Ma's army sets the tempo



MANILA, Dec 1: China surged to the top as their world-class women distance runners got into gear.

but Kazakhstan emerged as major challengers as the former Soviet Asian republics showed their wares at the second day of the Asian Athletic Championships here today, reports

The defending champions snared the gold in the men's 20-kilometre walk and in the men's javelin, and then coach Ma Junren's wards hit the tracks to finish' 1-2 in the 800 metres, led by Liu Li, who ran a deliberate slow race to protect a thigh injury.

The legendary coach, whose radical high-altitude training regiment has produced a string of world records this year, said he asked Liu "not to run too fast."

Kazakhstan replied by comfortably winning the first two places in the pole vault, underlining the former Soviet's new challenge to 10-year Chinese domination of the biennial

"It's easy to win here," said world number two Gregory Yegorov, 26, who set a new meet record with a 5.70-metre

"It's difficult to jump in December after a long season. I just wanted to rest."

His Alma Ata townmate. Natalya Torchina, 25, humiliated world number five Han Qing of China, who finished fourth in the 400 women's hurdles. Torchina, the world's number eight, said she had difficulty with the 32 degrees Celsius temperature in Manila.

India's Ajit Bhadayrida also upset Chinese favourite Ma Wei in the men's discus throw. The Chinese top seed was crowded out for the silver by S Kot of Uzbekistan and had to settle for the bronze.

A surprising Saudi Arabia copped their second straight middle-distance gold, with Alyan Al-Kahtani easily ruling the 10,000 metres for men ahead of Malaysia's M Ramachandran.

Syria and South Korea joined the winning column, with Zaid Abou Hamed topping the men's 400-metre hurdles, bettering by 21 seconds a 20-yearold meet record.

South Korea's male distance runners also shone, with schoolmates Lee Jin Il and Kim Yong Hwan seizing the gold and silver in the 800 metres. Kim was under orders to pace Lee. revealed their famous coach Kim Bok Ju, the gold medalist in the event at the Seoul Asian Games in 1986.

Chen Shaoguo set the Chinese train on a roll early Wednesday by surpassing the eight-year-old meet record in the men's 20-kilometre walk, and then said he could have done better if not for the heat and soft tracks.

His compatriot Zhang | medalist

Lianbao Then, as expected, won the men's javelin gold.

Chen finished the course in one hour, 26 minutes and 29.69 seconds, besting the Asian Track and Field Championships record of 1:26:52 set by fellow countryman Liu Janli in Jakarta, Indonesia in 1985.

Japan's Hirotumi Sakai finished second in 1:28:31.26, Sergei Korepanov of Kazakhstan won the bronze in 1:29:06.36.

China is expected to dominate the five-day championship. which brings together about 500 athletes from 39 countries.

The Chinese team features Wang Junxia, record holder at 3,000 and 10,000 metres, and Qu Yunxia, record holder at 1,500 metres.

China's Han Qing, the Asian Continental record holder in the women's 400 metres, is also favoured in that event. Her best time is only 1.22 seconds off the world record of 52.74, set by Germany's Sally Gunnell last August during the World Championships at Stuttgart, Germany.

China has emerged as the rising star of international sport after the demise of the Soviet Union and East Germany.

But many former Soviet athletes are competing from newly independent Central Asian states. They include pole vault star Gregorily Yegorov.

who was trying for the gold Wednesday under the flag of Kazakhstan.

The former Soviet republics of Azerbaijan, Kyrgyzstan, Tajikistan, Turkmenistan and Uzbekistan also have fielded teams in the championships.

President Fidel Ramos opened the competition Tuesday in a colourful ceremony at Manila's Rizal Sports Stadium.

"A sporting event such as this brings together the youth of Asia in an arena where you can compete in an atmosphere of sportsmanship and fair play," Ramos said.

MEDALS TABLE

The medal tally at the end of the second day of competitions at the Asian Track and Field Championships here today: Countries (gold, silver, bronze,

			TO TOTAL TO		958, U.S.
	total).		(#)		
	1. China	4	3	1	8
	2. Kazakhstan	2	1	1	4
	3. Saudi Arabia	2	0	0	2
	4. South Korea	1	1	2	4
	5. India	1	0 -	0	1
ă!	6. Syria •	1	0	0	1
	7. Uzbekistan	0	2	0	2
	8. Japan	0	1	2	3
	9. Thailand	0	1	1	2
	10. United				
	, Arab Emirates	0	1	0	1
	11. Malaysia	0	1	0	1
	12. Iran	0	0	2	2

The best to test it out

14. Shri Lanka



CANBERRA, Dec 1: Some of the world's top distance runners arrive this week in Australia, the

world's lowest and flatest continent, to begin testing the conventional wisdom that training at high altitude improves performance at sea level, reports Reuter.

