

Column One
SPORTS TALK



Vishwanathan Anand
(Indian chess Grand Master)
"I am certainly a deeper player now. A more complete player. I used to neglect a lot of things — like psychology — before. Now my preparation is more specific, deeper."

DID U' KNOW?
(The Professor does)

THAT during the Moscow Olympics of 1980 an athlete from Guinea Bissau refused to take part in the 3000 metres steeple chase event. When asked his reason for the refusal, he explained that it was the water jump which worried him. You just do not jump into water in Guinea Bissau: there might be crocodiles.

Not bad, actually. Our athletes could refuse the pole vault because it was too high, or the boxing bout because the punch was hard, the mile because it was too long; and then all of them could go shopping for some gifts made of real crocodile skin.

But, in reality, things are not that bad. We have indeed come a long way particularly in cricket and hockey, local teams having greatly benefited from playing against world class opposition. Gone are the days of double-figure goals in hockey, or six wickets in as many balls. But, about football, the same cannot be said. Maybe we can start by beating the Maldivian footballers and then take on Pakistan and proceed from there onwards.

Crocodiles? Well, there may be sharks in the Maldives, but Pakistan has no crocodiles.

Sports WHIZZ KID

COMPETITION FOR SCHOOLCHILDREN
(The rules are published every Saturday.)

Sports WHIZZ KID competition-9.

Tick the Correct Answer

(Competition closes: 8 p.m. Oct 20, 1995)

- The current New Zealand cricket captain is
Crowe Greatbatch Germon
- The duration of a water polo game is
20 minutes 40 minutes 60 minutes
- Who founded Modern Olympics?
Coubertin Heriange Samaranch
- Who were the 1990 World Cup football champions
Argentina Brazil Uruguay
- The current national chess champion is
Nau Muresed Neelal Zia

Name:
Class: Roll No:
School Address:
Phone: (if any)

Another Iraqi for Regensea

Sports Reporter

Title aspirants Regensea Sports Club, who are to meet defending champions Abahani Krira Chakra in a crucial Elite Paint CJKP First Division football league match at the Chittagong Stadium today, have signed up another Iraqi booter at the Bangladesh Football Federation (BFF) office last night.

Majen Abdus Sattar, the 22-year-old Iraqi midfielder who completed the registration formalities yesterday, will be the fourth foreign recruit of Regensea, who are now jointly leading the table with Abahani, both collecting full points from their first two league engagements.

The inclusion of Majen, who is reportedly a creative midfielder, will certainly bolster the Regensea frontline which is already studded with among others Aiyad Yousuf and Jassim Mehdi, who played for Abahani Krira Chakra in the Dhaka football league last year.

Final duel in desert today
History lures Lankans



SHARJAH, Oct 19: History favours the West Indies, but the exciting Sri Lankans are the crowds' favourites to win a potentially explosive Champions' Trophy final here on Friday, reports AFP.

Sri Lanka dazzled the cricketing world by their spectacular chase of West Indies' mammoth 333 in the high-scoring thriller on Monday, falling short by just four runs.

They get a chance to avenge that defeat, after knocking out world champions Pakistan from the three-nation event, in a final that promises high-voltage action.

The Sri Lankans have never won a major one-day title abroad.

Their five appearances in



R RICHARDSON
a final at this desert venue ended in defeats, while the West Indies have won four of their six tournaments here.

"We know we are mentally stronger now, but we have to prove it," said manager Duleep Mendis.

"Sri Lanka wants to become the top cricket playing nation by the year 2000, and a win here will go a long way in realising this objective," Mendis, a former Test captain, said.

SINGER CHAMPIONS TROPHY 95

"Runs will flow here and I expect the side which fields better to win," he said. "We must maintain the high standards we have set for ourselves."

The new-look West Indies — without Courtney Walsh, Curtley Ambrose, Carl Hooper, Jimmy Adams and Keith Arthurton — showed tremendous resolve by making the final after losing their first two league matches.

Manager Andy Roberts, who predicted his team would be in the final despite the early setbacks, said the West Indies had hit peak form at the right time.

"We are playing well enough to consider ourselves a formidable rivals," he said. "The Sri Lankans will have to be at their best to beat us."

Much will depend on the gifted Brian Lara, who smashed a career-best 169 against the Lankans on Monday, and skipper Richie Richardson to carry their young team to victory.

