

Law, Gooch whack Lancs

LONDON, June 7: Australian Stuart Law and former England captain Graham Gooch were in sparkling form on Thursday, both hitting centuries as Essex reached an impressive 448 for six on the first day of their country championship match against Lancashire, reports Reuter.

Gooch only just missed a hundred before lunch and fell shortly after for 101, his 122nd first-class century, having hit 18 boundaries in his 137-ball stay.

He added 175 for the second wicket with Pual Grayson who struck a career best 129 and, after Gooch's departure, went on to add 205 with Law. The Australian's 144, which came from 164 deliveries and included three sixes and 18 fours, was his sixth century in his last 11 innings in all cricket.

Meanwhile, the battle at the top of the table between Kent and Leicestershire, the only game completing its second day, was evenly poised. Replaying to Kent's 324, Leicestershire closed on 321 for seven thanks to a fine 82 from West Indian Phil Simmons and 117 not out from Ben Smith.

Elsewhere there were plenty of runs around the country. At Southampton, Chris Adams (213 not out) and Adrian Rollins (131) took advantage of a good batting strident to add 298 for the second wicket as Derbyshire closed on 389 for four against Hampshire.

There were also hundreds for Northamptonshire skipper Rob Bailey who hit 111 against Nottinghamshire and York shire. Michael Vaughan who hit 135 against Surrey. And the veteran Sussex pair of Allan Wells (113) and Bill Athey (102) also made the most of the sunshine during a partnership of 196 against Durham.

The only teams to miss out on the run glut were Glamorgan, who were bowled out for 238 by Middlesex and reigning champions Warwickshire, who were dismissed for 255 by Somerset for whom former England paceman Andy Caddick produced the best bowling return of the day with five for 76. By the close Somerset were 104 for four.

Cuban duo set track afire

SEVILLE, Spain, June 7: Cuban athletes Eliecer Urrutia and Ana Fidelia Quirot dominated the field at the Seville Grand Prix athletics meeting on Thursday, both coming close to setting new annual bests in their respective fields, reports Reuter.

Urrutia achieved the second best result of the year with a 17.70 metre triple jump which put him ahead of compatriot Yoelbis Quesada.

Quirot registered the third best time of the year in the women's 800 metres, cruising in ahead of Bulgaria's Natalya Dukovna with a time of one minute 58.93 seconds in a race which demonstrated she was ready for the Olympic challenge at Atlanta.

North Africans dominated in the long distance races, despite some strong Spanish competition.

Kenyan Wilson Kipketer set his best time of the season in the men's 3,000 metres steeplechase with a time of 8:16.81.

Moroccan Hicham el Gherrouj won the men's 1,500 metres in 3:32.94, almost three seconds ahead of Spain's Fermin Cacho, who like his compatriot Mateo Canelas nonetheless achieved his best time of the season, five seconds better than his previous best.

Andre Cason of the US caused few ripples with his 100 metres win in 10.30 seconds.

ACOG's ignorance

ATLANTA, June 7: About 170,000 tickets to events during the Summer Olympic Games have the wrong times printed on them because the schedule changed after the tickets were printed, organisers said on Thursday, reports Reuter.

The Atlanta Committee for the Olympic Games (ACOG) said, times are incorrectly listed on tickets to handball, track and field, women's basketball, beach volleyball, fencing and modern pentathlon events.

Ticket holders who show up for the August 4 team handball finals at the time listed on the ticket will find the players gone because the competition took place four hours earlier.

Abdin wins

LAS VEGAS, June 7: Undeclared heavyweight Ahmad Abdin, who fought his opponent to a draw 15 months ago, stopped Will Hinto in the fourth round Thursday night, reports AP.

Abdin hurt Hinto with a right to the head and followed with a barrage of body blows that backed his opponent into the ropes. Referee Toby Gibson halted the scheduled 10-rounder at the Aladdin at 2:42 of the fourth.

