**Sports Reporter** 

South Africa, riding high after a convincing 47-run victory against India in the open-ing match of the Titan threenation 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 (Faridabad)

Nat'l aw ard

COLOMBO, Oct 18: Sri Lanka

Day Whatmore, in

will confer a national honour

on outgoing cricket coach, Aus-

recognition of his services to

the World Cup champions, re-

maratunga 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

Early exit

for Goran

Oct 18: Boris Becker withdrew

from the Czech Indoor Open on

Thursday because of a recurring

wrist injury, while top seed

OSTRAVA, Czech Republic,

giving a specific date.

President Chandrika Ku-

ports AFP.

overnight, reached their im-October 27: India vs Australia pressive total through cen-(Cuttack) turies from opener Grant October 29: India vs South Flower (110) and Strang (106 Africa (Rajkot) not out), who carried their November 1: Australia vs overnight partnership to 131.

South Africa Flower, 98 overnight, hit the November 3: India vs Australia second century of his 19-Test (Mohali, day/night) November 6: Final (Bombay, career. day/night)

The tourists were bowled out in the third over after lunch when promising debutant paceman Shahid Nazir rattled the stumps of Henry Olonga to finish with five for 54 off 22 for Whatmore

SHIKHUPURA.

Pakistan, Oct 18:

Leg-spinner Paul

Strang followed

his maiden Test

century on Friday

with four for 58 to put Zimba-

bwe well on top on the second day of the first Test against

When bad light stopped play, the home side were 189 for six

in reply to Zimbabwe's 375 af-

ter an eventual day during

which spectators stoned their

The fans, angered by Pak-

istan'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

Zimbabwe. 240 for six

Pakistan, reports Reuter.

own side.

Strang, was dropped twice at 45 and 72, with paceman Wagar Younis the unlucky bowler each time. He hit nine fours in a 206ball innings that kept him at the crease for 325 minutes.

He also added a national record 87 for the ninth wicket with brother Bryan who contributed a compact 42. Aamir Sohail (46) and Saeed

Anwar (51) gave Pakistan a rousing start of 64 in 10.4 overs. Sohail was in a belligerent mood, blasting 11 fours in his run-a-ball knock, while Anwar struck six fours.

Anwar and Salim Malik. coming together at 91 for three. added 51 for the fourth wicket before Strang broke the stand. luring Anwar out of his crease to be stumped by Andy Flower.

After removing Test newcomer Azam Khan for 14. Strang claimed Malik as his fourth victim, bowling him round the legs as he tried to sweep. Malik's 52 included six fours and a six over long-on off Andrew Whittal. Off-spinner Whittal disposed

Strangs wrest initiative of Shadab Kabir for two, while fast bowler Henry Olonga trapped ljaz Ahmed lbw for

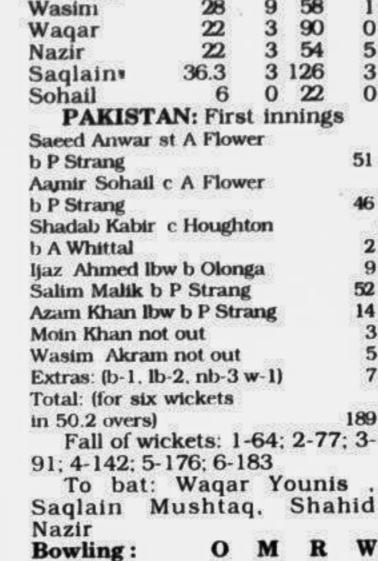
At the close, Pakistani captain Wasim Akram was on five and wicketkeeper Moin Khan on three, with all the specialist batsmen back in the pavilion and the initiative firmly with Zimbabwe.

