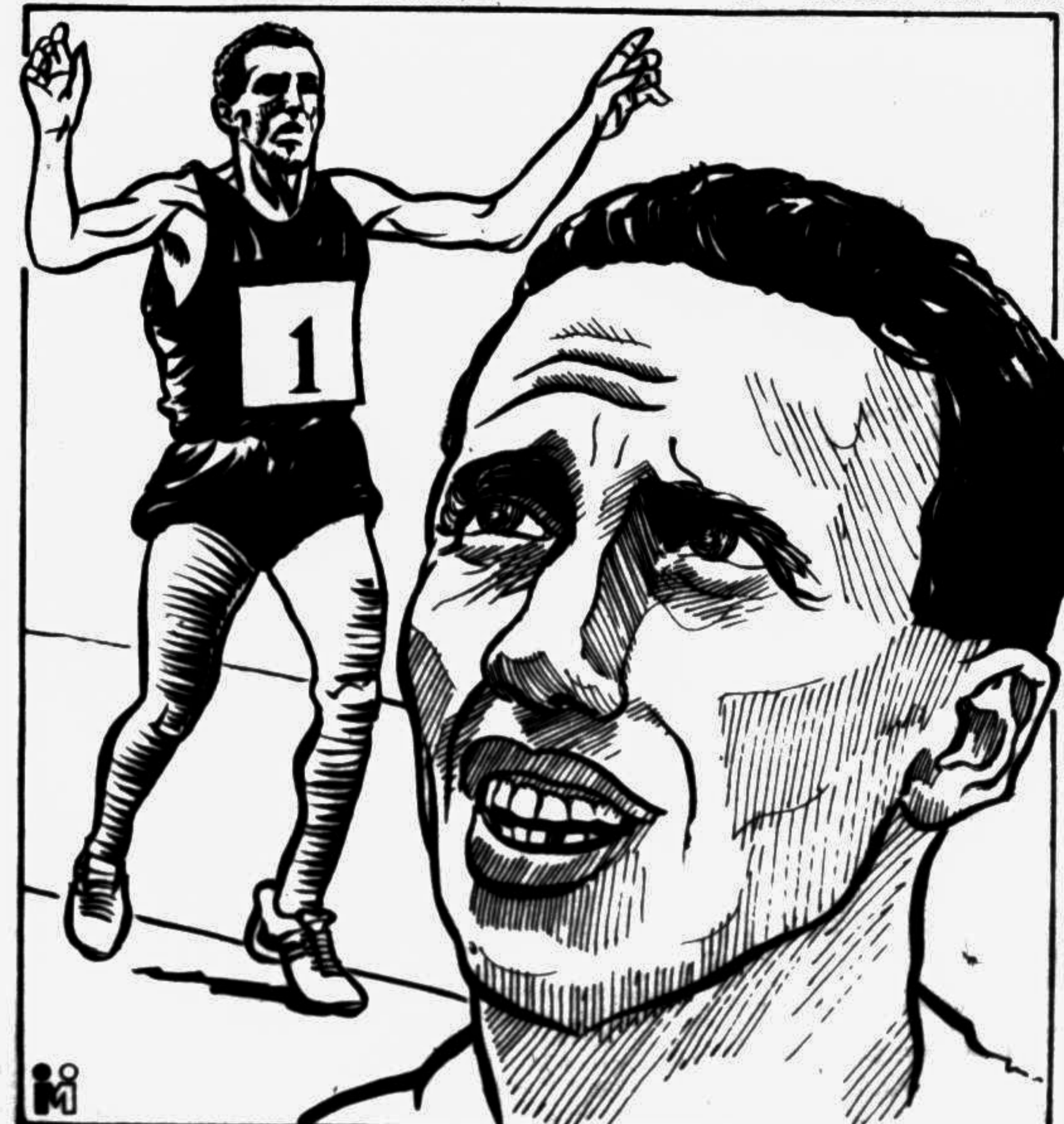
At the Goodwill Games in Seattle he narrowly missed Arturo Barrios' 10,000 metre record of 27:08.23. But his own record of 27:26.43 was the fastest ever in the US.

metres returning 7:39.40 seconds, and Khalid Skah came second with 7:40.86. Yobes Ondieki of Kenya came fourth behind British runner Gary Staines.

