

## Wang puts off Athens trip

BEIJING, July 21: China's Olympic 5,000 metres champion Wang Junxia has pulled out of next month's World Championships in Athens, citing illness and personal problems, a Chinese Athletics Association (CAA) official said today, reports AFP.

Wang, who also took silver in the 10,000 metres in Atlanta, will not compete in Athens even if the international Amateur Athletics Association (IAAF) gives her a wild card, said CAA secretary general Shang Xiutang.

Wang was not included in the 27-member Chinese team list that was made public today.

"She quit training after the Olympics and took part in no competitions since last October," Shang said.

"We heard that she was bothered by a constant headache and some other private problems. Her coach hopes she can come back next year," he added.

Shang also revealed that the 23-year-old world 10,000m record holder still holds a bitter grudge against her former coach and mentor, Ma Junren, who guided her to the 10,000m title at the 1993 World Championships.

Ma still refuses to give Wang the car she won as a prize at that event.

Wang walked out on "Ma's army" after the 1994 Asian Games in Hiroshima, and has been coached ever since by Mao Dezheng.

However, Mao revealed recently that the track queen, who is considered a national hero in China, had lost her motivation after Atlanta and wanted to retire.

**Culprit coach turns tail**

KIEV, Ukraine, July 21: Police were searching Monday for a former soccer coach who allegedly assaulted a referee and a linesman after his team lost a match, reports AP.

Yuri Pogrebnik was banned from Ukrainian soccer for life after the two officials said he and three other men entered their hotel room early last Monday and beat them in retaliation for a questionable call. Pogrebnik's team lost 2-0.

Police have launched a criminal investigation into the attack, which left the referees with broken bones and bruised the reputation of soccer in Ukraine. They want to detain Pogrebnik, but they cannot find him.

"He is hiding," said Interior Ministry spokesman Viktor Krivorotko.

Pogrebnik, who was head coach of Metallurg in the southern city of Mariupol, will likely be charged with "malicious hooliganism," Krivorotko said, "he would face one to five years in prison if convicted."

Metallurg Mariupol was fined \$5,000 dollars and will be disqualified for the season if its players or staff commit another serious violation.

## Brown shatters Sunday record

LONDON, July 21: Alistair Brown smashed his way into the English Sunday League record books by scoring 203 for Surrey against Hampshire, reports Reuters.

Opener Brown beat the previous individual record in the 40 overs competition of 176 by former England captain Graham Gooch for Essex against Glamorgan at Southend in 1983.

Brown was just three runs short of equaling the best limited-overs score in England — 206 by former West Indies Test cricketer Alvin Kallicharran for Warwickshire against Oxfordshire in the 60 overs NatWest Trophy in 1984.

The Surrey opener, who played in three one-day internationals for England last year, plundered 11 sixes and 19 fours in his 119-ball innings in the match at Guildford.

Brown reached his hundred in 56 balls and his 200 from 118 balls as he fired Surrey to 344 for five off their 40 overs on the relatively small Guildford Club ground.

The double century-maker attributed his success to a recent return to fitness and form after a mixed northern summer.

Brown said, "This season I was going well when I broke my

hand, which I played through, but it was not quite right for me. In the last couple of weeks the pain has eased and I have come into form, but to be fair the wicket was very good to bat on."

Brown's performance spurred league champions Surrey to victory by 68 runs after dismissing Hampshire for 276.

Essex went top of the league when Paul Grayson struck two runs off the final ball of the match to secure a two-wicket win over Northamptonshire at Northampton.

Set 199 for victory, Essex slipped from 155 for three to 190 for eight before Grayson took his side home with an unbeaten 69.

Opener Jason Gallian hammered an unbeaten 80 as Lancashire beat Sussex by eight wickets at Old Trafford to go level on 32 points with Essex, who have a game in hand and a superior run rate.

Set to make 171, Lancashire cruised to victory with 5.1 overs to spare after Gallian had shared an opening stand of 103 with England captain Michael Atherton (36).

England paceman Dean Headley looks to have proved his fitness for the fourth Ashes Test, though his county Kent lost to Leicestershire at Canterbury by 33 runs.

Headley, who had been suffering from a side strain, took three for 44 as Leicestershire compiled 258 for seven off their 40 overs. Kent were bowled out for 225.

ALISTAIR BROWN

## Gooch set for final shot

LONDON, July 21: Graham Gooch, who won more caps and scored more Test runs for England than any other cricketer, is to end his playing career this week, report agencies.