Sports organisers said on Wednesday that a world record holder and several Olympic medalists will be among 42 athletes taking part in the sevenweek testing, which organisers hope will be the definitive study on the subject.

"There's a lot of anecdotal evidence to suggest that when people train at (high) altitude, their performance is better at sea level, but there's been no definitive study," said Australian Sports Commission director Ross Smith.

The commission, a government body which coordinates, sport, is one of a number of organisations funding and directing the study, which will cost about Australian 100,000 dollars (65,800 dollars)

Among the participants are 5,000 metres world record holder Said Aouita of Morocco and his countrymen Rashid el Basir, second in the 1992 Olympic 1,500 metres final, and Brahim Boutaveb, the 1988 Olympic 10,000 metres gold

Shaun Creighton, an Australian athlete who will use the results for his masters degree in sports science. Said the runners would form three groups.

Two groups would train on the nation's tallest peaks in the snowy mountains while the other group would train at sea level in Sydney. Australia's average altitude is 300 metres (980 feet), with the highest peak Mount Kosciusko at 2,230 metres (7.300 feet).

Creighton said there was a good chance of proving a link, citing Kenyan Yobes Ondieki and Algeian Noureddine Morceli who broke the world records. for 10,000 metres and mile respectively this year at sea level after training in Switzerland.

The lack of oxygen at high altitude is though to stimulate the production of red blood cells, which carry oxygen and enhance athletic performance.

Creighton said each runner would undergo physiological tests, including blood tests, and physical tests, such as running on treadmills, before and after the training sessions.

"The study is so big, you could get a few PhDs, out of it," said Creighton, who will take

part as an athlete and tester. He said previous overseas studies had failed to prove definitively a link because the tests were not wide enough, did not involve elite athletes or did not use a control group.



Dec 1: England's Professional Footballers' Association (PFA) have called on soccer authorities to outlaw the elbow challenge which has caused serious injury to former England stars Peter Beardsley and Gary Mabbutt this season, reports Reuter.

Sport =

"We want the use of the elbow to be condemned and outlawed," said PFA chief executive Gordon Taylor at the annual meeting of the Players' Union on Monday.

The PFA urged referees to clamp down on players committing fouls with their elbows and called for heavier punishments for offenders.

"If we're not careful someone will get a very serious injury." Taylor said. "Peter Beardsley was badly injured and Gary Mabbutt nearly lost an eye."

Mabbutt, the Tottenham captain, fractured his skull in an aerial collision with Wimbledon striker John Fashanu during an English Premier League match last Wednesday.

Video replays showed Fashanu's elbow had made contact with Mabbutt's face.

Surgeons had to rebuild Mabbutt's right eye socket and said he was lucky not to lose the sight in the eye.

Newcastle's new signing Beardsley missed the start of the season after suffering a triple fracture of the eheekbone in a clash with Liverpool defender Neil Ruddock in a testimonial match in August.

Deadly, drunk and disorderly

ISTANBUL, Dec 1: Six Manchester United supporters were freed form jail here on Tuesday - after being held for almost a month on charges of being drunk and disorderly, reports

Their release followed a campaign for justice by the club which was backed by British politicians.

The charges against the six John Cunningham, Andrew Philipps, Graham Cross, Kevin Doherty, Michael Shelton and Danny Humphries - were dropped because of lack of evidence.

They were jailed on November 3, following violence on the eve on Manchester United's European Champions Cup clash with Turkish side Galaasaray. United were knocked out of the Cup after drawing the match 0-0.

They faced jail terms of between on and three years if found guilty after it was claimed English fans had attacked Turkish rivals with bottles and stones and damaged a hotel. But witnesses failed to iden-

tify the culprits. English fans admitted they had been drinking alcohol but

attacked. The six fans were questioned WASHINGTON, along with 141 other Manchester fans, who were detained until after the Cup match.

claimed it was they who were

A campaign for their release was launched after the Turkish authorities delayed in bringing the matter to court.

Bonecrusher takes on Tubbs

BAY ST LOUIS, Miss, Dec 1: James "Bonecrusher" Smith and Tony Tubbs, former WBA champions, will compete Friday night in a 16-man, 15-bout heavyweight tournament; reports

The winner of the final reportedly will get dirs 1 million. Tyrell Biggs and Henry Tillman, gold medal winners at the 1984 Olympics, also will compete in the pay-per-view television event at Casino Magic.

