(The Professor does)

HAT it doesn't matter what you do, as long as you enjoy doing it, there is competitiveness involving physical exercise, there is amusement and fun, it falls within the gamut of sports. So there are ball games, there are bat and ball games, there are court games, there are board games, etc. And sports and games are as old as man

There is evidence that Stone Bowls was played in the Stone Age Wow! The Egyptians played some sort of ninepins. Cricket is derived from a game called Knur and Spell played by the Vikings So is golf and baseball. Football, as I mentioned earlier in this column, has roots in a 200 BC Chinese game of Tsu Chu. Rugby is a close cousin of football. Pole was conceived in Central Asia in

Racing of different sorts has always been a favourite sport Man racing, women racing, horse racing, car racing, cycle, dog rabbit, pigeon, boat, well almost anything that moves has been raced. But, some men have gone to

the extreme of having a race of something that nobody thought could move. There are some among humans who pursue Bath rup racing with all seriousness. There is an annual inter-nation 36-mile bath tub race between Nanaimo and Vancouver. Tubs are limited to 75 inches and 6 horse power motors. The record for this race is 1 hour. 29 minutes. 40 seconds set by Australian Gary Deathbridge in July 1978. Well, in Bangladesh we also

have bath tub racing, but of a different version. Here, we race to see who can install a bath tub in his toilet before any of their neighbours.

SPORTS TALK



(Brazilian soccer star, 1970) Our football comes from the heart, theirs from the mind. On the difference between South American and European

Sports

COMPETITION FOR SCHOOLCHILDREN The rules are published every

Saturday.

Sports WHiZZ KID competition-3.

√ Tick the Correct Answer Competition closes: 8 PM. Sant & 1995

	Sept 8, 1995)			
and the second named to th	1	Where was the 1992 Olympics held?		
		Barceiona	Atlanta	Seoul
	2.	The national game of Bangla desh is		
		Kabaddi	Football	Linke
	3.	In cricket the distance between the wickets is		
		22 yards	33 teet	44 ((#=1)
	4,	How many players play in mas ketball team?		
		5 7		
	5.	Bangladesh youths are better		

Name

Roll No School Address

than Great Britain in

Handball Football

Phone: (if any)

Nat'l b'ball results

Sports Reporter

The Dhaka Universitybottom of the table, raised Habigani match of the Pepsi 18th national basketball completion of 14 league matches while Agrani Bank championship played on earned 15 points from 14 Thursday was the only one closely-contested

The students enjoyed a 45-35 first half lead to finally emerge winners at 87-78 at the Dhanmondi wooden floor gymnasium.

Sabur (21). Emon (18) and Jeni (10) were the top scorer for the University team. The losers had the consolation of having Shamir as the highest scorer with

Other results of the day: Bangladesh Navy beat Chandpur DSA 124 54 (first half score 69-34).

Dhaka DSA beat Jessore DSA 152-45 (first half score

71-16) Bangladesh Army beat Bangladesh Air Force 106-33

(first half score 51-16).



journalists after the high jump event of the 4th summer athletics meet at the barren Mirpur Stadium on Thursday. - Star photo

Fourth summer meet begins

Kalpana, Rahima shine

Sports Reporter



day of the fourth summer athletics championship was marked by two new

national records on the distaff side with Kalpana Biswas and Rahima Khatun improving their previous marks in respective events at the Mirpur Stadium vester-

After a bizarre opening eremony with the chief guest State Minister for Youth and Sports Sadeque Hossain arriving half and one hour late of the schedule and the electronic scoreboard out of order, Rahima Khatun of Bangladesh Jute Mills Corporation (BJMC) set up the first record on the day when she won the 1500-metre event eclipsing her previous mark of four minutes. 57.60 seconds by 2.75 sec-

It was a resounding comeback for Rahima, who after being out of action for the last 30 days due to an injury, ran a dream run to win the first gold for her team with a firning of four minutes, 54.85 seconds followed by Monira Akhter of Customs and Nasima Begum, who won the silver and bronze respec-

With our men athletes failing to improve their marks. Kalpana Biswas was the other BJMC contender on a rather tame day created vet another sensation in the women's high jump.

Kalpana, who had earlier

ended the reign of Shamima Sattar Mimu in the last national championship early this year, scaled 1.57 metres to win the third gold for

The refulgent woman athlete, a second year student of Fultala College in Khulna, expressed her dissatisfaction for failing to cross 1.60 metres. She further added that her target is to reach the SAF mark of 1.75 metres.