Other Moroccans poised to end Kenya's dominance of the track include Mohamed El Masoudi, Brahim Lahafi, Khalid Boulami and Hamid Oubadriss.

The athletes are selected according to special standards and remunerated according to which one of four categories they fall into: world class, which one of four categories they fall into: world class,

opened recently with hundreds of athletes. African class, Arabic class or national class. The best are also rewarded with cars.



KHALIDSKAH

after the 29:29.90 set by Henry Rono of Kenya in 1982.

Aouita appears to have given way to a new generation of young runners who, like himself, impress in both the middle and long distance races and have the potential to conquer the world.

In the steeplechase events, in which Kenya relies on Karuki, Peter Koeh, Patrick Sang, Phillip Barkutwe and Joshua Kipkemboi, Morocco has produced Mohamed Issangar who proved too strong for the East Africans in Cairo.

At the Bislett Games in Oslo in July, Issangar led the Moroccan sweep of the 3,000

SAIDAOUITA

Addressing the International Amateur Athletics Federation (IAAF) seminar in Nairobi the Moroccan delegate, gold medalist Nawal El Moutawakil, said her country was spending a fortune to develop sports. Moutawakil even dared warn other African countries to watch out.

Jobs and scholarships are offered to all talented athletes in Morocco whereas in Kenya athletes depend on US scholarships. A national school for

track and field events, sponsored by the biggest phosphates industry in Morocco,

About the Author: PATRICK ISAACK is a freelance sports journalist based in Nairobi.

Better way to burn the fat?

WASHINGTON, Jan 31: Running may be better than swimming at making you look good in a bathing suit. Studies indicate that swimmers retain more fat than do runners, reports AP.

Both aerobic activities burn calories, so you can lose weight no matter which you choose, provided you work out enough and watch what you eat. The question is which would be more efficient.

The swimmers lost less body fat than the runners, said Randall L. Smith, an assistant professor of physical therapy at the University of Missouri, Columbia, who compared both activities.

Smith recruited 31 sedentary but healthy Columbia-area men and women ages 21 to 50 who could run and swim. He split them into runners, runners who dieted, swimmers, and swimmers who dieted.

All exercisers worked out 30-60 minutes, five days a week for 10 weeks, and kept detailed diaries of what they ate and drank. The overall goal was to have everyone lose 500 calories a week, either by exercise alone, or by splitting the loss equally between diet and exercise.

That is what Morocco is doing in the bid to conquer the world and prove herself on the track. But while the tumbrils have started rolling for traditional champions, Kenya and Ethiopia, the major test will not come until the World Championships in Tokyo next September. - GEMINI NEWS.

The swimmers had slipped from an average of 29 percent to almost 27 percent, while the runners had dropped from over 28 percent to a little over 25 percent.

The diet-and-exercise groups also lost body fat, but the difference between them was not statistically significant, Smith reported.

When he looked for an explanation, the researcher saw a difference in what they ate.

We've noticed that people who swim are a lot hungrier than runners after workouts," he said. "In fact, runners don't have much of an appetite after finishing their workouts."

The run-only group lost an average of 366 Calories, while the swim-only group lost a mere 81.

Even the exercise-and-diet groups couldn't stick to the plan to cut 250 Calories, he said. The run-and-diet exercisers ate 462 Calories less per week, while the swim-and-diet exercisers ate 317 Calories less.

Smith isn't sure why that is, but he suspects that the swimmers' bodies were trying to conserve fat stored in their bodies, and instead were burning carbohydrates.

Exactly why swimmers would retain more fat than runners is a mystery. But Peter Daland, the head men's swimming coach at the University of Southern California speculates that the body might be trying to use the insulating effect of fat to offset the body's ability to cool faster in water than in air.