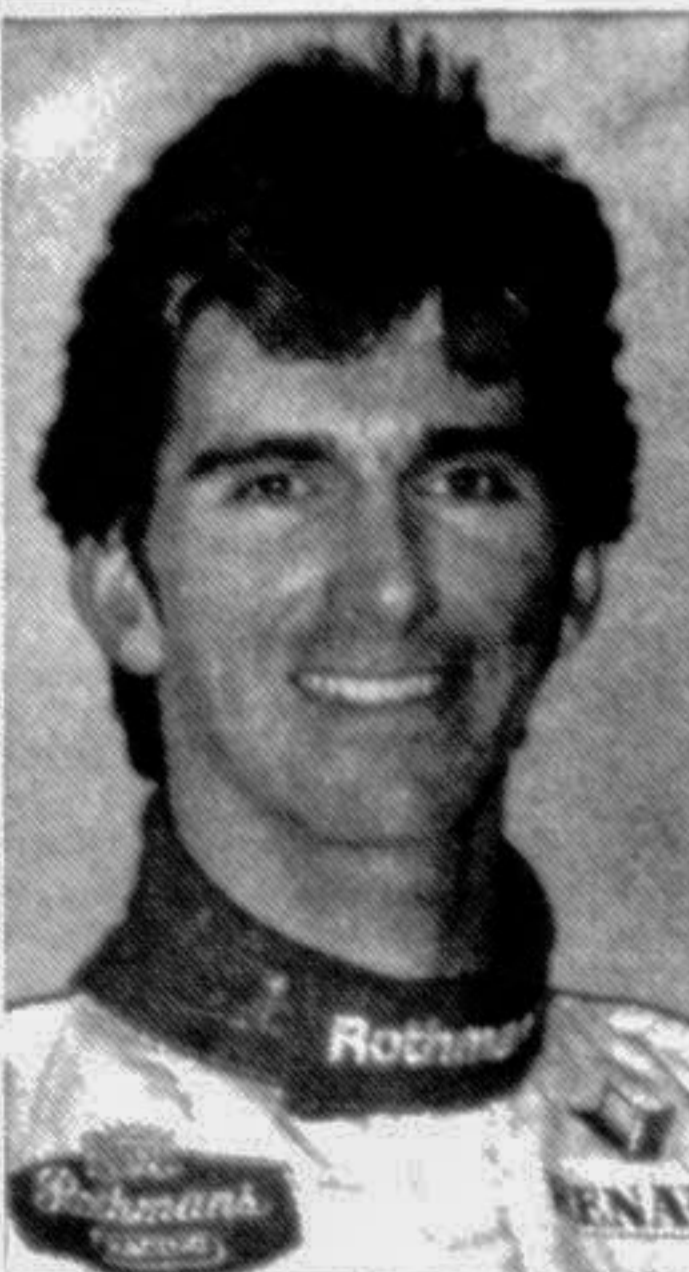


Column One
SPORTS TALK



Damon Hill
(Ace British car racer)
"It is a bit like putting your feet up after the Christmas dinner."
After winning the Formula One drivers' championship.

DID U' KNOW?
(The Professor does)

THAT five recognized strokes in swimming have evolved since the late 19th century. They are the "crawl" (also known as freestyle because it is the stroke of choice in freestyle competition), the first version of which was developed in the 1870s by English swimmer John Arthur Trudgen; the "alternating arm backstroke", first used in the 1912 Olympic Games by American swimmer Harry Hebner; the "breaststroke", the oldest style of swimming (known since the 17th century); the "butterfly", developed in the 1930s by Henry Myers and other American swimmers and recognized in the 1950s as a separate kind of stroke; and the "sidestroke", which was the basic stroke in the early years of competition but is now used only in noncompetitive swimming.

I must find out what stroke I use. Could be the sixth; you never know.