Abdin, 234 pounds (106 kilograms), a Syrian native who lives in Houston, improved his record to 21-0-3 with eight knockouts. Hinto, 230 pounds (104 kilograms), of Aurora, Colorado, dropped to 15-8-1, with seven knockouts.

Abdin was leading by three points on two of three judges' scorecards and by one point on the other.

England dismissed for 313



BIRMINGHAM, England, June 7: India's first innings score of 214, were all out for 313 on the second day of the first Test at Edgbaston today, reports Reuter.

Scores: India 214 (J Srinath 52; D Cork 4-61) England 313 (N Hussain 128).

Earlier on Thursday, Derbyshire all-rounder Dominic Cork grabbed four wickets as England stole the honours at the close of the opening day.

Cork took four for 61, including the prize wicket of Sachin Tendulkar, and was well-backed up by England's three other pace bowlers as India, who won the toss and chose to bat first, were bowled out for just 214.

Mike Atherton (30 not out) and Nick Knight (27 not out) then batted through 19 overs without problem to take England to 60 without loss at close of play.

But it was England's performance in the field which caught the eye.

The pace bowling quartet of debutants Alan Mullally and Ronnie Irani plus Cork and Chris Lewis shared the wickets as they took full advantage of overcast conditions and some sloppy Indian batting.

The Indians have played only three tests since December 1994 and it showed as they went about their innings in cavalier one-day fashion.

From the moment that opening batsman Ajay Jadeja fell for a duck, edging a loose drive to Mike Atherton in the gully, India struggled to establish their innings.

Nasser Hussain spilled a relatively simple chance from Vikram Rathore in the second over off Cork but that was the

only blemish in the field. Knight picked up three catches, one of them outstanding while Atherton collected a second with a marvellous diving effort in the gully to remove Sanjay Manjrekar.

By lunch India had slipped to 80 for three as Knight snapped up Rathore off Cork for 20 and then brilliantly dived to his left at midwicket to remove Indian captain Mohammad Azharuddin for 13. That wicket gave Irani his first Test victim with his fifth ball in international cricket.



NASSER HUSSAIN ... 128

The crucial breakthrough, though, came shortly after lunch when Sachin Tendulkar played all round a straight ball from Cork and was bowled for 24.

Left-arm seamer Mullally got in to the act by bowling Nayan Mongia for 20 and having Sunil Joshi caught by Graham Thorpe at slip.

Lewis chipped in with his second wicket when Manjrekar, having left the field during the morning with an ankle injury, returned to make

23 before slashing hard to Atherton.

Cork collected his third scalp when Knight took his third catch to remove Anil Kumble and India were in deep trouble at 150 for eight.

A gusty ninth wicket partnership of 53 between Javagal Srinath and Paras Mhambrey at least took India past the 200 mark. But when Mullally came around the wicket he had Srinath caught behind by Jack Russell for a well-deserved 52 and Cork wrapped up the innings when Mhambrey edged to Thorpe in the slips.

SCOREBOARD

Scoreboard on the first day of the first cricket Test between India and England on Thursday:

| INDIA: first innings | | | | |
|--------------------------------|-----|--|--|--|
| V Rathore c Knight b Cork | 20 | | | |
| A Jadeja c Atherton b Lewis | 0 | | | |
| S Manjrekar c Atherton b Lewis | 23 | | | |
| S Tendulkar b Cork | 24 | | | |
| M Azharuddin c Knight b Irani | 13 | | | |
| N Mongia b Mullally | 20 | | | |
| S Joshi c Thorpe b Mullally | 12 | | | |
| A Kumble c Knight b Cork | 5 | | | |
| J Srinath c Russell b Mullally | 52 | | | |
| P Mhambrey c Thorpe b Cork | 28 | | | |
| V Prasad not out | 0 | | | |
| Extras: (b-3, lb-10, nb-4) | 17 | | | |
| Total: (69.1 overs) | 214 | | | |