Meanwhile, in the other events on the first day of the two-day meet, Abdur Rahman Naim of Bangladesh Navy. who won the silver in the last SAF Games, retained the gold in the 200-metre sprint with a timing of 54.8 seconds, according to a manual time

Following are the results of the 11 events:

1500-metre (men): Gold - L/Nk M Ansar Ali (Bangladesh Army): Silver — Wahab Khan (Bangladesh Air Force): Bronze - L/Nk M Badsha Mallick (Bangladesh Army).

1500-metre (women): Gold - Rahima Khatun Juthi (BJMC): Silver - Monira Akhter (Customs): Bronze -Nasima Begum (BJMC).

Shot put (women): Gold — Shahin Azad (BJMC), Silver -Nelly Jesmin (BJMC), Bronze

- Hafiza Akhter (Customs). 400-metre hurdles (men): Gold — Abdur Rahim Nayeem (Bangladesh Navy); Silver -Ahsanuzzaman (Bangladesh Navy); Bronze - LAC Quamrul Hasan (Bangladesh Air Force) High Jump (women): Gold

Incidentally Dhanmondi

was the same out fit against

whom Victoria recorded

their first win by an identical

margin during their first leg

but substitute Selim, who

scored the match winner in

the 69th minute with a gem

with 15 points from 13

matches while with this de-

leat Dhanmondi remained

stuck to the previous collec-

tion of 13 from as many out-

However, it was not Angur

The win now left Victoria

engagement on July 16.

of a header

An injury time

Akhter denied

Muslim Friends

Society an immi-

Rahmatgani

ment victory as well as a

glimmer of hopes of skipping

the dreaded relegation zone

when Agrani Bank pulled off a

sensational 1-1 draw in the

lone Lifebuoy Premier football

league match at the floodlit

In an up and down en

counter Rahmatgani, who

were only 30 second away

from their second win in the

league found themselves

Earlier, Rahmatganj, who

were badly in need of a win

tion, took the lead in the

delender lqbal heading home

this

Rahmatganj, who are holding

the second position from the

their paltry tally to eight on

Meanwhile, in the lone

Lifebuoy First Division football

league encounter at the same

venue. Victoria Sporting Club

beat Dhanmondi by a solitary

goal for their second win in

Soccer returns

to Baghdad

hdad was hosting its first

international football match

since the 1990 invasion of

Kuwait as an Iraqi side faced

a Jordanian team in the Asian

Champions Cup today, re-

leg between Al-Zawra of Iraq

and Jordanian champions Al-

Wedhat. The Iragis won the

first leg in Amman 3-1.

The match was the second

BAGHADAD, Sept 7: Bag-

draw

22nd minute through their

a left flank corner of Jagiu.

With

matches

the league.

ports AFP.

to raise their paltry collec-

dumfounded by a brilliant

side volley from Akhter.

Dhaka Stadium yesterday.

from

Akhter ruins hopes

of Rahmatganj

Sports Reporter

- Kalpana Biswas (BJMC): Silver - Sathi Parveen (BJMC); Bronze - nil.

200-metre sprint (men): Gold - Mahboob Alam (Bangladesh Navy): Silver -Nk M Azhar Ali (Bangladesh Army). Bronze - Motiul Alam (BJMC).

200-metre sprint (women): Gold - Rehana Parveen (Customs); Silver - Lovely Begum (BJMC); Bronze -Kaniz Fatima (BJMC).

Javelin throw (women): Gold - LAC Hafizur Rahman (Bangladesh Air Force); Silver - Nk Khandakar Nur Momin (Bangladesh Army); Bronze -Sep. Abu Sayeed (Bangladesh Army).

Triple jump (men): Gold — Hv Nazrul Islam (Bangladesh Army): Silver - L/Nk M Alef Uddin (Bangladesh Army): Bronze - LAC Ferdous Hossain (Bangladesh Air Force).

Hammer throw (men): Gold — Hv Mostafa Talukdar (Bangladesh Army); Silver -Hv Mominul Huq (Bangladesh Army): Bronze - Montaj Mollah (BJMC).

10.000 - metre (men): Gold - Hv M Elias Uddin (Bangladesh Army): Silver -Aslam Uddin (Bangladesh Navy); Bronze - Mosharraf.