WHIZZ KID
COMPETITION FOR SCHOOL CHILDREN

Sports WHIZZ KID competition-57

✓ Tick the Correct Answers

Competition closes : 8 pm November 22, 1996

- Who won the Titan Trophy?
India S Africa Australia
- How many one-day matches has Wasim Akram played to capture 300 wickets?
206 207 208
- The 13th QM Hossain IM chess championship was won by
Zia Rezaul M. Lodhi
- Who clinched the top position in the 16th national age-group swimming championship?
BKSP American Int'l School Biman
- Which country will host the 1998 Commonwealth Games?
Malaysia England Hong Kong

Name
Class Roll No.
School Address
Phone: (if any)

Ajax remain unbeaten

Sports Reporter



Ajax Sporting Club earned a berth in the second round of the 17th Damal Smriti cricket tournament as Group F champions after handing Uttara Sporting Club a four-wicket defeat in their ultimate first round group match at the Dhanmondi Cricket Stadium yesterday.

Needing 152 to win, Ajax, who had impressively beaten powerful sides Biman and Wari Club in their previous group matches, reached their target (155) in the last delivery of the 40th over with four wickets in hand.

Ajax opener M R Islam Khan contributed highest 61 of 124 balls inclusive of only two boundaries followed by middle order bat Abdul Karim Jewel who added 22 runs to the winners' account.

Fakrul was the most successful

BRIEF SCORES

UTTARA SC: 151 in 47.4 overs (Ullash 35, Baglu 31; Lucky 3/29, Ahsanullah 2/16)
AJAX SC: 155 for 6 in 40 overs (M R Islam 61, Jewel 22; Fakrul 3/31)
Result: Ajax SC won by 4 wickets.

BANGLADESH BIMAN: 221 for 7 in 50 overs (Hasanuzzaman 77, M Rafique 33, Rupom 31, Totan 2/32)
WARI CLUB: 164 for 6 in 50 overs (Sayeduzzaman 57*, Totan 34, Opi 24, Hasanuzzaman 2/36)
Result: Biman won by 57 runs.

SADHARAN BIMA KS: 129 in 39.2 overs (Hannan 28, Garry 22; Nazrul Islam 5/19, Sabbar 2/7)
DHANMONDI CLUB: 132 for 4 in 37.5 overs (Biplab 37*, Murtozo 20*, Lipu 20, Kamal 2/18)
Result: Dhanmondi won by six wickets.

ful bowler for Uttara claiming three wickets for 31 runs while Mohammad Siddique took two wickets.

Earlier, put into bat first, Uttara were all out for 151 in 47.4 overs with middle order bat Fakrul hammering highest 35 followed by opener Baglu who scored 31 runs.

In the second round, they will be grouped with Abahani and Agrani Bank in G.

BIMAN BEAT WARI

In another match of Group F Biman registered a 57 run victory over Wari Club at the Dhaka Stadium.

Put into bat first Biman, who were eliminated from the first round after their stunning defeat to Ajax Sporting Club in their opening match, piled up 221 for seven in 50 overs.

Second-down batsman Hasanuzzaman scored highest 77 off 103 balls inclusive of three fours followed by Mohammad Rafique and skipper Ziaur Rashid Rupom who added 33 and 31 runs respectively to the Biman account.

Among others, opener Farid Hossain Tomal and lower middle order Ali Ahsan Babu scored 24 and 22 runs respectively.

Wari's new-ball bowler Rakib Hasan Bappi and occasional bowler Tariqul Islam Totan captured two wickets

