

Gloucester extend lead

LONDON, May 17: Gloucestershire extended their early lead in the English county championship race with a nine-wicket victory over Surrey inside three days at The Oval on Friday, reports Reuters.

Captain Mark Alleyne took a career-best six for 64 as Surrey were dismissed for 269 in their second innings, leaving Gloucestershire needing only 14 runs for their second win in three matches.

Warwickshire and Middlesex also completed convincing wins, their first successes this season, and champions Leicestershire were within sight of victory against Hampshire.

Derbyshire, chasing 231 to win at Lord's crashed to 99 all out against Middlesex.

South Africa's Jacques Kallis and Richard Johnson made short work of Derbyshire's chase, taking seven wickets between them.

Warwickshire have Dougie Brown to thank for their four-wicket win over Yorkshire at Edgbaston.

With his side staring defeat at 94 for five, Brown struck 65 not out to guide his side to victory.

Another all-round effort by David Mills put Leicestershire in the box seat at Southampton. They require only 88 more runs today with all of their second innings wickets intact.

Mills remained unbeaten on 114 in his side's total of 349 and picked up three wickets as Hampshire were dismissed for 182 in their second innings. Needing 119 to win, Leicestershire were 31 for no wicket at the close.

England pair Michael Atherton (68) and John Crawley (101) were in fine form ahead of next Thursday's first one-day game against Australia, adding 178 for the second wicket but their efforts appeared to be in vain for Lancashire against Nottinghamshire.

After cruising to 238 for two, Lancashire lost their last eight wickets for 119. Nottinghamshire had reached 30 without loss, needing 190 for victory at Old Trafford. Australia's Stuart Law hit an unbeaten 81 to follow his first innings 63 as Essex moved to 309 for five, an overall lead of 255 against Durham.

Former England batsman Bill Athey passed 25,000 first-class runs as Sussex battled to avoid defeat against Somerset. Athey was 70 not out, his team reaching 142 for three still needing 26 to make Somerset bat again.

More receptions

The members of Bangladesh Cricket team, unbeaten champions of the ICC Trophy, will be given a reception at Begonia High School at Comilla on May 19, reports BSS.

They will be given another reception at Comilla town the same day at 4 pm.

The people of Manikganj will host a function.

The decision was taken at a meeting held in the conference room of Deputy Commissioner, Manikganj.

The meeting decided, if possible, all members of the team will be given reception. Otherwise Naimur Rahman Durrjoy, the worthy son of Manikganj, will be honoured.

Habib passes away

Sports Reporter

Habibur Rahman, a former football player of Calcutta Mohammedan and a long-serving organiser of Bangladesh Railway, died at the Dhaka Medical College Hospital on May 14. He was 72.

Habibur Rahman was buried at the Azampur graveyard. The quikhwani of the deceased was held at his Khilgaon residence yesterday.

Man United stake a claim in Batistuta

FLORENCE, Italy, May 17: Manchester United have increased a bid for Fiorentina's Argentine captain, Gabriel Batistuta to 21 million dollars an Italian newspaper reported today, reports Reuters.

Gazzetta Dello Sport said that United manager Alex Ferguson had sent a fax offering the sum in cash for a striker who has recently sounded increasingly unsettled.



Tanveer Ahmed, secretary of the Cricket Committee of Dhaka Metropolitan (CCDM), speaking at a press conference yesterday organised in connection with the Danish Third Division cricket league which begins in the city on May 20. — Star photo

Rios reaches last four



ROME, May 17: World number nine Marcelo Rios of Chile survived a third-set tiebreak with two-time champion Jim Courier before joining Goran Ivanisevic and Alex Corretja in the Italian Open semifinals on Friday, reports Reuters.

Courier, unseeded but showing glimpses of the form that once made him world number one, broke Rios when the Chilean served for the match in the third, only to go down 6-3, 3-6, 7-6 (7-4) after a fluctuating battle.

"Unforgettable," the jubilant Rios said. "I am very proud to have beaten him. Jim is a great clay-court player."

Rios, champion in Monte Carlo last month and bidding to become the first Chilean to win in Rome since 1959 will now meet either Spain's Alberto Berasategui or German Marc-Kevin Goellner.

In the bottom half of the draw, number six seed Goran Ivanisevic was a comfortable 6-4, 6-4 winner over Thomas Muster's conqueror unseeded Australian Scott Draper.

The Croat, the highest ranked player here after the elimination of the world's top five players in earlier rounds, now meets Spaniard Corretja in the semis.