But the West Indian bowling lacks bite in the absence

of Walsh and Ambrose, a factor that the free-stroking Sri Lankans are bound to exploit to the full.

Both teams will name their playing elevens shortly before the toss, the match will be played on the same strip that produced Monday's cliff-hanger.

WEST INDIES: Richie Richardson (capt), Stuart Williams, Sherwin Campbell, Brian Lara, Phil Simmons, Shivnarine Chanderpaul, Otis Gibson, Roger Harper, Courtney Browne, Anderson Cummins, Ian Bishop, Roland Holder and Hamesh Anthony.

SRI LANKA: Arjuna Ranatunga (capt), Aravinda de Silva, Koshan Mahanama, Asanka Gurusinha, Sanath Jayasuriya, Hashan Tilakaratne, Ramesh Kaluwitharana, Chandika Hathurusinghe, Kumara Dharmasena, Muttiah Muralidharan, Pramodaya Wickramasinghe, Ruwan Kalpage.



A RANATUNGA

Spin, swing shackle NZ



BANGALORE, India, Oct 19: India's bowlers used spin and swing to take control of the first cricket Test against New Zealand today, tormenting the visiting batsmen on a pitch that was rapidly deteriorating, reports Reuter.

At the close, New Zealand were 125 for five in the second innings of a match in which bowlers from both sides have dominated.

Only Indian captain Mohammed Azharuddin appeared to have mastered the bowlers in the low scoring



AZHARUDDIN ... 87

match so far, with an innings of 87 runs.

India scored 228 in reply to New Zealand's first innings total of 145.

Azharuddin joined opener Ajay Jadeja in the morning to steady the innings when India resumed on 81 for three.

He was nearing his century when New Zealand's pace bowlers fought back after lunch, led superbly by Chris Cairns.

Cairns in a devastating spell of seam bowling dismissed four batsmen in 17.4 overs giving away 44 runs.

Wicketkeeper Nayan Mongia was the first to go, offering no stroke to a ball cutting in and trapping him leg before wicket.

Then Cairns took Azharuddin, who allowed a ball to swing in and bowl him comprehensively. But his innings, made in 222 minutes, off 148 balls and with 10 boundaries, gave India the vital edge in this match.

Four balls later, Cairns

bowled Javagal Srinath and then brought the innings to an end by dismissing Venkatapathy Raju.

From 211 for 5, India had slid to all out after adding just 17 more runs while losing the last six wickets.

New Zealand fared no better in their second innings, with Young trapped leg before wicket to medium-pace Manoj Prabhakar for eight runs before tea.

Mark Greatbatch was dismissed after tea by Prabhakar, who bowled him with a swinging yorker for 16. Adam Parore stood his ground for 42 minutes before falling leg before to Srinath. Parore played across the line of the ball and failed to establish contact and was trapped before the wicket.

The New Zealand batting mainstay Martin Crowe appeared to have solved the Indian bowling puzzle hitting five boundaries in his 68-minute knock of 24 before succumbing to Kumble's spin.

Crowe tried to pull Kumble to leg but missed the line of the delivery and was wrapped on the pad.

Shane Thomson became Kumble's second victim caught behind by Mongia for six.

Stephen Fleming and Chris Cairns then added 45 runs in an unbroken sixth wicket stand at a quick pace. Fleming, unbeaten on 33 lofted Raju for a six over mid-on to boost his confidence.

He and Cairns, 23 not out

with four boundaries, carried the battle into the third day.

SCOREBOARD

Scoreboard on the second day of the first cricket Test between India and New Zealand today:

NEW ZEALAND: First innings 145 (L Germon 48, A Kumble 4-39)

