

Cantona's victim turns villain

LONDON, May 3: An English soccer fan who was the victim of a kung-fu kick attack by Eric Cantona jumped out of the dock to attack a prosecutor today after being found guilty of provoking Manchester United's French star, reports Reuters.

The attack came after Matthew Simmons was found guilty of using threatening words and behaviour at a Premier league match between United and Crystal Palace in January 1995.

Before he could be sentenced at Croydon magistrates court, Simmons leaped at prosecutor lawyer Jeffery McCann, kicking him in the head and trying to throttle him, witnesses said.

A police officer shouted "get the cuffs on him" as court officials scuffled with Simmons, 21, a glazier from London with a criminal record of attempted robbery with violence.

Magistrates hurriedly left the court while a furious Simmons shouted: "I'm innocent, I promise, I swear on the bible."

The crop-haired fan was led away to the cells shouting at reporters: "You press, you are scum."

Simmons' attack on McCann came after the lawyer asked magistrates for an order banning the fan from English soccer grounds. McCann, a 56-year-old with a history of high blood pressure, was due to retire at the end of the month.

The court later resumed sitting and a contrite Simmons offered an apology through his lawyer, which McCann accepted.

Simmons was then fined 500 pounds (dollars 750) and ordered to pay legal costs of 200 pounds (dollars 300) following his conviction for using threatening words and behaviour.

Simmons' conviction will draw a line under an incident that blighted the career of the volatile Cantona and further tarnished the poor reputation of English soccer fans.

Cantona was initially jailed for assault for his attack on Simmons but this was later diluted to 120 hours community service. He was also banned from soccer for seven months.

It was unclear if Simmons would face further charges relating to the courtroom affray.

Chinese nat'l athletics on

BEIJING, May 3: China's top athletes meet in Nanjing from Saturday for their national championships, which count as qualifiers for the Atlanta Olympics in July, reports Reuters.

Among those taking part will be female distance star Wang Junxia and her team, Plus Qu Yunxia and the new "Ma's army." The meeting in the eastern city runs until May 8.

A disastrous 1995 season dominated by internal squabbles saw China take only one medal — and that a silver — at the World Championships.

In Atlanta they will be trying to get back to the form of 1993, a time when China finally earned its place among the greats of athletics.

Those who won prominence included its long and middle-distance track competitors — in particular the famous "Ma's army" of female runners who set a series of impressive world records — plus its throwers.

But the dream soon faded. The original Ma's Army broke up amid disagreements between legendary trainer Ma Junren and his proteges and China's athletes disappeared from prominence after the 1994 Asian Games.

In Nanjing the famous long and middle-distance runners will once again be in the spotlight. Their times should finally give a real indication of the form and the placings they can hope for in Atlanta this summer.

With a berth in the Olympics at stake, the competition between Wang Junxia — women's world record holder at 10,000 metres — and the young team Ma has recruited around Qu Yunxia promises to be fierce.

Qu, the female world record holder at 1,500 metres, has not competed since autumn 1994.

But Qu and others in the "new Ma's army" will be without the precious advice of their guru, who is currently hospitalised in Beijing for treatment for intestinal problems.

Other athletes to watch include the female shot putters Huang Zhihong — silver medalist at the last World Championships — and Sui Ximmi.

In the men's triple jump Zeng Lizi can be expected to make his mark, as can Huang Geng in the long jump, as he regularly records jumps over eight metres.

Others whose form will be studied are female triple jumper Ren Ruping and female long-jumper Yao Weili.

Real pay the price

GENEVA, May 3: Real Madrid have been fined 105,000 Swiss francs (85,000 dollars) for violence by their fans during the European Cup quarterfinal second leg match against Juventus last month, reports Reuters.

UEFA said on Tuesday that the fine, set by its control and disciplinary committee, took into account not only the violent behaviour of some real fans during the March 20 tie in Turin, but also "material and personal damage caused to the home club."

Johnson & Lewis so alike



LONDON, May 3: Only one man on the planet can fully appreciate the pressure on Michael Johnson.

