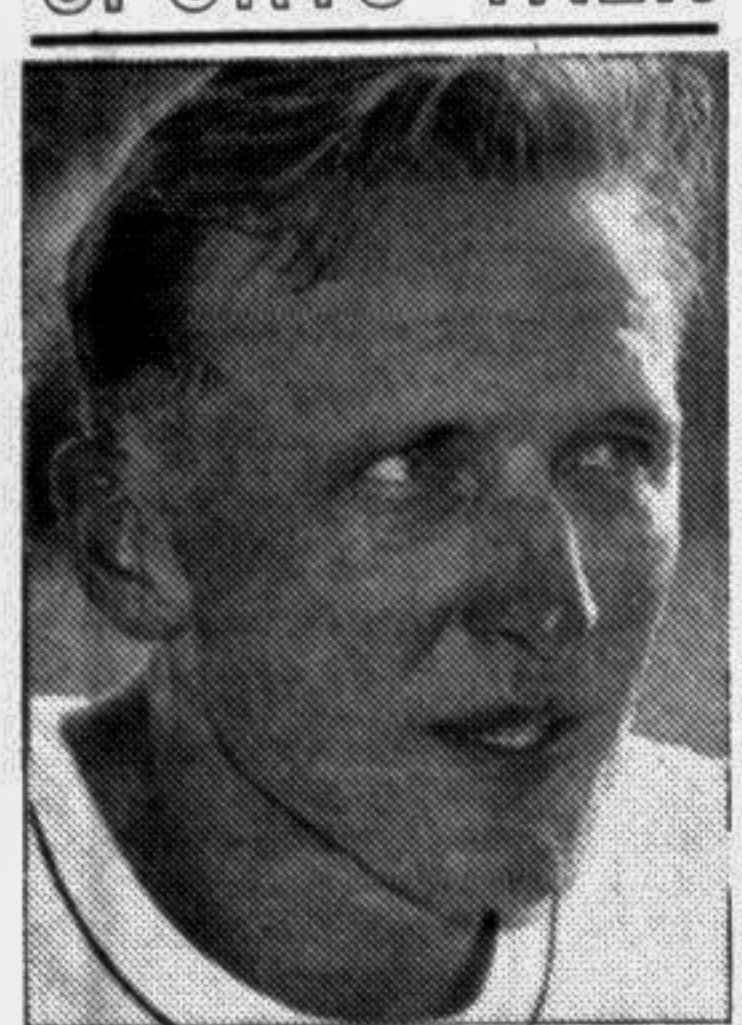


Sport

Column One SPORTS TALK



Allan Donald (South African fast bowler) "Black, white or brown, pace is pace." (Speaking on fast-bowling)

Sports WHIZZ KID COMPETITION FOR SCHOOL CHILDREN

Sports WHIZZ KID competition-65 Tick the Correct Answers Competition closes 8 pm, March 14, '97

Table with 5 questions and multiple choice options for the Sports Whizz Kid competition.

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

Renaud sets new world mark

ST CATHERINES, Canada. Mar 2: Canadian Chris Renaud said he was shocked when he realised he had broken the 50m short course backstroke world record when he clocked 24.25 seconds at the Canadian inter-university swimming championships here on Friday night.

"Dave Johnson, the national team coach had told me the record was possible. I was trying to convince myself the same but really I didn't think I could drop that much time," Renaud added.

The 20-year-old student broke the national 50 metres and 100 metres records at a meeting last weekend.

Zia's norm hope in doubt



Local International Master (IM) Ziaur Rahman's hope of a GM norm became uncertain after his defeat against Lithuanian GM V Malisauskas in the tenth round of the third United Insurance Grand Masters' chess tournament at the NSC conference room yesterday, reports UNB.

National champion Zia lost in 44 moves and now has uphill task of collecting two and a half points from the remaining three matches to earn his norm.

Thipsay, playing with white pieces, settled for a draw with compatriot Devaki Prasad in only 16 moves to maintain his lead while Plaskett disposed of Saifuddin Lovlu in 27 moves.

