

Wizard loses the point

TOM WALD
LONDON

ENGLISHMAN Andy Hamilton returned to haunt Australian Simon Whitlock in a gripping semi-final at the world darts championship in north London yesterday.

Whitlock recovered from a slow start to hold a 5-3 advantage before former publican Hamilton recovered for a 6-5 triumph at Alexandra Palace.

Whitlock admitted that Hamilton's stunning comeback against him at July's world matchplay in Blackpool played on his mind during the thrilling encounter.

The pony-tailed Australian, nicknamed the Wizard of Oz, led that contest 15-8 before succumbing 17-15.

Whitlock, who lost the world championship final to Phil Taylor two years ago, produced 14 180s to his opponent's 10 in Sunday's

gripping match but paid the price for not closing out legs.

The world No. 5 Australian, who is recovering from a broken ankle suffered two months ago, connected on 22 of his 61 attempts at doubles compared with Hamilton's conversion rate of 23 of 40.

"It was a great game, I'm disappointed to come out of it on the wrong side again," Whitlock said.

"I did not really do much wrong. I missed a double here and there but under pressure I thought I played well."

Whitlock struggled with a breeze inside Alexandra Palace as he slipped to a 3-1 deficit before taking out the next four sets.

With victory in sight for the Australian, Hamilton stirred to life and Whitlock was unable to hit doubles when it mattered.

The Australian felt he had exceeded his expectations.

"I should not have even been walking, I was told."



RECOVERING: Aussie Simon Whitlock lost to Andy Hamilton in the world darts championship semi-final.
Picture: TOM SHAW/GETTY IMAGES

MOTORSPORT

THE death of Argentinian rider Jorge Martinez Boero overshadowed the first day of the Dakar Rally yesterday which ended with Russia's Leonid Novitzkiy leading the cars section and Chilean Francisco Lopez the motorbikes.

The 38-year-old Boero, making his second appearance in the gruelling rally, died from a heart attack after being seriously injured in a fall from his Beta bike 2km from the end of the stage between Mar del Plata and Santa Rosa de la Pampa in the west of Argentina.

Organisers said Boero received medical attention within five minutes of the crash but died while being helicoptered to hospital. Boero's death was the 21st of a competitor during a Dakar Rally, organised 29 times in Africa from 1979 before moving to South America in 2009.

In total, 59 people have died during the event, including more than 20 spectators.

ARCHERY

AN Australian archery squad headed by new national record holder Ryan Tyack has dominated the Oceania Olympic qualifying tournament in New Zealand. Tyack defied cold and windy conditions in Masterton to win the men's individual event with a score of 674, ahead of countrymen Taylor Worth and Matt Gray.

Australians Elisa Barnard, Alice Ingle and Odette Snazelle also swept the podium positions in the women's competition. It ensured Australia will have at least one representative in both the individual men's and women's competitions at the London Olympics, although the archers to fill those positions won't be decided until the final World Cup event in Ogden, Utah in June. Australia will also get one last shot at qualifying for the London Olympic teams events in Utah.

SAILING

THREE sailing world champions are among a stellar fleet preparing to battle out the Australian A-class catamaran national titles on the NSW Central Coast.

America's Cup skipper James Spithill joins four-times world Laser champion Tom Slingsby, triple 49er world champion Nathan Outteridge and A-class world champion Steve Brewin at Lake Macquarie for the event starting today.

DIGEST SPORT RESULTS: Local, interstate and overseas

BASKETBALL

NBA: Minnesota Timberwolves 99 Dallas Mavericks 82; Denver Nuggets 99 LA Lakers 90; Sacramento Kings 96 New Orleans Hornets 80; Cleveland Cavaliers 98 New Jersey Nets 82; Orlando Magic 102 Toronto Raptors 96; Miami Heat 129 Charlotte Bobcats 90; Washington Wizards 86 Boston Celtics 94; LA Clippers 93 Portland Trail Blazers 88; Chicago Bulls 104 Memphis Grizzlies 64.