Fall of wickets: 1-8; 2-41; 3-64; 4-93; 5-103; 6-118; 7-127; 8-150; 9-203.

| Bowling | O | M | R | W |
|----------|------|---|----|---|
| Lewis | 18 | 2 | 44 | 2 |
| Cork | 20.1 | 5 | 61 | 4 |
| Mullally | 22 | 7 | 60 | 3 |
| Irani | 7 | 4 | 22 | 1 |
| Patel | 2 | 0 | 14 | 0 |

ENGLAND: First innings

| N Knight not out | 27 | | | |
|----------------------|----|---|----|---|
| M Atherton not out | 31 | | | |
| Extras: (lb-1, nb-1) | 2 | | | |
| Total: (19 overs) | 60 | | | |
| Bowling | O | M | R | W |
| Srinath | 6 | 0 | 25 | 0 |
| Prasad | 7 | 2 | 7 | 0 |
| Kumble | 4 | 0 | 21 | 0 |
| Mhambrey | 2 | 0 | 6 | 0 |

(incomplete)

Karpov poised for victory

ELISTA, Russia, June 7: Anatoly Karpov was in a strong position for Friday's resumption of play in the opening game of the FIDE World Chess Championship against Gata Kamsky, report agencies.

The players adjourned for the night late Thursday after 56 moves, and play was to resume Friday afternoon unless Kamsky conceded defeat.

Spain beat S Africa

PIETERMARITZBURG, South Africa, June 7: Young striker Pol Amat scored twice as Spain beat South Africa 4-1 (half-time 2-0) in the first of three men's hockey internationals of Thursday, reports Reuter.

On his international debut, the 17-year-old scored once in each half as Spain took full advantage of several unforced errors in defence by the home team.

The two sides meet in the second international at the same venue on Saturday and then in the third and final match on Sunday.

SCORERS: Spain - Xavier Escude (15th minute), Pol Amat (24th and 61st), Pablo Usco (59th). South Africa - Craig Fulton (50th).



ANATOLY KARPOV

Greenfield defence in the first of a scheduled 20-game championship. Kamsky played boldly in the opening, but his attack was quickly neutralised by Karpov with an exchange of queens.

He then slowly squeezed out an advantage and created a dangerous Pawn advance on the queen side before adjournment.

Each player was left with a rook, a bishop, a knight and three pawns each.

Experts as saying Karpov's pawns were in such a dangerous position that he had "considerable chances of success."

On Thursday, the championship began amid confusion over the ground rules.

The players were at odds

over whether the games should be played for seven hours straight in one day or be adjourned for the next day after six hours of play.

Karpov's camp was insisting on the latter, with the champion pointing to an apparent agreement between the two sides.

The dispute ended in Karpov's favour, when FIDE president Kirsan Ilyumzhinov agreed to allow play to be adjourned after 56 moves. The previous agreement had limited play to seven hours with no adjournment.

The winner needs 10.5 points - one point for a victory and half for a draw. If they are level after 40 days and 20 games, the championship will continue until one of them wins another game.

The championship is being played in Elista, the obscure capital of the semi-autonomous Kalmyk republic of Russia, between the Black Sea and the Caspian Sea, just north of the breakaway republic of Chechnya.

Lin getting into her stride

BEIJING, June 7: Lin Li, China's Olympic swimming champion and world record holder, is rapidly regaining form since resuming training four months ago. Xinhua news agency said today, reports Reuter.

Kafelnikov, Stich in final

PARIS, June 7: Sixth seed Yevgeny Kafelnikov of Russia upset top seed Pete Sampras 7-6 (7-4), 6-0, 6-2 in the French Open semifinals today to set up a final with German Michael Stich, reports Reuter.

Stich reached his first final here when he beat Switzerland's Olympic champion Marc Rosset 6-3, 6-4, 6-2 in one hour 34 minutes on the Roland Garros Centre Court.