STANDINGS

After 10th round matches:

7.5 points — Thipsay and Plaskett; 6.5 — Zia and Prasad; 6 — Tiviakov; 5.5 — Malisauskas and Nguyen; 5 — Niaz, Reefat and Szekeley; 4.5 — Saidali; 3 — Kayes, and 2.5 — Kaimov.

Monday's 11th round matches: Tiviakov vs Saidali, Reefat vs Kaimov, Lovlu vs Szekeley, Prasad vs Plaskett, Zia vs Thipsay, Nguyen vs Malisauskas, Niaz vs Kayes.

Nat'l snooker on Sports Reporter

Issa Gazi of Khulna staged a brilliant recovery to oust last year's quarterfinalist J Karim (Shipar) of Dhaka Club in the first round as the 13th national snooker championship began Saturday at the Dhaka Club billiards room.

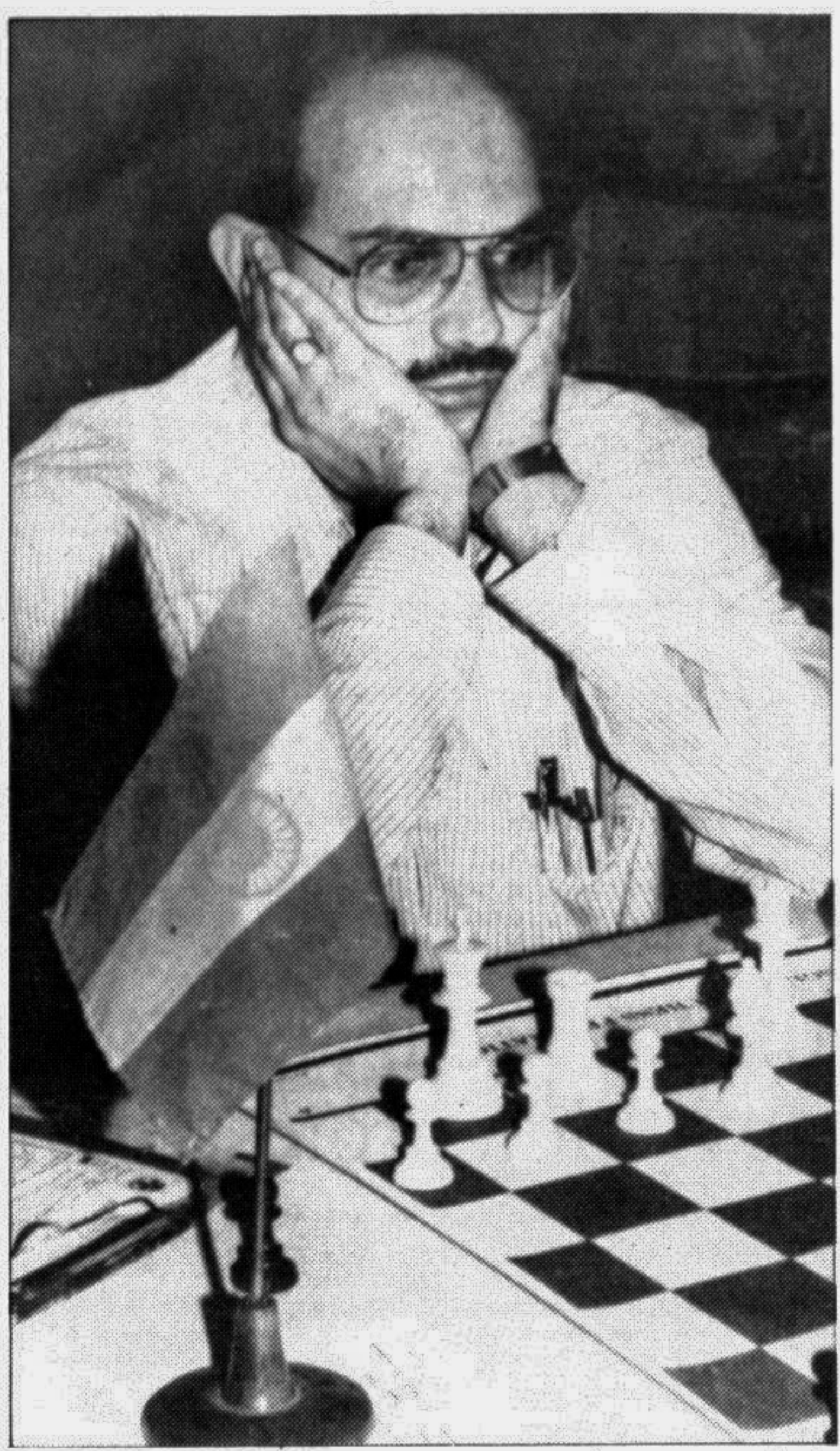
Gazi, who was trailing 1-3, took three consecutive frames to run out a 4-3 winner.

