

I can run faster: Powell

Athletics

AFP, Rome

Jamaican Asafa Powell set a new men's world 100m record of 9.74sec at the IAAF Grand Prix at Rieti, Italy, on Sunday weekend and then stated he can get faster.

Far from resting on his laurels by his performance in Italy when he beat his old mark of 9.77 set in Athens in June 2005, Powell said he is capable of running significantly quicker.

Beaten into third place by American Tyson Gay at the World Championships in Osaka last month, Powell's performance in Italy has put him back into centre stage.

"In Osaka, I was too tense," Powell said. "I thought too much about my race and the time I was hoping to achieve. On the other hand I was very relaxed in coming here (Rieti). That means I could run 9.68."

The 24-year-old Powell had predicted in Stockholm at the beginning of August that he felt he was capable of beating the world record this year.

When asked about his physical limits, he had said at the time they were around 9.74 or 9.73, even below 9.70."

Powell dominated the race ahead of Norway's Saidy Ndure

Jaysuma (10.07) and 2003 world champion from St Kitts and Nevis, Kim Collins (10.14).

"After the world championships, where I made several mistakes, I worked with my coach so that I could regain my best form. Now I'm back!" said Powell on RaiSport.

"I did what I had to do on a very fast and bouncy track. And then Italy is my second home," he said.

At the Osaka world championships on August 26, the Jamaican failed to win the 100m title, finishing third in 9.96sec behind Gay (9.85) and Derrick Atkins of the Bahamas (9.91).

"I was in great shape and ready to go, but I made a huge mistake in the final," he lamented at the time.

Powell set his world-record 9.77 in 2005 and equalled it twice last season on the way to being named male athlete of the year.

He is yet to win a major title after false starting at the 2003 worlds, missing 2005 with injury and finishing fifth at the last Olympics.

The Jamaican won last year's Commonwealth title but only after risking disqualification by veering into a competitor's lane during the semifinals.

Gay had held till this record-breaking run the fastest time of the season of 9.84sec, set on June 22 in Indianapolis.



PHOTO: AFP

Jamaican Asafa Powell slows down after sprinting to new world record in men's 100m at the International Amateur Athletics Federation Grand Prix at Rieti in Italy on Sunday. Powell clocked 9.74sec to better his own mark of 9.77sec set in Athens in June 2005.

Mushtaq to stay at Sussex

BBC ONLINE, undated

Trophies follow Ponting

Cricket

CRICINFO, undated

Pakistan leg-spinner Mushtaq Ahmed has signed a new two-year deal with Sussex.

Mushtaq took 104 wickets in his first season at Hove in 2003 as Sussex claimed their maiden Championship title and helped them win it again in 2006.

Warwickshire were interested in signing the 37-year-old, whose current contract runs out at the end of this season.

"I, along with the rest of the staff, are delighted the best bowler to ever have pulled on a Sussex shirt is staying," said captain Chris Adams.

LOCAL SNIPPET

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SADAT BADMINTON

Bangladesh Biman shuttlers Parash and Konika both won double crowns in the Sadat Smriti Summer Open badminton tournament.

Parash defeated teammates Rais 21-14 and 21-13 in the men's singles final before clinching the men's doubles pairing with Sumon with a 21-15, 21-14 win against Sylhet's Enam and Jamil.

Konika fought hard to beat her teammate Shapla 21-13, 17-21, 21-13 in the women's singles final but Konika and Shapla effortlessly lifted the doubles title beating Chittagong duo Lima and Seema.

Information secretary Didarul Anwarul distributed trophies among the winners at the Woodend floor Gymnasium.

ARMY FOOTBALL

UNB adds: The 24 Infantry Division lifted the Bangladesh Army football championship defeating Headquarters Log Area 3-2 in an exciting final at the Comilla Cantonment. Brig Gen Anisur Rahman of the 33 Artillery Brigade witnessed distributed prizes as chief guest.

SWIMMING CAMP

Twenty-seven male and female swimmers out of a 40-member national squad began a month-long residential camp at the Mirpur Swimming Complex yesterday for preparation of this December's 2nd Indo-Bangladesh Bangla Games in Dhaka. The remaining 13 swimmers are expected to report later.