The 15th-seeded 1991 Wimbledon champion, who posted his title pretension by dethroning defending champion Thomas Muster in the fourth round.

Forget & Hlasek in doubles final

PARIS, June 7: Top-seeded Todd Woodbridge and Mark Woodforde of Australia crashed out of the men's doubles when they were beaten 3-6, 6-4, 4-6 in the semifinals by fifth-seeds Guy Forget of France and Jakob Hlasek of Switzerland, reports AFP.

But they were far from happy with the umpire.

Forget and Hlasek rallied after losing the second set of an ill-tempered match which turned against the Australians after a line call went against them in the closing stages of the match.

"We both thought the ball was out. If we'd got that game, that could have changed things," Woodforde reflected afterwards, saying he had told the umpire to "Get down and do your job properly."

But the Australians conceded that their opponents had played the better tennis. Forget and Hlasek now play seventh-seeded Russian Yevgeny Kafelnikov and Daniel Vacek of the Czech Republic in the final.

Kafelnikov, who has also reached his last four of the singles, and Vacek won their semifinal against unseeded Americans Jared Palmer and Jonathan Stark 6-4, 7-6 (7/4).

Tennis' elite enter Atlanta

PARIS, June 7: The International Tennis Federation (ITF) announced a strong field for next month's Olympic tennis tournament in Atlanta, headed by men's world number one Pete Sampras and Steffi Graf, who tops the women's rankings, reports Reuter.

In all, 53 countries have entered players for the event, which opens at the Olympic tennis facility at Atlanta's Stone Mountain Park on July 23.

In the men's singles, Sampras, who will be looking to dethrone Switzerland's Marc Rosset, who won gold in Barcelona in 1992, while other leading medal contenders for the men's singles include Paris Open semifinalist Yevgeny Kafelnikov of Russia and the 1988 bronze medal winner Goran Ivanisevic of Croatia.

In the women's event, Graf who won gold in Seoul in 1988 to complete a 'Golden' Grand Slam, can expect her main threat to come from Arantxa Sanchez-Vicario of Spain and co-world number one Monica Seles of the United States.

The 1992 gold medalist Jennifer Capriati of the United States, who staged a return to the tour in February after playing only one match since her first round loss at the 1993 United States Open, has not qualified this time.

In the men's doubles, Germans Boris Becker and Michael Stich, who took the gold in Barcelona, will not be defending their title and their absence could leave the way open for top-ranked Australians Todd Woodbridge and Mark Woodforde.

Gigi Fernandez of the United States will be targeting a second gold in the women's doubles - this time alongside Lindsay Davenport. She partnered Mary Joe Fernandez four years ago.

What's in a name

BONN, June 7: The sudden death 'golden goal' introduced for Euro '96 is a Nazi invention that should be scrapped, the German-based International Federation of Football History and Statistics (IFFHS) said today.

"It is a mockery to re-name this Nazi invention a 'Golden goal', IFFHS president Alfredo Poege told Reuters.

