

SA-Aussie tie today

Sports Reporter South Africa, riding high after a convincing 47-run victory against India in the opening match of the Titan three-nation limited-overs tournament, take on Australia at Indore today.

Australian skipper Mark Taylor will be seeking to lift team morale following a comprehensive defeat in the one-off Delhi Test.

FIXTURES

- October 19: South Africa vs Australia (Indore)
October 21: India vs Australia (Bangalore day/night)
October 23: India vs South Africa (Jaipur)
October 25: Australia vs South Africa (Farridabad)
October 27: India vs Australia (Cuttack)
October 29: India vs South Africa (Rajkot)
November 1: Australia vs South Africa
November 3: India vs Australia (Mohali, day/night)
November 6: Final (Bombay, day/night)

Nat'l award for Whatmore

COLOMBO, Oct 18: Sri Lanka will confer a national honour on outgoing cricket coach, Australian Dav Whatmore, in recognition of his services to the World Cup champions.

President Chandrika Kumaratunga will present the award, called the Sri Lanka Ramya, at a ceremony next month before the team leaves for a tournament in Sharjah, in the United Arab Emirates, the President's Office said without giving a specific date.

Early exit for Goran

OSTRAVA, Czech Republic, Oct 18: Boris Becker withdrew from the Czech Indoor Open on Thursday because of a recurring wrist injury, while top seed Goran Ivanisevic crashed out to Czech Petr Korda 7-6, 6-2.