Twelve years ago at the Los Angeles Olympics, Carl Lewis emulated fellow-American Jesse Owens by winning gold medals in the 100 and 200 metres long jump and 4x100 metres relay.

Astonishingly Lewis is still competing and hoping to qualify for the US team for Atlanta but the spotlight this year will be on Johnson, who managed to get the Olympic track programme radically revised to accommodate his ambition of a unique 200-400 metres double.

Gold medals in both events plus another in the 4x400 metres relay would elevate Johnson to the same pantheon as Lewis and Owens and help to ensure the success of the third Olympics to be staged in the United States.

The 28-year-old Texan starts his international season at the Rio De Janeiro meeting on Saturday, the opening event of the 1996 Grand Prix circuit and one of the four meetings on his schedule before the Olympic trials in June.

Michael's situation is similar to what I went through in 1984," Lewis said. "You have to



MICHAEL JOHNSON

win or you are not successful and I think that is unfair for anybody to have to deal with."

The Olympic Games bring together the best in the world and it's going to be difficult dealing with the expectations, dealing with the press, the training and travelling. And the schedule will be very tough."

Johnson, who spent 18 months trying to get the Olympic programme changed, can now concentrate on preparing for Atlanta.

"It definitely adds a tremendous amount of pressure going into the games. People are going to say an entire Olympics schedule was changed for you," he said.

"But I like that situation. I like being under pressure situ-

ations because I think I perform a lot better when I'm under pressure."

Having gone through an Olympics before and having gone through a few World Championships, you would think I would have a little more sense of what it is going to be like."

Howzzat!

BULAWAYO, Zimbabwe, May 3: Deep in the heart of southern Africa, a century-old cricketing world record has been broken, reports Reuters.

Wayne James, captain and wicketkeeper of Matabeleland in Zimbabwe, held 11 catches in a match in Bulawayo last month. Add to that two stumpings, and James now boasts the world record for dismissals behind the stumps in a first-class match.

The old record of 12 dismissals was set by Ted Pooley who had eight catches and four stumpings for Surrey against Sussex in a match at the Oval in London in 1868.

It has been equalled twice since then — Don Tallon held nine catches with three stumpings for Queensland in 1939, and Brian Taber did the same for New South Wales in 1968 — but it had never been bettered.

News of James' heroics on April 20 seeped out of Bulawayo slowly, and is only now reaching the rest of the world.

Not that world beating was on James' mind as the remarkable cup final progressed.

"I honestly didn't know about the record until afterwards," he said afterwards at the Bulawayo Athletic Club ground. "Thirteen dismissals seems incredibly low for a wicketkeeping world record, specially after all those years."

Like all good wicketkeepers, James can bat too.

Not content with his place in the record books, the 31-year-old used the same cup final against Mashonaland Country Districts to join a rare group of players who have scored 99 runs in each innings of a match.

In the first innings he took the crease with his team on 15 for three and guided them to 220, falling just one run short of his century off 185 balls.

In the second, he was facing the bowling on 99 with the match scores level and Matabeleland poised for victory.

But Mashonaland's left-hand paceman Brian Strang delivered a wide leg side ball that flew to the boundary for four byes, handing Matabeleland the cup and denying James his century.

"I didn't actually know about the first 99 because the main scoreboard had gone on the blink," James said afterwards. "And the second time? Well, that's cricket. I had my chances in the previous over but couldn't score, but at least we won the cup."

"But this is an Olympics in the States. I was a kid in 1984 when we had the last Olympics in the States, so I don't think it is something that I could even imagine."

The decision by the International Amateur Athletic Federation (IAAF) to restructure the Olympic programme to suit both Johnson and Lewis is not entirely altruistic.

IAAF chief Primo Nebiolo and the Atlanta organisers are determined that the athletics programme should be a success, and that in turn means trying to provide American champions.

"I feel a responsibility to do whatever I can to try and make the sport as big here as it is in Europe," Johnson said.