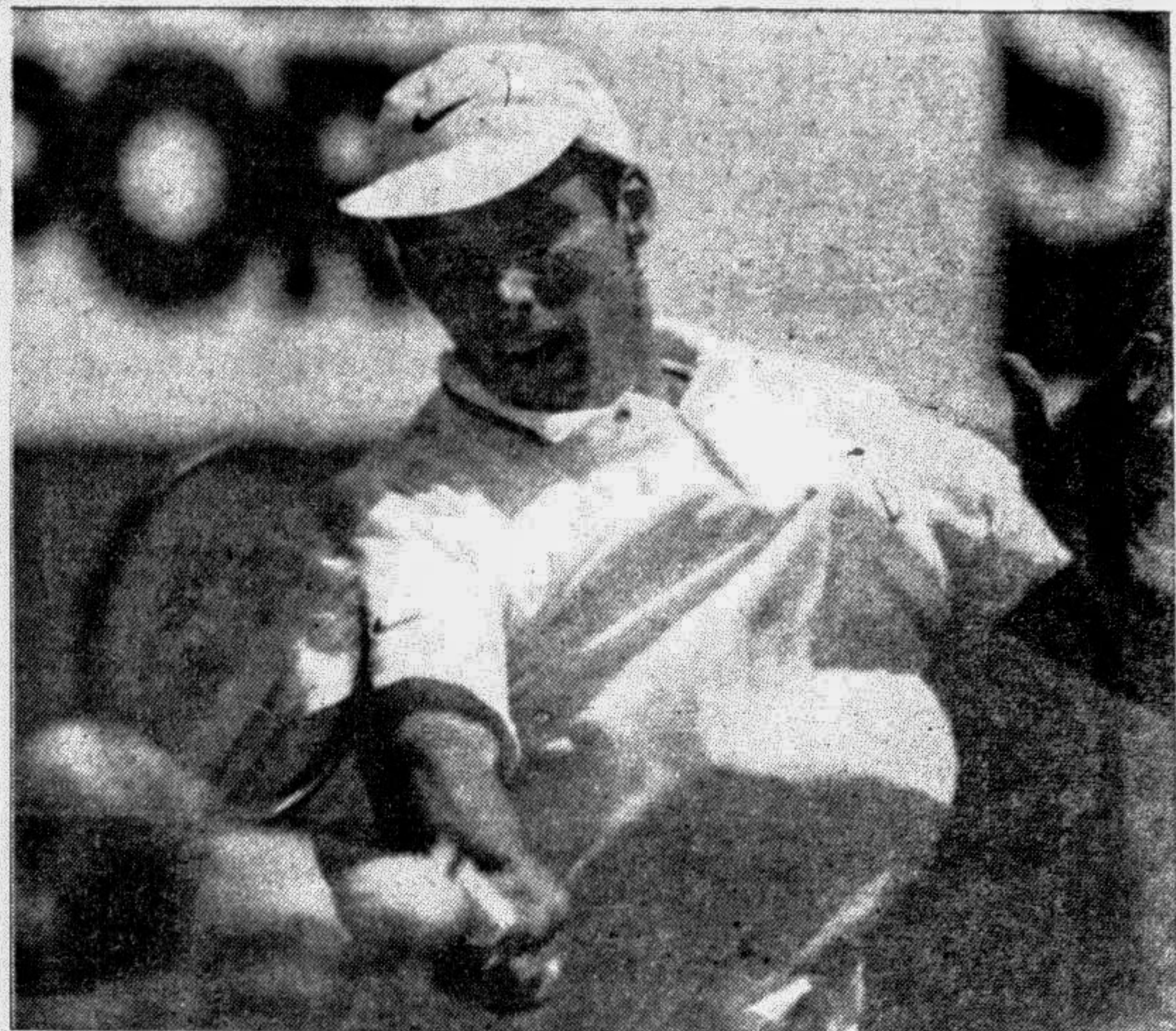
"You can't glorify something the Nazis introduced. It is totally discredited. It leaves a bitter taste in the mouth to see FIFA and UEFA taking over this rule invented by the German fascists and using it for the final round of the European Championships in England."

According to the rule, to be used in the knockout stage of Euro '96, a match which is tied after 90 minutes will be won by the team scoring first in extra-time. The game ends as soon as the goal is scored.

"This rule does not allow for equal chances and fosters caution and fear of 'sudden death', said Poege, who is German.

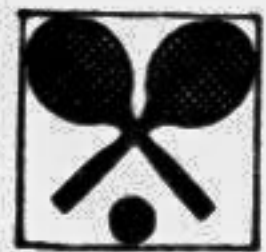
He said soccer's world governing body FIFA claimed "sudden death" was first used in Spain in 1950. But his research showed the Germans created it in 1935 and used it in more than 460 games until 1944.