Strang's wrest initiative

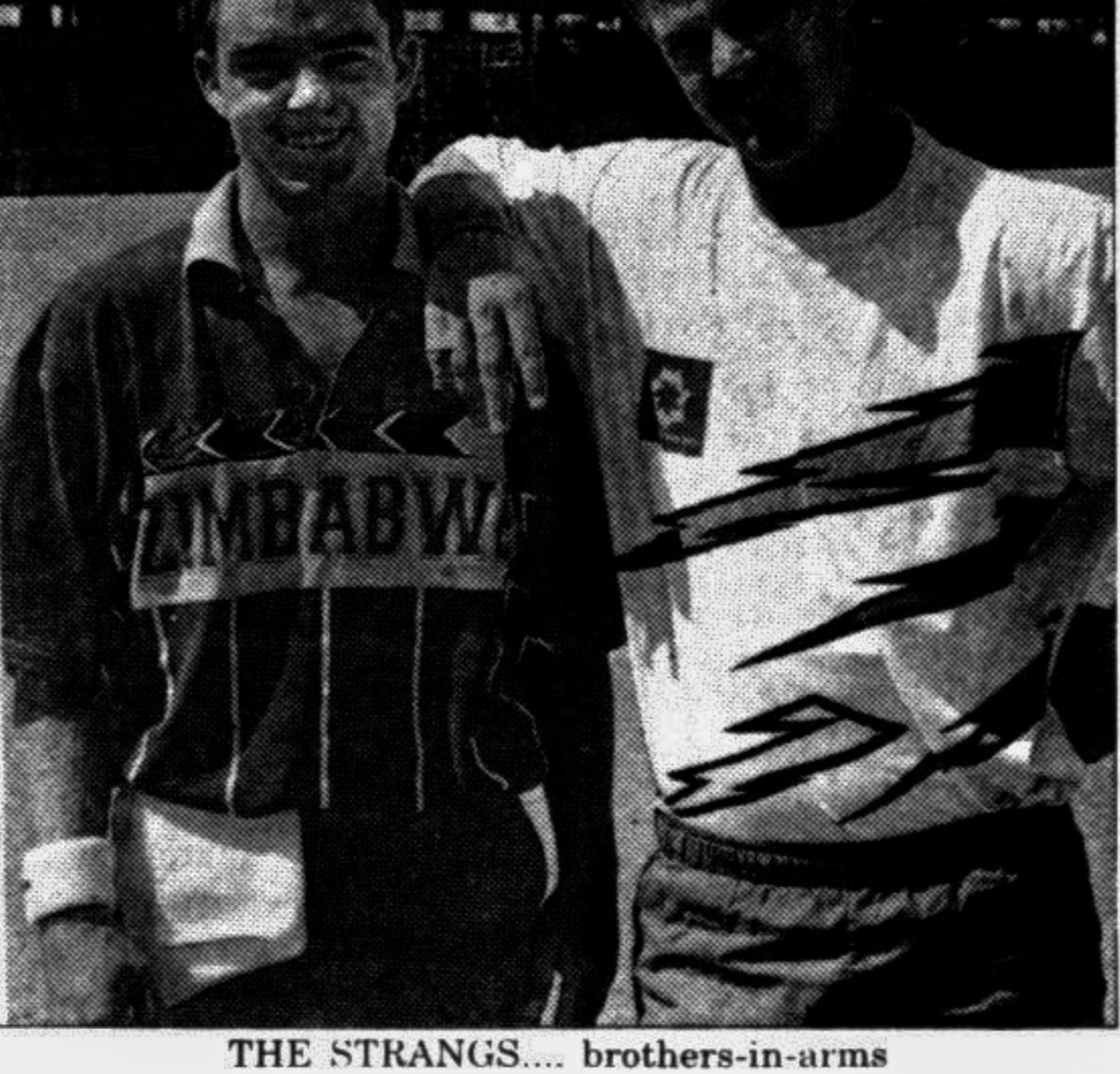


SHIKHUPURA, Pakistan, Oct 18: Leg-spinner Paul Strang followed his maiden Test century on Friday with four for 58 to put Zimbabwe well on top on the second day of the first Test against Pakistan, reports Reuter.

When bad light stopped play, the home side were 189 for six in reply to Zimbabwe's 375 after an eventful day during which spectators stoned their own side.

At the close, Pakistani captain Wasim Akram was on five and wicketkeeper Moin Khan on three, with all the specialist batsmen back in the pavilion and the initiative firmly with Zimbabwe.
SCOREBOARD
Scoreboard on the second day of the first Test match between Pakistan and Zimbabwe on Friday.

The fans, angered by Pakistan's failure to dismiss the tourists in the first session, pelted their fielders with stones and although no one was hurt lunch was taken five minutes early.