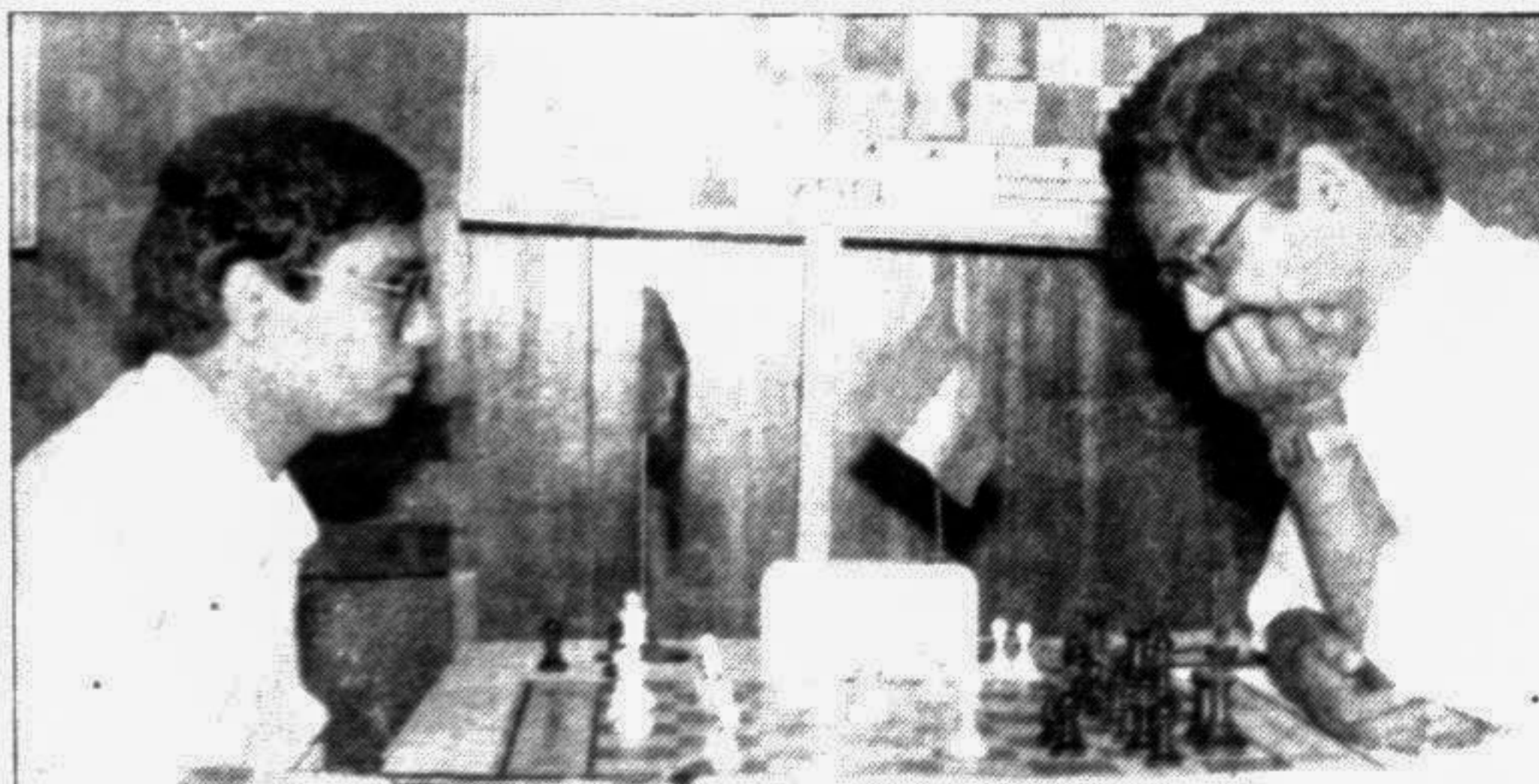
INDIA: First innings (overnight 81-3)
Prabhakar c Germon b Morrison 4
Jadeja c Young b Morrison 59
Manjrekar lbw b Nash 5
Tendulkar c Young b Nash 7
Azharuddin b Cairns 87
Kambli c Parore b Nash 27
Mongia lbw b Cairns 6
Kumble not out 1

Bowling (to date)
Prabhakar 8 3 23 2
Srinath 9 6 14 1
Kumble 11 2 33 2
Chauhan 4 1 17 0
Raju 6 0 26 0

NEW ZEALAND: Second innings
Greatbatch b Prabhakar 16
Young lbw b Prabhakar 8
Parore lbw b Srinath 24
Crowe lbw b Kumble 33
Fleming not out 33
Thomson c Mongia b Kumble 125
Cairns not out 23
Extras: (b-4, lb-12, w-4) 24
Total: 228
Fall of wickets: 1-11; 2-45; 3-54; 4-149; 5-211; 6-214; 7-220; 8-220; 9-227.