The former England captain has chosen Essex's county championship match against Worcestershire at Chelmsford starting on Wednesday — his 44th birthday — for his final appearance.

During a 24-year career, Gooch has scored nearly 45,000 first-class runs to be 10th in the all-time list, and hit 129 centuries.

When he retired from Tests after the 1994-95 tour of Australia he had won a record 118 caps for England and was their highest scorer with 8,900 runs. He made 20 centuries and averaged 42.58.

He was the leading English scorer in county cricket last season, but a succession of mediocre scores for Essex this season has forced his decision to retire, announced on Sunday. He will now concentrate on his duties as an England selector.

"The time has come to go. All good things come to an end," said Gooch.

"I wouldn't say I've lost it, but it's not happening for me at the moment. I've too much respect for what I've achieved to just hang on."

"It's time to go. The old petrol light has been flashing for about five years and now I know

the tank is empty. "I started out in April with every intention of playing a full season, scoring 1,000 runs, doing well and seeing how it went."



GRAHAM GOOCH  
"It's not that I've been playing badly but scoring 20s, 30s, 40s and 50s has never been in my game plan."

Gooch captained England in

34 Tests. Only Peter May (41 Tests) and current England skipper Michael Atherton (43 Tests) have led England on more occasions.

He is the only Englishman to have scored 2,000 first-class runs in a season on five occasions, while he and his former Test opening partner Geoff Boycott are the only two Englishmen to have averaged over 100 in a season.

In 1990 he became the first Englishman to score 1,000 Test runs during a single English summer. That milestone came after he scored 333 and 123 in successive innings for England against India at Lord's.

Doug Insole, Gooch's mentor at Essex for most of his career and a former England selector, is convinced the opener will be heralded as one of England's great players.

"He was a magnificent player and some of his innings would certainly be termed as great," Insole said.

"When he got into the Test side in 1975 he did so on the back of a sparkling innings for the MCC. It was strokeplay at its very best which got him in but after that he analysed his game, took it apart and became a much more orthodox player in defence."

Gooch said the 'best' fast bowler he had faced was Malcolm Marshall of the West Indies, while Australia's Shane Warne was his pick of the spin bowlers. He said Border and South Africa's Barry Richards were great batsmen.

## Canadians not up to par

ABBOTSFORD, Canada, July 21: Canada's national track and field championships ended Sunday as they had begun on Friday — with little hope of glory at next month's World Championships, reports AFP.

On Friday, none of the competitors reached a world standard time or distance for their event. On Sunday — the picture was nearly the same.

Breaking the mold Sunday were Robert Esmie, 25, in the men's 200m and Philomena Marsh in the women's 200m.

Running against headwinds, Esmie clocked 20.78secs just missing the national record for the 200m by 67/100ths of a second.

In the women's 200m, Philomena Mensah had no competition as she easily won in 23.56secs.

The biggest hope for gold in Athens for Canada, nevertheless, rests with Donovan Bailey. Although deeply disappointed with his performance with a 10.03sec victory in the 100m, Bailey gave the British Columbia crowd here its only real sense that Canada might have a place among the major athletic nations of the world.

Both Esmie, second at 10.10secs, and veteran Brun Surin who clocked 10.15 for third place, came within the world standard time of 10.21.

But Bailey showed no joy with his performance. He said he was returning home to Oakville, Ontario, for four days for treatment to a tender hamstring tendon, and will then return to his training base in Austin, Texas, for final training prior to the Worlds.

Esmie's second-place timing of 10.10secs was a personal best while Surin, once the country's top sprinter, was visibly disappointed with his 10.15secs and third place.

Two women from British Columbia — Leah Pells and Robyn Meagher — thrilled the local crowd with world standard performances in the final on Saturday with Pells winning in 4mins 07.26secs, followed by Meagher clocking 4:07.68.

## Hopkins knocks Johnson out

INDIO, California, July 21: Bernard Hopkins retained his IBF middleweight title Sunday, stopping No 1 challenger Glen Johnson at 1:23 of the 11th round, reports AP.

Referee Pat Russell signaled that Johnson had enough and gave the champion a technical knockout victory.

## Shocking!

GALLIPOLI, Italy, July 21: American race driver Scott Gillman scored a sensational comeback from behind in yesterday's Mediterranean Grand Prix, beating reigning world champion, Guido Cappellini, in a photo finish. The possibility of any post-event celebrations, however, ended with the sad news that an accident early in the race had claimed the life of popular South African driver, Anton van Heerden, says a press release.