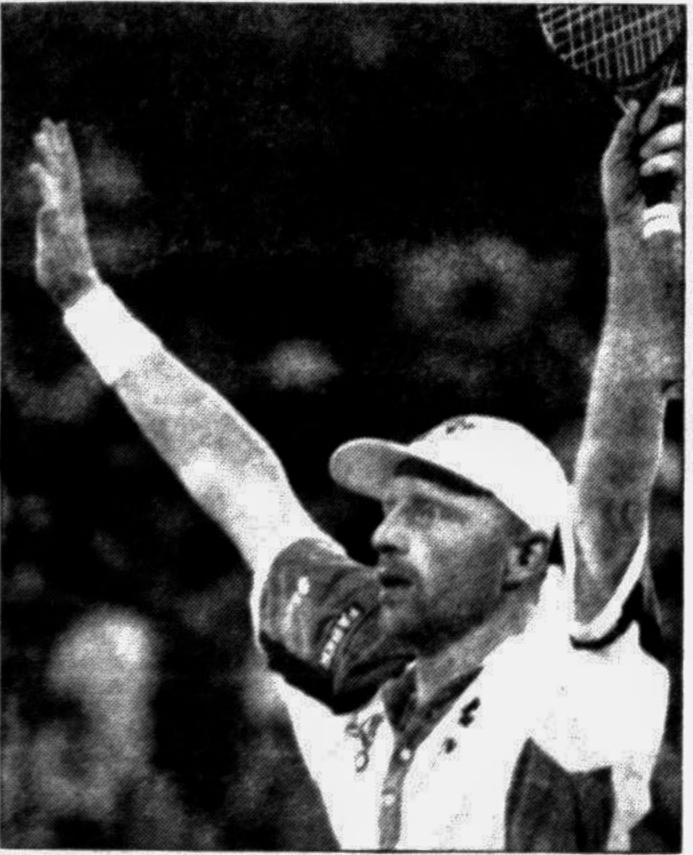
MEDALS TABLE Bangladesh Army BJMC Bangladesh Navy Bangladesh Air Force Customs SC (Incomplete)

Fixed-match forecast? Sports Reporter

A letter addressed to the pressmen and signed by football crazy spectators from the gallery" made fervent appeal to put an end to fixed matches.'

According to the letter. Youngmen's Club of Fakirerpool and Farashganj. scheduled to meet in today's match of the Lifebuoy Premier football league, have struck a deal to pave the way for Farashgani to earn full three points from a win against Fakirerpool. The letter alleged that the agreement has been reached in lieu of a fat purse.

All eyes at the Dhaka Stadium today will be watching the match closely to see if there is any truth in the



A relieved Boris Becker of Germany raises his arms in triumph after over ming unseeded Patrick McEnroe of the United States in a thrilling 6-4, 7-6, 6-7, 7-6 quarterfinal at the US Open in Flushing Meadows, New York on Wednesday. - AFP/UNB photo

Nat'l hockey DIT dump Rangpur

Sports Reporter

Former champions Dhaka University were off to a marauding start in the 17th national hockey championship when they handed lowly Rangpur DSA a humiliating 11-1 defeat at the BKSP ground in Savar on Thursday.

With striker Alamgir Alam celebrating the first hattrick in the meet the star-studded Dhaka University, who possess ten national players in their ranks, made a mockery of the contest in the second match of the day.

Alamgir, the national centre-forward, who opened the floodgates in the second minute, completed his treble with strikes in the 41st, 46th and 50th minute respectively as Dhaka University, who were leading 5-1 at the breather, confirmed the highest margin victory so far in the meet. Earlier, on Wednesday BKSP routed Jamalpur by 7-0.

In an one-sided affair Tutul struck twice while Mamun, Rabi, Siam, Haider Alam and Zahid Bishwash scored one goal apiece for the winners. For Rangpur Mahfuz scored the consolation goal in the 18th minute of the 70-minute stop-watch

Dhaka University will now take on Bangladesh Navy in their next round match of the knock-out meet on September 11.

Meanwhile, in the day's first match a last-minute strike by Swapan Kumar enabled Bangladesh Police to record a sensational 1-0 over Jessore DSA.

In an evenly contested match Swapan Kumar struck the all-important goal in the 69th from a penalty stroke. The winners will now take on defending champions Bangladesh Army on Saturday.

Rajib holds Reefat

Enamul Hossain Rajib of Bobby Fischer Chess Club maintained his solo lead in the international Open rating tournament with 6.5 points at the end of 7th round at the NSC chess room yesterday, reports UNB.

He drew with IM Reefatbin-Sattar of Bangladesh

Two players IM Ziaur Rahman of Biman and Enayet Hossain of Farashganj SC are jointly holding the second position collecting six points each.

Zia beat Farid Ahmed while Enayet beat Afroza Khanam Babli of Ansars. Reefat-bin-Sattar. Fide

Master Rezaul Haq. Tayebur Rahman Sumon and Kazal Mahmood are in the third position having 5.5 points each.

