

Bowl more, says Srinath

AFP, New Delhi

Former Indian paceman Javagal Srinath Saturday played down fears of burnout in modern cricketers, urging fast bowlers to bowl more if they are to cut down on their frequent breakdowns.

Srinath, now an International Cricket Council match referee, says it is up to individuals to manage their workload effectively.

"Injuries happen if you are not bowling enough. Bowlers like Wasim Akram, Waqar Younis and myself never had any problems. The body gets used to fast bowling when you bowl more," he told AFP.

"You must bowl 600 to 1,000 first-class overs in a year to strengthen the muscles. Otherwise you will always be under the threat of injuries. Bowlers get injured more these days because of less bowling."

India have produced quality quicks in recent times but injuries have ended most of their careers prematurely.

Ashish Nehra has not lived up to early hype, while Irfan Pathan appears to have lost both pace and swing.

Munaf Patel, billed as the country's best fast bowling hope, has also been plagued with injuries recently. He struggled with fitness in South Africa last year and broke down again in Bangladesh recently.

Srinath, who took 237 wickets in 67 Tests, said poor knowledge of sports science and inadequate guidance were the main reasons for problems.

"You have to train hard and bowl more and more but you must ensure you don't put too much stress on yourself. It is here that the knowledge of sports science helps," he said.

He also advised bowlers not to sacrifice pace for line and length.

"This line and length thing is more one-day stuff. It is important, but you cannot compromise on pace," he said.

"Until the age of 28, pace has to be on the upswing. After that a bowler becomes mature and learns how to bring in the variations and bowl according to conditions."

Srinath also said a bowler must assert himself.

"It depends on how much individualism you have. You have to assert and say 'this is what I can do.' This is how you build your personality," he said.

Get a fielding coach: Afridi

PTI, Karachi

As Pakistan Cricket Board enters the final stages of selecting a successor to Bob Woolmer, all-rounder Shahid Afridi has said the team did not need a full time coach but was missing a fielding coach.

"I think we don't need a full time coach and instead appointing a specialist fielding coach could be more beneficial for the team as this (fielding) department has been a grey area of our team," Afridi was quoted as saying by 'The News'.

Afridi played an important part in Pakistan's 2-1 win in the recently-concluded ODI series against Sri Lanka in Abu Dhabi.

He said the series win over the World Cup finalists had given the team a much-needed boost.

"The team needed a breakthrough after its early ouster from the World Cup and I think the victory over Sri Lanka has given us what the need of our was," Afridi said.



PHOTO: AFP

World number one Roger Federer plays a return against Fernando Gonzalez during an exhibition match ahead of the French Open at Roland Garros in Paris on Saturday. The French Open starts today.

Henin going for hattrick

APP, Paris



Justine Henin takes aim at a third successive French Open title with her professional and personal life evenly-balanced after the trauma of her marriage break-up.

Furthermore, the Belgian world number one is determined to prove once again that being petite is no barrier to Grand Slam success.

"I have this image of being a girl not as tall as the others, not as strong as the others," said Henin who is aiming to become the first woman since Monica Seles (1990-92) to win the title three times in a row.

Victory on June 9 would also give her a fourth title in five years.

"But I have a great sensibility, which makes me perhaps a bit more fragile, but also much stronger than others on some occasions."

Henin says that she is finally over the emotional strain that accompanied the break up of her four-year marriage to Pierre-Yves Hardenne, a drama that caused her to miss the Australian Open.

"I'm very a happy person, I'm lucky, I'm in good health and that's important for me and I have a wonderful team around me," she said.

"My life has been a fight many times, but I have no bad feelings about it. I want to share with other people and I don't consider anything as a revenge against life."

Despite the turmoil of her pri-

vate life, the Belgian has battled back as strong as ever, winning tournaments in Warsaw, Doha and Dubai and clamping a lock on the world No. 1 position ahead of Maria Sharapova.

Asked who she feared most in Paris, Henin cited the woman she defeated in last year's final, Svetlana Kuznetsova of Russia, and the volatile Serb Jelena Jankovic.

The two east Europeans have been omnipresent on the WTA tour in recent weeks racking up vital hours of work on the clay and it has shown in their performances with Jankovic winning the Italian Open in Rome and Kuznetsova defeating Henin to reach the German Open final.

The same cannot be said though for the sport's glamour girl Sharapova who returned to action in Istanbul last week after taking two months out to recover from a shoulder injury.

Henin opens her campaign against Russian world number 67 Elena Vesnina and is seeded to meet Serena Williams in the quarters.

Sharapova faces experienced Frenchwoman Emilie Loit in the first round with Mauresmo, a potential last eight opponent, taking on Laura Granville of the United States.

Third seed Kuznetsova faces Russian compatriot Ekaterina Bychkova in the first round with fellow Russian, and 2004 winner, Anastasia Myskina a possible second round opponent.

