Lyles goes from asthma to depression to Worlds gold

‘World records aren’t the thing I’m chasing. I’m chasing to be better each day. World records come when you improve what you’ve got and go out and do what you’ve got and do it again and again, that’s the end goal.’

By Safar Alzahabi

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lthough finishing the men’s 200m in third place at the Khalifa International Stadium, Lyles certainly meant business as he set the podium alight with his sensational run. The American, who finished behind Wayde van Niekerk and Goedroev, still recorded the second-fastest 200m time this season and was clearly pleased with his performance.

“For me, I think I really got the job done tonight. I thought it was a great race. I thought it was super competitive. I think the next step is to get to, maybe, 19.7 at this meet come Tokyo next year. It’s my time. I’m still young. I’m happy. I’ll entertain you,” Lyles said.

It’s my time. I’m me. If you can’t handle me, I’ll happily entertain you. World records aren’t the end goal. It’s my time. “Tokyo is it. This time we got the gold. The last time we didn’t,” said Lyles. “I’m still working on my start. I still believe I can get a better top-end speed. There are things I can still strengthen. But on the right day, with the right conditions and the right training, hopefully a world record will pop up,” Lyles added.

The young American said that he was not surprised by his performance.

“I’ve had a lot of different challenges throughout my life and it’s shaped me into who I am now,” said Lyles, who was born with a congenital heart defect.

Lyles has been tipped to break Usain Bolt’s 200m world record of 19.19 set in 2009. He now has set sights on an Olympic double from the 100m and 200m come Tokyo next year. “I’m definitely going after the 10-12. Double. Everyone is asking that. Don’t worry. You’ll see. ‘Tokyo is it. This time we got the gold. We get the gold in the 100, and now we are going to get that double gold.’

Meanwhile, for now in Doha, Lyles will be beyond his second gold as he is slated to run the 4x100m relay in the coming days, where he will partner with his American teammates. It is a time for Lyles to celebrate his victory at Doha Worlds.

North Yule of the US celebrates his win in the men’s 200m final at the Khalifa International Stadium on Tuesday. Picture: Jayan Orma

Xavi refuses to give up, says Al Sadd will fight

Al Sadd coach Xavi (right) speaks to defender Alireza Hosseini during the first leg of the AFC Champions League semi-finals against Saudi Arabia Al-Hilal at the Jawahir bin Hamad Stadium in Doha on Tuesday. (AFP)
Hassel wins 1,500m heat after Salazar furore

Germany’s Konstanze Klosterhalfen advances in women’s 5000m

Germany’s Konstanze Klosterhalfen in action during the women’s 5000m heats yesterday (IAAF)

TOPSHOT

Mythical injury scuppers Norman 400m title bid

A mythological injury scuttled Michael Norman’s top bid at the IAAF World Athletics Championships Doha 2019 after the up-and-coming American star crashed out in the semi-final of the 400m.

However Norman was always a long shot to win the silver medal in the 400m, finishing fifth in his semi-final in 44.23sec, the second quickest time of the day.

On Friday, the 33-year-old 2016 Olympic champion, qualified for tomorrow’s final with 20.31sec. Gong Lijao, China (20.31sec) and Schwanitz, Germany (22.63sec) are the defending champions.

The 21-year-old USA sprinter, the world 400m indoor champion, was planning to compete in Doha in a bid for Olympic glory.

He declined to elaborate on the precise nature of the injury. "It was shocking news but it doesn’t affect us. I had no problem," he said.

"I see. It is the best team in the world. I’m a believer in giving it your all," he said. "I know it’s hard. It’s a long season, you have to take it day by day, step by step, breath by breath, maintain by moment."

"I’ve always approached each challenge as if it was my last. Today my body got the better of me. It’s disappointing but I just have to take the performance for what it is, and be a better athlete for next year." With Norman injured, the USA hope of completing a sweep, 200m, 400m, 800m and 1500m, was dashed.

"It was absolutely devastating for me," said Norman. "But my body gave me a message and I can only react to that."

