

# ATHLETES THRILLED as Everest Marathon nears



Michele Ufer of Germany runs for acclimatizing in Namche Bazar on Friday as he is participating in the Tenzing Hillary Everest Marathon scheduled on May 29.

**NEERAJ CHANDRA ROY**  
NAMCHE, May 20

Michele Ufer from Germany believes that enjoying the beautiful landscape of the Himalayas will help him forget the physical pains that he will have to endure during the Tenzing Hillary Everest Marathon 2011 on May 29.

The psychologist from Dortmund, who has been practicing sports hypnosis, says that "mental training" is one of the keys to success in adverse conditions.

Ufer has been counseling

athletes for a couple of years, but he is here at Namche not as a professional runner but just to enjoy his holidays.

"What attracted me a lot was the opportunity to meet people from all over the world and to know their culture," said the robust young man of thirty who came to know about the event from internet.

However, this is not his first visit to Nepal as he had come here 16 years ago with a group of German trekkers.

It is his first marathon but he says he has a good experience of participating in an

ultra marathon in Chile some two months ago.

He recalls crossing the Atacama Desert, the driest desert extending up to 4000m above the sea level, of Chile in May where his positive attitude helped him finish the 250 km ultra marathon with flying colors in his debut attempt.

"I gave the suggestion to my subconscious mind to run in a relaxed way and it worked," he said after finishing seventh out of 111 participants, many of whom were unable to complete the race. Out of the six

stages that he completed in 35 hours, he says that his best ranking was fourth.

"It was amazing. More than what I could ever imagine. Knowing what to focus on really helps, but it is seldom practiced in sports," he added.

"I don't know how the altitude will affect us. There are lots of questions lingering but I'm very happy to be here," he said.

The German is looking forward organizing trips for athletes in the future. "I am looking for cooperation to promote this sport," he said.

Another participant

# SPIN LEGEND WARNE BOWS OUT

**AFP**  
MUMBAI, May 20

Australian spin legend Shane Warne on Friday bowed out of his stellar cricket career stretching over two decades, bowing out with a final appearance in the Indian Premier League. A capacity crowd at the Wankhede Stadium in Mumbai witnessed Warne, captain



Australian bowling legend Shane Warne poses with his beau British actress Elizabeth Hurely.

**FACTFILES**  
Full name: Shane Keith Warne  
Born: September 13, 1969 in Melbourne  
Age: 41 years  
Major teams: Australia, Victoria, Rajasthan Royals, Hampshire  
Bowling style: Right-arm leg-break  
Test debut: v India, Sydney, January 1992  
Last Test: v England, Sydney, January 2007  
Test record: 145 matches, 708 wickets, 25.42 average  
One-day record: 194 matches, 293 wickets, 25.74 average

**WARNE'S ACHIEVEMENTS:**  
- In 2000 selected as one of the five Wisden Cricketers of the Century, the only specialist bowler selected in the list  
- Leading wicket-taker in Tests before being overtaken by Muttiah Muralitharan of Sri Lanka  
- Only second bowler after Muralitharan to take combined 1,000 wickets in Tests and ODIs  
- Five-wicket hauls in a Test innings: 37  
- Ten-wicket hauls in a Test: 10  
- Best Test bowling: 8-71 in England, Brisbane, November 1994  
- Test hat-tricks: (1) v England, Melbourne, December 1994  
- Highest Test score: 99 v New Zealand, Perth, November 2001  
- Test catches: 125  
- Test man-of-the-match awards: 17  
- Test wickets in a calendar year: 96-record (2005), 72 (1993), 70 (2004), 68 (1997), 67 (2002)

# Twitter 'waste of time' for Fergie

**AFP**  
MANCHESTER, May 20

Sir Alex Ferguson has joined the debate about footballers' use of the social networking Twitter site by branding it "a waste of time".

The veteran Manchester United manager was speaking at the end of a week in which his club's high-profile forward Wayne Rooney attracted unwanted headlines for an on-line dispute with one of his followers.

Rooney was also embroiled in a spat with the broadcaster Piers Morgan, an ardent Arsenal supporter.

Earlier this season, United midfielder Darren Gibson opened a Twitter account only to close it within minutes after he received a large amount of abuse from his own club's supporters.

After Arsenal manager Arsene Wenger warned his players of the potential "negative repercussions" involved with the use of Twitter

week, Ferguson is also conscious of the problems involved with such exposure.

"It's about responsibility," said Ferguson, 69. "I think they (players) are responsible for their actions, what they say on Twitter."

"I don't understand it, to be honest with you. I don't have the time to do it. There are a million things you can do with your life other than that. Go to a library and read a book. I'm serious. What a waste of time."