Symonds' another 48 hours

LONDON, Sept 7: Australian-raised batsman Andrew Symonds was given a further 48 hours by Gloucestershire on Thursday to decide whether to play for England, reports AP.

Army aquatic

SAVAR, Sept 7: Chittagong area retained the title of the annual Army aquatic meet collecting 13 gold, one silver and four bronze at the BKSP swimming pool here today. reports UNB. Comilla area became run-

ners-up — with two gold, four silver and two bronze medals.

TODAY'S FIXTURES **Lifebuoy Premier Division**

football league: Abahani vs Arambagh 6.30

pm (Dhaka Stadium) Lifebuoy First Division football league:

Youngmen's Club vs Farashganj 4:30 pm (Dhaka Stadium) East End vs Police 5 pm

18th national basketball championship: Venue: Dhanmondi Gymnasium.

(Mirpur Stadium)

Bangladesh Army vs Rajshahi DSA 8 am BAF vs Habigani DSA 9:30

Bangladesh Police vs B'baria DSA 3:30 pm Khulna DSA vs Jessore DSA 5 pm

BDR vs Dhaka University 6:30 pm Bangladesh Navy vs Dhaka DSA 8 pm

17th national hockey championship: Gazipur DSA vs Faridpur DSA 9 am (BKSP)

BAF vs Sylhet DSA 2:30 pm (BKSP) Dhaka DSA vs Patuakhali DSA 3:45 pm (BKSP) Fourth summer athletics: Venue: Mirpur Stadium

(starts at 10 am) four for the first time here. Moin-ud-Dowla Gold Cup cricket: **BCCB** vs Public Services (Hyderabad)

fitness royale

with rani padamsee

ETS face it, ladies. Wh-

en it comes to working

out, its time to forget about

everything else and get

serious about your "one and

only body". Keeping it in

good condition will keep you

glowing all the time. Age,

size, height or weight doesn't

matter, it's meant for all.

Whether you are thin or fat,

exercises are done to keep

your body in good shape and

Total fitness, as I see it.

1) Aerobic conditioning -

2) Flexibility - when

Muscular conditioning

- The only one way to de-

velop and strengthen the

muscles is by resistance

essential. It makes no sense

to make demands on the

Nutrition and diet are also

training.

such as running, swimming,

jumping rope, riding bicycle.

muscles and ligaments are

stressed, you have to stretch

(like in yoga) to avoid injury.

you in tip-top condition.

has three components:



the muscles of the lower torso. Do not bounce. Stretch and hold. Never bounce. You

EXERCISE

sort of violent movement.

can hurt yourself with any

Stand upright, feet wide apart. Raise your right hand overhead and keep the left hanging on the side. As you bend side ways, keeping the arm close to the head and straight, feel the stretch on the side of your body. Tighten your buttocks and curl your pelvic up more. Breathe normally.

Drink a lot of water always, preferably of normal temperature or luke warm; not cold. Plenty of water is good for your stomach and excellent for your skin.



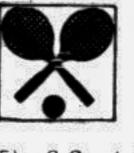
Seles, Martinez in semis

Photo: Shehzad Noorani

This movement stretches

SIDE BENDS

avoid injury.



Sept 7: Monica Seles reached the semifinals of the US Open with a 7-6 (7-

5), 6-2 victory over Jana Novotna that turned on four pivotal points at the end of the first set, reports AP.

those points, the grit she showed while under pressure for the first time in 10 matches over two tournaments, may also be the determining factor when she plays Friday against Conchita Martinez, 3-6, 7-6 (7-3), 6-2 victor over Brenda Schultz-McCarthy.

In an even closer and much longer match on Wednesday, 1989 men's champion Boris Becker reached the semifinals by surviving the longest duel of the tournament — 4 hours, 7 minutes — against Patrick McEnroe, 6-4, 7-6 (7-2), 6-7 (7-3), 7-6 (8-6)

Becker, who closed the match with his 30th ace, will play defending champion Andre Agassi, a 6-4, 6-2, 1-6, 7-5 winner over Petr Korda. Agassi, who played indiffer-

back from two breaks down at 1-4 in the fourth, fought off two set-points at 4-5 and broke Korda again to score his 25th consecutive victory.

Becker, who beat Agassi in the Wimbledon semis, could use the time off until Saturday's match after his The way Seles played long struggle with McEnroe.

> "The fourth set was as tough a set as you can get." Becker said. "It just didn't seem to end. Something always would come up. Thank God, I kept my cool. I kept holding my serve, so at least I gave myself a chance every time. But it was very hard to stay calm out there.

