

QUOTES OF THE DAY

The only way teams are going to be able to get us out of our comfort zone is trying to muddy the game up or, you know, do the little stuff to get to us. **Paul George** after the USA are run close by a physical Australia

At the moment, he is the king of gymnastics like Michael Phelps and Usain Bolt in their sports, a multiple champion. **Oleg Verniaiev** has nothing but praise for Japanese master gymnast Kohei Uchimura

For me, what is important is to enjoy this gold medal. Today, tomorrow, when I go home to my family, because this is what is important to me. **Fabian Cancellara**, a 35-year-old cyclist on the brink of retirement who won the men's time trial event



Kazakhstan giant Nijat Rahimov smashed the clean and jerk world record by four kilos to stun Chinese superstar Lyu Xiaojun and grab the men's 77kg Olympic weightlifting gold in Rio yesterday.

PHOTO: REUTERS

Ash's return details on Sat

SPORTS REPORTER

Former Bangladesh captain Mohammad Ashraful is supposed to be eligible to return to cricket on or about August 13 this year but the Bangladesh Cricket Board (BCB) is likely to explain the circumstances regarding the batsman's return in domestic competitions tomorrow.

"Definitely the board [BCB] will take a decision regarding his return. The board is communicating with the ICC's [International Cricket Council's] anti-corruption unit regarding all the details of his return. Hopefully we will be able to make everything clear on Saturday," said BCB's CEO Nizamuddin Chowdhury yesterday.

In June 2014, Ashraful had been banned for eight years by the Bangladesh Premier League (BPL) anti-corruption tribunal for his involvement in match and spot-fixing in the 2013 BPL. Later the eight-year ban was reduced to a five-year one, with two years suspended after the disgraced cricketer had appealed to the disciplinary panel's chief.

The five-year ban is dated from August 13, 2013 and the last two years are suspended subject to his participation in a BCB or ICC anti-corruption education and training programme. "Upon production of a certificate of good conduct from the ICC, he will be eligible to return to cricket on or about August 13, 2016," a BCB press release then said.

According to sources, the board is happy with the participation of Ashraful, who had admitted his guilt before being banned, at the social programmes. But the board is now working with the ICC to determine the extent of his participation in the domestic competitions, especially whether he will be available to take part in any franchise competitions.



MEDALS TALLY

Country	Gold	Silver	Bronze
United States	11	11	10
China	10	5	8
Japan	6	1	11
Australia	5	3	5
Hungary	5	1	1
Russian Federation	4	7	4
Republic of Korea	4	2	3
Italy	3	6	3
Great Britain	3	4	6
Germany	3	2	1
France	2	3	2
Kazakhstan	2	2	3
Thailand	2	1	1
Switzerland	2	0	1
Croatia	2	0	0
Netherlands	1	2	2
New Zealand	1	2	0
Sweden	1	2	0
Belgium	1	1	1
Brazil	1	1	0

(The medals tally was updated at 10:00pm Bangladesh time)

Shyamoly rues the elements

ATIQUE ANAM from Rio de Janeiro

Shyamoly Roy blamed the elements and her lack of experience at international stage after being eliminated from the Round of 32 in recurve bow event at the Rio Olympics, but she vowed to come back stronger in the next Games.

The 22-year-old archer from Narail lost in straight sets (6-0 points) against Gabriela Bayardo of Mexico on Wednesday, despite making a promising start.

"Despite the windy conditions and rain, I started very well," Shyamoly later told The Daily Star. "But you see this weather is not usual for us. I was shaking as the rain had made it quite chilly."

Shyamoly started the duel with a perfect 10 and followed up with a nine in the first set. But an eight in her third attempt saw her lose the set by a point.

Having scored 600 points in the ranking round, Shyamoly (ranked 53rd) was pitted against 12th-ranked Mexican, who had scored 662 in the ranking round. Shyamoly felt that getting a much higher-ranked opponent cut short her competition, but also felt the experience will help her move forward.

"I have never played in the Olympics and never against such high calibre opponents. So I guess this experience will stand me in good stead. I came here with a wild card. But I hope this experience and further training will help me qualify directly for the next Olympics," Shyamoly hoped.