The 10th seed won 4-6, 7-5, 6-3 to deny Karim Alami the chance to become the first Moroccan to reach the last four.

Courier, who has not won a clay-court tournament since the 1993 tournament here, struggled to find his rhythm in the first set and was broken for 4-2.

In the second, Courier found the form that put paid to world number one Pete Sampras in the first round, breaking Rios immediately at 4-3 he saved two break points and then, with

coolness reminiscent of his 58 weeks as number one in 1992-93, he broke Rios to level the match with a yell of triumph.

That set the stage for a topsy-turvy third set.

At 5-5, Rios broke Courier for the third time in the set, but the American, facing defeat, won a critical breakback point.

His deep forehand appeared

But, with victory beckoning, the Chilean's nerves shook and Courier pulled the score back to 5-4 with a lucky net cord.

Now came the final twist, as Courier's trade-mark forehand down the line beat a scrambling Rios — but missed the tramline.

"I'll hit that shot every day for the rest of my life because that's the shot that built my house," said Courier, unrepentant.

Defending champions Bangladesh Rifles notched their sixth successive win to share the lead in the National Bank Premier Division volleyball league with Titus Club beating Sonali Bank Club 15-1, 15-4, 15-3 yesterday, reports UNB.

Bangladesh Rifles and last year's runners-up Titus Club have secured full 12 points from six matches to clinch the top slot in the league while Sonali Bank suffered their fifth defeat in six league engagements.

In the day's other match, Police AC tasted the first victory in their fifth league outing defeating old horse Wari Club 4-15, 9-15, 15-8, 15-10, 15-7.

No match will be held today.

Suncrest h'ball

Bangladesh Police and Mengis Krira Chakra entered the five-team final round of the Suncrest Cup handball tournament yesterday, reports UNB.

The final phase, involving Bangladesh Rifles, Bangladesh Ansar, Bangladesh Air Force, Bangladesh Police and Mengis KC, will begin on Monday.

On the opening day, Police will take on Bangladesh Rifles at 3 pm while Ansars face Mengis KC at 4.30 pm.

In the day's matches, Police earned a facile 44-13 goals victory over Kishore Kafela while Mengis KC also registered a massive 38-6 win over West Jabbari KC.

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Rios immediately took charge, reeling off five of the first six points thanks to a series of errors from Courier who hurled his racket into the ice-box in frustration.

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Russell due on May 23

Sports Reporter

Phil Russell, a South African groundsman, is expected to arrive in the capital on May 23.

The pitch-expert of the United Cricket Board of South Africa will impart training to the local groundsman during his eight-day stay in Bangladesh. Besides, Russell will also inspect the laying of turfs at the Dhaka Stadium.

Meanwhile, the Bangladesh Cricket Board (BCB) in a press release issued yesterday, have asked the interested groundsman from different districts across the country to contact the governing body of local cricket on May 23.

Danish Div III cricket begins May 20

The Danish Third Division cricket league organised by the Cricket Committee of Dhaka Metropolitan (CCDM), begins at different venues here on May 20, reports BSS.

Speaking at a news conference, general secretary of the CCDM Tanvir Haider said 11 teams are taking part in two groups in the league on round robin league basis.

Haider said the top four teams of the two groups would qualify for the super league and the top two teams in the super league would be promoted to the Second Division next year.

The participating teams are: Group A: Young Pegasus, Young Cricketers, Postal Cricket Club, Eastern SC, Pro-gati Seba Sangha, and Ekata Samaj Kalyan.

Group B: Shantinagar 'B', CCS Blue, Moghbazar Juba Sangha, New Elegates and Monipur Cricket Club.

On the opening day, Young Pegasus 'A' will play against Ekata Samaj Kalyan at Dhanomdi Cricket Stadium (east) while Shantinagar 'B' will take on Monipur CC at Uttara ground.

Banks blasts Gazza

LONDON, May 17 (Reuters): Britain's outspoken Sports Minister Tony Banks launched a scathing on England footballer Paul Gascoigne on Friday saying he was an "unreliable, wasted talent."

Banks said Gascoigne was "not much of a role model" following allegations of wife-beating and that "God had taken his brain out."

The comments came two days after Banks proposed that overseas footballers based in England should be allowed to play for the national team — an idea he then said was not to be taken seriously — and they complete an explosive first week in the job for the new Labour minister.

Banks, talking on the "live and dangerous" programme on Channel 5, said: "This is one of those things, the enormous talent so wastefully used."