Team Gold Leaf driver, Jonathan Jones, used his second place on the starting position to good effect as he surprised the fast-starting Gillman in the opening stages of the 53-lap race. Unfortunately, his challenge was blunted by moisture which penetrated the boat's ignition system and he eventually retired from the race on lap 42.

The team's Italian driver, Massimo Roggerio, started the event from the back of the field after a fuel supply problem with his new DAC hull had prevented him from taking part in official qualifying. He more than made up for the weekend's earlier difficulties, however, when it came to the race. Revelling in the rough conditions, he charged up to fourth place by lap seven. On the restart following van Heerden's accident, though, Roggerio's boat hit a large wave, took off and then nosedived into the water. The resultant damage to both boat and engine left him stranded on the course.



and brought out the pace boat for the second, and final time of the afternoon.

The team's third member, Lin Wu Peng, in only his second Grand Prix this year, drove with great maturity in the difficult conditions. Disappointingly, a collision with the boat of French driver, Philippe Dessesterne, again caused by the rough water, damaged the Chinese driver's boat and forced him to retire on lap 41.

Such had been the pace set by Cappellini and the pursuing Gillman that the duo lapped all competitors up to third-place finisher, Goran Karlof. Rounding out the top six on what turned out to be an extremely sad day for everyone in the Formula One powerboat racing fraternity were Pertti Leppala, Humaid Bakhit and Michael Werner.

The sixth round of the Formula One World Powerboat Championship will now take place in Moscow, on August 24.

## Mark hits classy century

LONDON, July 21: Mark Waugh, who has been having a low-key Ashes tour, stroked a timely unbeaten century as the Australians put Middlesex to the sword at Lord's on Sunday, reports Reuters.

Waugh scored exactly 100 not out in the touring team's 351 for six at the close on the second day of the three-day match, having dismissed the county side for 305 on the opening day.

Opener Matthew Elliott hit 83, and Waugh's twin brother Steve made 57 to underline his consistent form ahead of the fourth Test against England starting at Headingley on Thursday.

Mark Waugh's innings showed he had recaptured that characteristic ring of timing and confidence about his strokeplay as he drove splendidly straight and on both sides of the wicket.

He reached three figures off the final ball of the day in 213 minutes and 146 deliveries.

In one burst of violence, Waugh struck former England seamer Angus Fraser for three fours in successive balls, with a flick off his toes, a punch straight to the pavilion railings and a delightful whip off the hip to fine leg.

He was anchored on 84 for 30 minutes, and three men on the leg side boundary cut down his attacking options, but Waugh responded in the perfect manner by hoisting off-spinner Keith Dutch over mid-wicket

for a six to add to his 16 fours. Waugh showed signs of reaching prime form in the third Test when he scored 55 as he and brother Steve proceeded



MARK WAUGH ... 100 n.o.

to bat England out of the match. But this latest performance was only his fourth time past 50 in first-class matches on tour, reaching the half-century stage in 70 balls.

Steve Waugh, in tremendous touch after his two hundreds in the third Test, joined forces with Mark in a fourth wicket stand of 103 from 165 balls.

But Steve Waugh (57 from 88 balls) eventually failed to control an off side force and Mike Gatting held onto the catch in the gully.

Elliott, who made a hundred

in the second Test at Lord's last month, looked set for another century at the ground before charging at Dutch to be stumped for a 132-ball 87.

## SCOREBOARD

Scoreboard on the second day of the three-day tour match between Middlesex and Australia at Lord's on Sunday:

**MIDDLESEX:** First Innings 305 (M Gatting 85, M Ramprakash 76; G McGrath 4-61)

**AUSTRALIA:** First Innings Elliott st Brown b Dutch 83 Taylor b Dutch 27 Blewett b Tufnell 40 M Waugh not out 100 S Waugh c Gatting b Johnson 57 Ponting c Shah b Tufnell 5 Healy c Pooley b Bloomfield 16 Warne not out 5 Extras: (B-2; lb-9; w-1; nb-6) 18 Total: (for 6 wickets) 351

Fall of wickets: 1-75; 2-154; 3-168; 4-271; 5-299; 6-341 To bat: J Gillespie, G McGrath, M Kaspruvicz

Bowling (to date)	O	M	R	W
Fraser	22	5	88	0
Bloomfield	12	1	46	1
Johnson	17	2	63	1
Tufnell	35	8	88	2
Dutch	13	3	55	2

## Nagano's 200 days left

NAGANO, Japan, July 21: Officials trucked in snow from nearby mountains of the central Japan Alps on Monday to remind people just 200 days remain before the 1998 Winter Olympics open in Nagano, reports AP.