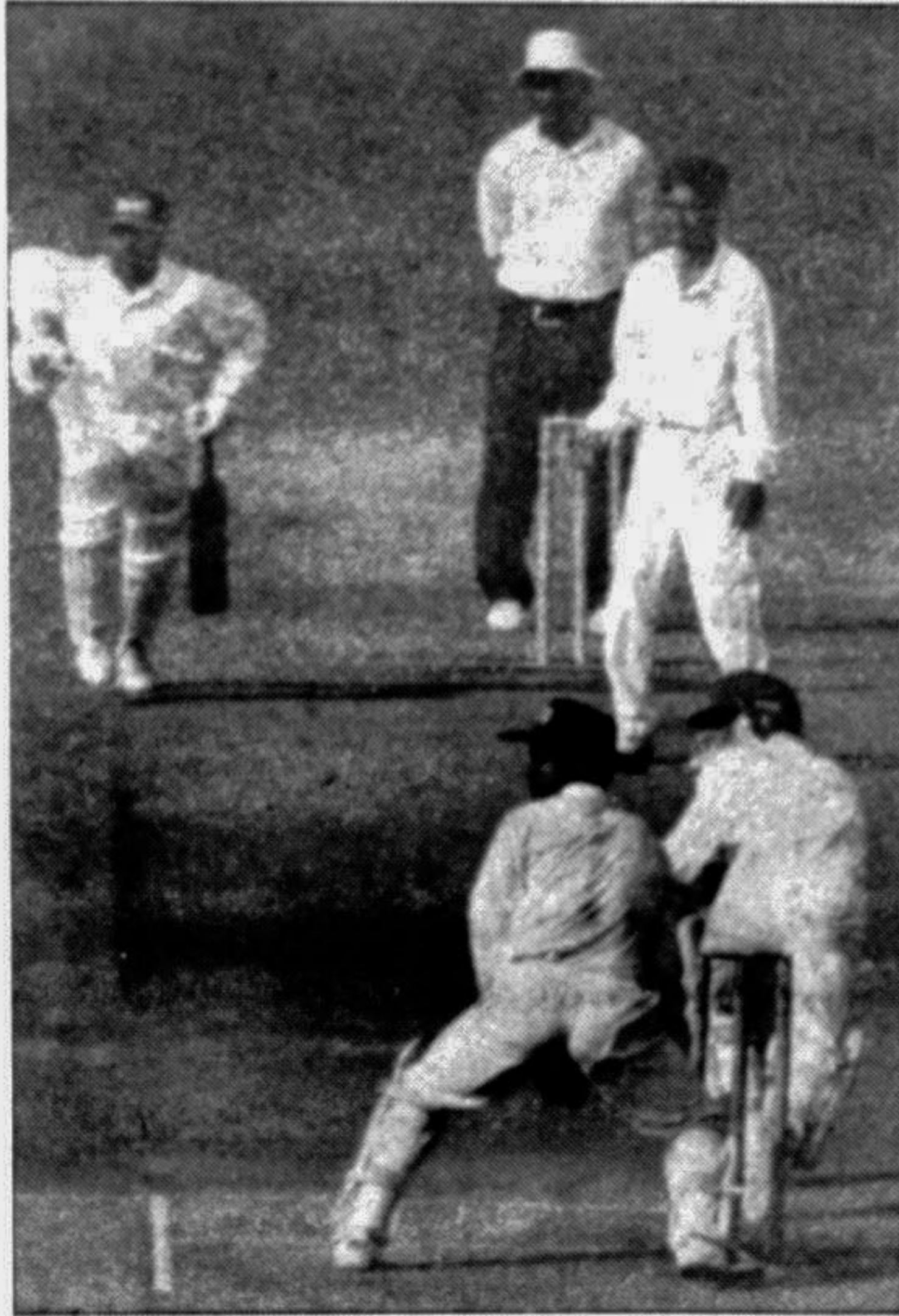
each conceding 54 and 32 runs respectively.

In reply, Wari were restricted to only 164 for six in their stipulated 50 overs with Sayeduzzaman scoring highest, an unbeaten 57 of 85 balls. Among others, Totan collected 34 while Mehrab Hossain Opi scored 24 runs respectively for Wari Club.

DHANMONDI'S WIN

In the day's other encounter at the City Club ground in Mirpur, Dhanmondi Club recorded a six-wicket victory over Sadharan Bima Kria Sangatha in a Group D match.

This was the first win for Dhanmondi in the four-team group which did not have any bearing on their fate as Agrani Bank have already qualified for the second round from this group having won all their three engagements.