Samparas won 6-3, 6-4 but the match was tougher than the score suggested and the American earned just two break points in the contest.

"Guy serves very well and even if he had no real chances against my service, he was often just one or two points away," said Samparas.



IM Mithrakanth Sharma of India (R) pondering his next move against local opponent Ziaul Kader Tuhin during their eleventh round engagement of 12th Beximco QM Hussain International Masters' chess tournament yesterday. Mithrakanth won the match with his Sicilian defence after 35 moves. — Star photo

Zia climbs atop

Sports Reporter

Former champion and top seed IM Ziaur Rahman of Bangladesh finally went atop the standings of 12th Beximco QM Hussain International Masters' chess tournament yesterday after winning his eleventh round engagement against lowly-rated Khorshed Alam at the conference room of National Sports Council.

Zia, who now shares the top slot along with three other claimants — Indians IM Mithrakanth, Rahul Shetty and R B Ramesh, began with white pieces adopting an English opening and took very little time (12 moves) to oust Khorshed this round.

It was the seventh win of Zia, the 1992 champion in this tournament and the highest rated (2465) player among fourteen participants, earned 8 points and raised his hopes of pocketing the Tk 30,000 cash prize.

On the other hand, Rahul Shetty, who had been leading the meet thus far, surrendered his stranglehold when he offered a draw to his opponent local Khandkar Kayes Hasan. In a Ray Lopez opening, Shetty, uncomfortable from the very start, finally opted to offer Kayes a draw after 28 moves.

The other two occupants of the top spot, Indian IM Mithrakanth and his compatriot Ramesh, won their respective 11th round matches. Mithrakanth outplayed Ziaul Kader Tuhin while Ramesh beat countrymen IM Sudhakar Babu.

In the other billings of the day, Pakistani IM Mahmood Lodhi beat Ali Amjad Mintu, Saifuddin Lovlu checkmated IM Shahzad Mirza of Pakistan while the match between Abdullah Al Rakib and Enamul Hossain Rajib was still in progress till going to press last night.

The twelfth round of the 13-round tournament will begin this afternoon at 2:00 pm.

STANDINGS

8 points: Zia, Mithrakanth, Shetty, Ramesh
7 points: Lodhi, Sudhakar
5.5 points: Rajib (10 matches), Kayes
4 points: Tuhin, Mirza
3.5 points: Lovlu
3 points: Khorshed
2.5 points: Rakib (10 matches), Mintu

TODAY'S MATCHES

Mirza vs Kayes
Khorshed vs Shetty
Zia vs Mithrakanth
Lodhi vs Tuhin
Rakib vs Mintu
Sudhakar vs Rajib
Lovlu vs Ramesh

Arambagh lose in Sikkim

Sports Reporter

Arambagh Krira Sangha, a middling outfit of Dhaka football, finished runners-up in the Chief Minister's Gold Cup football tournament after losing to Panjab Police by a solitary goal in Sikkim on Wednesday.

The visitors, according to a faxed message received here yesterday, who are simultaneously taking part in two tournaments will once again take on their Wednesday's conquerors in the Governors' Gold Cup semifinals today.

The winners of the second semi-final will take on Calcutta Mohammedans in the final on October 22.

England head for S Africa

LONDON, Oct 19: England captain Mike Atherton led his team off to South Africa on Wednesday night delighted with the way his management relationship with Ray Illingworth is working — and not perturbed by Illingworth's insistence on being totally in charge, reports Reuter.

