

#### Deryck Murray (Former West Indian wick-

et-keeperl

"It is important to recog nise that we now have two separate and distinct type of cricket - each in itself fasci nating and enjoyable. Each is exciting and demanding for players and spectators alike. Each must live with the other or neither may live at all."

On the importance of Test and one-day cricket.

Sports COMPETITION FOR SCHOOL CHILDREN

Sports WHiZZ KID

competition-34 V Tick the Correct Answer

Section of the second	(Competition closes: 8 p.m. April 19, 1996)			
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	2.	The Atlanta Olympics begin from		
		July 17	July 19	July 21
	3.	Who has taken more Test wickets?		
			Imran Khan	
	4	Dhaka football is controlled by		
		BFF	DMFA	NSC
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#### Muster, Bruguera breeze thru'

BARCELONA, Apr 18: Clay court specialists Thomas Muster and Sergi Bruguera made a fine start to their Spanish Open campaigns by cruising to straight-sets victories on Wednesday, reports Reuter.

The pair, the two most recent French Open champions, will be joined in the next round by Spaniards Alberto Berasategui, seeded 14th, and Alberto Costa who both came from behind to take toughthree setters.

Local favourite Bruguera was backed by a partisan crowd as he moved to a straight forward 6-4, 6-3 victory over Belgian Filip de Wulf.

Muster brushed aside Alex Corretia, the young Spaniard who took the former world number one to three sets in the semifinals of last week's Estoril tournament.

Muster had some problems with his serve, hitting six double faults and dropping service three times. But Corretia could find no answer to the Austrian's powerful groundstrokes and was himself broken seven times as he went down 6-1, 6-3 in just over one hour.

#### Hall slams playing conditions

HERNING. Denmark, Apr 18: England's Darren Hall, the 1988 champion, criticised the playing conditions after struggling to overcome Norway's Erik Lia and reach the last 16 of the European Championships on Wednesday, reports

The 30-year-old third seed was relegated to be secondary arena for the match against a player ranked 122 in the world, and he reckoned the lack of atmosphere contributed to a performance in which he dropped the opening game before winning 11-15.

15-6, 15-5, "Playing in the minor hall was a real comedown. I bet none of the Danes have to play there," said Hall, who was also suffering from a sore throat. "It was really a mental thing that I blew a 9-3 lead in the first game. Also I probably under-

stimated Erik. Another English seed, Peter Knowles, also had to fight back from dropping the first game to Welsh schoolboy, Richard Vaughan, who had

celebrated his 18th birthday on Tuesday. At 8-11 down in the second game. Knowles, the eighth seed, was handed a conduct warning for swearing, but it proved to be the turning point in a match he went on to win - 2-15, 18-13, 15-7.

### Rani ascends her throne

Sports Reporter International Wo men's Master Rani Hamid added vet another feat her to her illust rious career when she clinched her tenth

national women's chess title at the NSC chess room vesterday in the final round of the 17th version of the meet, Rani. the most experienced campaigner in the local eve's chess arena, had little trouble to beat Sveda Afsana Parveen Nira.

Playing with white pieces, Rani penetrated through Nira's Petrol defence after 38 moves for her seventh victory in the nine-round Swiss league tour-

With yesterday's win, Rani earned a total of 7.5 points which gave her a clear one point lead over former twotime champion Tanama Parveen who confirmed the runner up spot with 6.5 points.

In vesterday's round. Tanima, the bespectacled 18-year old from Chittagong who had a flying start in this tournament with victories over Rani Hamid and defending champion Syeda Shabana Parveen Nipa but eventually failed to keep the momentum, defeated Faizunnissa Poly to ensure at least the second position in the tenplayer final round.

Talking to The Daily Star Rani Hamid, one of the most seasoned eve's chess player of the country who in her 18-year old chess career won the British Women's Championship thrice, said: "I am happy to win the championship again after three years. Though I did not play for the title but I also can not deny the dream I had of making it for the tenth time. This is really a great moment in my life."