Sk Jamal go to summit

SPORTS REPORTER from Mymensingh

Holders Sheikh Jamal DC leapfrogged four joint-leaders to climb to the summit of the JB Bangladesh Premier League with a 3-1 win over Feni Soccer Club at the Rafiq Uddin Bhuiyan Stadium yesterday.

Having played one match more than the joint-leaders, a depleted Sheikh Jamal have collected nine points from five matches, one more than joint-leaders Mukti Joddha Sangsad, Chittagong Abahani, Rahmatganj and Abahani, while Feni remained glued to sixth with five points from as many games.

Though the margin might give an impression that Sheikh Jamal notched an easy win, Feni gave them a run for their money.

Haitian hitman Wedson Amselme and Nigerian striker Emeka Darlington both found the back of the net after Feni scored an own-goal in the early minutes.

After conceding an unfortunate goal, Feni dominated the match but their strikers were not up to mark, missing many chances.

"But there are many more positive things to find. Now he knows how to maintain himself and which areas of his body are good for his bowling. He will get six months to build his entire body, not only his shoulder. Due to the amount of cricket he has played already, a bad break like this was bound to come.

"I've been saying from the start that Fizz has to be pickier about how much cricket he plays. I'm not blaming him or anyone else, but finding an asset like him in any country is really difficult. And he is a big, big asset. He has the ability to lead us to a victory in a tournament. He can come in and take three or four wickets and help us win. I want him to play cricket for Bangladesh and then focus on other areas. I don't want him to miss a single match for Bangladesh."

"Did Wasim Akram become Wasim Akram by playing county cricket? No, he did it by playing for Pakistan. It's the same with Waqar Younis, [Glen] McGrath, Malcolm Marshall. So if Mustafiz wants to be remembered he has to play well for Bangladesh. Even where he is today, he did not get there by playing in the IPL. Brett Lee, Wasim, McGrath and Marshall all won their team a World Cup. Look at all the great bowlers and I think there is greatness within Mustafiz," he added.

The Bangladesh captain suggested that it's best if Mustafiz stays in Sakhira, where he is most comfortable, during the rehab.

Hanif Mohammad no more

AGENCIES, Karachi

Former Pakistan cricket captain Hanif Mohammad, who was dubbed "Little Master" years before the sobriquet was given to India's Sachin Tendulkar, has died at the age of 81, world cricket's governing body said on Thursday.

Hanif, who was renowned for his immaculate defensive technique, played in Pakistan's first ever Test match and scored 3,915 runs in 55 Tests.

He is best known for playing the longest innings in Test cricket. In 1958, he batted for 970 minutes to make 337 runs against West Indies in Bridgetown to save the test for Pakistan who were following on.

Hanif surpassed Donald Bradman's record for the highest first class innings, scoring 499 for Karachi against Bahawalpur in January 1959 -- a record which West Indian Brian Lara broke by scoring 501 not out for Warwickshire county against Durham in 1994.

Mohammad died while under treatment at the private Aga Khan hospital after suffering multiple breathing and liver problems, having undergone an operation for liver cancer three years ago.

Mohammad's three brothers -- Wazir, Mushtaq and Sadiq, as well as his son Shaib -- also played for Pakistan.

The Pakistan Cricket Board and former Pakistan players expressed their condolences.

"We are saddened by the death of (the) legendary Hanif and it's a great loss to world cricket in general and Pakistan cricket in particular as he was an icon who served the country in its early years," said a PCB message.

Sohail Khan took five for 68 -- his second five-wicket

Ali ton gives Eng edge

APP, London

Moeen Ali made Pakistan pay for their latest fielding lapses with a century that saw England fight back on the first day of the fourth Test at The Oval on Thursday.

Ali's 108 was the cornerstone of England's 328 all out.

And there was still time in the two overs before stumps for Stuart Broad to have Sami Aslam lbw for three.

Pakistan ended the day three for one, with both Azhar Ali and nightwatchman Yasir Shah yet to score a run between them.