"It was the first time I’ve had a mystery injury. It’s not a typical injury like a hamstring or a hip flexor, it’s a mystery injury."

It is the second year in a row that Norman has failed to reach the Olympic final. He declined to speculate on whether he would run the 100m at next year’s Games.

UK Secretary of State for Culture, Media and Sport Jeremy Wright said on Sunday: "Britain has the best track and field athletes in the world."

"It’s a shame and we have to do better as a country," he added. "We should support our athletes whatever they do and it’s a disappointment."

"We have to take the positive lessons and go on and do better."

The 2015 world indoor champion, 2016 Olympic champion and the 2016 world indoor 400m champion, was ruled out of tomorrow’s 400m final with a "mystery injury".

"We have to take the lessons from this and get better as an Olympic and world class team." -- (AFP)

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**TOP OF THE LINE**

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By Sports Reporter

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**SALAZAR SCANDAL HAS NOT AFFECTED WORLDS, SAYS COE**

With Nike-backed athletes coach Alberto Salazar subjected to scrutiny following revelations he used illegal substances to help his runners, IAAF president Sebastian Coe insisted USADA's ongoing investigation into the doping scandal surrounding Salazar will not affect athletes’ performance at the World Athletics Championships Doha 2019.

“What is important here is what we're doing today,” Coe said. “What we can see and what we need to learn is that we can do this.”

If you’re making ads about the purity of sport today, you make ads about the purity of sport because you believe that’s what athletes want, athletes believe that’s what they want,” Coe added.

“I think it’s really important to remember that we’re in an environment that’s safe and comfortable that you are working with the best medical care in the world where you just automatically assume the worst,” Coe said.

“I hope the kids here today can go home and tell their parents they’ve had a wonderful day. That’s the main thing, but also that they want to work hard. Don’t they? Because anything is possible,” Coe said.

**SWISS mies ON TIMERS**

Long jumper world record holder Mike Powell with kids during coaching session at Doha College.

**Medical delegations participating in the Doha 2019 Worlds praise Aspetar**

By Sports Reporter

Medical delegations participating in the Doha 2019 Worlds praise Aspetar

Medical delegations from around the world were present at Aspetar Hospital during the 2019 World Athletics Championships in Doha.

Dr. Yaw Darte, a Ghanaian physiotherapist, praised Aspetar's medical facilities, saying, “The facilities are excellent. The staff are very professional and they take care of their patients very well.”

Dr. Zainab Al-Shehri, a Saudi Arabian orthopedist, noted, “Aspetar has state-of-the-art facilities and equipment. The staff are highly trained and experienced. It’s a pleasure to work with them.”

Dr. Ahmed Al-Jassim, a Kuwaiti sports medicine specialist, added, “The medical staff at Aspetar are highly skilled and knowledgeable. They provide the best possible care to their patients.”

Dr. Noura Al-Salem, a Bahraini podiatry specialist, commended Aspetar’s podiatry department, saying, “The podiatrists at Aspetar are very skilled and provide excellent care. They are always available to help our athletes.”

**FOCUS**

World athletics chief Sebastian Coe insisted yesterday the World Championships Doha 2019, the first athletics major event where a coach was booted off, would not be affected by the Alberto Salazar doping case when the 160-strong cohort was pitched against the best in the world this weekend.

The International Association of Athletics Federations (IAAF) president Coe said the governing body was now making sure that those involved in the event would understand the seriousness of the doping allegations against a coach who won nine World Championships, led a special coaching session for aspiring champions visiting Doha College, with Powell commentating.

For his part, Coe insisted USADA's ongoing investigation into the doping scandal surrounding Salazar will not affect athletes’ performance at the World Athletics Championships Doha 2019.

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Barrett brothers star as All Blacks mauk Canada

If you play a certain way your whole life I think rugby players wouldn’t look a bit different on the other side of the fence. I mean, if I’m 43 years old and I’m thinking about the game I play every day and I’m saying, ’God, if I could turn back the clock, I would be doing it this way.’ I think it’s fair to say that every player, wherever you come from, has a chance to go out and play the game."

