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Mo, Shelly-Ann do the double

AFP, Moscow



Mo Farah and Shelly-Ann Fraser-Pryce secured dramatic doubles at the World Athletics Championships on Friday.

Action on the track and in the field had earlier been overshadowed by Russian athletics icon Yelena Isinbayeva's controversial comments over

her apparent support of Russia's anti-gay law. But Farah was on hand to dispel any lingering fall-out at the Luzhniki Stadium, outfoxing the fast-paced Kenyan team tactics to become the second man to achieve the double of world and Olympics 5,000 and 10,000 metres titles.

The Somalia-born Farah, who won an emotional double gold at the Olympics last year in his adopted home city of London, clocked 13min 26.98sec to emulate Kenenisa Bekele's double-double at the 2008 Beijing Olympics and 2009 Berlin Worlds.

As expected, the Kenyans adopted a different race strategy in a bid to disrupt the Briton's rhythm.

But Farah kept his nerve and his place towards the front of the pack all the way through to the final 650 metres when he accelerated away, fending off the attentions of Ethiopian Hagos Gebrhiwet, who won silver in a photo-finish from Kenyan Isiah Koech.

Jamaica's Fraser-Pryce threw down the gauntlet for teammate Bolt by becoming the third athlete to achieve the women's world sprint double.

The 26-year-old, who had reclaimed her 100m title on Monday, again dominated the race, with three-time champion Allyson Felix of the United States pulling up injured not even halfway through.

In another first, African athletes claimed medals in the event, Ivorian Murielle Ahoure adding silver to her 100m silver and Nigerian Blessing Okagbare taking bronze, having already won long jump silver.

Off the track, Russian pole vault star Isinbayeva was the centre of a backlash from activists and fellow track and field legends after appearing to back Russia's controversial new anti-gay law and saying competitors at the Sochi Winter Olympics next year should respect it.

Isinbayeva on Thursday came out in support of the law signed by President Vladimir Putin in June which punishes the dissemination of information about homosexuality to minors.

Activists argue it could be used for a broad crackdown against gays, although Russian authorities have said all athletes will be free and safe to compete at the Winter Olympics regardless of their sexual orientation, as long as they obey Russian law.

In other finals in the field on Friday, Germany's Christian Storl retained his shot put title, and Russia sealed two more golds, Tatyana Lysenko retaining her hammer throw title with a best of 78.80m and Aleksandr Menkov claiming the men's long jump crown with a best of 8.56m.

The US men's quartet, for whom 400m individual world champion Lashawn Merritt ran the final leg, won the 4x400m relay in 2:58.71, stretching their winning streak that dates back to the 2005 worlds in Helsinki.



Liverpool striker Daniel Sturridge (R) celebrates his all-important goal against Stoke City during the season's opening Premier League match at Anfield yesterday.

Man U welcome Moyes with 4-1 win

AFP, London



Manchester United manager David Moyes picked up where Alex Ferguson left off on Saturday as the Premier League champions began their title defence by win-

ning 4-1 at Swansea City.

It was United's first league game with a new manager in the dug-out since Ferguson took his side to Oxford United on November 8, 1986, but a brace apiece from Robin van Persie and Danny Welbeck banished any first-day nerves.

It was last season's hero who provided the breakthrough, however, with Van Persie chesting down a high pass from Ryan Giggs and then hooking a superb acrobatic volley past goalkeeper Michel Vorm in the 34th minute. Swansea were then hit with a

sucker-punch two minutes later when Welbeck tapped in United's second from Antonio Valencia's low cross.

Wayne Rooney, recalled to the squad,

came on with half an hour remaining to

make his first club appearance since May 5,

but it was Van Persie's day and he made it 3-

0 by lashing a glorious shot into Vorm's topright corner from 20 yards. Sloppy play by Welbeck allowed home debutant Wilfried Bony to pull a goal back for Swansea, but the England man atoned in

injury time by racing onto Rooney's pass and beating Vorm with an exquisite chip. Earlier, Arsenal were booed off by their own fans at the Emirates Stadium after conceding two penalties and seeing Laurent Koscielny sent off in a calamitous 3-1 home

defeat by Aston Villa. Olivier Giroud gave Arsenal a sixthminute lead, but Christian Benteke equa-

lised in the 22nd minute by following up with a header after his penalty was parried by Arsenal goalkeeper Wojciech Szczesny.

which Benteke put the visitors ahead and after the France centre-back was sent off for a second booking, Villa new boy Antonio Luna completed victory by running clear and coolly wrong-footing Szczesny.