CRICKET

BIG BASH LEAGUE. Hobart Hurricanes v Sydney Thunder, as Bellerive Oval. Thunder 8/138: Smith c Doherty b Johnston 6 (14), Gayle c Naved b Krejza 53 (33), Abbott c Triffitt b Krejza 39 (39), Khawaja c Triffitt b Laughlin 15 (15), Dunk c Birt b Doherty 10 (7), Floros lbw Naved 2 (4), Cruickshank c and b Naved 2 (4), Coyte c Krejza b Naved 1 (2), Butterworth not out 1 (1), Edwards not out 0 (1). **Extras:** (1b 8w) 9. **Fall:** 38, 91, 114, 121, 130, 134, 135, 136. **Bowling:** Johnston 4-0-20-1, Krejza 4-0-29-2, Doherty 4-0-45-1, Laughlin 4-1-21-1, Naved 4-0-22-3. **Hurricanes 5/139:** Wells c Abbott b Edwards 29 (36), Jacques b Edwards 0 (1), Birt lbw Coyte 35 (18), Shah not out 41 (32), Triffitt c Gayle b Coyte 18 (17), Lockyear c Dunk b Butterworth 3 (6), Johnston not out 6 (3). **Extras:** (1lb 5w 1nb) 7. **Fall:** 1, 50, 92, 130, 133. **Bowling:** Edwards 4-0-33-2, Doran 3-0-23-0, Butterworth 3-4-0-25-1, Gayle 1-0-16-0, Coyte 4-0-14-2, Abbott 3-0-27-0. **Hurricanes won by five wickets.**

CYCLING

RESULTS and overall standings from race two of the Jayco Bay Classic criterium cycling series. Men: C. Ewan (NSWIS); A. Davis (Mitchelton Wines-Lowe Farms); B. Sulzberger (Urban Hotels); N. Haas (Bike Bug); Z. Dempster (Degani); J. Mowatt (Rapid Cycles-Four Points Geelong); D. Windsor (Degani); M. Docker (GreenEDGE); T. Derecourt (John West); J. Walker (Degani). **Overall after two races:** Davis 18 points; Sulzberger 15; Ewan 14; Greg Henderson (Nzl, Degani) 12; Chris Sutton (Urban Hotels) 11. **Women:** L. Rowney (Total Rush-Hyster); A. Spratt (GreenEDGE-AIS); M. Hoskins (GreenEDGE-AIS); C. Hosking (Total Rush-Hyster); R. Gilmore (Bike Exchange); A. Edmondson (Pitcher Partners); I. King (Pitcher Partners); L. Rachetto (Spencers Race); K. Finegan (Spencers Race); G. Elvin (Jayco-AIS). **Overall after two races:** Hosking 19; Hoskins 18; Gilmore 14; Rowney 12; Spratt 10.

GOLF

FLAGSTAFF HILL, ACR 71, Stableford, Mixed. All grs: S. Vassilopoulos 42, G. Brandoli 40, A. Burnley 40, T. Cleave 39. **GLANVILLE HALL, S.D.G.C. Champion:** L. Regan 17, J. Ezzalenko 25, L. Merr 26. **F.C.G.C. Champion:** D. Oody 26, S. Murf 26, D. Lyons 26.

MORPHETTVILLE PARK GALLOPS TOMORROW

DAILY DOUBLE 7 & 8
EXTRA DOUBLE 3 & 4
TREBLE 6, 7, 8
QUADRELLA 5, 6, 7, 8
FIRST 4 ALL RACES
FIXED ODDS ALL RACES

12.38 RACE 1: CLASS 2 HCP, 2250m — 1 Forcynoutloud 6, 59.5; 2 Bring Them On 3, Handsome As 1, 4 Master Robbie 5, 54.5; 5 Scarlett Rose 7, 6 Sultan Of Speed 4, 7 Wild Gamble 2, 54.
1.13 RACE 2: MAIDEN, 1250m — 1 Dishonoured 6, 2 Frontandcentre 8, 3 Joey 1, 4 Nordet Hero 5, 5 Spirits Fly 9, 58; 6 A Rocking Good Way 2, 7 Dubloon 3, 8 Klondike Lil 7, 9 Torpify 4, 56.
1.48 RACE 3: FILLIES & MARES MAIDEN, 1000m — 1 Doting 7, 2 Fiorentina Max 4, 3 Maid Of Finnis 11, 4 Pictorella 12, 5 Polly Garter 9, 57.5; 6 Aljeune 1, 7 Belleap 8, 9 Champagne Kris 2, 9 Kissenfire 13, 10 Lady Phoenix 10, 11 Magical Ruby 6, 12 Roses For Ava 5, 13 Tracy True Blood 3, 55.
2.23 RACE 4: 3-Y-O MAIDEN, 1250m — 1 Aradanchi 1, 2 Armstrong Creek 14, 3 Circle Of Trust 5, 4 Masked Invader 8, 5 Meadows Macks 10, 6 Rocky's Boy 3, 7 Super Silks 2, 8 Zipalang 11, 57.5; 9 Grand Zee 13, 10 Lota Rules 7, 11 Miss Satchmo 6, 12 Perfectness 4, 13 Quick Single