# Djokovic, Federer on French Open collision course

**AFP**  
PARIS, May 20

Novak Djokovic and Roger Federer were placed on a French Open semi-final collision course on Friday as defending champion Rafael Nadal was handed an opener against Wimbledon marathon man John Isner.

World number two Djokovic, on a run of 37 successive wins this year, was placed in the same half of the draw for the second Grand Slam event of the season as Federer, the 2009 champion and 16-time major winner.

Both men are seeded to reach the last four at Roland Garros, but despite the Serb's undefeated run in 2011, which has left him just five wins shy of John McEnroe's 1984 mark of 42, Federer will be feeling undaunted.

Third seed Federer has lost his last three meetings to Djokovic, the Swiss still holds a career 13-9 winning record over the Serb and is 2-1 on clay.

Nadal, however, leads Federer 16-8 in head-to-heads, 11-2 on clay and is 4-0 at Roland Garros.

World number one Nadal, bidding to equal Bjorn Borg's record of six French Open titles, tackles giant American Isner in his opener.

Isner set a Grand Slam record at Wimbledon last year when he won a 11 hour



Rafael Nadal (R) poses with Ana Ivanovic as they take part in the draw of the French Open on Friday at the Roland-Garros in Paris.

finals before losing a five-setter to Federer, is a dangerous floater in the draw and the big Argentine tackles Ivo Karlovic in his opener.

40-year-old Kiriko Del Potro, who has been struggling with a hip injury, is a potential third round opponent for Djokovic.

Missing from the draw, however, was America's former world number one Andy Roddick and Spain's 2003 champion Juan Carlos Ferrero who both pulled out late Thursday with right shoulder injuries.

In the women's draw, top seed Caroline Wozniacki begins against Japanese 40-year-old Kiriko Date-Krumm who became the second oldest woman to win a match at Roland Garros when she knocked out Dinaara Safina last year.

Safina is one of a host of former names missing from the women's draw this year.

Both Serena and Venus Williams are absent, leaving US Open and Australian Open winner Kim Clijsters amongst the favourites.

Clijsters, who has been bothered by an ankle injury, faces Anastasia Yakimova of Belarus in her first round while triple major winner Sharapova takes on Croatian veteran Mirjana Lucic, a Wimbledon semi-finalist in 1999.

Defending champion Francesca Schiavone of Italy begins against Melanie Oudin of the United States.

## नागरिक Republica सँग अब हुन्छन् सबै दंग

वाषिंक ग्राहकलाई एउटा

**Steam Iron**

उपभोक्तिक ग्राहकलाई एउटा

**FM / LED Rechargeable Torch**

३ महिने ग्राहकलाई एउटा

**LED Rechargeable Torch**

हरेक साता २ जनालाई

**lemmon mobile Phone**

११औं साताका विजेताहरू

नाम: पुष्प कुमार नाम: अरुण कुमार  
 जेठम: रवि, गणेश्वर रविद नं: २५४५४४ जेठम: पुष्प, कामेश्वर रविद नं: २५४५४४

**एक जनालाई काठमाडौं सँग वाषिंक-रजिंक बाग्मती अपार्टमेन्टमा २ बेडरुम अपार्टमेन्ट**

**एक जनालाई PERODUA Perodua VIVA 660cc**

**एक जनालाई 32" Sony Bravia LED TV**

Key Features:  
 Super LED Full HD 1080p (1920x1080) 60Hz Refresh Rate 100% Picture Plus 500K Hours Protection USB Photo/Music/Video

**एक जनालाई Hasee H3 Laptop**

Key Features:  
 Full Loaded: Storage With 5400 Hard Disk & Light weight Super Slim Design, for Range & Range up to 3.5GHz CPU, 2GB/3GB/4GB RAM, 14" Screen, 2.5 hrs Battery

**हामी आउँदैछौं तपाईंको घरदैलोमा फेरि एकपटक**

रूपयका बाहिरका विजेता तथा ग्राहकहरूले निम्न स्थानहरूमा सम्पर्क गर्नुहोला-

सम्पर्क नं: ०१-४२०२५२	सम्पर्क नं: ०१-४२०२५२	सम्पर्क नं: ०१-४२०२५२
सम्पर्क नं: ०१-४२०२५२	सम्पर्क नं: ०१-४२०२५२	सम्पर्क नं: ०१-४२०२५२
सम्पर्क नं: ०१-४२०२५२	सम्पर्क नं: ०१-४२०२५२	सम्पर्क नं: ०१-४२०२५२
सम्पर्क नं: ०१-४२०२५२	सम्पर्क नं: ०१-४२०२५२	सम्पर्क नं: ०१-४२०२५२