Lewis added: "I think it's great that Michael gets the attention, or any track athlete gets the attention."

"Right now track and field is on the decline and that's sad to see."

A handful of leading American women have entered the Rio meeting, including world 100 metres champion Gwen Torrence who will attempt a 100-200 double in her home town of Atlanta, and former world 400 metres champion Jearl Miles.

Canada's world champion Donovan Bailey will compete in the 100 metres although the top American challengers will not be present.

Lewis and his Santa Monica



CARL LEWIS

teammates Leroy Burrell, the world 100 metres record holder, and Olympic 200 metres champion Michael Marsh will make their Grand Prix debuts at the Atlanta meeting on May 18 along with Olympic 100 metre medalist Dennis Mitchell.

Shishigina banned

MONTE CARLO, May 3: Kazakhstan's world 100 metres hurdles silver medalist Olga Shishigina has been banned for four years pending a hearing after testing positive for the steroid stanozolol, reports Reuters.

A spokesman for the International Amateur Athletic Federation said today Shishigina had tested positive at an indoor meeting in Ghent, Belgium, last February.



German Boris Becker plays a backhand shot against Spaniard Jordi Burillo during their ATP tennis tournament clash in Munich on May 2 which the former won 7-5, 4-6, 6-3 and moved into the quarterfinals. — UNB/AFP photo

Muster rolls on

MUNICH, May 3: Thomas Muster survived a second-set crisis but kept his clay court streak alive at 38 consecutive wins with a 6-3, 0-6, 6-2 victory over Mark Philippoussis today, sealing a place in the semifinals of the Munich Open, reports AFP.

The 28-year-old French Open champion let his game slip a notch after winning the opening set, in which he swept the last three games after the 19-year-old Australian levelled at 3-3.

Muster, who has not lost on clay since the final at Kitzbuehel last August and his brilliant run has so far seen the Austrian defend four of his 1995 titles.

"I had to fight to win, but it was nothing special," said Muster. "It was just another match. I only play day-by-day. I'm not worried about records or streaks."

Philippoussis, who defeated world No. 1 Pete Sampras at the Australian Open, took temporary control in the second set as Muster could do little right. But the gutsy world No. 2 regained his touch in time to emerge with the trademark hard-fought victory.

Philippoussis, ranked 31st, has yet to win a career title and is not at his best on the unfamiliar slow clay.

Muster will now face Spanish teenager Carlos Moya, who upset No. 8 seed Goran Ivanisevic of Croatia 6-3, 6-4.

In another quarter-final, Slava Dosedel of the Czech Republic downed Hernan Gummy of Argentina 6-1, 6-3.

Second-seeded Boris Becker, still without a clay court title, was to face fellow German Bernd Karbacher later in the day. Karbacher put out Swedish veteran Stefan Edberg in the second round.

Spadea in qtrs

ATLANTA, May 3: Fifth seed Jonas Bjorkman of Sweden let a third set lead slip away and fell to 21-year-old American Vince Spadea in the second round of the 328,000 dollars AT and T Challenge on Thursday, reports Reuters.

Spadea, ranked 86th in the world, went down a break early in the deciding set but rallied from 0-2 to eliminate the 68th-ranked Bjorkman 7-5, 2-6, 6-3.

The upset win put Spadea in the quarter-finals, where he will take on another Swede, Nicklas Kulti, who held off Australia's Scott Draper 6-4, 7-6 (7-4) in another second-round match.

American Richey Reneberg, ranked 37th but seeded second in a weak field in the clay court event that features just one top-20 player in Michael Chang, also claimed a quarter-final berth.

Reneberg scored a routine 6-4, 6-2 victory over unseeded compatriot David Wheaton to set up another all-American clash in the quarters with Bryan Shelton, 6-3, 6-1 winner over Frenchman Daniel Courcol.

After narrowly dropping a tight first set, Bjorkman got a quick lead in the second, going ahead 4-0 before Spadea fought back briefly.

The Swede served well and hit groundstroke winners to take the second set and a 2-0 lead in the third.