Rain the spoiler

GISBORNE, Mar 2: The opening day of Sri Lanka's three-day first-class cricket match against New Zealand A was abandoned today due to rain, reports Reuters.

The loss of the day's play was a blow to the tourists, who begin the first Test against New Zealand in Dunedin on Friday. They are now left with at best two days of cricket before the Test.

Sri Lanka opened their tour last week by drawing a non-first class two-day match against Northern Districts.



Indian IM Praveen Thipsay ponders over his move against compatriot Devaki Prasad during the ninth round of the third United Insurance Masters' chess tournament at the NSC chess room yesterday. — Star photo

BCB Eleven sink deeper

The touring BCB Eleven suffered their fourth consecutive defeat in the Wills Cup cricket championship when Agricultural Development Bank of Pakistan (ADBP) thrashed them an eight-wicket thrashing at the Karachi National Stadium yesterday.

Inter-varsity cricket result

Islamic University recorded a three-wicket win over Chittagong University in the inter-university cricket championship at the Jahangirnagar University ground in Savar yesterday.

Bating first, Chittagong University could muster 173 before being all out in 39.2 overs with Masum notching highest 63 runs. Pavel with 28 was the other notable run-getter.

For Islamic University Sumon claimed two-wicket for 18 while Sayham, who took two wickets, was little expensive, giving away 35 runs.

In reply, Islamic University posted 176 for the loss of seven wickets and with one over to spare in the 40-overs-a-side match.

Table with columns: Did not bat, Zakir, Salahuddin, S.K.Jem, Bowling, O, M, R, W

skipper Harun-ur Rashid Liton scored a patient 43. On the other hand, Habibul Bashar Sumon, the most successful performer among the local batsmen, remained unbeaten on 26.

Off-spinner Salahuddin, who captured both the ADBP wickets, gave away 50 runs in his 10 overs.

BCB, the only foreign outfit in the tough domestic tournament in Pakistan, however, had some sort of solace on Saturday when they posted their maiden victory in an exhibition match against Thatta DC Eleven.

According to a faxed message received here yesterday, BCB, chasing a fighting DC Eleven total of 163 for seven in the stipulated 30 overs, posted the victory 164 for the loss of four wickets and with 13 balls to spare.

Opener Shahriar Hossain Biddyt scored a swashbuckling 66 not out while Sumon kept up his prolific form with the willow with an unbeaten 61 off only 63 deliveries.

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Akhter scored highest 76 runs for the winners followed by Shaheen, who chipped in with 40. Among the Chittagong University bowlers Masum, who had earlier dazzled with the willow, did one better with the cherry, claiming three wickets for 27 runs.

Akhter of Islamic University was later declared man-of-the-match for his match-winning half century.

Rajshahi University will take on their counterpart from Khulna at the same venue today.

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NZ back to winning ways

AUCKLAND, Mar 2: New Zealand ended a series of failures by scoring a tense nine-run victory over England in the fourth limited overs cricket international Sunday at Eden Park, report agencies.

The New Zealanders had been dismissed for a paltry 153 in their innings of a match reduced by overnight rain to 43 overs a side.

But they bowled and fielded superbly, at one stage having England at 41 for four, to pull off the improbable victory.

Fast bowlers Heath Davis and Geoff Allott took two wickets apiece, while old hand Gavin Larsen was at miserly best, snaring three for just 20 runs off 8.3 overs.

New Zealand had to win this match to have any chance of squaring the series after England won the first two matches and then drew the third in Napier last Wednesday.

Davis let the tourists know New Zealand meant business when he broke opener Nick Knight's left index finger with the first ball of the innings, forcing Knight to retire hurt.