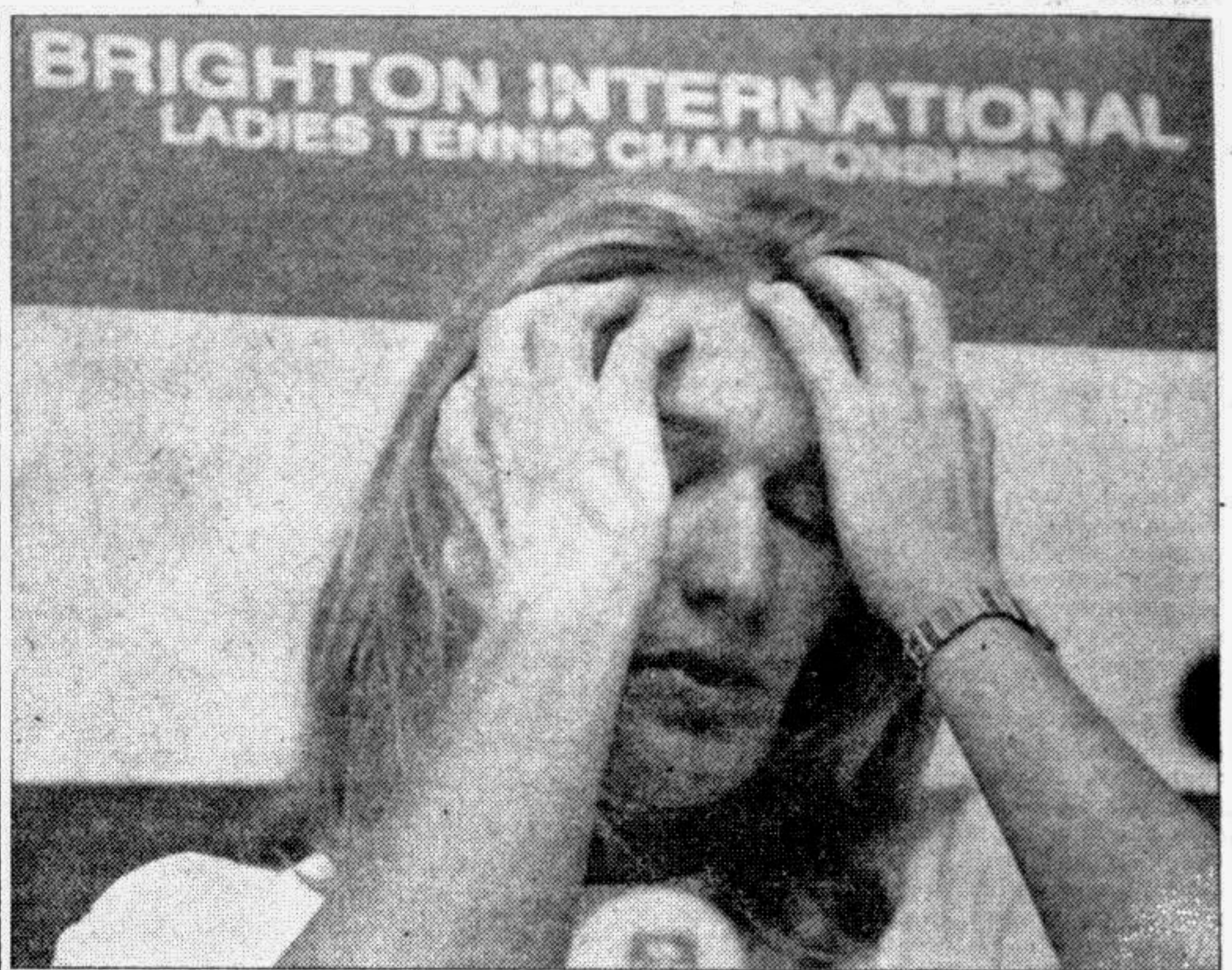
England's battle-hardened captain, his batteries recharged after a month's rest, spoke of how much he was looking forward to the historic 14-week tour, England's first to South Africa for 30 years.

And, before boarding the flight to Johannesburg from Heathrow, Atherton said: "Raymond has been given a particular job by the Test and County Cricket Board and he wants to have that last say."

"I'm happy for it to be that way, but I don't think he's going to ignore whatever I have to say."

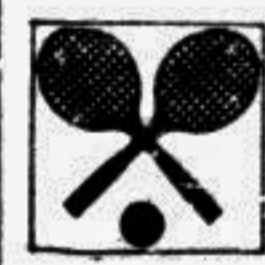
"Our relationship has progressed to a level where we get on extremely well — but the most important thing is how it works within the England team."

Atherton said he felt the five Test South Africa series will be very similar in style to the one in which England drew 2-2 against the West Indies during the summer.



IN DEPTHS OF DESPAIR: World number one Steffi Graf of Germany looks absolutely tired and drained at a press conference after losing her second round match against unseeded Mariaan de Swardt of South Africa at the Brighton International indoor tournament on Oct 18. The world tennis's superwoman struggling against a series of stigmas throughout the last couple of months. — AFP/UNB photo

Graf in depths of despair



BRIGHTON, England, Oct 19: Joint world number one Steffi Graf was knocked out of the Brighton International tournament on Wednesday but refused to put the defeat down to her tax and injury problems, reports Reuter.