Regarding the standard of women's chess. Rani said, " am happy to see that a lot of girls are participating in chess tournaments these days. The standard has also risen quite high. But what they actually need is to play more and more and, that too, with the boys which will help them in gaining further confidence."

Talking about her future plan, Rani said, "I do not play for winning tournaments nowadays. I play for my own happiness. As long as I get pleasure out of in playing



A 'RANI' IN HER OWN RIGHTS... The indomitable IWM Rani Hamid was crowned national chess champion for the tenth time vesterday. - Star photo

chess. I' will continue to do

Masuda Begum earned third position with six points while Afroza Khanom Bably clinched the fourth spot securing 5.5 points. In the final round, both agreed to a draw against each

other after only eleven moves. Among others, defending champion Syeda Shabana Parveen Nipa finished a disappointing fifth in the standings with five points. Nipa beat Nazrana Khan Iva in the ninth

## fitness royale with rani padamsee

## Don't shock your system

OOD food makes you thi-Junner. The type of food you eat is as important as the amount. The biggest problem with traditional weightloss diets is nutritional deficiency, which undermines your immune system, promotes disease and also makes you fat. If your diet lacks vitamins and minerals, your body will want to eat more to make up for the deficiency. Eat varied diet and your appetite regulates itself. I recommend

a good multi-vitamin supple-

ment. May be you think you don't overeat. But over-indulgence is a cumulative process and weight-gain is the result. What you eat in a day or a week won't make much of a difference, but, over a year; you only need to misjudge your food intake by as little as one or two per cent per day and you end up overweight. In other words, an extra piece of toast a day over a year or two can make a difference between a lean body and a fat one. The fact is, the type and amount of foods we eat and the kind of life we lead are still the main reasons most of us get fat and stay fat.

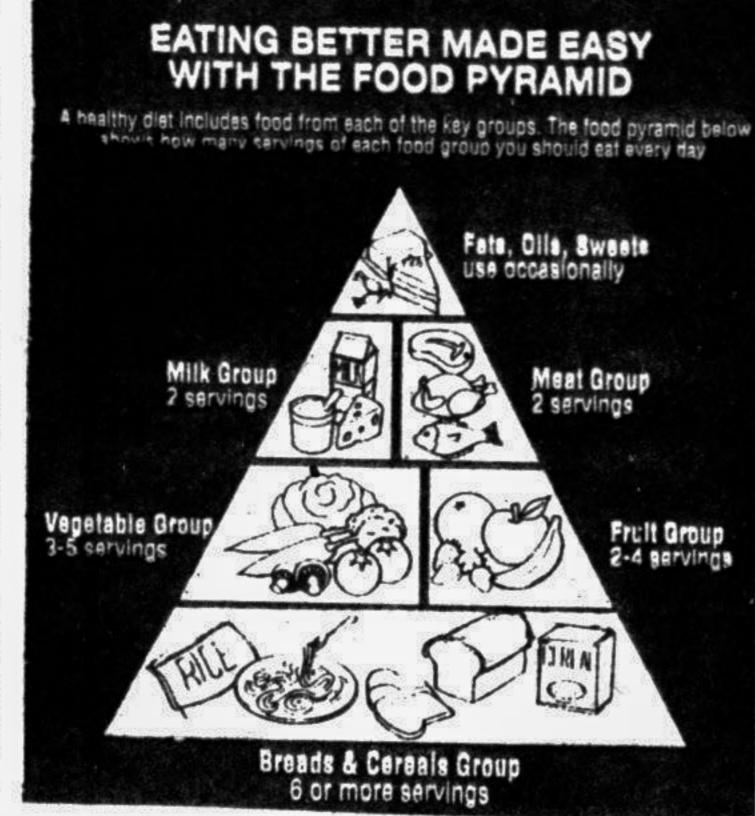
Low-fat and high-fibre is the only way to go. Try to eat foods which derive no more than 20 per cent of their calories from fat.