Lights come

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increase the capacity from around 28,000 to more than 35,000.

The MCC will not only have to pay for the floodlights themselves; what last night did show was that the lighting in the stands and on the concourses will also need a major overhaul.

But the experiment was a success and the first of a number of hurdles was successfully overcome.

Flintoff, 29, has led England in 11 Tests and 14 one-day internationals, including the series victory in Australia last February.

But the all-rounder was sacked as England vice-captain during the World Cup and dropped from a match against Canada following a drunken escapade on a pedalo in St Lucia.

Flintoff's most pressing current concern is simply playing for England, let alone being captain.

The Lancashire star may not be able to play a full part in the ICC

trophy in two weeks' time.

Besides the Twenty20 being a chance for a team to exploit Australia's rustiness -- although they'd better act swiftly -- it is also a vital tournament for ICC as they attempt to regain their image, which was left in tatters during the World Cup. Major judgments can wait until the final, in Johannesburg on September 24, but the Awards evening continues to be an event which struggles to be as slick and dazzling as it wants.

The double act between the two hosts -- Harsha Bhogle and Kass Naidoo -- didn't quite work, with a few of Bhogle's attempts at humour going down like Ramesh Powar at third man. However, they can't be blamed for the brief power failure on the big screen, but it's no wonder the show isn't broadcast live -- the background vanished midway through Mahela Jayawardene's speech for Sri Lanka's Spirit of Cricket Award. Jayawardene later had to be at his diplomatic best when asked, five months on, about the squash ball Adam Gilchrist used in his glove during the World Cup final.

At least it was possible to hear Jayawardene's speech. In the media centre the first batch of awards, including Shaun Tait as Emerging Player and Thomas Odoyo as the first Associate Player of the Year, was a vision-only opportunity as journalists were instead offered extended versions of pop songs. What made this more problematic was that Tait's acceptance speech was a recorded video with the player unable to make it to South Africa.

Neither was it surprising that Ponting was so heavily featured in this year's awards. When he took Player of the Year in Mumbai, last November, he and his team had only just begun on their glorious seven-month period in which they regained the Ashes, retained the World Cup and won the Champions Trophy for the first time. At the time he said there was more to come from himself and Australia. He said similar this year. It's a scary thought for all opponents and one of the major reasons why there are plenty of fingers crossed that it isn't Australia's year.

Odoyo, one of the leading all-rounders from the Associate nations, made it to the press conference but didn't exactly face a grilling. The countries below Test status still have a lot of work to do to maintain interest in their cricket.

Freddie eyes captaincy

Cricket

BBC ONLINE, undated

World Twenty20 starting in South Africa on Tuesday because of a long-standing ankle problem.

And he admits he might have to be on a "constant rehabilitation programme" for the rest of his career.

"The danger is, you get back to playing, and you're out all day in the field, and then you come off," he continued.

"And I've still got to do my exercises, I've still got to do the strength work on my ankle."

"I'm going to have to be disciplined to do that if I want to prolong my career."

Some observers have suggested he needs to change his bowling action because it puts too much pressure on his ankle.

But the all-rounder dismissed that notion, saying: "At 29, to start changing my action and tinkering with my feet would be unrealistic."

Flintoff also said that the public perception of him, exacerbated by the 'Freddie' incident.

"They see this fella who loves playing cricket, you see him with a pint in the evening and that's something which they think I'm all about."

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"Then I come to the indoor school to do my practice, and then I practice with the Lancashire lads and do what it takes."

Flemo losing

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five months ago, but said at the time he was keen to continue at the helm of the test side.

However, NZC's selectors now driven by a policy of consensus have apparently not shared in his vision and have instead looked to Vettori for the future, a stance that is unlikely to have gone down well at the Fleming's Nottingham address.

Regarded as one of the game's most astute captains, the 34-year-old left-hander has played in 104 tests, 80 of them as captain, while scoring 6620 runs at 39.64, including nine centuries and 41 half-centuries.