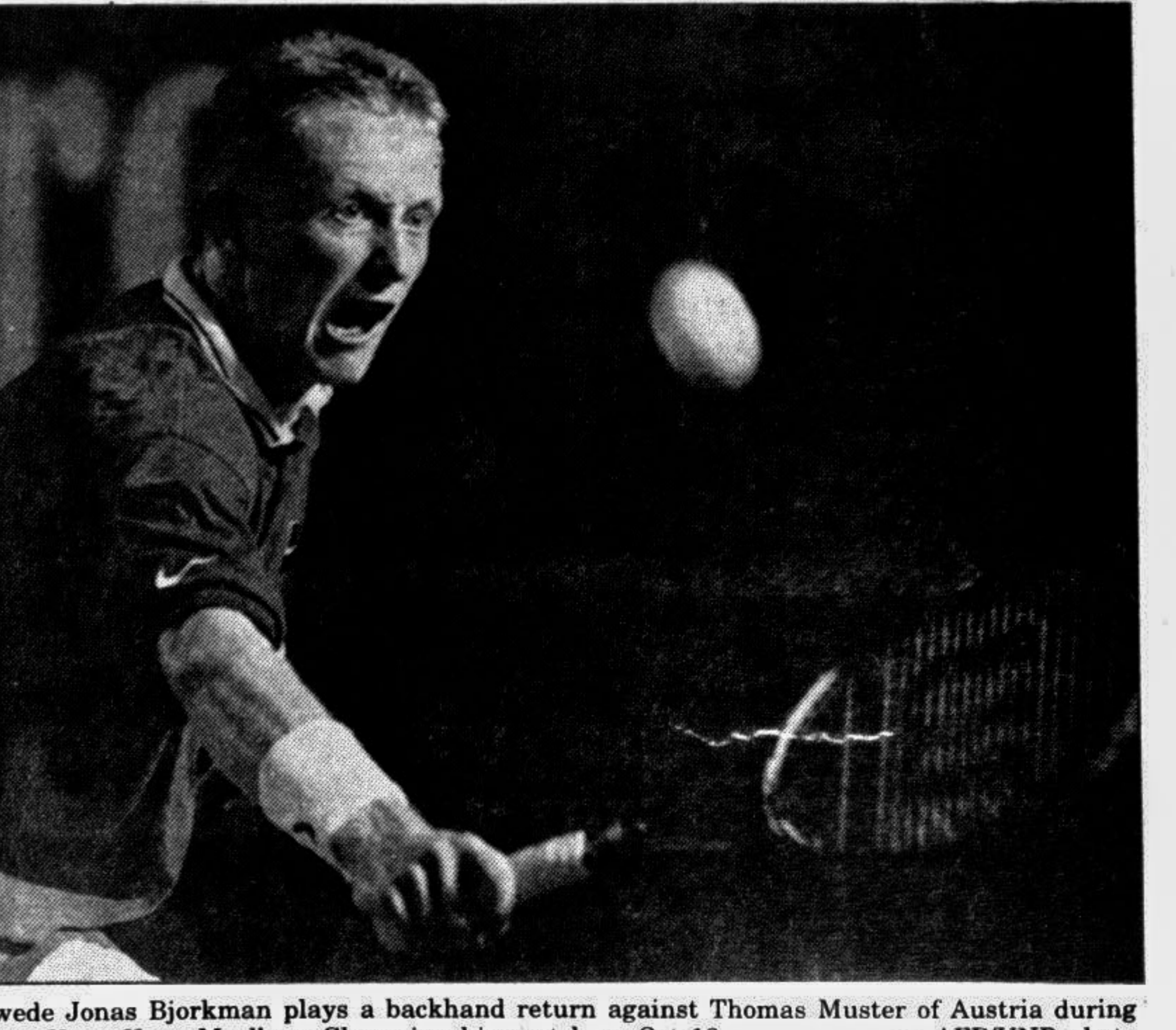


THE STRANGS... brothers-in-arms

Sampras, Muster bow out

HONG KONG, Oct 18: World number one Pete Sampras and third-ranked Thomas Muster crashed out of the Marlboro Championships here Friday, reports AFP.

Sampras, the US Open champion, was beaten 6-4, 6-2 by Zimbabwe's 47th-ranked Byron Black in his final Silver Group match.



Swede Jonas Bjorkman plays a backhand return against Thomas Muster of Austria during their Hong Kong Marlboro Championship match on Oct 18.

World Team tournament

Aussies cruise into final

The Australian team manager... "We work these things out as a team. We have to overcome our individual preferences and do what is best for the team," said Davis.



Team squash tournament finals here Friday with an easy 3-0 victory over New Zealand, reports AFP. The best news for the Australians was that former world champion Michelle Martin found more consistency in crushing New Zealand's top player Philippa Beams 9-0, 9-4, 9-0.

European football landscape

PARIS, Oct 18: Juergen Klinsmann's good form augurs well for Bayern Munich's top-of-the-table clash against troubled Borussia Dortmund in the Bundesliga this weekend, reports AFP.

Invincible leaders Paris Saint Germain, unbeaten and no goals conceded at home, face second-placed Auxerre in a crunch match on Sunday.

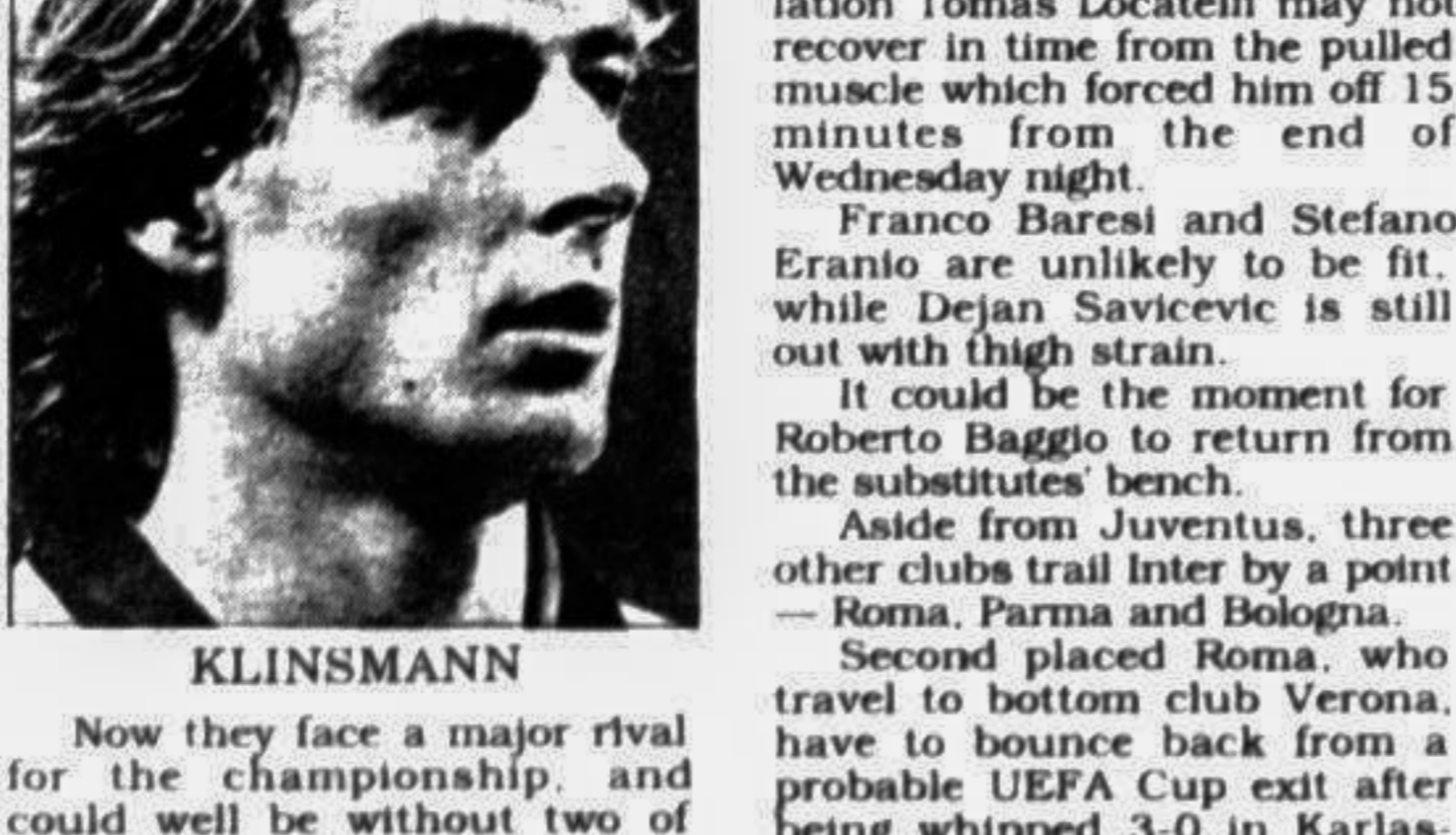
Madrid, who face third two points behind leaders Barcelona, had to come back twice last weekend to salvage a 2-2 draw with Racing Santander while Real Sociedad, who are fifth and a point behind Real Madrid, comfortably beat pointless Extremadura 3-0.