But Spadea capitalised on a few loose shots by Bjorkman to break the Swede twice while going for sharply angled winners of his own. The American ended the contest on his first match point when Bjorkman netted a backhand.

"I was a little sluggish the first two sets," said Spadea, who has now reached three consecutive quarter-finals — in Key Biscayne, Bermuda and Atlanta.

The second set I had a let-down. But I got my intensity back together in the third set when I needed it."

Tyson in legal tangle



HACKENSACK, New Jersey, May 3: A request by WBA heavyweight champion Bruce Seldon to fight Mike Tyson was denied Thursday, preventing their July 13 bout, reports AP.

The ruling by Superior Court Judge Amos Saunders keeps alive Lennox Lewis prospects of fighting for Tyson's WBC title.

Saunders refused to lift an injunction that prohibits Tyson from fighting until a lawsuit filed by Lewis is settled.

Lewis claims he was wrongfully passed over to fight for the WBC title when Tyson was allowed to challenge Frank Bruno, a match Tyson won in Vegas in three rounds in Las Vegas.

Lewis, who beat Bruno in defense of the WBC title in October 1993, lost it to Oliver McCall in September 1994. McCall then lost it to Bruno last September.

Lewis had sought a preliminary injunction to de-sanction the March 16 fight, saying he should have been first in line for the championship after he defeated Lionel Butler in a WBC-ordered elimination bout last May.

But the WBC maintained Tyson became the top contender after his release from prison in March 1995 after three years on a rape conviction, which under its rules made him the mandatory challenger for the title.

Saunders, who was clearly angered Lewis was denied his chance to fight for the title, refused to de-sanction the

fight but forbade Tyson from further fights without his permission until Lewis' suit was settled.

Saunders must first resolve whether he has jurisdiction to hear the case because the WBC contends all litigation must be brought in Dallas, but no hearing date has been set.

Attempts to contact King at his Florida office were unsuccessful.

"It's a shame that the 'baddest man on the planet' has turned into a track star," Lewis said. "I would love to take this out of the courtroom and into the ring, but it is quite clear that Mike Tyson is deathly afraid of Lennox Lewis."

Lewis said there would be no deal with King to allow Tyson to fight Seldon first.

"I think there will be a problem if I step aside because now that I have the opportunity to get Mike Tyson in the ring, I don't want to slip it away," Lewis said.

"By me stepping aside it, they might come up with some plan of an attack that may cause me not to be able to face Mike Tyson in the ring," he said.

Evander Holyfield, who also fights May 10 against Bobby Czyz, suggested Seldon fight him.

"There are not too many people out there that Bruce can probably fight who people will watch him fight," Holyfield said. "Here I am."

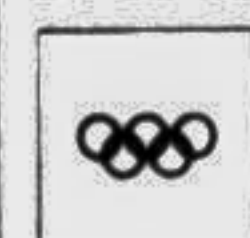
Seldon's attorney, Rocco DePersia, had an unlisted telephone number and could not be reached for comment Thursday.

MIKE TYSON

The judge indicated last month he would allow Tyson to fight Lewis. Lewis is training for a May 10 bout with Ray Mercer in New York.

Lawyers for Tyson and promoter Don King argued Wednesday before the New Jersey State Court of Appeals to let the fight with Seldon go

ACOG-USPS war of words



ATLANTA, May 3: Organisers of this summer's Olympic games said on Thursday they were ready to use the US Postal Service (USPS) unless it stopped a line of T-shirts and other souvenirs bearing images of Olympic athletes.

The Atlanta Committee for the Olympic Games (ACOG) said it was consulting its lawyers over the post office's plans to license "Olympic wannabe products" ahead of the July 19 to August 4 centennial Games.

"The USPS has declined to provide post offices at key Olympic venues in Atlanta... (but) while declining to provide these needed services, the USPS has decided to go into the souvenir business, selling Olympic wannabe merchandise — T-shirts, pins and plates," ACOG said in a statement.