Barrett brothers star as All Blacks mauk Canada

“I thought particularly that first half of the second half, they really came together and played really well,” added Gold. The Welshman has six new players in the starting lineup against Canada and said: “We worked so incredibly hard for this today and I’m a bit hard to judge. We can’t put anything on the line when they last played Canada.

The heavy weekend for匆匆.JButton was second in the starting lineup and drew within four second-half points when they last played Canada.

The New Zealanders, wearing red, also locked up both Russia and had a huge win in Kobe on Thursday, said some of the decisions in the World Cup were a little too easy.

In really difficult conditions - the humidity is unbelievable, and whilst people at home will think they can be wondering why we dropped a point or two, it’s very, very difficult to play rugby here."

A try-scoring Barrett brother, Rieko Ioane, who has been in a form slump, needed only 43 seconds to score his second world record victory over Fiji, though in reality they have to be wondering why they didn’t come together.
"In really difficult conditions - the humidity is unbelievable, and whilst people at home will think they can be wondering why we dropped a point or two, it’s very, very difficult to play rugby here."

He continued: ‘I thought particularly that first half of the second half, they really came together and played really well.’

But despite that loss, home- point winner went over both Russia and had a huge win in Kobe on Thursday, said some of the decisions in the World Cup were a little too easy.

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**MLB**

**Nationals rally past Milwaukee Brewers, Dodgers up next**

_Just get a base hit to the middle. That's what I'm thinking_.

**Los Angeles**

Reuters

**Rams part ways with pitching coach Butter\**

_The Arizona Diamondbacks on Monday announced they are parting ways with pitching coach Mike Butcher after four seasons with the team. The move was announced Monday by general manager Mike Hazen, who said that Butcher wanted to leave the team to pursue other opportunities._

**NFL**

**Seahawks put strong mark on line against Rams**

_The Seattle Seahawks cornerback returned the Arizona Cardinals during the first half of their NFL games at State Farm Stadium. PICTURE: USA TODAY Sports_
**SPORT**

**FOCUS**

Djokovic beats Soeda to advance in Japan

Djokovic stepped up a gear at the Japan Open yesterday, leading by a tough challenge from Japan's World No.2 Yosuke Tanaka, 6-3, 6-7 (7-5), 6-4 to advance to the third round of the BNP Paribas Tokyo Open. The 34-year-old Serb is bidding for the 89th singles title of his career and fifth in Japan.

Tanaka, who is looking for his first title, had won three matches in a row, including a straight-set victory over 12th seed Noriaki Kamura in the quarter-finals. But he was no match for Djokovic, who overcame some early pressure to claim the first set and then put away the second set on a tough day for the underdogs.

**BARTY IN QUARTER-FINALS**

Barty is the top seed in Tokyo and is aiming for her second title of the year. She has won seven of her eight matches in 2019 and is looking to continue her impressive run.

**SABALE IN QUARTER-FINALS**

Sabalenka, who won her first title of the year in Hua Hin, will face third seed and 2018 defending champion Naomi Osaka in the quarter-finals. Osaka, who is coming off a win over Serena Williams in the US Open final, will be looking to win her third straight title.

**WEEDING OUT THE WEAKNESS**

Murray won a hard-fought battle against Norrie, who put on a tough fight. Murray saved four match points to win the second set and then closed out the match with a strong serve in the third set. The victory was Murray's first win in Tokyo since 2016.

**MATCH POINTS**

Murray hit a double fault in the first set, but then fought back to take the second. In the third, Murray saved three match points to stay in the match, but eventually lost on his serve.

**MURRAY'S RALLY**

Murray had to save two match points in the deciding set to secure the victory. Despite the pressure, Murray managed to stay focused and come out on top. The win is a significant one for Murray, who has struggled with injuries in recent years.

**MURRAY'S TACTICS**

Murray switched tactics in the second set, focusing more on punishment than on risk-taking. This allowed him to keep pressure on Norrie and force him into errors.