Do start off moderately. Work your way into a routine. Going overboard after a long respite from exercise may result in injury, or at least disappointment. Your workout shouldn't do either, so build up from a moderate beginning.

Don't over-exercise. For maximum benefit at minimum injury risk, the body needs to rest and recover. At least a 24-hour rest after heavy muscle strain is advised. Stagger workouts between heavy and light strain. For example, you can alternate a weight training routine with biking.

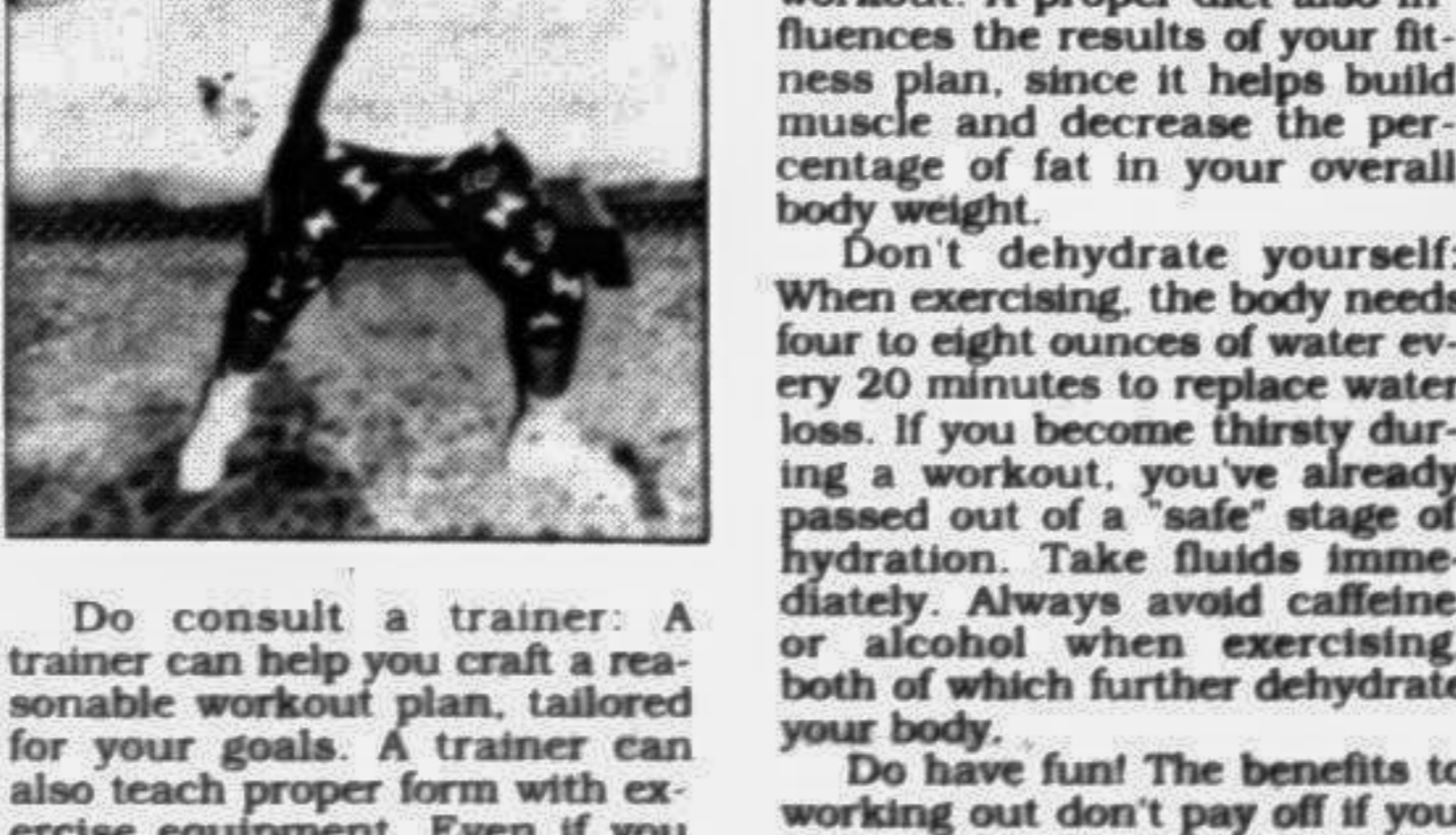
Do warm up and cool down: A low-impact warm-up before any exercise is essential. It warms the muscles, makes them more limber and easier to stretch, which results in a better workout. It also helps to prevent injury. Cooling down after exercise is also important as it relaxes the muscles, lowers the heart rate, and helps the body to recover from the stress of a workout.