England, 2-1 up in the four-match series and bidding to become the world's top-ranked Test side, collapsed to 74 for four before lunch after captain Alastair Cook won the toss.

They were still struggling at 110 for five when number seven Ali came in.

But Ali, missed on nine and 15, turned the tide in a fifth-wicket stand of 93 with Jonny Bairstow (55) that followed their key partnership of 152 in England's 141-run win in the third Test at Edgbaston last week.

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A family affair

ATIQUE ANAM from Rio de Janeiro

The Olympic Games is not just about winning and losing, or showmanship and human endeavour; it is also a stage to show one's intimate emotions and deepest bonds. It reveals the best in men and some produce the most wonderful moments of life. Like it did on early Wednesday morning.

Michael Phelps was through with his histrionics at the podium after his 200m butterfly win before he set off on an elaborate lap of honour, which finally led him to where family members were sitting. The 21-time Olympic champion climbed up the gallery and hugged and kissed his mother Deborah and his fiancee Nicole as the cameras kept flashing at them.

Then the 31-year-old swimmer took baby Boomer in his arms and gave the three-month-old a kiss and a cuddle before speaking to the media about the advantage of having his family here. "I am enjoying it a lot more and being able to have my family here, Boomer and Nicole, helps definitely. That's just awesome."

Phelps has always spoken about the role his mother has played in his becoming who he is today. He has also recently said that the birth of Boomer has helped him have a different take on life and focus on his swimming more than before.

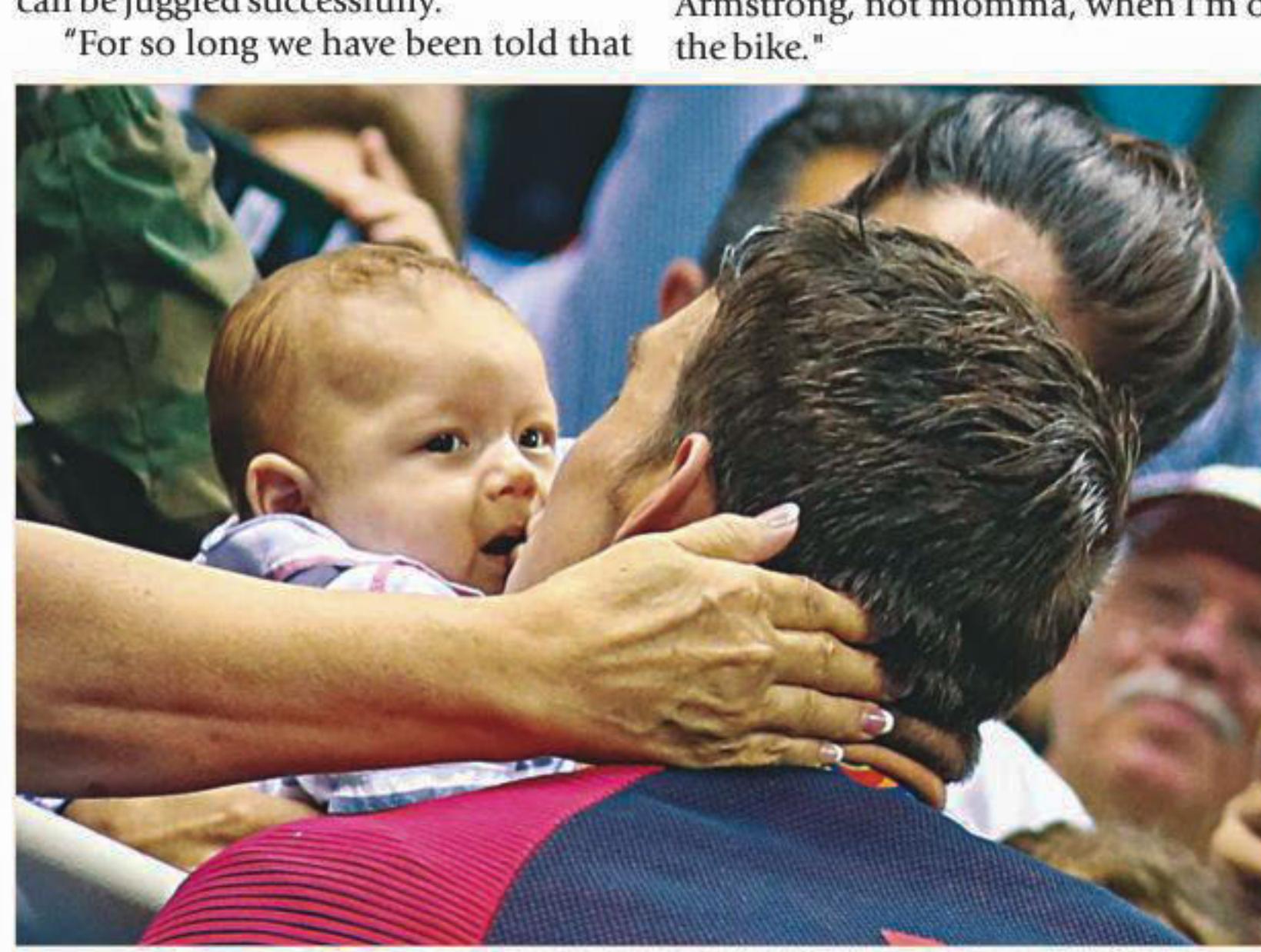
"I wanted to hold him longer. I have Face Time with him every night. Good to see he was awake. He usually just sleeps all the time," the Baltimore