At Anfield, new recruit Simon Mignolet saved an 89th-minute penalty to earn Liverpool a 1-0 win over Stoke City in the and Kevin Nolan saw them beaten 2-0 at opening game of the new season.

With Liverpool leading from Daniel Sturridge's crisp 37th-minute drive, the former Sunderland goalkeeper repelled Jon Walters' spot-kick and then brilliantly blocked Kenwyne Jones' follow-up after Daniel Agger was penalised for handball.

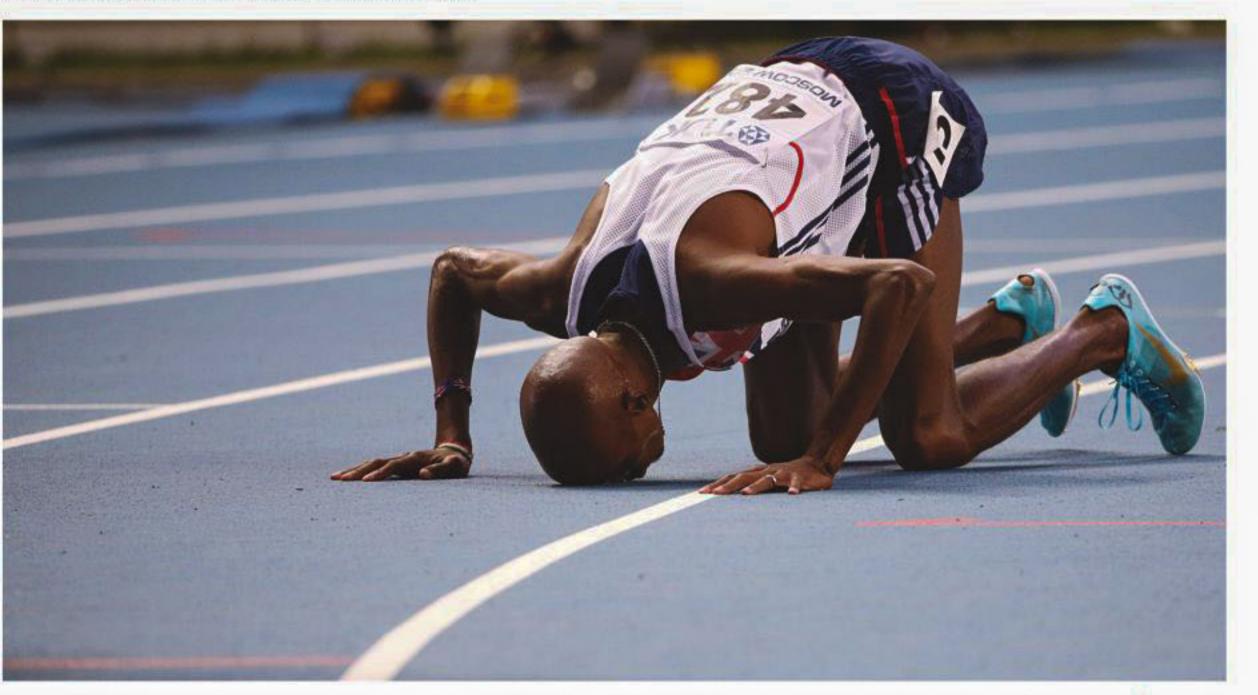
Norwich City's 8.5 million pound (13.3 million dollars, 10 million euros) record

signing Ricky van Wolfswinkel scored a 71st-minute header to earn his new side a 2-2 draw at Carrow Road and prevent Roberto Koscielny conceded the penalty from Martinez from tasting victory in his first league game as Everton manager.

Rickie Lambert snatched a 1-0 win for Southampton with a last-minute penalty at West Bromwich Albion.