Serena starts against Tsvetana Pironkova of Bulgaria with fourth seeded Jankovic facing French wildcard Stephanie Foretz.

But after injuries and lack of motivation last year saw her slump down the rankings, she has rebounded in typical swashbuck-

ing style, winning the Australian Open in January and defeating all of her top rivals at one time or another.

In her last outing she lost in the quarterfinals of the Italian Open to Patty Schnyder of Switzerland, but insisted she was fully confident going into Roland Garros.

"I feel like I'll really enjoy myself, and obviously I have nothing to lose," she said.

"I'm going to do well, and I think once I start believing that, it will happen."

The problem for Mauresmo is twofold--physical and psychological.

The Wimbledon champion spent two months out to recover from appendicitis.

And then there is her history of choking on the Philippe Chatrier centre-court where her long-suffering French fans are never sure what to expect from her.

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A collective non-effort

FROM PAGE 17

them to bat the remaining one and half hour and the result was the recurrence of a nightmare.

Soon after the lunch session, Bangladeshi fielders had their hands on hips and there after they lost four wickets inside three overs to finish the day on 58-5, as they were heading for a disaster.

So, only a miracle can salvage a devastated Habibul Bashar, who gave another example of his lack of confidence by making four runs, and his men facing a possible embarrassing defeat in the series deciding second and final Test match.

The first two days proceedings so far gave the indication of how outgoing coach Dav Whatmore is leaving behind his legacy on the Test team.

Self-belief

FROM PAGE 17

the match inside three days.

"I don't like to comment on that because you know they are also good

team and I'm sure when they will come out tomorrow they will try to

put their best foot forward. So, what we would like to do is to bowl good length like we did today. And then take advantage from that," he said.

Karthik also praised his wife contribution behind his success.

"Yeah her presence here inspired me lot in a very difficult condition. Definitely she has contributed a lot in my success," he said with a smile.

BANGLADESH-INDIA 2ND TEST SCOREBOARD

FROM PAGE 17

Did not bat: Ramesh Powar, Zaheer Khan, Anil Kumble, Rudra Pratap Singh, Ishant Sharma.

Fall of wickets: 1-408, 2-493, 3-525.

Bowler O M R W NB/W

Mashrafe Bin Mortaza 31.4 4 100 1 nb-1, w-4

Syed Rasel 23.4 0 109 0 nb-1

Mohammad Sharif 25.4 2 109 0 nb-1, w-1

Mohammad Rafique 45 4 181 2 nb-3

Shakib Al Hasan 19 1 62 0 nb-1

Mohammad Ashraful 8 0 35 0 -

BANGLADESH: First innings R B 4s 6s

Javed Omar c Dinesh Karthik b Zaheer Khan 0 1 0 0

Shahriar Nafees b Zaheer Khan 2 5 0 0

Habibul Bashar c Mahendra Dhoni b Rudra Pratap Singh 4 6 1 0

Rajin Saleh c Wasim Jaffer b Anil Kumble 20 29 4 0

Mohammad Ashraful b Zaheer Khan 0 1 0 0

Shakib Al Hasan not out 30 45 4 0

Mohammad Sharif not out 0 10 0 0

Extras: (lb-1, nb-1) 2

Total: (For 5 wickets in 16 overs) 58

To bat: Mashrafe Bin Mortaza, Khaled Mashud, Mohammad Rafique, Syed Rasel.

Fall of wickets: 1-0, 2-5, 3-7, 4-7, 5-40.

Bowler O M R W NB/W

Zaheer Khan 5 1 20 3 -

Rudra Pratap Singh 5 0 19 1 -

Anil Kumble 3 1 13 1 -

Ishant Sharma 3 1 5 0 nb-1

Toss: Bangladesh

Umpires: B Doctrove (West Indies) and D Harper (Australia)

TV umpire: Nadir Shah

Match referee: R Mahanama (Sri Lanka)



Did U Know?

Former England batsman George Gunn was recalled at the age of fifty to tour West Indies after a break of 17 years.

No Irish luck!

INTERNET, undated

The Ireland squad arrived in London yesterday afternoon on a police bus, after their coach from Leicester was impounded at a service station just north of the capital.

When a police car pulled in front of the coach with the flashing sign 'Follow Me', as the squad were being driven south on the M1, the players thought they were getting a police escort to their hotel, something they got used to during their seven weeks stay at the World Cup in the West Indies.

Instead, they were guided into the London Gateway service station where the police told us they were carrying out a vehicle inspection check. This took place while the squad had an impromptu lunch. However, on their return, they were told the driver was "over his hours" and would not be allowed to drive for another 24 hours and the two rear wheels on the coach were found to be defec-

tive. The team's luggage was put on one police bus while the squad and the other members of the travelling party got on another, driven by a policeman and a 90 minutes journey ended up taking almost four hours. Coach Phil Simmonds had given the players the day off. They will practise at the Oval today ahead of their Friends Provident Trophy game against Surrey tomorrow.

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