12 (em 1), 14 Dulcie Dee 9 (em 2), 55.
3.00 RACE 5: MAIDEN, 1400m — 1 Five Iron 13, 2 Italian Danza 1, 3 Jaleo 9, 4 Kings And Jacks 11, 58; 5 For Adoption 5, 6 Little Buster 10, 7 Messengerofthegods 7, 8 Mime 3, 9 Mykonos Sunset 15, 10 They Call Me Bear 12, 56.5; 11 Adelsa 8, 12 Alessandra 2, 13 Flying Nikki 14, 14 Haveyaway 6, 54.5; 15 Hendon 4 (em), 58.
3.38 RACE 6: CLASS 1 HCP, 1000m — 1 Nordic Monarch 5, 60; 2 Noble Success 1, 58.5; 3 Tharros 2, 58; 4 Mr. La Rue 3, 57.5; 5 Test Pilot 8, 57; 6 Rubilad 4, 55; 7 Waikiki Girl 6, 54.5; 8 Ambitious Bride 7, 54.
4.18 RACE 7: RATING 62 HCP, 1250m — 1 American Tilogy 8, 59.5; 2 Dashagh 3, 59; 3 Gumnuts 7, 4 Invincible Magic 5, 58.5; 5 Flicker Of Oz 2, 6 Zip Royale 1, 57; 7 Crocman 6, 56.5; 8 Kelvowi 10, 56; 9 Our Belvoir 9, 10 Lucenup 4, 54.
4.58 RACE 8: RATING 62 HCP, 1400m — 1 Where's My Wagon 11, 59.5; 2 Bruno 5, 57.5; 3 Blue Simone 2, 57; 4 Quick Thoughts 4, 56.5; 5 Pray To Win 13, 6 Savvy Smokin' 3, 56; 7 Jewel Of Johar 6, 8 Zofabird 14, 55; 9 Dan's A Lady 9, 10 Hightop 1, 11 Kelpot 15, 54.5; 12 Mixed Doubles 8, 13 Danish Queen 12, 14 Team Lago 10, 15 Midaras 7 (em), 54.

GRIDIRON

NFL: New York Giants 31 Dallas Cowboys 14; Atlanta Falcons 45 Tampa Bay Buccaneers 24; Baltimore Ravens 24 Cincinnati Bengals 16; Pittsburgh Steelers 13 Cleveland Browns 9; Arizona Cardinals 23 Seattle Seahawks 20 AET; Kansas City Chiefs 7 Denver Broncos 3; San Diego Chargers 38 Oakland Raiders 26; Philadelphia Eagles 34 Washington Redskins 10; New England Patriots 49 Buffalo Bills 21; Jacksonville Jaguars 19 Indianapolis Colts 13; Miami Dolphins 19 New York Jets 17; Chicago Bears 17 Minnesota Vikings 13; Tennessee Titans 23 Houston Texans 22; San Francisco 49ers 34 St Louis Rams 27; Green Bay Packers 45 Detroit Lions 41; New Orleans Saints 45 Carolina Panthers 17.

ICE HOCKEY

NHL: Nashville Predators 5 Calgary Flames 3.