"I don't want to be rude about him but I think in a way that God gave him this enormous footballing talent he took his brain out at the same time to sort of equalise it up a bit."

"He's a great player but in the end unreliable, likely to do the crazy sort of thing that throws the whole team."

Referring to Gascoigne's wild challenge on Nottingham Forest defender Gary Charles when he was playing for Tottenham in the 1991 FA Cup final, Banks said: "I'll never forget that tackle. Here's a guy who crippled himself trying to cripple someone else."

"You can't do these soppy things and claim you're an errand boy. The guy's what 29 or 30, he's not 14 or 15, though he doesn't seem to have grown that much beyond that time."

Gascoigne, who will be 30 on May 27, is currently in the process of trying to prove his fitness in a series of end-of-season friendlies and testimonials with his Scottish club Glasgow Rangers.

AFP adds: Banks Friday admitted his idea of a United Kingdom team was a big mistake.

He said: "It's gone down like a lead balloon."

"It was just the sort of thing you'd chuck into the conversation at the bar of the pub although I wasn't in a pub when I made the suggestion."

HK's moment of glory

PUSAN, South Korea, May 17: South Korean taekwondo fighters dominated their traditional martial art, while Hong Kong took its first gold and Guam its first-ever bronze in the East Asian Games here today, reports AFP.

Kim Eul-Chul defeated Taiwan's Huang Chih-Hsiung in the 58kg final, followed by Shim Hye-Young's points victory over Japan's Minako Hatakeyama in the women's 49th final.

Kim Chun-Kyu and Lee Seung-Min outclassed Taiwanese opponents to complete a perfect day for home fans, winning the men's 68kg and women's 57kg finals, respectively.

The Koreans, who had trailed Japan by 11 gold medals in the standings on Friday, reduced the deficit to six with 34 gold, 29 silver and 41 bronze medals against Japan's 40 gold,

45 silver and 42 bronze. The Koreans were third in the medal standings in the Shanghai Games four years ago with 23 gold against Japan's 25 and have set their target to beat Japan into third spot on their home ground.

China kept the lead winning six events to stand with 50 gold, 49 silver and 50 bronze medals with two more days remaining in the Games.

Hong Kong, which will return to China on July 1, posted its first gold in Pusan when Ng Siu-Ching won the women's nanquan in the Wushu contest, beating Wang Nini of China and Japan's Akiko Abe.

Guam won its first-ever medal in the East Asian Games thanks to Joe Daryle Guengra Gruz's semifinal finish in the men's taekwondo 68kg.

Olympic lightweight silver medalist Kang Dae-Sung

shocked gold winner Kenzo Nakamura with a decision victory to avenge his loss in the Atlanta 71kg final, while his teammate Kim Hyuk won the 65kg category to give South Korea two judo golds.

Choi Jun-Wook, Choi Seung-Rock, Shin Eun-Chul and Go Young-Sam brought another four boxing gold medals to South Korea with Kazakhstan strongly taking seven and Japan one out of 12 golds on offer in the ring.

But China and Japan shared top spot in the athletics field winning four events each and giving only one gold each to South Korea and Kazakhstan.

Koji Murofushi, silver medalist to Bi Zhong in Shanghai and the Hiroshima Asian Games in 1994, marked 73.40 metres in the hammer throw to beat the Chinese defending champion.

The 28-year-old Chinese had to be satisfied with the bronze with a mark of 68.6m, almost one metre shorter than his teammate Ye Kuigang. Ye reached 69.56m for the silver.

"Right now, I'm not in my top form, because I arrived in Pusan last weekend, one week is too long for me to keep myself in top shape. I wanted to compete earlier," said Murofushi, 22.

"But I'm calm. My target is always to improve my record further and further," added the Japanese, who scored the second best national record a week ago in Shizuoka, Japan.

Bayern rout Rostock

MUNICH, May 17: Leaders Bayern Munich won 3-0 at Hansa Rostock on Friday to increase the pressure on second-placed Bayer Leverkusen who lie four points behind with three matches to go, reports AFP.

Christian Ziege, Juergen Klinsmann, who confirmed he would join Sampdoria next season moments before the match, and Mehmet Scholl all scored to give Giovanni Trapattoni's team a boost.

To keep in touch with Bayern, hoping to win their 14th title, Leverkusen must beat relegation-threatened Hamburg side Saint Pauli on Saturday.

And Bayern's victory means it is now theoretically impossible for Borussia Dortmund to win a third consecutive championship.