Bullet said.

Like Phelps, American cyclist Kirstin Armstrong, who won a third consecutive gold medal in individual time trial at the Rio Olympics on Wednesday, talked elaborately about her son and her juggling between the two roles of a cyclist and a mother.

At 42 years of age, Armstrong is one of the oldest athletes in these games. But neither age nor being a mother has kept her from winning the gold and proving that those two responsibilities can be juggled successfully.

"For so long we have been told that



Swimming legend Michael Phelps kisses his three-month-old son Boomer after winning the 200m butterfly event at the Olympic Aquatics Stadium in Rio de Janeiro on Wednesday.

'Fizz's rehab critical'

BISHWAJIT ROY



Mustafizur Rahman has been operated upon successfully for his shoulder problem in England yesterday afternoon. It was a simple operation but the challenge lies with his rehabilitations. Bangladesh limited-overs skipper Mashrafe Bin Mortaza, undoubtedly the right person to say what the 20-year-old paceman needs to do in the coming days, expressed his opinions in detail while talking to two reporters at the National Cricket Academy in Mirpur yesterday.

"After operation only a bit of pain remains. I think he will be fine; the main problem is that he will have to be patient for five to six months," said Mashrafe, who had to go under the knife several times before making one brave return after another, adding: "I think he is feeling bad that he will have to sit out especially when he was in such good rhythm."

"It's not that severe but it is still quite critical. By critical I mean that you will have to go through a rehab and get your strength back and do some specific exercises everyday... you will feel bored and restless doing the same thing every day, but that is what rehab is," he continued.

Mashrafe said that he will miss his special player in the coming series but he wanted to take the positives from Mustafizur's surgery as he believes it is a message to the 20-year old bowler that it is time to take care of himself.

"We will miss him a lot. There are some situations where I am 100 per cent sure he can win me the match. Even Shaun Tait or Brett Lee couldn't give me that much confidence in those situations. When a guarantee like that is taken away then it feels very bad," he said.



"But there are many more positive things to find. Now he knows how to maintain himself and which areas of his body are good for his bowling. He will get six months to build his entire body, not only his shoulder. Due to the amount of cricket he has played already, a bad break like this was bound to come.

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The Bangladesh captain suggested that it's best if Mustafiz stays in Sakhira, where he is most comfortable, during the rehab.

we're finished at a certain age. Athletes are showing that this is not true," Armstrong told reporters at a press conference before showering words of adulation for his young kid.

"Lucas tucked his head into my armpit and said 'why are you crying mom, you won?'" she said.

"It's another life lesson to teach him -- why we cry when we're overwhelmed with happiness. He has already learned about dedication and sacrifice. He gets it. He calls me Kristin Armstrong, not momma, when I'm on the bike."

PHOTO: REUTERS