Mehrab Hossain Opi of Wari Club sweeps Hasanuzzaman of Biman during yesterday's Damal Smriti cricket tournament match at the Dhaka Stadium. Biman won by 57 runs. — Star photo

Int'l snooker in December

Sports Reporter

The 3rd Bangladesh Billiards and Snooker Federation President Cup snooker will be held from December 1-7 at the Gulshan Club. Seven nations including hosts Bangladesh are expected to take part in the meet to be held after nine years. The first two episodes of the Cup were held in 1986 and '87.

The overseas teams likely to be seen in action are: Burma, India, Malaysia, Pakistan, Sri Lanka and Thailand.

The Bangladesh team will possibly comprise of national and Majumdar Snooker champion Adriaan Gonsalves of Chittagong Catholic Club, runner-up Anwar Hossain of Narayanganj Club, K B Akbar Ali of Gulshan Club and junior national champion S M Sajjad of Dhaka Club.

Selim South Asian long distance swimming champ

Sheikh Selim of Bangladesh team became champion in the first ever South Asian long distance swimming competition that concluded yesterday, reports UNB.

He took 4 hours, 38 minutes and 30 seconds to swim the 12 kilometre distance that started from Merry Anderson of Pagla and finished at Munshiganj launch terminal.

His teammate, Mohammad Asaduzzaman and Samaul Islam won the second and third place respectively. Asad clocked 4 hours, 40 minutes and 30 seconds while Islam took 4 hours, 41 minutes and 10 seconds to cross the distance.

Sri Lankan PSP Dayananda and Nepalese Shyam Bahadur Gurung became fifth and sixth respectively.

State Minister for Youth, Sports and Cultural Affairs Obaidul Quader inaugurated the meet.

East End beat Boys

Sports Reporter

East End Club recorded their second victory in the Danish Premier Division football league when they beat Bangladesh Boys Club by a solitary goal in their return leg engagement at the Mirpur Stadium yesterday afternoon.

Senegalese striker Yousoupha scored the match-winning for the Ganderia-based outfit in the 52nd minute.

With the win, East End climbed into seventh position in the ten-team elite league having nine points from 12 matches while the defeat kept Boys rooted at the bottom of the table on six points from as many matches.

In the day's second match, Youngmen's Club Fakirerpool and neighbours Arambagh Kria Sangha split points in a seemingly pre-arranged affair which ended in a goalless draw.

It was the twelfth league encounter for both sides which increased Youngmen's account to 15 points and Arambagh's to 12 points respectively.

WARI WIN

Meanwhile, Wari Club beat PWD Sports Club 1-0 in a Danish First Division football league match at the Army stadium.

Striker Mustafizur Rahman Mintu netted the much-needed goal for the Motijheel outfit in the 44th minute.

The win enabled Wari to join Rahmatganj Muslim Friends Society in sharing second spot having 17 points from 11 matches. On the other hand, the defeat kept PWD second from the bottom with 11 points from as many outings.

Reception

Sports Reporter

Bangladesh national cricket team accorded a reception by the Dhaka Jubo Foundation yesterday for winning the first ACC Trophy in Kuala Lumpur in September.

Post, Telegraph and Telecommunications Minister Mohammad Nasim attended the reception at the Osmani Memorial auditorium as chief guest while Mohammad Hanif, the Mayor of Dhaka City Corporation, accompanied him as special guest. Among others State Minister for Housing and Works Afzar Uddin Ahmed and BCCB president Saber Hossain Chowdhury, were also present on the occasion.

Friendly soccer

Sports Reporter

Dhaka metropolis under-14 football team beat Japan International Corporation Eleven 4-3 in an exhibition match held at the Mirpur Stadium yesterday morning.

Dollar, Anwar, Sohag and Sumon scored one goal each for the winners while Tom, Konuma and Ogawa reduced the margin for the Japanese side.

Bangladesh Football Federation joint-secretary Sirajul Islam Baechu, witnessed the match as chief guest while Shariful Alam, the managing director of Alam Group of Industries, was also present on the occasion.