You'll need to follow the 'healthy eating pyramid' guidelines which recommend that the largest part of your diet - between 30 and 45 per cent - should come, from whole grains like cereals. brown bread, rice and pasta; vegetables should form 15 to 25 per cent of your daily

(about 10 to 15 per cent). then diary products and meat which should only be 10 per cent each. Added fats, oils and 'sweets should be no more than

. You don't have to starve. As you can see the food pyramid has a lot of variety and you will not feel deprived. Getting fat takes time. Body fat creeps at one kg every few week. Slow weight-loss is best. You have to change slowly and gradually without shocking your system. You want your skin glowing and looking fresh. Drink a lot of water at normal tempera-

And finally, diet on its own - even a great diet - won't build the optimum body you can have. To get that, you must exercise, but you already knew that bit was coming, didn't





Lie side ways, keeping shoulder. hip and legs in the same line. Stomach in, bottom tight, lift leg up to count of ten. Do 3 to 4 sets. You can add ankle-weights to add more pressure when body gets too accustomed to the

movement . Breathe normal. This is very good for the sides of your hips and thighs. Do alternate Remember, the opposite of FAT is HEALTHY, not THIN.

Model: Putly...

- Star photo

#### Biman U-14 nat'l football from today

Sports Reporter

The qualifying rounds of the Biman Under-14 national football championship will begin from today in eight zonal

A total of 47 districts will take part in the knock-out qualifying rounds. Eight zonal champions will join the defending champions Khulna in the final round yet to be scheduled.

In a press briefing at the Bangladesh Football Federation (BFF) conference room yesterday, the chairman of the tournament committee Saifuddin Ahmed Manik informed that 9 90 560 taka is the budget for this year's tournament. Biman, the sponsor, will pay 6,60,000 taka while BFF will provide the remaining amount.

The following are the par ticipating districts and the

Manikgani zone: Tangail Narsingdi, Munshigani, Faridpur Madaripur, Gopalgani and Shariatpur.

Tangail zone: Mymensingh. Netrokona, Gazipur, Narayanganj. Dhaka and Manikgani. Khulna zone: Jessore: Bag-

erhat, Patuakhali, Barguna and Jhalakathi. Jessore zone: Satkhira Ma gura, Jhenidah, Chuadanga and

Barisal. Pabna zone Natore Ra

shahi Nilphamari Naogaon Sirajganj. Bogra and Chapai Nawabgani Nilphamari zone: Kurigram Gaibandha, Pabna, Lalmonirhat

Dinajpur, Panchagarh and Rangpur Moulytbazar zone: Sylhet. Habiganj, Comilla, Brahman-

baria and Chandpur. Chandpur zone: Moulviba zar, Chittagong, Cox's Bazar Bandarban and Khagrachari.

#### Div I h'ball

Sports Reporter

Old Ideals Club continued their impressive run in the Ashraf Real Estate First Division haudball league with a thumping 26 12 goal win over Victoria Sporting Club at the court adjacent to the Dhaka Stadium yesterday

The star studded Old Ideals led the first half 13-3. Sultan scored highest 10 goals and Akul, who led the Bangladesh team in the Commonwealth handball championship, added seven to complete the Victoria

In the other match of the day Progoti Boys Club scored an impressive 20-13 win against Dhaka Mariner Youngs

Progoti, who were trailing by 7.9 at the breather, bounced back in the second half with Kajal leading the charge scoring 10 goals.

#### World Gymnastics

#### Romania, Russia to the fore

SAN JUAN, Puerto Rico. Apr 18: Romania and Russia made strong showings Wed nesday night when the women's preliminaries ended at the World Gymnastics Championships, reports AP.

Gina Gogean, the defending world champion in the floor exercise, led the way for Romania, earning the top qualifying spot in the floor. She also tied for third in the balance beam with teammate Alexandra Marinescu. Lavinia Milosovici, mean-

while, finished second in the floor exercise and fifth in the uneven bars for Romania: Teammate Simona Amanar was fifth in the vault.