SCOREBOARD

Scoreboard on the second day of the first Test match between Pakistan and Zimbabwe

on Friday: ZIMBABWE: First innings (240 for 6 over night) G. Flower c subs Shahid Afridi b Saqlain Mushtaq M Dekker Ibw Wasim Akram. A Campbell Ibw Shahid Nazir D Houghton run out A Flower lbw Shahid Nazir C Wishart Ibw Shahid Nazir

G Whitall c Shadab Kabir b Saglain Mushtag P Strang not out A Whittal Ibw Shahid Nazir B Strang b Saglain Mushtaq H. Olonga b Shahid Nazir Extras: (b-9, lb-16, nb-8, w-1) Total: (for 9 wickets in 114.3 overs)



14.2

17

19

46

58

19

3

2

0

Bowling:

Olonga

B Strang

A Whittal

P Strang

G. Whittal



THE STRANGS .... brothers-in-arms

#### Goran Ivanisevic crashed out to Czech Petr Korda 7-6, 6-2, reports agencies. European football landscape

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

German coach Berti Vogts predicted Klinsmann, on target for Germany against Armenia recently, would score against Cologne last week - in fact Klinsmann hit two.

And Bayern's further trump card for Sunday's match in the Olympic Stadium is their relaxed build-up, compared to Dortmund, who had to play Atletico Madrid in midweek in the European Champions'

Holders Bayern are out of Europe after falling in the first round of the UEFA Cup to Va-

However the bad feeling between Dortmund coach Ottmar Hitzfeld and star sweeper Matthias Sammer has subsided.

Bayern have not lost in the league to Dortmund since the 1991/92 season but they also have absentees. Thomas Helmer, Christian Ziege and Italian striker Ruggiero Rizzitelli are definitely out injured and both Markus Babbel and Markus Muench are doubt-

But the pressure is unquestionably on fourth-placed Dortmund, who are four points behind second-placed Munich

after 10 matches. Stuttgart, who remain on top despite being held 2-2 by Hansa Rostock, travel to third-placed Bayer Leverkusen in another top-of-the-table meeting to-

## SPAIN

Real Madrid, the 1995 champions, face the toughest task of the top five in the Spanish league this weekend when they host Real Sociedad on Sat-

Madrid, who life 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. Real Madrid have yet to lose under Italian coach Fabio Capello, former boss of AC Milan, as he will have been encouraged to see two of the summer signings Davor Suker of Croatia and Yugoslavian Predrag Mijatovic get on the score sheet last weekend.

Elsewhere Barcelona host midtable Longrones on Sunday. and they only hope for Logrones is that the league's leading scorer Ronaldo, scorer of seven goals, will have exhausted his goalscoring for the week after scoring a hattrick for Brazil against Lithuania on Wednes-

## 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.

Lippi, 48, signed a two-year extension of his contract in the club headquarters, Juventus official reported Thursday.

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 3-0 at home to Ferypoord in the

UEFA Cup on Tuesday. Fourth placed Betis, who forced a 2-2 draw away at champions Atletico Madrid last Saturday despite being reduced to 10 men, host midtable Rayo Vallecano and should stay in the hurt in what at the moment is the most open championship race in years.

### FRANCE

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

Both teams may be tried from their midweek trips and neither are at full strength. PSG's Alain Roche is suspended. as are Auxerre's Taribo West

and Christian Henna. Fourth-placed Bastia are without their Slovakian playmaker Lubomir Moravcik for Saturday's trip to Cannes Moravcik, who fractured his shin against Monaco on Saturday in a clash with Emanuel Petit, is out till mid-January.

Third-placed Monaco host Nice on Saturday aware they have already conceded six points on their home ground and must try to stop the rot.

ITALY Inter Milan face the first

major hurdle in their race to the Italian title on Sunday, when Roy Hodgson's league leaders take on European champions Juventus in Turin.

Inter have not lost a match in any competition this season (Seria A. Italian Cup or UEFA Cup), but with so many new players they have often struggled to play good football.



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 Angloma.

Juventus will meanwhile want to show more decisive finishing against Inter than they did in their 1-1 draw with Rapid Venna on Wednesday

AC Milan have yet another crisis to head off against Napoli after losing 2-1 in Gothenburg on Wednesday night. The storm clouds looked to

have left the club after two consecutive defeats last month were followed by a run of victories. But the 3-0 drubbing by AS Roma last Saturday and their latest Champions' League upset has set alarm bells ringing. If strikers George Weah and Marco Simone came through

lan's 20-year-old midfield revelation Tomas Locatelli may not recover in time from the pulled muscle which forced him off 15 minutes from the end of Wednesday night. Franco Baresi and Stefano

the Group D tie unscathed. Mi-

Eranio are unlikely to be fit, while Dejan Savicevic is still out with thigh strain.