TODAY'S MATCHES

Danish First Division football league:
(Venue: Mirpur Stadium)
Mirpur Chalantika SC vs BRTC SC (3:30 pm)
Victoria SC vs Dhanmondi Club (5:30 pm)
17th Damal Smriti cricket tournament:
(Venue: Dhaka Stadium)
GMCC vs Lalmitia Club



Pakistan leg-spinner Shahid Afridi (L) celebrates after trapping New Zealand batsman Dipak Patel leg before during their Champions' Trophy final in Sharjah yesterday. — Star TV photo

No surprises at the top

Sports Reporter

The situation remained unchanged in the Metropolitan First Division chess league as the three front-runners — Leonine Chess Club, Mohammedan Sporting Club and Bangladesh Biman — recorded identical 4-0 victories in their respective ninth round engagements at the NSC chess room yesterday.

In yesterday's round, leaders Leonine Chess Club blanked Touchstone Chess Club 4-0.

Leonine's Indian IM Parameswaran tamed Touchstone's Russel, Rafiqul Islam outplayed Tareque, Sheikh Nasir Ahmed beat Arifur Rahman while Farid Ahmed defeated Shyamal to keep their side atop the 16-team league table.

With yesterday's win, Leonine raised their tally to 31.5 points from nine matches and maintained their half-point lead over reigning champions Mohammedan Sporting Club who outplayed Konica Sangkritik Sangad 4-0 on Friday.

Mohammedans' Poland-based Russian Grand Master Mikhail Krasenkov outmastered Indian Joydev Saha of

Konica in the first board while Indian GM Dibendu Barua had an easy sail over Jahangir Niaz Murshed, the first Grand Master of the sub-continent, tamed Nuruddin while national sub-junior champion Enamul Hossain Rajib beat Akhlaque.

The win kept Mohammedans second in the standings with 31 points.

Last year's runners up Biman trounced Farashganj Sporting Club 4-0.

Biman's two International Masters — Ziaur Rahman and Reefat-bin Sattar won their respective boards against Farashganj's Sayeed Ahmed and Mizanur Rahman Labu while Fide Master Tahmidur Rahman and Khandkar Kayes Hasan defeated Swapan and Anisuzzaman Mollick respectively.

After the ninth round, Biman have 29 points to their account which kept them in the third spot.

In the day's other matches, BTMC defeated Narayanganj Chess Club 3.5-5. Sheikh Russel beat Anushil Daba Kria Chakra 3-1. Ansars overcame Narayanganj Daba Khelwar Kalyan Samiti 2.5-1.5 while Mahakhalil Prodeep Sangha and Dhaka University

shared points with Avijatrik Chess Club and Fire Service as their matches ended in 2-2 draws.

STANDINGS

Teams	Points
Leonine CC	31.5
Mohammedan SC	31
Biman	29
BTMC	25.5
Prodeep Sangha	22
Ansars	21
Narayanganj DKKS	16
Konica SS	16
Farashganj SC	16
Narayanganj CC	15
Touchstone CC	14
Sheikh Russel CC	13
Dhaka University	12.5
Anushilon DKC	10
Fire Service	9.5
Avijatrik CC	9.5

TODAY'S MATCHES

Mohammedan SC vs Anushilon DKC
Konica SS vs Touchstone CC
Leonine CC vs Prodeep Sangha
Ansars vs Avijatrik CC
BTMC vs Narayanganj DKKS
Biman vs Narayanganj CC
Dhaka University vs Farashganj SC
Sheikh Russel CC vs Fire Service

Woodies survive a scare

HARTFORD, Connecticut, Nov 15: Todd Woodbridge and Mark Woodforde of Australia pulled out a dramatic 4-6, 7-6 (7-5), 7-6 (7-5) win over Jacco Eltingh and Paul Haarhuis of the Netherlands in the Phoenix-ATP Tour doubles championship on Thursday, reports Reuter.

After dropping the first set and pulling even with the second in a tiebreaker, the top-ranked Australians escaped five match points at 5-6 in the deciding set against the fourth-ranked Dutch pair.

The tense game went to deuce eight times before Woodbridge finally held service, dealing an ace, then hitting a backhand putaway at the net to force the final tiebreaker.