"The USPS action... is a clear-cut example of parasite or ambush marketing," the committee added.

Since Atlanta in 1990 won

the right to stage the Olympic Games, ACOG has been extra vigilant in protecting Olympic material. As a non-profit organisation, it is heavily dependant on cash it can raise from companies willing to buy sponsorship rights.

The post office has licensed a company to produce T-shirts and other products bearing the image of a set of commemorative stamps which were officially launched Thursday.

ACOG officials boycotted the launch ceremony in Washington.

The stamps were approved by ACOG and bear the official Olympic rings, a symbol which can cost sponsor companies up to 40 million dollars to use in advertising campaigns.

The T-shirts and other memorabilia display the stamps without the rings, but Olympic organisers say the post office "would have consumers believe the T-shirts have a direct, legitimate connection to the Olympic Games and the US Olympic team."

"The USPS actions are... a blatant attempt to ambush the Olympic movement in the United States, including he US

Olympic team and its sponsors," ACOG said.

The post office marketing campaign is particularly galling for the Atlanta-based United Parcel Service (UPS), which has a sponsorship agreement with the International Olympic Committee so that it can call itself the official package carrier of the games.

A post office spokesman said he had licensed an outside company to make T-shirts bearing the image of the Olympic stamps and denied any attempt to mislead the public. "At this stage we have no plans to change our position," he said.

ACOG spokesman Darby Coker said they were continuing negotiations with the post office in a bid to compromise.

"We are hopeful a compromise can be arrived at. We have no problem with the post office licensing art or stamps," he told Reuters. "But there is a sense of urgency here, we've got to bring this to closure, whether it's in court or out."

He said that if compromise had not been reached by some time next week "the battle line will be drawn."

Magic keeps 'em guessing

HOUSTON, May 3 (AP): Was this Magic Johnson's last game? Johnson, who sat on the bench for much of the fourth quarter of the Los Angeles Lakers' 102-94 loss to the Houston Rockets that eliminated them from the NBA playoffs, wasn't making any commitments Thursday night.

Nor was he planning another retirement speech.

"I want to come back," Johnson said. "If I feel that there's something different, then I won't come back. Right now I feel like I want to come back. I hope to be back."

The Lakers, who hoped Johnson's return from a 4 1/2-year retirement in January would mean a return to playoff glory, were bounced in four

games in the first round by the Rockets.

Johnson, who scored only eight points, said he was disappointed by his team's lack of cohesion and its finger-pointing in the series.

The Rockets beat Los Angeles with teamwork, not talent, he said.

"It's just the trust in one another," he said. "They trust in one another. We don't have that trust."

"We just had a lot of little things going on that couldn't bring us all together in the end to win games. I hope that taught us all a lesson and our young players can look at Houston and say, 'This is the way we should be.'"

Johnson left basketball just

before the start of the 1991-92 season after learning he tested positive for the virus that causes AIDS. He returned the following year, only to retire again after a few exhibition games.

Johnson returned as a player on Jan 29, saying "It's now or never." He now plays power forward, not the point guard spot he dominated for more than a decade.

"I'm 36. If this is the last hurrah, so be it," he said. "If it's next year, we'll see."

Johnson, who signed a contract for the remainder of this season, reported back to the Lakers 27 pounds (12 kilos) heavier than he was in 1991, and he acknowledged being five steps slower.

Meherobic

Role of an instructor

Aerobics to music has become one of the most popular forms of exercise, rivaling the more traditional programs such as jogging and swimming. The participants growing interest and demand are attracting more and more people to join as an aerobic instructor.

A dance-exercise instructor is a leader, a role model, a teacher and an adviser. Each role carries with it responsibilities that must be met for an instructor to become a true professional.