Each fighter is supposed to get dirs 20,000 for each of the three-round matches he appears in and anyone scoring a first-round knockout is supposed to get an additional dirs 20,000. The tournament runner-up will receive dirs 100,000. Tubbs will fight Magna Ha-

vana of Norway; Biggs will meet Yevgeni Sudakov, a Ukrainian, fighting out of New York, and Tillman will oppose Leonsio Bueno of the Dominican Republic.

Derek Williams of Britain will box Rocky Ray Phillips in the first-round match in the first bracket.

Other second-bracket bouts will be Jason Williams vs. Marshal Tillman, Derrick Roddy vs. Daniel Dancuta of Romania and Bert Cooper vs. Craig Peterson of Australia.

The fighters have been told that only a portion of the prize money will be paid immediately. with the remainder coming from various revenues, according to a spokesman for promoters Don Arnot, Trevor Wallden and Event Entertainment (pay-per-

The 15 bouts will be held from 9 pm EST Friday (0200 GMT Saturday) until 1 am Saturday (0600 GMT). Smith drew into the second

Biggs and Tillman each drew into the first bracket. Smith's first-round opponent will be Jose Ribalta, a Cuban fighting out of Miami.

bracket Tuesday, while Tubbs.



Manchester United striker Eric Cantona (L) pounces on to a ball with Everton's Dave Watson in hot pursuit during an - AFP photo English Premier League match at Everton's Goodson Park on Nov 30.

Villa gun Gunners down Torino drub



LONDON, Dec 1: Aston Villa striker Dalian Atkinson ended Arsenal's astonishing 25match 'unbeaten

cup run here on Tuesday with the only goal in a fourth round English League Cup tie, reports

. The fleet-footed striker prised the Gunners grip from the trophy with a fourth-minute shot following a smart exchange with Dean Saunders.

It was Villa's second win in a month at Highbury and their eighth in their last 10 meetings with the Gunners, whose defeat was their first in a home cup match for three years.

Villa were fortunate to win the premiership match, but were full value for their success this time, catching Arsenal on one of their poorer nights when even their famed set pieces were miserably unproductive. Manchester United and First

Division Tranmere also marched into the quarter-finals, United with a comfortable 2-0 victory at Everton and Tranmere with a 3-0 home drubbing of Oldham. Welsh internationals Mark

Dec 1 : Boxing

has never seen

anything quite

Two former heavy-

like it.

weight champions, two 1984

Olympic champions, an unbea-

ten ex-prisoner and eight inter-

national contenders fight for a

million-dollar top prize in a

Friday, reports AFP.

for four victories.

tournament-style showdown

Sixteen boxers will gather in

Bay St. Louis, Mississippi, for a

series of three-round bouts.

Winners advance until someone

takes away one million dollars

Hughes and Ryan Gigges guided United through to the last eight with goals after 13 and 46 minutes to repeat last month's premiership victory over Howard Kendall's team.

Hughes hammered a dipping drive into the net - his 10th goal of the season. - while Gigges fired home after Neville Southall could only palm lan Andrei Kanchelskis shot into his path.

However, United's Danish goalkeeper. Peter Schmeichel. helped their cause considerably with a 52nd minute penalty save from Tony Cottes after Stuart Barlow had been fouled by Gary Pallister.

The premiership leaders were full value for their win. though, as they also had three goals disallowed within four minutes in the second half. Meanwhile, Tranmere

reached the last eight for the first time with their win over Oldham, who had to battle with 10 men from the 36th minute after defender Richard Jobson was sent off for a professional foul on John Aldridge.

Tranmere capitalised with two goals from midfielder Ged Brannan, who struck with a 52nd minute drive and 60th

Money makes world go round

Biggs, super-heavyweight

champion of the Los Angeles

record was 108-6. Three rounds

are more suited to my type of

cludes former Australian cham-

pion Craig Petersen, England's

Derek Williams, Romanian ch-

ampion Dan Dancuta, Cuban-

born Jose Ribalta, former Soviet

Union champion Yevgeni Su-

dakov from Ukraine. Norway's

Magne Havana and Leon Bueno

from the Dominican Republic. US veterans in the tourna-

53 Aardvark's 20 Edge

morsel

1 Florist's

2 Plowing

3 One may

be pulled

out of bed

team

4 Break

fluid?