Elsewhere, Cardiff City made a disappointing return to the top flight following a 51-year absence after goals from Joe Cole West Ham United, while a 52nd-minute header by Pajtim Kasami gave Fulham a 1-0 win at Sunderland.

Saturday also witnessed a moment of history, with Hawk-Eye used to determine that shots in the games at Anfield and the Emirates had not crossed the line in the first ever uses of goal-line technology in a domestic league.



Great Britain's Mo Farah kisses the track in celebration of his 5000 metres final victory during the IAAF World Championships at the Luzhniki Stadium on Friday.

PHOTO: AFP

Carlo happy with squad



Real Madrid coach Carlo Ancelotti has insisted he is happy with the makeup of his squad as rumours continue to link Tottenham Hotspur Spanish giants.

Bale has been the subject of interest from Madrid all summer and they are reportedly willing to break the world transfer record to bring him to the Santiago Bernabeu. However, whilst Ancelotti admitted a player

of Bale's calibre would always make a welcome addition, he stressed he is happy with the balance and unity in the squad as it stands. "I am very happy with the squad that I

have, but the great players always make the team better," said the Italian.

"The team has a good balance because there are experienced players and other

young players. The atmosphere is good.

"When a team is united, there are no problems. The team is united and I hope it will continue like this for the whole season."

Ancelotti will be making his competitive

debut in charge of Los Blancos on Sunday evening as they get their league campaign winger Gareth Bale to the underway at home to Real Betis. He confirmed that Xabi Alonso, Raphael

Varane and Asier Illarramendi will all miss the game as they recover from injury, whilst he said he also hasn't decided whether Iker Casillas or Diego Lopez will start in goal. However, the former Milan boss is hop-

ing to get off to a flying start with not only a win but with some exciting attacking football as well.

"I want to win, but I have said many times that here it is not just about winning. We have to win playing well, playing attacking football. I think the team has shown its quality in pre-season and I believe that tomorrow we are going to show the same."

Romero joins Monaco

REUTERS, Undated

Argentine goalkeeper Sergio Romero has joined Ligue 1 side Monaco on a season-long loan from Sampdoria, the Serie A club said on Saturday.

"Sampdoria have allowed Sergio Romero to join Monaco on loan with an option to make the move permanent," the club said in a statement on their website.

The 26-year-old Romero, who has won 39 caps with Argentina, joined the Genoa club from Dutch side Alkmaar in 2011.

He help them to win promotion from seconddivision in his first year and played 32 league

matches last season.

Ketchup off menu at Sunderland

AFP, London

Sunderland manager Paolo Di Canio has revealed some of the strict rules he has introduced at the club, including the banning of mobile phones and tomato ketchup.

Martin O'Neill in March and has vowed to get tough with his players, who begin their Premier League campaign at home to Fulham later on Saturday.

Di Canio succeeded

"This is a complete revolution," he told Saturday's edition of national newspaper the Daily Telegraph.

"We've focused on changing the whole dressing-room environment. Imagine if for years your habit is to use the phone when you're having a massage on the bed, even one minute before going out to train?"

Barca include Messi

AFP, Madrid



World Player of the Year Lionel Messi has been named in new Barcelona coach Gerardo Martino's squad for the champions' opening La Liga game against Levante on Sunday.

Messi had missed Argentina's friendly victory over Italy on Wednesday due to a quadriceps strain, but returned to training on Friday and Martino confirmed that both he and Cesc Fabregas -- who also missed Spain's victory over

Ecuador in midweek due to injury -- will be fit to play. "Both players have trained almost normally so they shouldn't have any problem in playing," he said at a press

conference on Saturday. Martino also confirmed that he has advised the club not to sign a central defender before the transfer window shuts on September 2.

The Catalans have been linked with Chelsea's David Luiz and Liverpool's Daniel Agger in recent weeks, but Martino is confident that, barring a number of injuries, they have the cover required at the back.

"I know the club was looking for a central defender before I arrived. What I said to them was that (Carles) Puyol is recuperating well, with (Gerard) Pique, (Javier) Mascherano, (Marc) Bartra and even Adriano and (Sergio) Busquets, we are fine.

"If there are any injuries, then we have the winter transfer market."