Today's dance-exercise instructor shoulders the responsibility of teaching a thoroughly safe and effective class. To do so, she or he must stay abreast of new developments in the rapidly evolving fitness field. Experts are finding it necessary to identify which exercises tend to cause injury. To

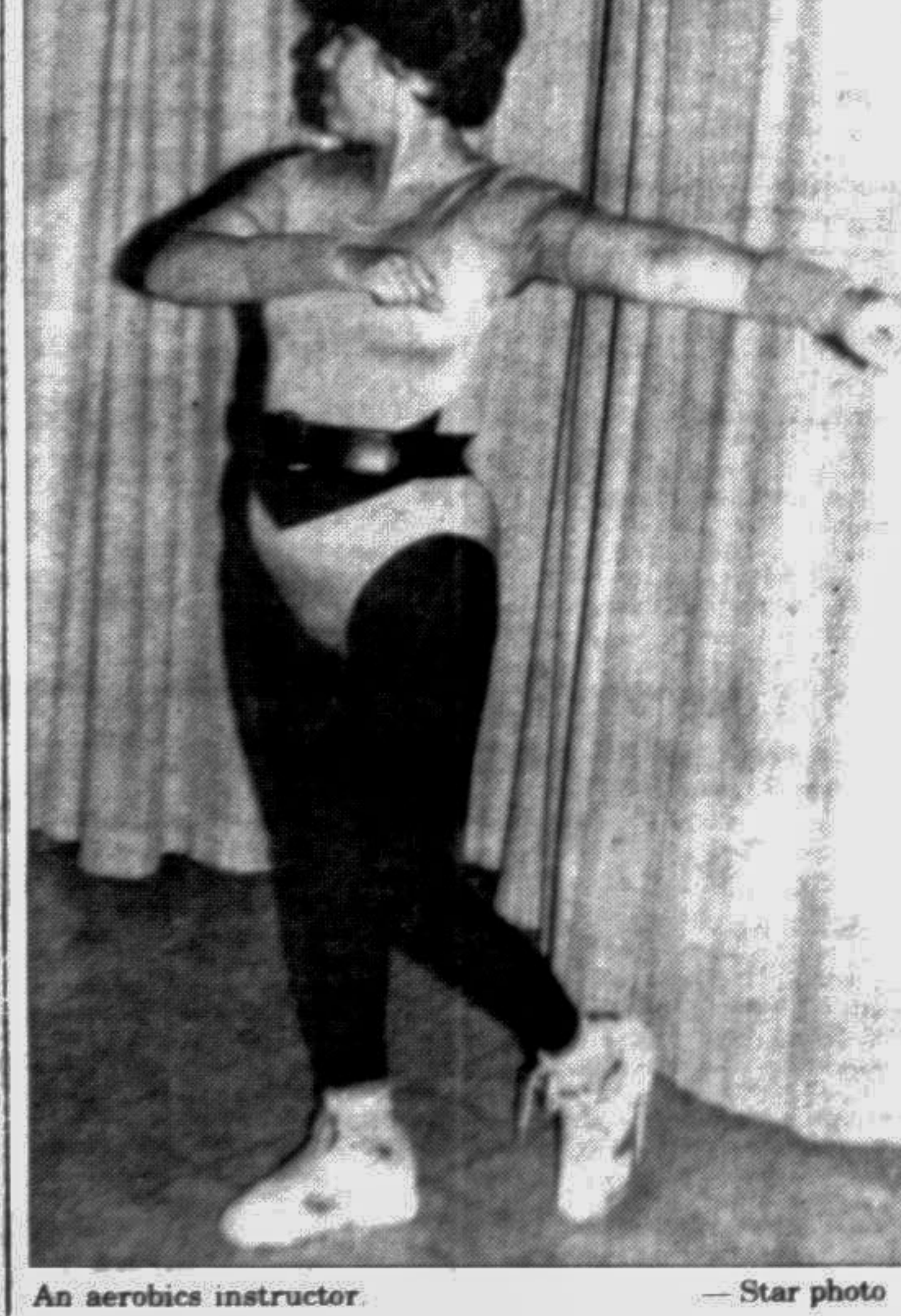
make sure that classes are safe, fitness instructors must be up-to-date not only on potentially dangerous exercises, but why the danger exist and how to modify the exercises.