"Unfortunately, I never had a chance to play John (McEnroe) here at the Open, but his younger brother gave me more than a handful."

For McEnroe, the loss offered him an important les-

"When it gets to be crunch time against a guy like Becker." he said, "you've got to really go for your shots and not hold anything back, not just hope he misses, because he is not going to miss." Seles learned that lesson

sitate. Not so Novotna Novotna and "choke" have become synonymous in the

tennis world, starting with the Wimbledon final in 1993 and continuing through the French Open this year. It is a reputation earned and not easily shaken, and it ran through Seles' mind throughout their first set when Novotna broke her three times. Novotna didn't choke this

on key points, she didn't he-

blow the match as she's done before. But she witnessed, along with nearly 20,000 fans in the packed stadium in the heat of high noon, the way a true champion performs. Going for her first setpoint at 40-15, Novotna hit a

time, didn't panic and simply

hard, first serve that Seles ripped even harder with a forehand return down the line and into the corner for a winner. It was the kind of shot

that leaves an audible thud hanging in the air, the kind that even Seles called "amazing." in truth, no one who has seen her come up with such big shots before could have been completely

That wowed the crowd and Novotna, who disconsolately stared at the spot where the ball landed.

Seles then upstaged that shot, ending a long rally by making a rare venture to the net and putting away her first volley with a deft forehand for deuce.

Seles, who served poorly and softly the first set, picked up the pace and accuracy of her serves in the second set to hold all the way through and keep the pressure on Novotna.

When Seles made mistakes, she accepted him with smiles, often turning and laughing in the direction of her father and her special guest in the players' box -14-year-old Edit Pakay of Hungary, the girl who was crying in the locker room two days earlier after a loss in the juniors tournament. Seles had advised her not to take losing so seriously, and now on court she was showing that she could smile even after a bad shot.

black brace on her left knee for protection against tendinitis, asked for the first match of the day to give herself more time to recover for the semis.

Seles, who again wore a

A sublime Spaniard



pt 7: The winning has come from the heart this summer for Conchita Martinez

"I think she wants to light," her coach Carlos Kirmayr said of the fourthseeded Spaniard after she rallied to beat big-serving Brenda Schultz-McCarthy Wednesday for a spot in the US Open semifinals against Monica Seles, reports Reuter.

"I think she wants to show that side," Kirmayr said of Martinez, who has not lost a match since the Wimbledon semifinals. "There is not much that anybody can say to somebody who doesn't want to fight. That spirit has to

Martinez, the 1994 Wimbledon champion, brandished plenty of fighting spirit as she managed to combat the rocket serves of the 16th seeded Dutch woman for a 3-6, 7-6, 6-2 win and a berth in the final

come from her heart."

"She served like a man today." Martinez said of her 6foot-2-(1.88 m) foe. "I mean I it was not much I could do. I hang in there and fight like crazy As coach of past Open champions Gabriela Sabatini

tried to get some back and

during the last five years, Kirmayr then saw a different Martinez from the one who is riding a 17 match win streak this summer "When I saw her as an opponent she was not as tough

as she is now," he said of the 23-year-old right-hander That was the one aspect that whenever I coached somebody against her, that we tried to take advantage of." The coach said: "She

point one to the end." Martinez will need every inch of fighting spirit to derail the Seles comeback

express. The Spaniard has

never won a set from Seles

Grand Slam."

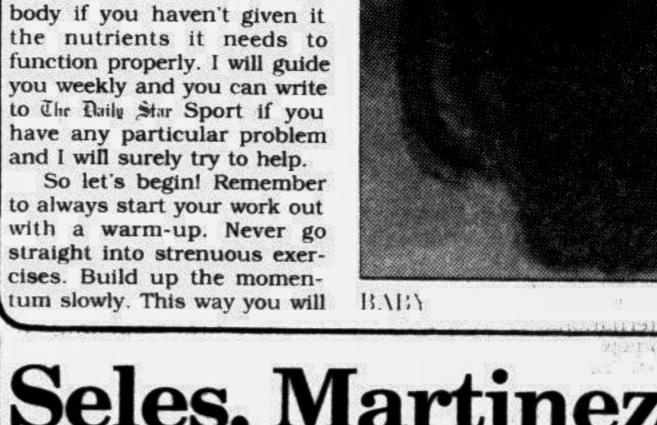
and Arantxa Sanchez-Vicario

would let some matches escape from her just because she was not fighting from

in eight previous matches. "She has set higher goals for herself now," Kirmayr said, "she wants to be ranked as high as she can be and be

"She wants to win another

number one if she has a shot.



ently in the third set, clawed long ago, and when it was time for her to go for broke