The top-seeded German, who had lost only one other match this year, went down 6-2, 4-6, 6-1 to South Africa outsider Mariaan de Swardt.

Graf, six times a winner at Brighton, was the tournament's top seed and had received a bye in the first round.

It was the second of two major shocks in the second round on Wednesday after defending champion Jana Novotna slumped 6-4, 6-0 to Miriam Oremans of the Netherlands.

Graf has been suffering from a back injury recently and been under severe pressure following allegations of tax evasion.

But she said her mind had been on her game on Wednesday and there had been "nothing I can blame it

(defeat) on."

Graf's father and manager Peter is in custody for allegedly failing to report over 30 million dollars of her earnings over several years and Graf herself has also undergone lengthy questioning.

She was close to losing to De Swardt in straight sets as the South African, having won the first, gained a quick service break in the second.

But uncharacteristic errors allowed Graf to recover and halt a run of seven successive lost games.

De Swardt, 54th in the world, is the lowest-ranked player to defeat Graf since Briton Jo Durie at the same event 11 years ago.

But the heavily-built blonde always looked the more lively winner.

"That is the best anyone has ever played against me for one and a half sets," Graf said.

"I couldn't do more than I did. She hits very hard and made no mistakes with her first serve. I knew it would be a difficult match, but I didn't really think I'd lose."

Graf, who looked slow and

short of ideas, said she would have liked a different opponent for her first match.

"I would have preferred someone who plays from the baseline to get into a rhythm," said Graf, whose only other defeat this year was to another South Africa, Amanda Coetzer, in Toronto in August.

On Wednesday, seventh seed Coetzer defeated Asa Carlsson of Sweden 6-2, 6-3 on an adjacent court to Graf's.

Second-seeded Czech Novotna, who was bidding for a third successive Brighton title, said she was below her best because she had been suffering from flu.

Meanwhile another report from Bonn adds: Steffi Graf has put her tax affairs into the hands of high-profile US firm Price Waterhouse, the consultants said today.

Graf asked the accountants to deal with her affairs on September 27.

"Her request includes giving advice in tax matters including representation before the tax authorities," a Price Waterhouse statement said.

Goal glut in Champs' League



LONDON, Oct 19: Teenage strike Raul Gonzalez hit a hatrick as Real Madrid crushed Ferencvaros 6-1 on a night of 28 goals in eight European Champions' League games on Wednesday, reports Reuter.

Chile's Ivan Zamorano was one of a string of players who scored twice, his double helping to keep Real in second place in Group D behind holders Ajax Amsterdam.

Patrick Kluyvert, who scored the winner in Ajax's triumph over AC Milan in last season's final in Vienna, found the net twice in the Dutch side's 3-0 home win

over Grasshopper Zurich.

Substitute Valery Kechinov hit two as Spartak Moscow turned on the style in the second half to come back from two goals down with four goals in the last half hour and beat Rosenborg of Norway 4-2 away in Group B.

Ajax and Spartak remain, with runaway Group C leaders Juventus who thrashed Glasgow Rangers 4-1 at home with two goals from Fabrizio Ravanelli and Panathinaikos, the only teams with 100 per cent points records.

Dimitris Markos scored in the 40th minute to give Greek champions Panathinaikos, down to 10 men from the 35th minute when mid-

fielder Alexis Alexoudis was sent off for his second bookable offence, a 1-0 upset win away to Porto in Group A.

Panathinaikos, who have played only twice after the result of their first match against banned Ukrainian team Dynamo Kiev was annulled, climbed into the lead in their group two points ahead of Porto and Nantes of France with a game in hand.