On the first match point in the breaker, Haarhuis hit a backhand service return wide to give the Australians a 2-0 record in the round robin and assure them of a spot in Saturday's semifinals.

"When I got in all that trouble with those match points against me, I started thinking about the Olympics — I got through that one, too," said Woodbridge.

The "Woodies" beat the Dutchmen in the Olympic semifinals 18-16 in the final set.

"You never really think that much about the trouble you're in," said Woodforde. "The adrenaline just keeps flowing."
The teams had split the previous four matches this year, with Eltingh and Haarhuis taking the last two.

Second-ranked Byron Black of Zimbabwe and Grant Connell of Canada also battled to 2-0 in the round robin competition, beating Sweden's Jonas Bjorkman and Niklas Kulti.

Black and Connell needed a service break against Bjorkman in the final game of the match to survive with a 6-3, 1-6, 6-4 victory.

Bjorkman got into a 15-40 hole on his serve in the last game and on the first match point, Connell ripped the ball into Kulti's body at the net to complete the conquest.

"We're playing very well in certain patches," said Connell. "We've just got to find a way to play more consistently."

"It was like we were on fire at the end of the first set," noted Black. "Then we got off to a bad start at the start of the second and before we knew it, the match was even."

The key in the third set was holding our serves early and not letting them get the rhythm. We knew we'd have chances to break them."

In the opening match of the day, Texan Alex O'Brien and

Canadian Seastien Alreau needed only 58 minutes to beat Labor Pimek of Belgium and Byron Talbot of South Africa 6-1, 6-3 to go to 1-1 in the round robin.

The winners on Friday face Woodbridge and Woodforde, who already beat them twice this year.

Mark Knowles of the Bahamas and Daniel Nestor of Canada turned back American Mark Kronemann and David MacPherson of Australia 6-3, 4-6, 6-4. Knowles and Nestor are 1-1 while Kronemann and MacPherson are still looking for a win.

Khelwar Samity condemns new badminton body

Sports Reporter

The Bangladesh Badminton Khelwar Kalyan Samity has expressed deep regret over the new committee of the Bangladesh Badminton Federation announced recently, says a press release. People involved in terrorist activities in the past and those involved in the conspiracy to destroy badminton have been given positions in the new committee, according to the Samity.

The Samity pointed out that the present president, as chairman of a committee to inquire into the misdemeanour of certain players, handed out punitive measures against some players. The same president has included those players in the new committee.

The Samity condemned strongly the incident and hoped nothing from the president who has breached his commitment.

Botham's new assignment

LONDON Nov 15: Ian Botham was dramatically welcomed back into the England cricket set-up on Thursday following a personal invitation from coach David Lloyd, reports AFP.

The controversial all-rounder, who has been limited to media work since his retirement three years ago, has been asked to act as a technical adviser on this winter's tour of Zimbabwe and New Zealand.

Botham, England's leading Test wickettaker, will be on the winter tour as a television commentator.

But he will also be involved in bowling coaching as England try to prepare for next summer's Ashes Series against Australia. Lloyd said: "I have wanted Ian to be involved with us for some time. And this winter we will be using his technical skills — especially on the bowling side."



Most people believe that exercising will help them to lose weight, but it often doesn't work because they don't exercise vigorously enough. Exercising at such a relaxed pace that you don't increase your rate and depth of breathing reduces your chances of losing weight. To use exercise to lose weight, you need to exercise intensely enough to raise your body temperature. Then temperature remains elevated and causes you to continue to burn extra calories for 6 to 18 hours after you finish exercising. Monitoring and adjusting exercise intensity is essential to both the safety and effectiveness of an aerobic dance-exercise program. A participant who exercises at an intensity that is too low may show little or no improvement in cardiorespiratory fitness. A participant who exercises at an intensity that is too high may become injured or overly fatigued or even find that exercise is too unpleasant to continue.



