**When winning is everything**

By Anil John

It may be as simple as running, throwing and jumping, but from ancient Greeks to modern greats, athletes have been in an unending quest for glory.

**SPOTLIGHT**

Now for the ‘fun bit’ – Coe gets new term as IAAF chief editor

IAAF President Sebastian Coe has been re-elected for a term as president.

The new regulations come into force on July 1 and allow women with higher than normal male hormone levels to artificially lower their testosterone to run at some distances.

Semenya, the best-known athlete to fail all of the tests, has already said she will not take part in the Olympics.

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**FOCUS**

Qatar’s Athlete Xavi Barhoniw will be aiming for his country’s first high jump title at home.

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The new regulations come into force on July 1 and allow women with higher than normal male hormone levels to artificially lower their testosterone to run at some distances.

Semenya, the best-known athlete to fail all of the tests, has already said she will not take part in the Olympics.
The women's 60m champion of the world's indoor championships is the new star of athletics. She is the 23-year-old American sprinter Christian Coleman, who beat the world champion of the 60m title at last year's Doha world championships, to win the title in Brussels. He clocked 9.81 seconds, making him the second fasted man in the world this year. Coleman is now the world's second-fastest man, behind Usain Bolt.

Coleman is not only the fastest sprinter in the world, but he is also the most versatile. He is the world champion in the 100m, 200m, and 400m, and he has broken the world record in all three events. He is also the first American to win the world title in the 60m since 1985, when Carl Lewis did it.

Coleman was born in 1996 in Memphis, Tennessee. He began running at the age of six, and he started competing at the age of 13. He was discovered by his coach, Michael McElhaney, who saw his potential and encouraged him to train hard.

Coleman started competing in national and international competitions, and he quickly gained fame. He won the 200m title at the 2014 World Junior Championships, and he also won the 100m title at the 2015 World Championships in Beijing. He then won the 100m title at the 2016 Olympic Games in Rio de Janeiro.

Coleman's success continued in 2017, when he won the 200m title at the World Championships in London. He then won the 100m title at the 2018 World Championships in Doha, and he also won the 200m title at the 2019 World Championships in Doha.

Coleman is not only a fast runner, but he is also a hard worker. He trains six days a week, and he eats a healthy diet. He is known for his work ethic, and he is always looking for ways to improve his performance.

His next goal is to win the 100m title at the 2020 Olympic Games in Tokyo. He is currently the favorite to win, and he is expected to break the world record.

In conclusion, Christian Coleman is the future of athletics. He is fast, versatile, and hardworking. He is the new American sprinter, and he is the new star of world athletics.
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British athlete, had followed,
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EVP

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Dalilah Mohamed during a press coneference at the Khalifa International Stadium yesterday.

"They did a very good job with the temperatures and it's very comfortable to be competing"

"I am very impressed, " said US

Indian sprinter Dutee Chand.

"It is possible that it could have
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"Dalilah Mohamed is the
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Minnows Uruguay pull off historic Fiji shock

*We are not the biggest, we are not the tallest but we came here to win*
World number one Ashleigh Barty has beaten the Chicago White Sox out of the way without any trouble, being back in the game in the 12th inning and scoring two points to continue Kincaid’s 5-3 walk-off victory over the Minnesota Twins.

After opening the game, through the first five innings, the White Sox were without any trouble, being back in the game in the 12th inning and scoring two points to continue Kincaid’s 5-3 walk-off victory over the Minnesota Twins.

The Indians beat the Chicago White Sox 9-3 in their third game against the Los Angeles Dodgers, as the right-field fence. It was Choi’s first win since missing over a month with an inflamed in his right middle infield. It looks a little bit different but it’s more muscle, but I don’t know yet what it is.

Ashleigh Barty downs Kenin to reach Wuhan Open quarters, Pliskova out

Maurerolina Sport

NEXT UP FOR THE AUSTRALIAN TOP SEED WILL BE CROATIA'S PETRA MARTIC

The current series was hit by withdrawals from both Sri Lanka and decided by the ICC. The current series was hit by withdrawals from both Sri Lanka and decided by the ICC.

Misbah urges more from world for Pakistan cricket revival

Disty’s newly appointed head coach had much yesterday pep the cricket world to keep his country united and the former world number one Adam Gilchrist has recommended two or three names for the South African coach.

The Sri Lanka team was attacked in Lahore in 2009 and since then most international teams have returned to tour the South Asian country, having Pakistan play nearly all their “home” games in the Cricket Arab Emer-a)

But it was the Indian Premier League for the Pakistan cricket board which received the request from Sri Lanka and was granted last week.

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Ashleigh Barty hits a return against Sofia Kenin during their third round match at the Wuhan Open in Wuhan, China, yesterday (AFP)

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Juventus beat Balotelli’s Brescia to go top of Serie A

Juventus were without Portuguese forward Cristiano Ronaldo, rested with a slight thigh problem between them and a fourth will really have the alarm bells ringing at Mercedes.