Juventus, favourites with Ajax for the trophy, are five points ahead of second-placed Borussia Dortmund in Group C after the Germans won for the first time, 1-0 at home to Steaua Bucharest with a goal from teenager Lars Ricken.

fitness royale
with rani padamsee

"If you look after the root of the tree, the fragrance will come by itself. If you look after the body, the fragrance of the mind and body will come of itself"

B K S Iyengar (yoga expert)

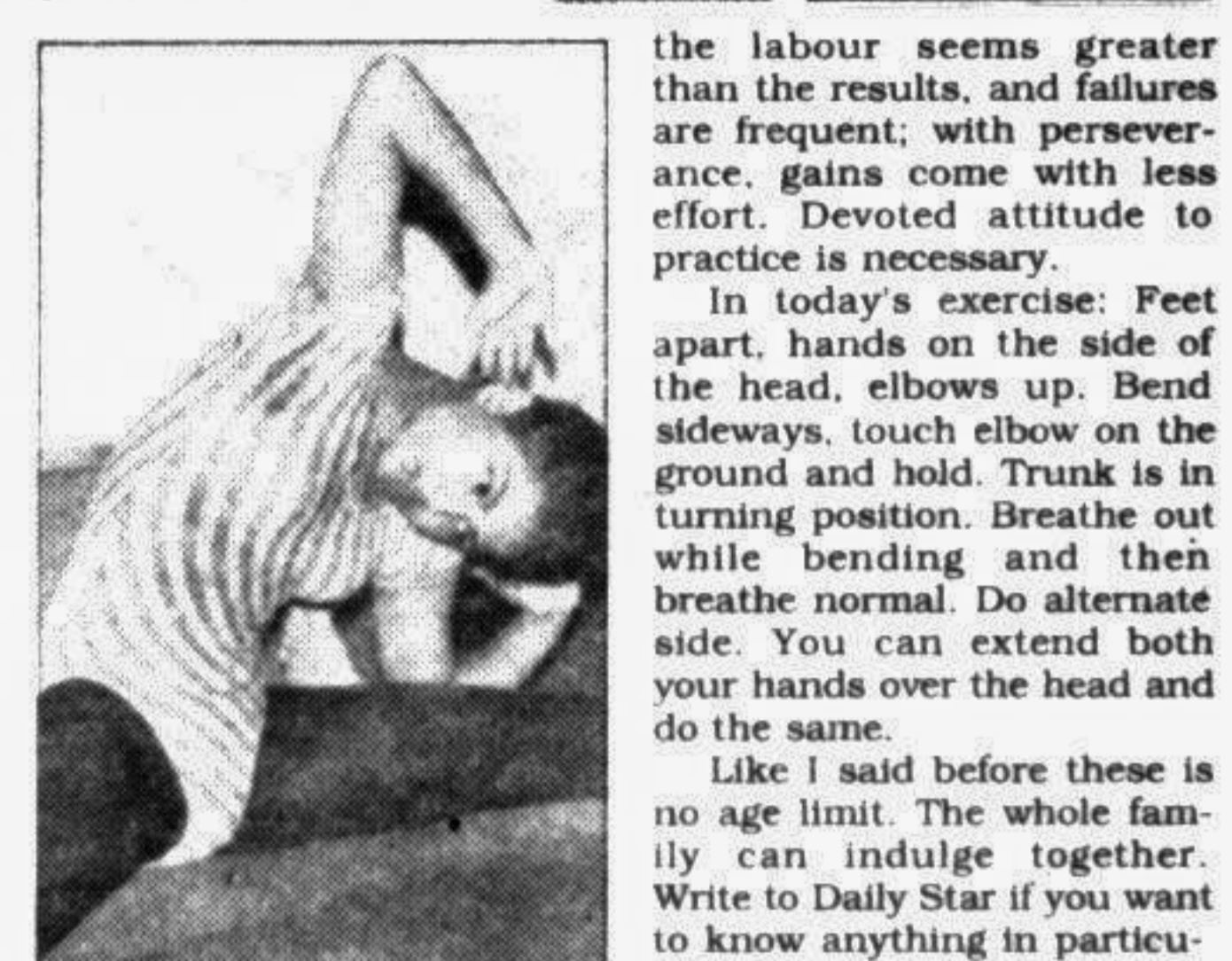
I use a lot of yoga postures all through my work out. The benefits are many. Yoga postures done correctly affect and penetrate every single cell and tissue, making them come to life. The wide variety of postures offers a training capable of creating a vigorous body, well functioning inner-organs, and an alert mind.

There are postures and cycles of postures that have a variety of different effects: stimulating, calming, energizing, building stamina or concentration, promoting sleep, internally soothing, and so on. The standing poses give vitality, the sitting poses give calming, twists are cleansing, balancings bring a feeling of lightness, back bends are exhilarating and the jumpings develop agility.