5 Soaring

bread

7 Gable's

known

6 Italian

best

wife

8 Kvelling

9 Stromboli

container

DOWN

23 Mandible

24 Important

numero

26 Intention

27 Duke it

out

28 Stout

25 B&B

The international field in-

"I like the format, said Tyrell

"In amateur fights, my

minute lob, and one from Aldridge a minute from time. In the all First Division tie

Portsmouth forced a home replay by drawing 0-0 at basement club Peterborough. In the Scottish Premier Division Motherwell regained first place from Aberdeen with a 1-0

home win over Partick Thistle. The vital goal came after 71 minutes, when Doug Arnott prised open the title defence and, as Grant Tierney failed to clear, Phil O'Donnell nipped

into drive the ball into the roof

of the net.

Midlothian.

Tubbs.

Celtic were denied a share of top spot when they went down 1-0 at Dundee United to surrender their nine- game unbeaten run.

Paddy Connolly grabbed the winner, pouncing on a blunder by Peter Grant in the 72nd minute to score his first league goal of the season and give United only their second win in

13 games. The night's two other Premier games ended in goalless stalemates, Hibernian suffering their third successive blank at home to St Johnstone and Kilmarnock being held by heart of

ment include siggs. 1984

Olympic heavyweight winner

Henry Tillman, Jimmy Ellis.

Bert Cooper and two former

World Boxing Association

champions, 40-year-old James

Smith and 34-year-old Tony

"I don't think we're envi-

sioned as the best of the crop,

but its a good fields," Biggs

said. "But the bouts will be

competitive. Anything can hap-

pened in this format. I want to

be ready for anything."

Francescoli struck twice in the first 13 minutes while striker Aguilers added a third 10 minutes before half-time to

Atalanta

ROME, Dec 1: Two goals by

Uruguayan midfielder Enzo

Francescoli and another by

compatriot Carlos Aguilera gave

holders Torino a 3-0 win over

Atalanta in an Italian Cup third

round first leg tie on Tuesday.

reports Reuter.

a humiliating home defeat. Neither man has been a first team regular at Torino in recent

condemn struggling Atalanta to

The result leaves the Turin club virtual certainties to reach the last eight of a competition they won last June.

They are already in the quarter-finals of the European Cup Winners' Cup in which they face English club Arsenal over two legs next March.

Caught in the act

GOTHENBERG, Sweden, Dec 1: Two Russians, due to take part in the World Powerlifting Championships were detained at Gothenberg Airport carrying a huge cache of banned performance enhancing drugs, police said Monday, reports

A Justice Department communique said the two, whose names were not given, were in possession of 3,500 anabolic steroid pills and 270 doses that could be injected into the body.

The two were detained after a routine customs check at the airport on Sunday. They were heading for the world powerlifting championships in Joenkoeping this week.

Jason Williams makes his pro-debut in the event after A court is to decide today whether charges should be seven straight victories, all by first-round knockout.

CROSSWORD By Eugene Sheffer

Olympics.

fighting.

ACROSS honors 1 Pledge 34 Diamond, 4 Duck for one 35 Prancer's hunter's yokemate

device 36 "And -8 Trudge 12 Prop in the "The opposite shore...' Shining* 37 Proscrip-

tion

46 Dirt

47 Cote

38 A, literally

45 Exam type

comment

48 Coleridge

a word

opus, in

49 Gardening

13 Medley 14 Two thumbs up, e.g. 15 "When

Will I -

You Again 16 Dressmaker's dummy

> 17 Microwave 18 Y, literally 21 Bottom line

22 Charity concert suffix 23 Electricity 26 Get ready to fight

27 Bruce Wayne's inspiration 30 Mrs. Shakespeare 31 Young'un

32 "J'accuse"

author

33 Took top

SPECHREAPHIL RAVENDOYLE ALASKAVEX ALIKE ICY ITO MIXES CES SOW Yesterday's answer

spillover 50 Old card British 10 Finished 11 Say it isn't 37 Attorney 51 Recipe General 52 Builds on 19 Formerly nominee Solution time: 23 mins. 38 Ticon-HAP MAY LIMES
ELI ECO OCALA
LOX STUDYHALL
POI SORES HISRARELY GETS LAE YOKE 42 Bruins'
ROUND AYN sch.
CAFETERIA SOD 43 In due

cousin 29 Beachgoer's 31 Wisconsin 32 Heartstring sound 34 Understood 35 Leaps 36 Some are