Alec Stewart and Craig White added 50 for the fifth wicket, but England struggled against a tight bowling attack and had slumped to 113 for six by the 36th over.

When Robert Croft was run out for 20, Darren Gough caught and bowled next ball and Andrew Caddick bowled in the same over by Larsen, England's innings seemed finished.

But Knight came out to bat as last man with his finger heavily strapped, wearing one batting glove and holding the bat with one hand.

He survived one ball and stayed while Chris Silverwood hit out with some success, raising England's hopes.

England needed 14 from the last two overs when Silverwood

Mike planned to step down

LONDON, Mar 2: Mike Atherton admitted Saturday he would have resigned as England captain if his side had flopped in New Zealand as they had done in Zimbabwe, reports AFP.

And Atherton has now set his sights on leading England beyond this summer's series against Australia.

"If we had not won here, if things had gone on as they were, my position would have become untenable. I would have resigned," said Atherton.

After the disastrous tour of Zimbabwe, where England drew the Test series 0-0 and lost the one-day series, Lancashire opener Atherton indicated he would step aside if results did not improve in New Zealand.

But after a 2-0 Test win over the Kiwis, Atherton is almost certain to be named as skipper for the Ashes series.

"Australia are more vulnerable than at any time in my career," he said. "They've lost several senior players and they are not as settled and experienced as they were."

"I have lost too often for peace of mind and it's high time we won back the Ashes."

McRae survives

Colin McRae and the 55 Subaru World Rally Team continued to hold their nerve overnight after four demanding and treacherous competitive stages totalling 406-km on Leg 1 of the 555 Safari Rally in Kenya.

Teammate, Kenneth Eriksson, however, was one of the first victims on this sensational opening day when fortune turned against him on the first section of the world's toughest rally, says a press release.

Colin McRae has, without doubt, been one of the luckiest drivers suffering little more than four punctures in the sturdy and reliable Subaru Impreza 555 WRX (97 leaving the trail of crashes and mechanical misfortunes in his wake. McRae nevertheless admitted that surviving the first day alone has been no mean feat — sudden and unlucky retirements from Eriksson and series leader, Carlos Sainz, leaving few looks of surprise — but a measured and sensible drive has left him and co-driver, Nicky Grist in a good position for tomorrow's 5 competitive sections.

With the lead changing no fewer than three times on the four competitive sections, competition has been fierce and in an event of this nature — where tactics and mental attitude play a significant role — the final times are closer than they have ever been; a mere 11 seconds separating Richards Burns, Colin McRae and reigning World Champion, Tommi Makinen in 2, 3 and 4 positions respectively behind overnight leader, Armin Schwarz.

Tomorrow will see no respite for the teams, the opening 153-km section in particular, a daunting prospect for the crews. After this, four further sections will bring the teams back to Nairobi at 19.43 hrs (local).

In the sixth game, Studenikova had three points on serve for a 4-2 lead, but Hings kept her cool to level at 3-3 and went on to win the match.

In the seventh game, Studenikova had three points on serve for a 4-2 lead, but Hings kept her cool to level at 3-3 and went on to win the match.

In the eighth game, Studenikova had three points on serve for a 4-2 lead, but Hings kept her cool to level at 3-3 and went on to win the match.

In the ninth game, Studenikova had three points on serve for a 4-2 lead, but Hings kept her cool to level at 3-3 and went on to win the match.

In the tenth game, Studenikova had three points on serve for a 4-2 lead, but Hings kept her cool to level at 3-3 and went on to win the match.

In the eleventh game, Studenikova had three points on serve for a 4-2 lead, but Hings kept her cool to level at 3-3 and went on to win the match.

Fed Cup roundup

HAAARLEM, Netherlands, Mar 2: The United States trailed 2-1 in its Fed Cup World Group-1 match Sunday.

Mary Joe Fernandez lost a marathon final set battle with the Netherlands' Brenda Schultz-McCarthy 1-6, 6-4, 9-7, report agencies.

Fernandez, ranked 14, was resoundingly defeated Saturday by Dutch No. 2 Miriam Oremans 6-1, 6-4.