For safe and effective cardiovascular gains, exercising at an intensity of 60% to 80% of maximal heart-rate reserve is recommended. Cardiovascular gains occur in unfit persons at exercise intensities lower than 60% while the fit exerciser often has to work at higher intensities to show significant improvement. As the upper range of the recommended intensities is approached or surpassed, risk increases for musculoskeletal injury and cardiovascular symptoms, while participant compliance decreases. Therefore, in a dance-exercise class it is best to avoid the higher intensities. Only people who have an excellent physical condition can work at an intensity in the upper portion of the range.

Positive gains can be accumulated from either long duration at low intensity or shorter duration at higher intensity. It is the combination of exercise intensity and duration that counts. Exercise sessions of 30 minutes duration, at a moderate intensity, 3-5 times per week, can increase aerobic fitness and provide significant protection from heart disease.

You have to be very careful when you exercise intensely. You will tear your muscle fibers and feel sore on the next day. If you try to exercise intensely when your muscle feel sore, you can tear them more and then not be able to exercise at all. The best way to prevent injuries is to take alternate days off or exercise in another part of your body. Each sport stresses a particular part of your body. Running stresses primarily your lower legs, cycling your upper body, rowing your back and upper body and swimming your legs on one day and your arms and back on the next.

Low intensity exercise High intensity exercise

R&H, Notice Inviting Tender

1. Tender Notice No : 95/EE/1996-97.

2. Name of work : As per group list mentioned in the chart below:

Group No	Name of work	Estimated cost	Amount of earnest money	Time for completion of work	Head of expenditure
a)	Supply of tyre tube for Chinese tyre roller no-Y-L-16 of (R&H) Road Division, Banani, Dhaka under R&H, Workshop Division, Dhaka.	As per schedule	2% (two per cent)	20 (twenty) days	T & R
b)	Supply of tyre tube for grader no-122 of (R&H) Manikganj Road Division under R&H, Workshop Division, Dhaka.	As per schedule	-do-	20 (twenty) days	T & R

3) Eligibility of contractors : R&H, Directorate enlisted 'A' to 'E' class contractors as per eligibility and rules.

4) Office where tender & schedules will be available

5) Officers and offices : where sealed tenders will be received

6) Last date & time of receiving sealed tenders

7) Date & time of opening sealed tenders

Md Humayun Rashid Khalipha
Executive Engineer, R&H, (Mechanical)
Workshop Division, Tejgaon, Dhaka.

CROSSWORD By Eugene Sheffer

ACROSS
1 Ball in a gym?
4 Radar-screen image
8 Craze
12 Actress Gardner
13 Troubadour's instrument
14 First fr.
15 Journey segment
16 Bakery worker
17 Sicilian spouter
18 Quite rare
21 Sanctions
22 June honoree
23 Opinions
26 Tarzan's son
27 Mighty tree
30 Author Ferber
31 Eccentric
32 Leave at the altar
33 Young Mr. Lincoln
34 Adhesive
35 Muscle injuries

DOWN
5 Staff
6 Head light
7 It takes
8 The cake
9 Senate employee
10 Room piece
11 Lovers' quarrel
12 Address Susan
13 Particular
14 End 46
15 Acres?
16 Total receipts
17 Mined find
18 Pebbles
19 Aperture
20 "Rosebud," e.g.
21 Hawkeye
22 23 mins.
24 State
25 Non-clerical
26 He's seen
27 Some sick puppies
28 Greek peak
29 Teammate
30 Loafer
31 Lubricate
32 Entire
33 Chess pos.
34 You can't pin anything on them
35 Her's counter-part
36 Hair salon
37 Hair salon
38 In combat
39 Wild party
40 He hasn't a leg to stand on
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42 Drudgery
43 In that case
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CRYPTOQUIP
V G Q H Z V G J D X N Y Z F F
J D X V I X G X I V X J V Y W S K X I G
T X G J X T H F S N X X Q Q X K V F F X
Q X I K Z G J Q.

Yesterday's Cryptoquip: WHEN THE MISER WENT OUT TO THE ICE RINK? PRESUME HE WORE CHEAT SKATES.

Today's Cryptoquip clue: K equals V
The Cryptoquip is a substitution cipher in which one letter stands for another. If you think that K 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.