Second placed Deportivo la Coruna, flourishing under former Real Sociedad coach John Toshack, host Espanyol, who will do well to recover from the psychological blow of losing 2-0 at home to Espanyol in the UEFA Cup on Tuesday.



KLINSMANN
Now they face a major rival for the championship, and could well be without two of their key players — England midfielder Paul Ince and French defender Jocelyn Angolom.

Do watch what you eat: Diet is just as much a part of fitness as exercise, and what you eat will affect every aspect of your workout. A proper diet also influences the results of your fitness plan, since it helps build muscle and decrease the percentage of fat in your overall body weight.



Do consult a trainer: A trainer can help you craft a reasonable workout plan, tailored for your goals. A trainer can also teach proper form with exercise equipment. Even if you are experienced, had habits can be developed.

Capriati, Majoli in last eight

ZURICH, Oct 18: Jennifer Capriati reached the quarter-finals of a tournament for only the second time this season with a 6-3, 6-3 win over seventh seed Magdalena Maleeva of Bulgaria at the European Indoor Championship on Thursday, reports Reuter.

Huber, who lost to 16-year-old Swiss Martina Hingis in the final in Filderstadt, Germany on Sunday, took control of the match early on, breaking the American on her first three serves to take a 5-1 lead to the opening set.

UNited Nations, Oct 18: Secretary-General Boutros Boutros-Ghali on Thursday offered his condolences and assistance to Guatemala where at least 82 people were crushed to death in an overcrowded soccer stadium, reports Reuter.

Do not dehydrate yourself: When exercising, the body needs four to eight ounces of water every 20 minutes to replace water loss. If you become thirsty during a workout, you've already passed out of a "safe" stage of hydration. Take fluids immediately. Always avoid caffeine or alcohol when exercising, both of which further dehydrate your body.

Do have fun! The benefits to working out don't pay off if you don't enjoy yourself. This isn't an excuse for not exercising, as it's still vital to your health. But finding a workout that you enjoy will make the difference when setting a workout schedule that will stick.

Galatasaray pull PSG down

PARIS, Oct 18: Romanian playmaker George Hagi inspired Turkish side Galatasaray to a 4-2 win in their second round tie on Thursday over holders Paris Saint Germain — the French side's first defeat of the season, reports AFP.

Ghali extends helping hand
UNITED NATIONS, Oct 18: Secretary-General Boutros Boutros-Ghali on Thursday offered his condolences and assistance to Guatemala where at least 82 people were crushed to death in an overcrowded soccer stadium, reports Reuter.



Children of the Dhaka-based journalists participate in the Jatiya Press Club sports to mark the club's 42nd founding anniversary at the club premises yesterday.

Lippi Juve's till 1999

TURIN, Italy, Oct 18: Marcello Lippi, the successful coach of European soccer champions Juventus, has extended his contract with the Turin team through June 1999, reports AP.