The German Nazis were the inventors of 'sudden death' and were the first in the world to play a National Championship with this rule," he said.



German Michael Stich makes a forehand return against Swiss Marc Rosset during their men's singles semifinals match of the French Open at Roland Garros yesterday. — AFP/UNB photo

Rivalry on clay renewed



PARIS, June 7: Steffi Graf outclassed Conchita Martinez in just over an hour to set up a rematch of last year's final against Arantxa Sanchez-Vicario at the French Open on Thursday, reports Reuter.

The German top seed cruised into her eighth final at Roland Garros 6-3, 6-1 while Sanchez-Vicario, who she beat last year to win her fourth title here, dismissed doubles partner Jana Novotna 6-3, 7-5.

Saturday's final will again bring together arguably the two best clay-court players in the world. Sanchez-Vicario beat Graf in the 1989 final and also won the title for a second time two years ago.

Graf, who looked stronger than ever against Martinez, will be aiming for her 19th Grand Slam title and her fifth in succession.

The first set of her match against Martinez, a rematch of one of last year's semifinals, did little for the promotion of women's tennis.

Nervousness and the suffocating heat may well have accounted for the poor start to the match.

There were no less than five breaks in the first six games but when Graf held serve in the seventh it signalled the end of Martinez' hopes.

The 1994 Wimbledon champion had very little to of-

fer against the defending champion - an occasional passing shot, a few dropshots but also much too many double faults and unforced errors.

Graf won the first set in 36 minutes and won five straight games in a row before Martinez salvaged some pride by taking the fifth game of the second set. She also saved two match points before pushing her last backhand into the net.

"The way I've been playing for the past two weeks has been exceptional. I've played

other meeting with Sanchez-Vicario. Graf said: "We've had so many finals together. It's always been very tight. I think it will be very difficult. Arantxa has played very well so far in the tournament."

Sanchez-Vicario again employed her trademark aggressive baseline game against her Czech doubles partner, who was far too nervous to be a real threat.

"It was a very good match for me. I was patient and I did what I had to do," said the Spaniard, who won in one hour and 37 minutes.

The first set was one-sided but Novotna, playing in her second semifinal after losing to Graf in 1990, fought back bravely in the second set, trying to upset Sanchez at the net.

But she cracked in the 12th game as she was serving for a chance of a tiebreak, in which her hard serve could perhaps have secured her a third set.

"In the important points in the end, I played a little bit better and that's how I won the second set," said Sanchez-Vicario, who added she was looking forward to her fifth Grand Slam final against Graf.

"We've played so many times that we know each other's game by heart. I'm not going to try anything special. I'll just try to move her around and play my game," she said.

Graf leads Sanchez-Vicario 3-2 in their Grand Slam final clashes.

On the prospect of yet an-

other meeting with Sanchez-Vicario, Graf said: "We've had so many finals together. It's always been very tight. I think it will be very difficult. Arantxa has played very well so far in the tournament."

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How to roll neck properly

ROLLING neck is a common movement that people do in exercise classes, they sometime start or finish their classes by rolling neck. I have also noticed that whenever people feel tightness on their neck they just simply roll their neck without knowing the high risk it may involve.

Rolling the neck backward as shown in the picture has no real benefit and has a very high risk. The front of the neck is



Harmful practice

not an area that commonly needs to be stretched. Neck rolls or stretches in the back direction should be avoided due to stress on the cervical vertebrae. Exercises that fall into this category definitely need to be replaced.

You can move your neck from side to side or you can slowly roll your neck in the forward direction from right to left and left to right, avoid rapid or jerking movement in-

stead, use controlled movement. Also avoid putting too much stress when doing sit-ups for abdominal strength.



Slow forward side-to-side neck rolling is good for stretching back of the neck. — Star photo



Spaniard Arantxa Sanchez-Vicario celebrates her victory after beating Czech Jana Novotna in the French Open women's singles semifinals at Roland Garros on May 6.

— AFP/UNB photo