"Despite a few problems early on, everything seems to be on track," Nagano Mayor Tasuku Tsukada said in low-key ceremonies in the town square, attended by about 200 people.

The square will be the site of medal-awarding ceremonies at the Games. On Monday, there were stalls selling Olympic souvenirs and children playing with sleds on the trucked-in snow, which soon melted in the 32-degree Celsius (90F) summer heat.

The Nagano Games run from Feb 7-22 next year. They will be the first Winter Olympics held in Asia since Sapporo, Japan, was host in 1972. They will be Japan's third Olympics. Tokyo was host for the Summer Games of 1964.

## Jackson at his best

INGOLSTADT, Germany, July 21: World record holder Colin Jackson recorded his best time of the season in the 110 metres hurdles at a meeting in Ingolstadt on Sunday, reports Reuters.

The Briton, who set a world record 12.91 in Stuttgart in 1993, won the race in 13.24 seconds ahead of Germany's Falk Balzer (13.46).

Olympic bronze medalist Florian Schwarthoff was expected to provide a stiff challenge to Jackson but the German withdrew shortly before the race in this southern German town, citing a slight injury he sustained at last Wednesday's Grand Prix meeting in Nice.

## A nation in short supply of success

NEW DELHI, July 21 (AFP): Independent India has not exactly set the sports world alight during its first 50 years of sporting endeavour.

Since 1947 and the end of colonial rule, the country with the second largest population in the world can boast a few dusty Olympic gold medals, an ageing cricket World Cup trophy, Sachin Tendulkar and not much else.

Only grey-haired sports fans remember India's total domination of world hockey, which began in 1928, way before independence, and lasted through to the late 1950s.

The country's last of eight hockey golds came in 1980, just three years before Kapil Dev was to hoist aloft the World Cup of cricket, a game brought to the country by the British colonialists.

For the last quarter of a century, however, Indian fans have been reduced to applauding home cricket victories — on doctored pitches made to suit

Tendulkar and co — and a few Davis Cup tennis highlights.

So why have 960 million people not amounted to more on the sports field?

Cricket superstar Wasim Akram, from neighbouring Pakistan — a country with a seventh of India's population which boasts the squash world champion and which has also lifted cricket and hockey world titles — is less than charitable.

"We have the talent but no administration," he says. "India has the administration, but no talent."

Kapil Dev, India's World Cup-winning cricket captain, is almost as brutal: "We have the talent but sportsmen follow the national trait of being shirkers. They just don't want to work hard enough."

Amrit Mathur, however, secretary of the government-run

Sports Authority of India (SAI), plays the perfect defensive stroke.

"This business of 960 million people and no medals is crap," he says.

Only a quarter of that number will actually know what international sport is. The rest are bothered about trying to make ends meet.

"The socio-economic factor outweighs everything else. We will never become a sporting superpower. We can't afford to."

Mathur has a strong case.

Around a third of India's population live below the poverty line. Compounding the handicap, there is an endemic lack of facilities, of funds and of leadership from sports bodies.

India, for instance, has millions of feverishly-keen cricket players. Its streets and parks

are packed with games, pitches overlapping in the battle for space. The potential is massive.

But as world sport has become more professional and sportsmen better prepared, natural talent is no longer enough to guarantee success.

In the 1980s, SAI seemed to recognise the dilemma and launched a scheme to unearth talent from India's remote areas, arguing that tribesmen should make good archers.

One man, Limba Ram of Rajasthan, went on to become national archery champion and represented India at international level. But it was a drop in the ocean.

Mathur says the lack of financial incentives — Tendulkar may be a dollar millionaire but India's best known footballer, Baichung Bhutia, earns a mere modest 42,000 dollars a year — is another hurdle.

Most Indian kids idolise Bill Gates, not Maradona.

"Cricket is the only game in India that makes money," he says. "You can make a decent living because industrial companies employ cricketers."

"But how many parents in India want their children to take sport as a professional career? You can count them on your finger tips."

In such a scenario, how do you expect to have world champions?

Kapil Dev, however, says India's administrators are to blame. Stars like Leander Paes — who won a tennis bronze at the Atlanta Olympics, India's only medal — succeed despite the system, not because of it.

"Only cricket is well organised because there is money in it. Look at the other federations, they are a joke."

"It's not that money is not there. You can get sponsors for almost any event — but that money is reserved for international meets. No one bothers about the grassroots."

Some administrators are accused of being more interested in foreign trips than their charges. At the Asian Games in Hiroshima, India sent 42 athletes ... and 46 officials.