deroga, e.g. 39 Eye part 40 Freeway access 41 Sustenance

44 Gridlock

sound

52 **CRYPTOQUIP**

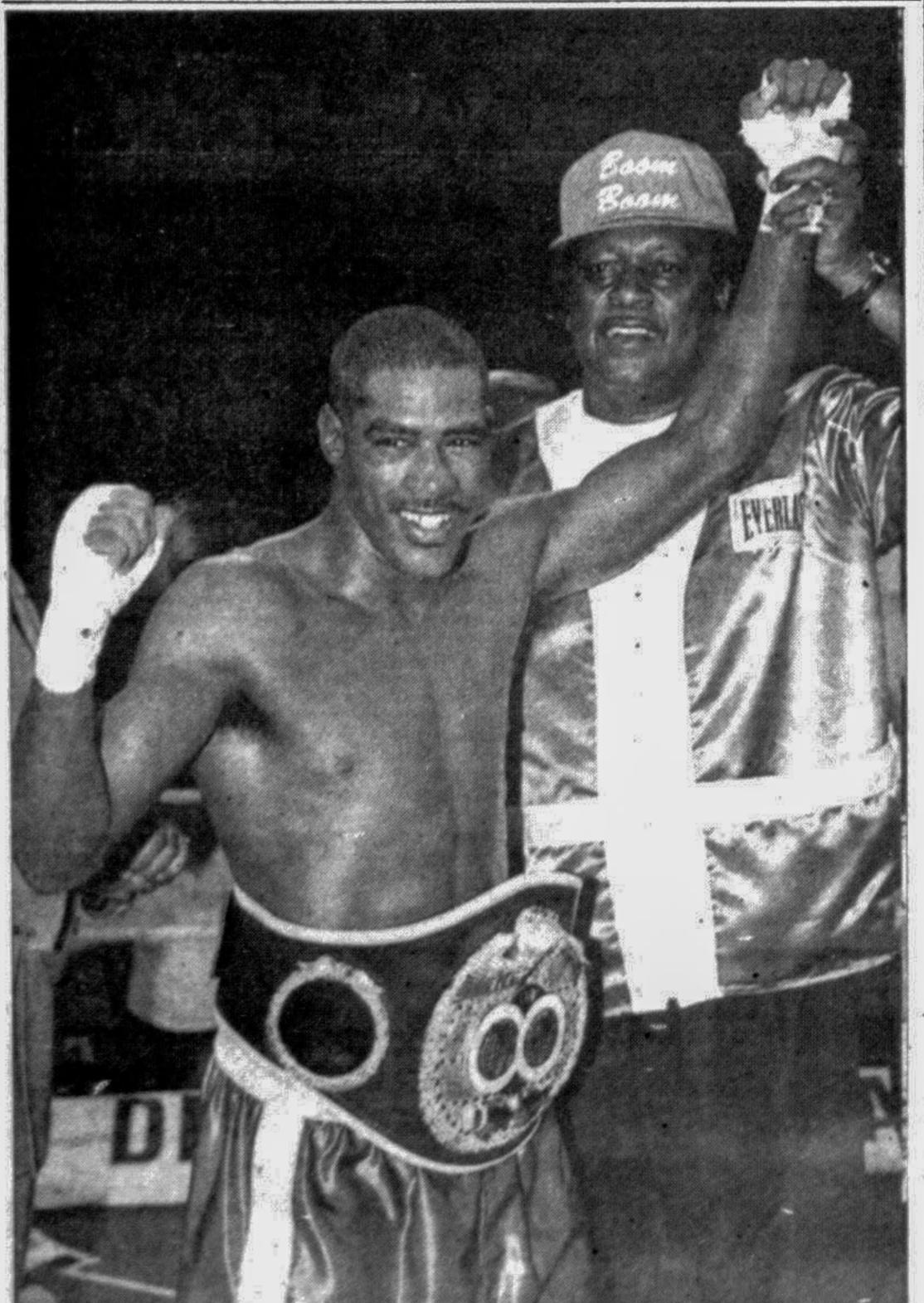
DBVKX EPOBSE EDJAVF

XSSQ KDOVJ LEPXA APJ ESFQ. Yesterday's Cryptoquip: I STARTED WORKING

Today's Cryptoquip clue: E equals W

AT THE LOCAL CAR WASH, AND I TOOK A SHINE TO

The Cryptoquip is a substitution cipher in which one letter starrds for another. If you think that X equals O, it will equal O throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.



American Tom "Boom Boom" Johnson is triumphant after his victory over Frenchman Stephane Haccoun in their IBF feather world championship bout in Marseilles, France on Nov 30.