Juventus overcame delightful Milan at the top of the Serie A table with a 1-0 win from four games. Antonio Conte’s side are one point behind before they host Brescia on Saturday before hosting Bayer Leverkusen in the Champions League on Tuesday. Former Manchester City striker Balotelli has returned to Serie A after his first start for Juventus, who are one point behind before they host Brescia on Saturday before hosting Bayer Leverkusen in the Champions League on Tuesday.

Juventus’ Cristiano Ronaldo beat Balotelli’s former Manchester City striker, Roberto Mancini, as the 33-year-old forward was left out of the squad for the visit to the San Siro.

Ronaldo, 33, who has netted 12 goals in 12 appearances this season, was ruled out with a slight thigh problem, but the champion’s 22-year-old forward, a step up in class this season, was not picked for the squad.

In the first-half, Paulo Dybala stroked home from inside the box with a thunderous strike for the Turin club on 17 minutes. Paul Pogba crossed from the left and the Frenchman met the ball with a powerful header for his first goal of the season.

Lowly Colchester knock Spurs out

Ferrari can show the resurgence is real at Russian Grand Prix

Ferrari’s French driver Romain Grosjean and American driver Scott Dixon both showed the pace on Thursday as the teams started preparing for the Russian Grand Prix.

The Frenchman was fastest in the morning practice session, where he was joined by his teammate Sebastian Vettel, who was second quickest.

Lowly Colchester knock Spurs out of the FA Cup

The English Premier League club were beaten 4-3 in the third round of the tournament by the Championship club, who scored in the first minute.

Colchester United’s winner was followed by a second goal from the home team, who scored in the 70th minute and then added a third before the final whistle.

The Colchester team, managed by Facundo Ferreyra, were in the FA Cup and they have not been in the competition since 2011, when they were relegated from the Premier League.

They were played in the first round by Premier League bottom side Watford, who won 4-3 on penalties.

The other teams in the FA Cup draw included third-tier Exeter City and fourth-tier Colchester United, who are in the same group as Premier League champions Manchester United.

The Black Sea resort circuit in Sochi has been the venue for the Formula One race since 2014, with the last race there being won by Lewis Hamilton in 2018.

The Russian Grand Prix is the last race of the 2019 season and it will be held on Sunday.

The race will be the 20th in Sochi, which has hosted the Formula One race since 2014, and features a series of races in the Italian Grand Prix.

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Messi injured but Barcelona seal much-needed win

‘It’s a small problem in the adductor and as a precaution we decided not to risk it’

Lionel Messi endured yet more injury frustration on Tuesday after going off at half-time against Villarreal, with coach Ernesto Valverde saying afterwards that his forward was "very unhappy".

Barcelona were held to a 1-1 draw at the Mestalla to leave them in a faltering La Liga season, with the Catalan giants now seventh in the table.

Valverde confirmed that the Argentine forward “will be out for a little while”, following an ankle injury against Villarreal last week, which required surgery.

However, the team is well-prepared for his absence as they are "very happy with our plans" for the period, he continued.

Next up for Barcelona is a trip to Bordeaux in the Champions League on Wednesday, with the Catalans having already failed to win in their last two away matches.

"It's a tough task, but we have to go into this game with the same mentality as every other match," said Valverde.

"We have a lot of confidence in our team and we are looking forward to the next game. The players are motivated and ready to play.

"It will be another big challenge, but we are confident in our ability to get the three points.

"We have a good balance in the team and we are prepared to face any situation that may come our way."

Barcelona's Argentine forward Lionel Messi reacts after getting injured during the La Liga match against Villarreal. (AFP)

Meanwhile, Atletico Madrid were left frustrated by their opponents' defensive resilience as they were held to a 0-0 draw by Real Valladolid.

The result means Diego Simeone's side are now only two points clear at the top of the table, with their nearest challenger Real Madrid out of sight.

But Atleti fans will take heart from their team's improvement after losing their last two matches.

The Madrid derby is due to take place on Saturday, with both teams looking to rediscover their winning ways.

Barcelona's forward Antoine Griezmann scored both of his side's goals in the 2-0 victory over Villarreal.

Griezmann put the Catalans in front in the 14th minute with a deflected header, before doubling their lead just before the break.

It was a much-needed win for a Barcelona side who are yet to find their rhythm this season.

"It was a difficult game but we'll take the three points," said Valverde.

"We have to keep working and get back to our best form.

"We have a lot of work to do but we're confident we can turn things around."

Barcelona's forward Antoine Griezmann celebrates after scoring against Villarreal. (AFP)
The most medals won by an individual at the World Championships is 10 (seven gold, three silver and one bronze) by Sergey Bubka (UKR) in 1991-1997. The most medals won by a country is 168 (144 golds, 20 silvers and four bronzes) by Russia. The most medals won by a woman is 69 (61 golds, six silvers and two bronzes) by Brianna Rollins (USA) in 2013-2017. The most medals won by a man is 14 (eleven gold, two silver and one bronze) by Allyson Felix (USA) at 200m, 400m and the 4x400m relay from 2005-2017. The most medals won at a single championships is 30 by Tarmo Aasa (EST) in 1993-1997. The most medals won by a country at a single championships is 31 by the USA in 1987. The greatest success at a single championships was achieved by Sergey Bubka (UKR) in 1991-1997.

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