**WINNING STRATEGIES**

Murray's strategies are aimed at increasing the pressure on Norrie, forcing him into mistakes. Murray's performance in Tokyo shows that he is still capable of competing at the highest level despite his recent setbacks.
Bayern's rout of Spurs sent 'big message': Gnabry

After going 31 or 42 up we could have stopped but we wanted more.

Munich striker scored his first Champions League goal as the French champion beat Tottenham 7-2 in a four more points clear of the top of their Champions League group on Tuesday. The Swiss FA arrested a 16-year-old after the 1-0 defeat on Wednesday. Ibrahimovic made his debut on 83 minutes to go but his right-footed free-kick was easily handled by Ospina.

The second leg is at the Etihad Stadium in Manchester on Oct. 23, with Fabio Cannavaro scoring on 83 minutes to claim the lead as Modibo Keita scored the fourth after 1-0 in the first half at the Etihad Stadium. The third leg is at the Yokohama Stadium on Nov. 7, with Inter Milan scoring a late winner to secure a 2-1 aggregate victory. The fourth leg is at the San Siro on Nov. 24, with Mineral de Zulia scoring a late winner to secure a 3-1 aggregate victory.

The fifth leg is at the Vincente Calderon Stadium on Dec. 1, with Raja Casablanca scoring a late winner to secure a 2-1 aggregate victory. The sixth leg is at the Stade de Reims on Dec. 15, with Al-Wahda scoring a late winner to secure a 2-1 aggregate victory. The seventh leg is at the Al-Gharafa Stadium on Dec. 22, with Al-Wahda scoring a late winner to secure a 2-1 aggregate victory. The eighth leg is at the Al-Gharafa Stadium on Dec. 29, with Al-Wahda scoring a late winner to secure a 2-1 aggregate victory. The ninth leg is at the Raja Casablanca Stadium on Jan. 5, with Raja Casablanca scoring a late winner to secure a 2-1 aggregate victory. The tenth leg is at the Vincente Calderon Stadium on Jan. 12, with Raja Casablanca scoring a late winner to secure a 2-1 aggregate victory. The eleventh leg is at the Vincente Calderon Stadium on Jan. 19, with Raja Casablanca scoring a late winner to secure a 2-1 aggregate victory. The twelfth leg is at the Vincente Calderon Stadium on Jan. 26, with Raja Casablanca scoring a late winner to secure a 2-1 aggregate victory.

Gnabry continued to recover from a thigh injury as he started the game for the first time this season. The German international drew a penalty for a foul on Angel Di Maria on 35 minutes and converted it from the spot to make it 1-0. He doubled the lead from the penalty spot on 62 minutes and turned provider for Coman on 83 minutes to make it 3-0. The French forward added two more goals on 90 minutes to complete his hat-trick.

The result was a comprehensive victory for Bayern, who continue to top Group B with 12 points from four games. They are five points clear of second-placed Spurs in second place in the group, while Tottenham remain fourth with six points from four games. The match was disrupted by a number of incidents, including a penalty for handball and a red card for Coman.

With his speed, with his ball control, it's almost impossible to stop him. He has the ability to execute his tactical instructions and always looks to create goals, whether it be by assists or shots on target. His leadership and determination on the pitch make him a valuable asset for the team.

Gnabry's performance was a testament to the quality of Bayern's attacking unit, which has scored 14 goals in four games so far this season. The team's attacking prowess has been a key factor in their success, with top goalscorer Robert Lewandowski leading the way with six goals in three games.

Bayern Munich's Serge Gnabry celebrates scoring the team's third goal against Tottenham Hotspur in a Champions League match at the Allianz Arena on Tuesday.
India's Sharma hits ton in new role as Test opener

Pakistan beat Lanka in third one-dayer to clinch series

Sri Lankan opener Gunathilaka's career-best century goes in vain

Prithvi Shaw and Ajinkya Rahane century stand helps India pour on runs against Sri Lanka in the first Test.

Pakistan opener Shan Masood hits century in his 100th Test.

Pakistan openers Fakhar Zaman and Mohammad Hafeez,