His record of success is unparalleled in New Zealand cricket: 28 wins and some of the biggest moments in the country's history the 1999 series win in England and the 2002 series win the West Indies, not to mention the drawn series against Australia in 2001-02.

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FIFA medicine course ends

UNB, Dhaka

The five-day FIFA Football Medicine Course organised by Bangladesh Football Federation (BFF) and supported by FIFA concluded on Monday at the BFF Bhaban.

Some 28 participants including four female doctors took part in the course, conducted by Dr. Gurucharan Singh. He also distributed certificates among the participants.

The FIFA sports medical committee member and acting director of AFC sports medicine department Gurucharan said: "Please try to implement what you've learnt from the course. You should meet after three months at the BFF to discuss among yourselves along with the expert medical consultants."

He also urged the participants to get involved with the local football clubs to increase the football medicine awareness among the players as well as officials.

BFF president SA Sultan, vice president Abdur Rahim, acting general secretary Manzoor Hossain Malu, Bangladesh Olympic Association chief operating officer Col (retd) Wali Ullah, local instructor Dr. Omar Faruque and Dr. Ali Erman were also present.

'Dravid should bat at three'

PTI, Mumbai

With a batsman of Rahul Dravid's calibre at their disposal, Team India need not explore other options for the crucial number three slot, said chief selector Dilip Vengsarkar.

In an exclusive interview to PTI, Vengsarkar wondered what made the think-tank try out Dinesh Karthik, Yuvraj Singh and Gautam Gambhir at the slot when they had an automatic choice in Dravid.

Vengsarkar also ruled that the team lacked a genuine all-rounder and felt neither Ajit Agarkar nor fellow Mumbai mate Ramesh Powar did justice to their batting ability.

He, however, appreciated the healthy competition and team spirit and said a relaxed dressing room atmosphere during the lengthy UK tour was one of the key reasons for the turn-around in the team's performance.

Vengsarkar said Cricket Manager Chandu Borde too played an important role with his outputs during the tour.

The Indian team vanquished South Africa 2-1 after coming from behind in the off-shore ODI series in Ireland, carried that momentum into the three-Test rubber against hosts England by defeating the hosts 1-0 and then narrowly lost the best-of-seven ODI series 3-4, after fighting back from 1-3 behind.

Kaif looking at comeback

PTI, New Delhi

Sweating it out in practice sessions, seeking tips from seniors, fine-tuning technique -- Mohammad Kaif has tried everything and is now banking on divine intervention for a comeback into the Indian cricket team.

"God willing I will comeback," Kaif told reporters at the Ferozeshah Kotla here on Tuesday.

Kaif leads India A in a four-day match against South Africa A starting here on Thursday and the cheeky Uttar Pradesh cricketer said though comeback remains on the back of his mind, he is not putting himself under any pressure.

"I have not set any goal or time-frame for a return. I'm just trying to relax and enjoy my game. Yes, a comeback is always there in my mind but you know there is a process for that. God willing, I'll be back to national team again," said Kaif, who played his last ODI against South Africa in November 2006.

Since then, Kaif has been working on his technique and doing everything else to ensure he returns a better cricketer.

"The last 7-8 months allowed me to work on these areas. I sought technical help from a few people, including my father who also played this game at the Ranji level. Hope things would soon fall in place."

Asked if he had spoken to some of his former teammates, Kaif said, "I'm not going to reveal the names."

Dhiman ton

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Kroger picked up four wickets each for the home side.

The local boys, however, showed a much improved batting in the second essay after bunting out for 96 in the first but did not look safe with two days remaining.

The NT Strike reached 252-6 before stumps were drawn for the day with Scollay batting on 67. McCann added 54.

Nazmul Hossain, Mahbubul Alam, Mehrab Hossain, Mosharrif Hossain, Nayeem Islam and Enamul took one wicket apiece for NCA in their last match of the trial.

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Guide to T20 bowling

JEREMY SNAPE

Twenty20 provides both batsmen and bowlers with a unique challenge in cricket.

The is a huge difference between the shorter form of the game and even one-day cricket.

The more attacking the game the more important the chemistry between