Chanda Rubin, who won the United States' first point when she defeated Schultz-McCarthy 4-6, 6-4, 6-3 Saturday, must now win her final singles match against Oremans to keep the rubber alive.

If Rubin wins, the pressure will be on Fernandez again as the teams with namesake Gigi Fernandez in the doubles against Schultz-McCarthy and Manon Bollegraf.

Away in Tokyo, Nathalie Tauziat, who had to save match points in both her matches, gave France a first-round Fed Cup victory Sunday, outlasting Japan's Naoko Sawamatsu 7-5, 4-6, 17-15.

The victory, in 4 hours and 5 minutes, gave France an unbeatable 3-1 lead with one doubles match still to play.

In Seoul, Argentina swept both the singles and doubles matches Sunday, defeating South Korea 4-1 after the second day of competition.

In Kosice, Australian Open champion Martina Hings put Switzerland 1-0 ahead in their World Group-Two first round tie against Slovakia on Saturday.

Hings, who was born in Kosice 16 years ago, beat Slovak number two Katarina Studenikova 6-1, 6-3 in the open-



Ask a weight lifter what they do for cardio vascular (CV) work and from some of them you will be greeted by a look that you have just called them something they think is a bit perverse, not all, not most, but some. This kind of training is forgotten by some of these people who have a fantastic body but very poor endurance level.

The level of fitness your CV system has is usually known by the name cardiorespiratory fitness or CRF. CRF is not just one part of your fitness, it is a combination of cardio (heart) vascular (blood) respiratory (ventilation and lungs) and aerobic (ability to use oxygen).

To improve on your CRF we need to overload the heart and respiratory systems, this is achieved by using the large muscle groups moving in a rhythmic manner over a period of time. Walking, jogging, swimming etc. are a great way to improve CRF. Your fitness depends on the intensity and duration of the exercise you are able to do. Make sure you have a bottle of water nearby and if you are totally new to exercise and feel you are unfit then have someone around just in case you have a few problems. Exercise can make you feel faint and a very few cases of unfit people even pass out, so if you feel this is a possibility make sure your doctor is happy with the exercise plan you are about to take part in.

The warm up is very important before you exercise. The warm up is to prepare the body and mind for exercise. A nice gentle ten minutes jogging, dancing, walking is needed. Once you have finished this part you should feel very warm all over, you should be very close to breaking into a sweat.

Stretching after warm up is very important. Make sure you have enough water, if you can help it you do not want to feel thirsty at any time, so keep sipping your water during your workout. Here are some ideas of what you can do, walk fast, jog, aerobics, step aqua splash, hill walking, golf, football, badminton, ballroom dancing, disco dancing, dance in your house, quick house-keeping, cycling etc. The list is endless, all you need to do is make sure that what you chose is fun for you, make exercise as fun as possible.

The cool down takes about 10 minutes and is the same kind of exercise as the warm up except it is done at the end. If you are exercising intensely you do not want to just stop because you will create blood pooling as the heart is still pumping like made to get the energy and oxygen to the muscles but if you stop the muscle does not need

the extra blood hence there is a build up until the heart realizes and slows down, so gently bring your self down to a nice easy leisurely pace.

If you are after a good CRF make sure you do not forget to tone up the rest of your body, check out how to work your body so the muscle gets itself a good definition and density. This does not mean bigger, just more toned. Exercises like abdominal curls, press ups, squats etc. Stretch at the end of your workout is just as important as the stretch at the beginning. This is to help the muscle keep supple and help with repair.

Wrist Curls: (1) Lay your forearm on a table with your hand hanging over the edge and your palm up. (2) Holding a 5-pound-weight, slowly flex your wrist 10 to 20 times. (3) Turn your hand over so the palm faces down. (4) Repeat 10 to 20 times. (5) Switch arms and repeat.



CROSSWORD By Eugene Sheffer

Crossword puzzle grid with clues and solutions. Includes a Cryptoquip section at the bottom.

Tender Notice Department of Applied Physics & Electronics Rajshahi University. Details of tender items and contact information.

Advertisement for Subaru World Rally Team featuring the slogan 'ABOVE ALL ELSE' and a stylized '555' logo.