MOTORSPORT

DAKAR Rally results after Sunday's first stage, a 57km special (819km total) from Mar del Plata. Cars: L. Novitzkiy (RUS) Mini 32min 12sec; K. Holowczyc (POL) Mini at 5sec; S. Peterhansel (FRA) Mini 9; G. de Villiers (RSA) Toyota 18; R. Gordon (USA) Hummer 49; C. Sousa (POR) Great Wall 52; C. Lavielle (FRA) Proto Dessoude 1:00;

B. Ten Brinke (NED) Mitsubishi 1:20; O. Terranova (ARG) Toyota 1:56; R. Leal Dos Santos (POR) Mini 2:13. **Selected:** N. Al-Attiyah (QAT) Hummer 9:50. **Motos:** F. Lopez (CHI) Aprilia 32:37; M. Coma (ESP) KTM 14; J. Prizzotto (ARG) Honda 27; Q. Cody (US) Honda 30; J. Przygonski (POL) KTM 49; J. Barreda Bort (ESP) Husqvarna 57; S. Sunderland (GBR) Honda 1:05; R. Faria (POR) KTM 1:18; D. Casteu (FRA) Yamaha 1:26; J. Street (USA) Yamaha 1:30.

SAILING

LARGS BAY, Hartley TS16 Australian Championships, Overall progressive positions: Kurdi II (SA - J. Chaplin/A. Doyle), Merlot (SA - G. Potts/M. Simms), Charlie Brown (NSW - J. Tomai/G. Mills), Tarrango (SA - K. Tuck/G. Hughes), Uncle Roy (NSW - E. Partland/J. Partland), Phantom (VIC - A. O'Brien/B. Holland). **Race 5:** Kurdi II, Mini Cracker (SA - S. Bowie/M. Bowie), Merlot, Tarrango, Kurdi Magic (SA - B. Rowney/D. Cross), Charlie Brown. **Race 6:** Kurdi II, Tarrango, Cracker Jack (SA - A. Hayter/R. Gibson), Uncle Roy, Merlot, Novalis (SA - G. Russell/P. McDonald). **33rd Nacra Australian Championships, Invitation race, Nacra F18:** Ullman Sails (QLD - D. Mitchell/S. Sullivan), Sneak n Round (QLD - L. McNally/L. Duncan), Overdrive (QLD - L. McMullen/L. Cole), Red (SA - R. Stewart/J. Biss), Edge2Edge (QLD - G. Beath/A. Beath). **Nacra 16:** On the Square (QLD - J. Potter), Easy Boat (QLD - R. Guinea). **Nacra 5.8:** Venom (QLD - B. Potter/M. Caldwell), Wayfast (QLD - S. Curtis/K. Noyes), Ten Tenth (SA - M. Vaughan/F. Vaughan), Yukka 2 ((NSW - M. Horder/M. Forbes). **Race 1, Nacra F18:** Ullman Sails, Nacra NQ (M. Guinea/V. Hilton), Overdrive, Malice (QLD - M. Richardson/D. Hydan, Edge2Edge. **Nacra 16:** Nacra.com.au (W. Guinea), Easy Boat (QLD - R. Guinea), On the Square (QLD - J. Potter). **Nacra 5.8:** Venom, Midlife Crisis (NSW - S. Russell/K. Russell, Yukka 2, Wayfast (QLD - S. Curtis/K. Noyes). **Race 2, Nacra F18:** Nacra NQ, Ullman Sails, Malice, Overdrive, Sneak n Round. **Nacra 16:** On the Square, Nacra.com.au, Easy Boat. **Nacra 5.8:** Venom, Midlife Crisis, Wayfast, Triangle & Sausage (NSW - R. Carter/B. Carter).

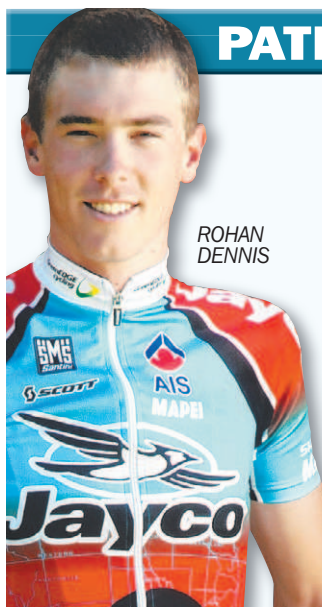
SOCCER

ENGLISH Premier League: Sunderland 1 Manchester City 0; West Bromwich Albion 0 Everton 1.