The students entrust their bodies to the instructor's care. They have the right to expect to be dealt safely and effectively. The instructor should have a good knowledge of physical fitness which require a basic understanding of the structure and function of the human body. At the least, this can help develop a respect for the limitations of the body; at most can aid in planning exercises that are both safe and specific for muscle and joints. Students will also come for information as well, so he or she need to know about exercise, nutrition, and other health-related topics.

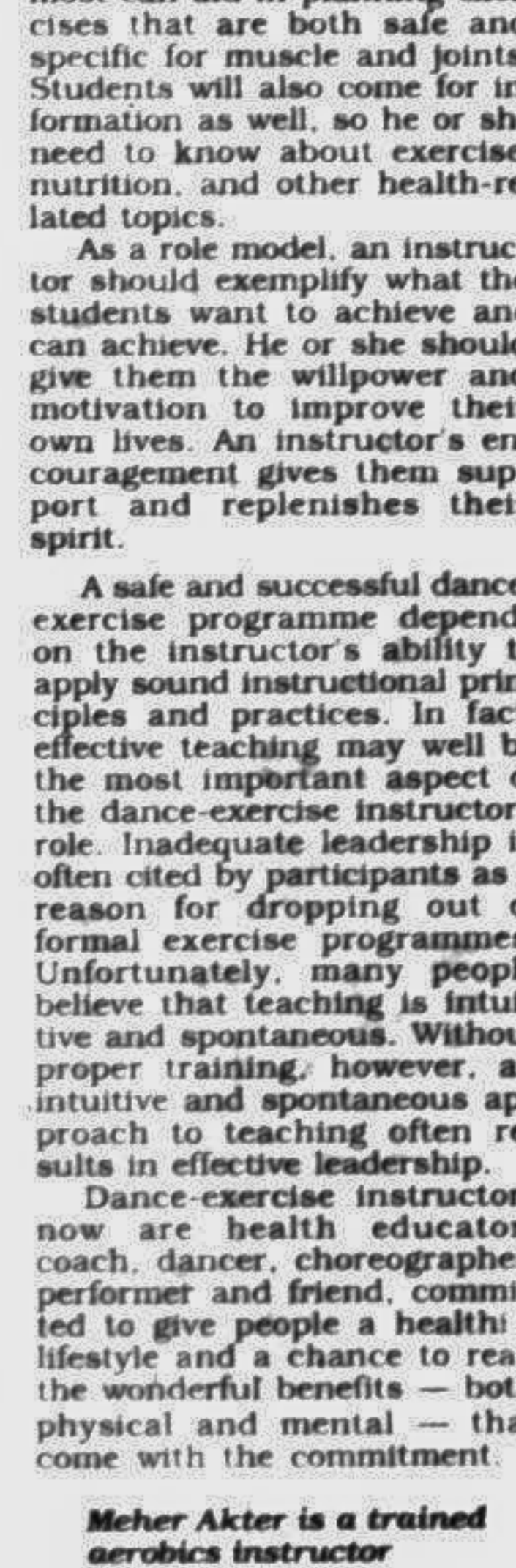
As a role model, an instructor should exemplify what the students want to achieve and can achieve. He or she should give them the willpower and motivation to improve their own lives. An instructor's encouragement gives them support and replenishes their spirit.

A safe and successful dance-exercise programme depends on the instructor's ability to apply sound instructional principles and practices. In fact, effective teaching may well be the most important aspect of the dance-exercise instructor's role. Inadequate leadership is often cited by participants as a reason for dropping out of formal exercise programmes. Unfortunately, many people believe that teaching is intuitive and spontaneous. Without proper training, however, an intuitive and spontaneous approach to teaching often results in ineffective leadership.

Dance-exercise instructors now are health educators, coach, dancer, choreographer, performer and friend, committed to give people a healthy lifestyle and a chance to reap the wonderful benefits — both physical and mental — that come with the commitment.



An aerobics instructor.



Meher Akter is a trained aerobics instructor.

— Star photo