It could be the moment for Roberto Baggio to return from

the substitutes' bench. Aside from Juventus, three other clubs trail Inter by a point

 Roma, Parma and Bologna. Second placed Roma, who travel to bottom club Verona, have to bounce back from a probable UEFA Cup exit after being whipped 3-0 in Karlas-

ruhe on Tuesday night. Parma, already out of the UEFA, are at home to Perugia, while Bologna take on Fiorentina, who were hosting Sparta Prague in the European Cup Winners' Cup on Thursday

#### Fall of wickets: 1-33; 2-41; 3number one Pete Sampras and 119: 4-141: 5-141: 6-142: 7-273: third-ranked Thomas Muster 8-274; 9-361; 10-375. crashed out of the Marlboro O M 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

Sampras, Muster

bow out

HONG KONG, Oct 18: World

Group match. Black, with two wins in the group, advances to the semifinals at Sampras' expense and now faces Australia's Patrick

Rafter. Muster, the 1995 French Open champion, lost 3-6, 6-2, 6-4 to Sweden's Jonas Bjorkman, who wins the Gold Group and goes on to meet American Richey Reneberg in the semifi-

Reneberg sealed his place in the last four despite losing 6-1 6-0, 6-4 to compatriot Vincent Spadea in the Blue Group.

Reneberg went into the match knowing he needed just one set to finish on top of the group, which also included Denmark's Kenneth Carlsen.

Sampras, renowned for coming up with the goods even when he is playing badly, could not produce any escape acts against the aggressive Black, who scored his first-ever victory over Sampras.

"It was just one of those days when I could not get going," said Sampras.

"I dug myself into a hole and got deeper and deeper. I couldn't get myself out."

Black was delighted with the victory, even if it came in an exhibition tournament with no ATP computer ranking points at stake.

"I was thinking about it during the match, whether a win would mean that much." said Black.

"But I take it as a win being a win. One day I can say that beat Pete Sampras when he was ranked number one.

Muster was struggling with a hip injury he aggravated during the second set against Bjorkman, affecting his ability to make backhand returns. stopped and turned and

felt a pain in my hip." said Muster. I thought I had a chance to win, but he was the stronger player at the end."

## Capriati, Majoli in last eight

ZURICH, Oct 18: Jennifer Capriati reached the quarterfinals 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.

Despite double-faulting seven times, the American ex-Olympic champion was never seriously threatened by the world number 12.

"I feel great," said Capriati, who has spent most of the last two seasons recovering from drug abuse and injury problems. Second seed Ivan Majoli o Croatia avenged two recent losses to Juditch Wiesner when she crushed the Austrian 6-2. 6-2 to move into the last eight.

opening serve in both sets and kept the pressure on to win the match in just 56 minutes. Wiesner, ranked 20th in the world, knocked Majoli out of

Majoli broke Wiesner on her

two of her last three tournaments, including the US Open. Third-seed Anke Huber also

advanced in straight sets, beating American Lisa Raymond 6-4. 6-2. 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. The German then had two

timely breaks of serve to clinch the second set and the match. She could now meet Hingis again in the semifinals.

## 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.

"As a partner in Guatemala's efforts towards peace and reconciliation, the United Nations stands ready to provide to the Guatemalan authorities whatever support may be required at this time of need." he said in a statement.



tralians was that former world champion Michelle Martin found more consistency in crushing New Zealand's top player Phillipa Beams 9-0, 9-4

but she set about her work crisply and closed the first game with 10 winners and only three tins against the hard-hitting New Zealander. After 15 service hands of

looser play in the second game, with the score at 4-4. Beams was troubling Martin with volley winners but from that point on, Martin moved up a gear and the New Zealander never scored

There were still odd errors from Martin but none of the fluctuating mental commitment of earlier games.

New world champion Sarah Fitz-Gerald, in only her second team match, moved up a gear in the third game against Sarah Cook. She shut the powerful New Zealander out with eight winners to two service hands after two mediocre games.

Likely finals team member Liz Irving rested Friday, allowing Carol Owen to have a run against New Zealand's Jade Wilson in the best of three dead rubber which she won 9-5, 9-3.