The lack of expertise, meanwhile, was perfectly reflected in Atlanta when India's Sports Minister told a press conference that the nation would struggle to win 100 gold medals at the next Games.

An aide nudged him. "Sorry," said the minister. "I meant one gold medal, not 100."

With friends like that, who needs enemies?

## Khaled's fall from grace

BEIRUT, July 21: A Saudi Arabian athlete tested positive for drugs and was stripped of gold and silver medals that he won last week at the Pan-Arab Games, officials said Sunday, reports AP.

Khaled Sulaiman el-Khaledi was the first athlete to be disqualified at the Arab Games for a drug violation. Testing for performance enhancing drugs and steroids was introduced this year for the first time at the eighth Pan-Arab sporting event.

El-Khaledi had taken a gold in the men's discus with a throw of 54.30 metres (59.4 yards) on Monday and a silver in shot-put last Sunday, the opening day of the competitions.

Out of 75 urine samples of track and field winners, only el-Khaledi's tested positive in a Paris laboratory, said the Arab Sports Federation secretary general Osman Saad.

He did not give details of the drugs el-Khaledi is said to have taken. Saudi Arabian officials were not immediately available for comment.

Egypt's runner-up in discus, Sameh Sayyed, was moved up to the gold medal while Nashed Doussari of Qatar was given the silver for the shot put and Egyptian Dia Khamel Abdel Rahman the bronze.



Jockey Lanfranco 'Franki' Dettori kisses his wife Catherine after their wedding at a Newmarket Catholic church in eastern England on July 20 — AP/UNB photo



Today I am going to answer some questions that people frequently ask about exercise and weight loss.

**Am I too old to start an exercise programme?** The fact is that you are never too old to start exercising. As most people age their activity levels drop. Less activity means loss of muscle tissue (use it or lose it after the age 25 years) which in turn means loss of mobility. It is possible to start a programme of aerobic and muscular conditioning at any age and make vast improvements in health and vitality. Go for it! (older persons and those that have been inactive for some period of time require specific modifications to a "standard" exercise prescription. Please consult a well qualified personal trainer for advice).

**Will my past injuries prevent me from exercising?** Whilst injuries or illness may preclude you from certain modes of exercise there are very few cases where some activity is not beneficial. It is important to find the right activity for you. For this you must consult a well qualified personal trainer. Take a list of questions for your initial meeting — satisfy yourself that they know enough about your condition or at least have the knowledge to research it.

**Weight loss means cutting calories: the less the better, right?** Not necessarily. Fat loss is a question of energy balance. Too many calories equals extra body fat. To reverse the situation you must expend more calories than you consume. This energy deficit must be made up from somewhere, hopefully body fat. So what happens if the calories are cut right down, say less than 1000 per day: faster fat loss? No! A low intake of food that cannot meet your daily energy requirement leads to loss of muscle, not just fat. Energy levels decrease and health usually suffers.

**Why does my weight increase when I begin an exercise programme?** This happens to many that are only carrying a few extra pounds of body fat.

You must remember that your body is composed of many elements, muscle, bone, fat etc., that all contribute to your overall weight. When you exercise three things happen that affect your weight: 1. Fat Loss: Increased energy expenditure and healthy diet should lead to fat loss. 2. Muscle Gain: Any type of exercise can lead to a small increase in muscle size. Muscle is a lot more dense than fat. An increase can therefore lead to more weight. This is not a



problem as it's muscle, not fat. 3. Increased water storage: Those that perform regular endurance exercise have the ability to store more energy in the form of glycogen. In the body than sedentary persons. With each gram of glycogen is stored 6 grams of water. More water equals more weight; again not a problem because it's not fat!

**Won't weight training make me big and bulky?** It depends on many factors such as genetics, gender and type of training programme followed. Some people increase muscle size faster than others, men usually more than women for example. It is important to find a weight training programme that suits your goals and body structure. Excellent improvement in body shape can be made by combining aerobic and muscular conditioning.

**What happens if I stop exercising? Won't all my muscle turn to fat?** A major myth surrounding exercise. Muscle and fat are two completely different tissues. You can no more turn muscle into fat than you can brain into bone. If you have been exercising regularly for some time you will hopefully have increased muscle tissue and decreased fat stores. Once you stop, muscles start to gradually decrease in size. At the same time the lack of energy expenditure leads to more fat stored in the body.

**I have heard about several weight loss aids like herbal teas, "fat-burning" pills, etc. Do any of these work?</**