Svetlana Chorkina, the defending uneven bars gold medalist, led the way for Russia as she began the defense of her title by topping the standings along with China's Xuan Liu. Both finished with a 9.825 score. Russian Dina Kochetkova.

meanwhile, topped Xuan in the beam as they finished 1-2. "It was a good all-around effort," Gogean said.

Not too far behind, however, were the Shannon Miller-less Americans, who managed to reach the semifinals in all four events.

Amy Chow, one of several US gymnasts hoping for an Olympic team slot, qualified seventh in the vault while Jayci Phelps and Dominique Dawes advanced in the uneven bars in 13th and 14th place, respectively.

Phelps and Dawes who earned the semifinals in the balance beam while Kristy Powell finished an eye-opening fourth in the floor exercise: Miller, the United States'

most decorated gymnast. stayed home nursing several injuries in preparation for June's US Olympic trials.

#### Wilander in last eight PAGET, Bermuda, Apr 18:

Mats Wilander advanced to the quarterfinals of the Bermuda Open on Wednesday with a 7-6 (7-0), 6-3 win over Patrick Rafter of Australia, reports AP. Wilander failed, to convert

seven break points in the first set, but dominated the tiebreaker. Rafter broke Wilander for a 3-2 lead in the second set, but the 31-year-old Swede won the next four games to close the match.

Wilander, who has won seven Grand Slam titles, will meet second-seeded Javier Frana of Argentina on Friday. Frana, a finalist in this event last year, beat Bryan Shelton 6-7 (3-7), 6-2, 6-2.

# Democracy in Sports — I

# Polls not only remedy!

By Nizamuddin Ahmed

C PORTS administration in

Bangladesh has always been

run by bodies appointed by the

National Sports Council the

sports authority in the country.

The NSC in itself appointed by

the government, has enforced

direct government control in

each and every aspect of sports

which has done augmented

well for the healthy develop-

ment of sports in the country.

It has been the long de-

mand of organisers and players

that sports should be run by

people directly concerned

with and involved in it. The

fight to free sports from

shackles of bureaucracy has

been initiated each time there

has been hints of political

democracy, only to be buried

by self-interest and narrow

government busy upto its neck

eral elections within its 90-day

in holding a free and fair gen-

term, the demand for democ

racy in sports has been raised

curiously by the very people

who have been holding posts.

often multiple, in various fed-

erations, olympic committees,

etc almost throughout the

terms of all previous govern-

ments Nevertheless, their

concern, if not judged along-

Today, with a caretaker

political intents.

side the facilities they themselves have this far enjoyed. can be appreciated with guarded optimism. As a matter of fact, after

the BNP government came into being in 1990, the NSC. headed by the State Minister for Sports, formed ad-hoc committees in different federations projecting the ideal that persons included in such committees shall be ineligible to run office in the federation elections to be held soon. That "soon" never came and the adhoccists continue to hold office till date. Let us assume that there

will be elections, election commissioner, schedule, nomination, campaign, voting, results and the whole gamut that goes with it. What chances are there that persons "in office" or those who during the past 26 years were at sometime or the other members of different federations will NOT be elected? The answer is 'very slim". Almost everybody who is somebody now or who was someone someday will fill the posts of the different federations should there be an elec-

So, what will be the difference? Today, they are nomi-

nated, tomorrow they will perhaps be elected. That's all! There will be no new input of ideas, there will be no fresh thoughts; for if they were capable of doing so, the fact that they were nominated, and not elected, should not have stopped them. It may do our sports arena a whole lot of good if each of us remember that it is not the post which makes a person, rather a person makes a given position

If our present sports organisers are sincere to the cause of sports, and till now, I have only petty reasons to believe otherwise, they should really strive to bring people. many of whom have left the arena because of its heat and dirt, and others who in their own judgment would be able to better deliver the goods. The most erroneous and suicidal path for our sports would be to restrict the elections within personalities already involved in running it for the past several vears.

important.