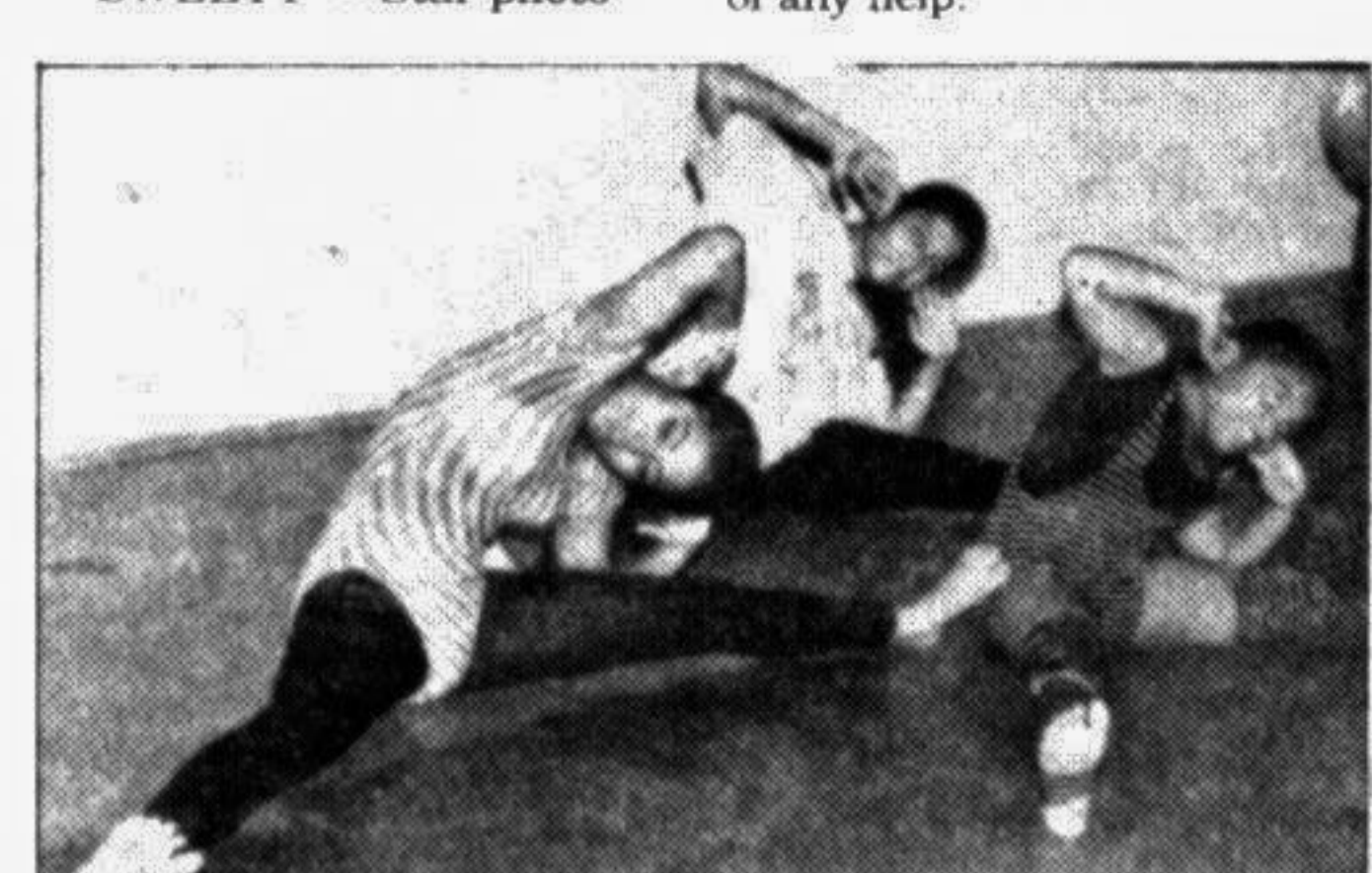
Relaxation is a separate art. The quality of relaxation depends on the intensity of the workout that precedes it.

Great emphasis needs to be laid on practice. Practice changes the physical as well as mental state of the practitioner.

Diligence and effort are required in practice. Initially



SWEETY — Star photo



Sweety, Alia and Aisha — Star photo