"Michelle (Martin) has played in four team games because she didn't play in the final of the World Open and she has wanted to play," said Di Davis,

work harder by Germany and the Netherlands to reach the last four. Australia's Michelle Martin, Liz Irving and Carol Owen beat

Claire Waddel, Wendy Maitland and Pamela Nimmo of Scotland is straight games. England's Cassie Jackman, Linda Charman and Fiona

Geaves swept into the semifinals with easy victories over the Finnish team of Pia Karonen. Kin Taimiahouand Kia Passivirta. The scots, who came out top

of Pool D and won promotion to the top eight play-off, had predicted the inevitable and decided to rest their top player Senga Macfile in Thursday's quarterfinals. Such was the Australian su-

periority that Martin and Owen were seen in a best-of-five practice match after the team tie. In the second quarterfinals, New Zealand's Leilani Marsh had the run out on Thursday that she didn't get against

many, the fifth seeds, faced third seeds New Zealand. Playing at second string.

Suzanne Horner when Ger-

Marsh grabbed the crucial point

stop the determined Phillipa Beams. Beams let a 7-4 lead slip

away in the first and after leading 8-0 in the second, finally closed it on the fifth game ball 9-6. Thereafter, the German crumbled and allowed Beams to power away for a 7-9, 9-6, 9-0, 9-3 with to put New Zealand into the semifinals.

In the third quarterfinal South Africa's Claire Nitch got her country to a winning start with a 9-3, 9-5, 9-4 win over Netherland's Vanesa Atkinson.

But C. Clifton-Parkes was unable to maintain the lead as she came under pressure from Dutchwoman Nicole Beurner. losing 1-9, 1-9, 9-6, 10-8, 9-2. Clifton-Parkes put South

Africa into the semifinals despite being made to struggle by Denis Sommers, before winning 9-2, 7-9, 9-2, 9-2. England's Jackman crushed Finland's Nine Taimiaho 9-1,

9-1, 9-0 while Charman followed up with a 9-3, 9-0, 9-4 victory over Passivirta in the fourth quarterfinal.

Geaves booked England's semifinal berth with a 9-3, 9-2 win over Karonen.

Figo scored a third in the 54th

minute to give his side some

breathing space for the return

leg in a fortnight, although a

missed penalty from Romanian

sweeper Gica Popescu could

# Galatasaray pull PSG down Portuguese playmaker Luis



PARIS. Oct 18: Romanian playmaker Georghe Hagi inspired Turkish side Galatasaray to a 4-2 win in the

first leg of their second round European Cup Winners' Cup tie on Thursday over holders Paris Saint Germain — the French side's first defeat of the season, reports AFP In other ties Barcelona were

given a fright by the 1991 champions Red Star Belgrade but came through 3-1, while Norwegian side Brann Bergen beat Dutch Giants PSV Endhoven 2-1 at home and Liverpool came from behind to beat Sion 2-1 away. Hagi, 31, and who won his

100th cap for Romania during Euro '96, created three of the goals, Hakan Sukur, the bull of the Bosphorus' and the first Turk to play in the Italian Serie A, scored a double with Tugay and Hakan Unsal grabbing the others.

Paul le Guen and Panama-

the club's 42nd founding anniversary at the club premises yesterday.

nian Julio Cesar dely Valdes had briefly pulled Paris, who had only conceded three goals in fourteen matches up to this match this season, level.

It was Hagi who effectively sealed the tie in the 49th minute when he passed the ball 40 yards into the penalty area and Unsal coolly flicked it past keeper Vincent Fernandez. Red Star Belgrade, enjoying their second season back in Eu-

rope after sporting sanctions were lifted against Yugoslavia, took a shock lead in Barcelona in the 21st minute through striker Bratislav Zitkovic. Barcelona, three-time winners of this competition, hit back with two goals in three minutes from five-million

the 34th and 36th minutes one of them a header. His contribution more than made up for the absence of his compatriot and leading scorer Ronaldo, away on international duty.

pound (7.5 million dollars)

Brazilian striker Giovanni in

prove costly. They will be mindful that German side Kaiserslautern were crushed 4-0 in the last round in Belgrade.

Veteran John Barnes 60th minute header gave Liverpool a 2-1 away win against Sion coming back from a goal down.