South African Amanda Coetzer in action during her quarterfinal match against German Steffi Graf at the Berlin Open on May 16. Coetzer won 6-0, 6-1. — AFP/UNB photo



Shoulder and neck pain is a common condition. Driving a golfball, cleaning windows or reaching for a jar can strain and injure shoulder muscles and tendons, especially in people who are out of condition. Fortunately, this discomfort rarely suggests a serious condition.

Causes of shoulder and neck pain include: 1. Poor posture and/or unnatural sleeping positions. Sleeping on a soft mattress can give you a stiff neck the next morning. 2. Tension and stress. When you feel tense, the muscles around your neck can go into spasms. 3. Tendinitis, inflammation of a tendon, the cord-like tissue that connects muscles to bone. Left untreated, tendinitis can turn into "frozen shoulder", a stiff, painful condition that may limit your ability to use your shoulder. 4. Bursitis, an inflammation of the sac (bursa) that encases the shoulder joint. Bursitis can be caused by injury, infection, overuse, arthritis or gout. 5. Osteoarthritis, unlike rheumatoid arthritis, osteoarthritis develops from normal wear-and-tear of the joints as we age or from repeated injuries. Aging can cause the joints to wear out, producing bony spurs that can press on nerves and cause pain. 6. Accidents and falls, collarbones can break after falls or auto accidents. 7. Motor vehicle accidents, you can develop a whiplash injury when your vehicle is hit from behind. 8. Pinched nerve, arthritis or an injury to your neck can pinch a nerve in your neck. Pain from a pinched nerve usually runs down the arm and one side only.

Prevention: Stretching and strengthening routines, especially before exercising, helps

prevent tendinitis. So can using the right equipment and following the proper technique. Avoid injuries to the shoulder by wearing seat belts in cars and using protective gear during sporting events. Avoid vigorous exercise unless you are fit. If you are out of condition, start to strengthen your muscles gradually and slowly increase exercise intensity. Don't sleep on your stomach. You are likely to twist your neck in this position. Sleep on a firm mattress. Use a thinner pillow or none at all if you have pain when you wake up.

Most lessons in life are learned the hard way — through actively experiencing them. This does not have to be the case with exercise in a gym or home setting. There are scores of athletes put their potential in jeopardy due to their insistence on extremely heavy lifting that place disproportionate stress on the shoulder joint. Hope-

fully, possessing the knowledge of what could happen when caution and common sense are not exercised along with the muscles. We need to be intelligent enough to practice "controlled intensity" when we train.

Shoulder Stretches & Exercises

Stretches: Hold each stretch for 10 to 15 seconds and repeat two or three times.

Tricep stretch: 1. Cross right arm over chest. 2. Pull right elbow with left hand. 3. Repeat on other side.

Overhead tricep stretch: 1. Raise right arm. 2. Pull right elbow with left hand. 3. Repeat on other side.

Pectoral/deltoid stretch: 1. Keeping chest out and chin in, lift arms behind you until you feel stretch in arms, shoulder or chest.

Exercises: Do each exercise 50 times, three times a day. Take a couple minutes between exercises if you wish. They should all be pain-free.

Pendulum swings: 1. Let arms hang naturally. 2. Form slow deliberate clockwise circles, starting with small rotations and growing to wide circles. 3. Repeat in counter-clockwise motion.

Saw: 1. Bend elbow slightly and hold forearm parallel to floor. 2. Move arm back and forth, as if sawing. 3. Start slowly and progress to full swinging motion.

Shoulder shrugs: 1. Raise shoulders toward ears while keeping arms at sides. 2. Move shoulders backwards in slow, deliberate circles. 3. Repeat with forward motion.

Add one-to-three-pound weights if you can complete exercise three times a day with no pain.

Tricep stretch

Tricep stretch

Tricep stretch

Tricep stretch

Tricep stretch

The Daily Star Entertainment Guide

Sunday 18th May
(All programmes are in local time. There may be changes in the programmes).