The need of the hour is supreme sacrifice from the very people who love sports most, that is the people who are in office now.



SAVED! India's chirpy youngster Ajay Jadeja (R) seem to be reassuring himself after escaping a near run-out while South Africa's Paul Adams contemplates the miss during a Pepsi Cup match in Sharjah on Apr 17. -AFP/UNB photo

## Nirman schools results

Sports R orter



Barnamala High School, Ganobhaban Govt High School, Armanitola Govt High

School and Segun Bagicha High School moved to the next round of the Dhaka zonal qualifying rounds of 14th Nirman Schools cricket tournament after winning their respective matches at city's

different venues on Monday.

#### Div III football

Sports Reporter

East End Boys Club lost their first point in the Progoti Insurance Third Division football super league when Matuail Jubo Sangha held them to a 1l draw at the Rajuk ground vesterday. "This was the first set back

for East End Boys Club in the title race who had earlier won three matches in a row.

Shah Alam put East End ahead in the 60th minute while Anis restored some parity for Matuail levelling the score in the 62nd minute. In the day's other engage-

ment at the same venue. Prantik Krira Chakra defeated Sunrise Club 3-0.

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measure

7 Crazy bird

11 Santa's

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15 Othello

16 AAA job

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28 Boss

32 Sleep

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33 Bard's river

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39 Book after LILES

36 Succumb

41 Wields a

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37 Sonata

34 One for

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CROSSWORD By Eugene Sheffer

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collection

2 Robber's

3 Indigent

6 Hardly

7 Long-

lady

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Solution time: 24 min.

Mensa

caliber

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TV duo

8 Lennon's

9 Tribute in

action?

4 Wrestling

surface

At the Mirpur Cater Stadium. Barnamala defeated Shahid Monu Mian High School by five wickets.

Put into bat first. Shahid Monu Mian HS were all out for 152 in 28.3 overs with allrounder Manzur Alam scoring highest 46 runs.

Barnamala's Shahin captured three wickets for 29 runs while Khoka, Tutul and Zafar grabbed two wickets each.

In reply, Barnamala HS reached home (153) in the 26th over with five wickets in their hand. Tutul (46) and his skipper Khoka (45) were the leading run-getters for the winners.

At the City Club ground,

Ganobhaban HS recorded a narrow one-wicket victory over Mohakhali Model High School. Chasing 147 to win in 35 overs. Ganobhaban lost nine

wickets before reaching the winning mark in the 34th over with opener Ibrahim Khalil scoring highest 28 runs. Earlier sent into bat, Mohakhali Model HS were bun-

dled out for 146 in 34 overs.

School (RMS) ground, Armani-

tola handed Jurain Ashraf Mas-

ter High School a two-wicket

12 Pals of

7 Down

21 Greek con-

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26 Queued up

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28 "War of the

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At the Residential Model

Winning the toss Armanitola opted to use the pitch first and restricted Jurain for only

102 in 27.2 overs. In reply, the winners took only 20 overs to reach the target conceding eight wickets with Masud hammering 23 off

29 balls. In the remaining match at west ground of RMS. Segun Bagicha High School beat BC-

SIR High School by 23 runs. Sent into bat, the winners piled up a huge 202 in 34.3 overs after losing all the wickets. Opener Raju Roy hammered 87 off 80 deliveries while Monir added 43 to Se-

gun Bagicha account In reply, BCSIR HS were slumped to 179 in 33.4 overs. of which 61 coming as extras.

#### A true all-star French-fiesta

PARIS. Apr 18: For the first time in the Open era all the world's top men and women tennis players have entered the French Open which starts on May 27, organisers said on Wednesday reports Reuter

# CRYPTOQUIP

ZIRDJBH SUBU HDIWE JWWIHRJM

Saturday's Cryptoquip: AT THE END OF THE FAMOUS GARDEN SOCIETY MEETING, THE AUDI-ENCE ROSE. Today's Cryptoquip clue: W equals C

The Cryptoquip is a substitution cipher in which one letter stands 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.