Liverpool, who would have won more convincingly but for heroics from keeper Stephan Lehmann, had equalised in the 24th minute through Robbie Fowler after Christian Bonvin had taken a shock 11th minute lead for Sion. Barnes, the Jamaican-born

winger, rose unopposed to head home Norwegian Stig Inge Bjornebye's corner to give the English FA Cup runners-up a real chance of extending their run in the competition, which is the only one they have not won in their illustrious history Norwegian side Brann

former English international

Bergen produced a shock when they beat Dutch giants PSV Endhoven 2-1, although they will be kicking themselves that they let PSV score a vital way goal in the 90th minute. Philip Cocu. PSV's 26-year-

could be the all-important goal after Mielde had scored a double, one from the penalty spot in the first half. Fiorentina beat Sparta

old midfielder, scored what

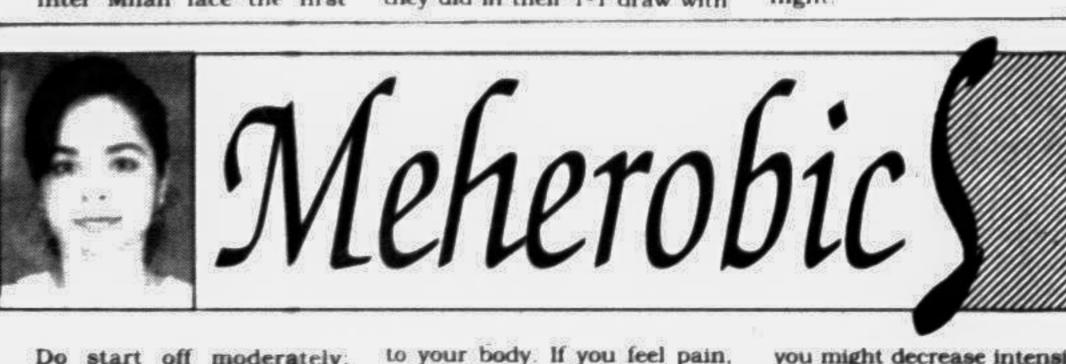
Prague 2-1, but were kicking themselves after conceding a late goal. Argentine skipper Gabriel Batistuta rocked the Czechs

seven minutes and Swedish midfielder Stefan Schwarz sealed victory early in the second half. But Horst Siegel revived Czech hopes of reaching the quarter-finals with a striker in

with a fine header after just

the dying minutes of the rainswept second round tie. Sparta now need only a 1-0 victory in a fortnight's time to reach the last eight on the away

Children of the Dhaka-based journalists participate in the Jatiya Press Club sports to mark - Star photo goals rule.



stop. Muscle and joint pain can

mean many things-pushing a

small hurt can lead to big prob-

lems later on. If pain persists

more than a few days, see a

doctor.

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 24hour 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, It'll make you feel better immediately after the workout, and the next morning.

Do stretch: Flexibility is one of the most important factors of fitness. Stretching before, during and after a workout will result in better performance, good posture, fewer injuries, and overall better fitness. Don't push an injury: Listen

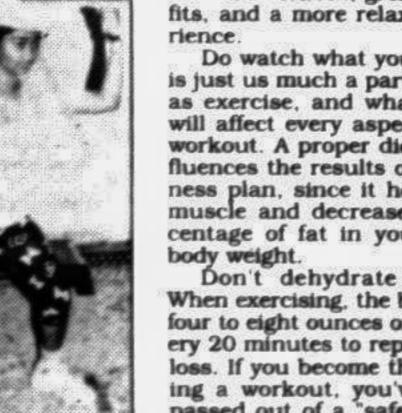
trainer can help you craft a reasonable workout plan, tailored for your goals. A trainer can also teach proper form with exercise equipment. Even if you are experienced, had habits can be developed.

you might decrease intensity as you lose concentration. And not paying attention to a workout can lead to sloppy style and potential injury. Instead, use the time to concentrate on proper form and control. It will lead to a better workout, greater benefits, and a more relaxing expe-

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 per-

diately. Always avoid caffeine or alcohol when exercising, both of which further dehydrate

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 sched-



Do consult a trainer: A your body.

Don't lose concentration: Preoccupation with outside situations can counteract the benule that will stick. efits of a workout. For example,

Do watch what you eat: Diet is just us much a part of fitness

centage of fat in your overall Don't 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 imme-

Do have fun! The benefits to