BTV

3:00 Opening Announcement: Al-Curran Programme: Summary 3:10 News in Bangla 3:15 Car: 3:45 Rerelast of Drama 4:00 News in Bangla 4:50 Marami 5:25 Sports Programme 6:30 Agnar Doctor 6:55 Open University 7:00 The News 7:25 Glimpse 8:00 News in Bangla 8:30 Balun Dakhy 9:00 Film Series: 10:00 News in English 10:30 Chayachanda 11:30 News in Bangla 11:45 Monday's programme 11:50 Close down

BBC

6:00am BBC World News 6:30 Hard Talk 7:00 BBC World News 7:30 World Focus: Correspondent 8:00 BBC World News 8:30 India Business Report 9:00 BBC World News 9:05 Weekend World: Cracking The Code

10:00 BBC World News 10:30 World Focus: Britain in View 11:00 BBC World News 11:30 India Business Report 12:00noon BBC World News 12:30 Hard Talk 1:00 BBC World News 1:30 World Focus: Window On Europe 2:00 BBC World News 2:30 Time Out: Film 3:00 BBC World News 3:05 Weekend World: Science Fiction 4:00 BBC World News 4:30 Time Out: The Clothes Show 5:00 BBC World News 5:30 Reporters 6:00pm BBC World News 6:05 Weekend World: Cracking The Code 7:00 BBC World News 7:05 Breakfast With Frost 8:00 BBC World News 8:30 Time Out: Cities Of The Future 9:00 BBC World News 9:05 World Focus: Horizon 10:00 BBC World News 10:30 Time Out: Top Gear 11:00 BBC World News 11:30 Reporters 12:00am BBC World News 12:30 Hard Talk 1:00 BBC World News 1:05 Weekend World: Cracking The Code 2:00 BBC World News 2:30 Time Out: Tomorrow's World 3:00 BBC Newsdesk Inc. World

Business Report & 24 Hours 4:00 BBC Newsdesk Inc. Asia Today & World Business Report 5:00 BBC World News 5:05 Weekend World: Horizon

CHANNEL V

6:00am Soul Curry 7:00 Rewind VJ Sophia 8:00 Frame By Frame 9:00 Big Bang Weekend VJ Alessandra 11:00 BPL Oye! 12:00 Videocon Mangta Hai 12:30 Liberty First Day First Show 1:00 Rewind VJ Sophia 1:30 Speak Easy 2:00 Videocon Flashback 2:30 Asian Top 20 VJ Noine 4:30 The Vibe Weekend 6:30pm Simply South 7:00 Udam Singh 7:30 The Indian Top 10 Pop VJ Laila 8:30 Malibu Jammin 9:00 Launchpad VJ Samira 10:00 House Of Noise 11:00 The Ride 12:00 Rewind VJ Sophia 1:00 Frame By Frame 2:00 By Demand VJ Trey 3:00 Big Bang VJ Alessandra

STAR PLUS

6:30am Voltron 7:00 Wildlife International 7:30 King Arthur

8:00 Dungeons & Dragons 8:30 Denver The Last Dinosaur 9:30 Small Wonder 9:30 Chandra-kanta 10:30 Janata Ki Adalat 11:00 Bunyad 11:30 Amul India Show 12:00noon The Great Escape 12:30 India Business Week 1:00 Living On The Edge 1:30 Star Trek 2:30 Hindi Classic Film: "Jab Pyar Kisise Hota Hai" (Dev Anand, Asha Parekh) 5:30 Batman 6:00 Charles Angels 7:00 Amul India Show 7:30 Plus Preview 8:00 Priya Tendulkar Show 8:30 Vasantha-habaa 9:30 Reporter 10:30 Star News Sunday 11:30 Dynasty 12:30 India Business Week 1:00 Star News Sunday 2:00 BBC Documentary: State Of Ark 3:00 Movie Classic: Carnival Story 5:00 Film Firebirds

STAR SPORTS

6:00am World Bordercross 6:30 ABC Championships For Women 9:1st Semi Final 6:00 World Cup League 8:30 World Wrestling Federation Blast Off 9:30 Asia Sport Show 10:00 US PGA

Tour 1997 BellSouth Final Day 12:00noon Super League Rugby 2:00 Volvo China Tour Hugo Boss Open 2:30 Asia Sports Show 3:00 NFL 3:30 A.S.P. World Championship Tour 1997 Billabong Pro-Kirra 4:30 Live 1997 World Motorcycle Championship Italian Grand Prix Fm Mugello, Italy 7:00 Volvo China Tour Coca Cola Open 8:00 Marlboro Tour Of Philippines 8:30 Same Day Delay English Cricket 9:7 Tourist Match Worcester v Australia 10:00 Continued Live English Cricket 9:7 Sunday League 12:30 India Tour West Indies 4th One Day Int'l H/L 2:30 NBA Game of the Week Play-Offs 3:30 1997 World Motorcycle Championships, Spanish Grand Prix From Jerez Spain

STAR MOVIES

7:30am Comedy: Baby's Day Out 15:30 Family: The Human Pets 12:11:00 The Bhaskar Ghose Show 11:30 Comedy: The Tadpole And The Whale