	P	W	D	L	F	A	Pts
Man City	19	14	3	2	53	16	45
Man Utd	19	14	3	2	49	17	45
Tottenham	18	12	3	3	35	20	39
Arsenal	19	11	3	5	35	26	36
Chelsea	19	10	4	5	37	24	34
Liverpool	19	9	7	3	24	15	34
Newcastle	19	8	6	5	26	25	30
Stoke City	19	7	5	7	20	30	26
Everton	18	7	3	8	19	20	24
Aston Villa	19	5	8	6	22	24	23
Norwich City	19	5	7	7	28	34	22
West Brom	19	6	4	9	19	27	22
Sunderland	19	5	6	8	23	22	21
Fulham	19	4	8	7	20	25	20
Swansea	19	4	8	7	18	23	20
Wolves	19	4	5	10	21	34	17
QPR	19	4	5	10	18	33	17
Wigan	19	3	6	10	17	37	15
Blackburn	19	3	5	11	28	41	14
Bolton	19	4	1	14	23	42	13

TENNIS

AUCKLAND Classic (prefix denotes seeding) **Women Rd 1:** L. Hradecka (CZE) d A. Brianti (ITA) 6-4 3-6 6-2; 4-F. Pennetta (ITA) d S. Cirstea (ROU) 6-4 7-6(5); S. Errani (ITA) d J. Larsson (SWE) 6-1 6-1; C. McHale (US) d A. Dulgheru (ROU) 6-2 6-3. **HOPMAN Cup (prefix denotes seeding) Group A:** 1-Czech Republic v Bulgaria; T. Berdych (CZE) d G. Dimitrov (BUL) 6-4 6-7 (8-10) 6-3; P. Kvitova (CZE) d T. Pironkova (BUL) 6-4 6-2. Czech Republic wins tie 2-0. **BRISBANE International (prefix denotes seeding) Men Rd 1:** D. Istomin (UZB) d 4-F. Mayer (GER) 7-6(5) 2-3 ret; 8-B. Tomic (AUS) d Julien Benneteau (FRA) 6-2 4-6 7-5. **Women Rd 1:** 2-A. Petkovic (GER) d S. Peer (ISR) 7-6(2) 1-6 6-3; 7-A. Pavlyuchenkova (RUS) d P. Hercog (SLO) 6-1 4-1 ret; V. King (US) d M. Czink (HUN) 6-3 6-4; 4-S. Williams (US) d C. Scheepers (RSA) 6-2 6-3; B. Zhanlavova Strycova (CZE) d O. Rogowska (AUS) 6-2 4-6 6-4; A. Ivanovic (SRB) d T. Paszek (AUT) 6-3 6-3; G. Voskoboeva (KAZ) d V. Dushevina (RUS) 6-0 6-0.



ROHAN DENNIS

PATRICK JONKER'S TRAINING SCHEDULE 2011-2012 – WEEK 10

TUESDAY, JANUARY 3

1 hour 15 minutes, 25-30km

After a 20 minute warm-up in small gears, change into the big chain ring for 4 x 2 minute efforts at 90 per cent. Cadence should be about 70rpm and take a 3 minute rest in between. Finish the ride spinning small gears at 100rpm seated.

WEDNESDAY, JANUARY 4

Core strength

Pilates exercises – the plank (6 x 25 second). If unable to do pilates then swimming is a good alternative.

THURSDAY, JANUARY 5

2 hours, 50km to 55km

20 minute warm-up followed by 5 x 5 minute efforts on the flat at 85 per cent heart rate. Cadence 100rpm with

8 minute rest in between. Easy ride using small gears back home.

FRIDAY, JANUARY 6.

Rest day.

We will load up on plenty of fruit and drink with plenty of water. Remember to stretch or a 30 minute walk in the sea will freshen your legs up.

SATURDAY, JANUARY 7

2 hours, 50km to 60km

30 minute warm up followed by 5 x 5 minute efforts on the flat at 90 per cent. High cadence – 110 rpm – with 5 minute rest in between then easy ride back home.

SUNDAY, JANUARY 8

3 hours 30 minutes or about 90km.

Steady endurance ride through the hills at 75 per cent. Concentrate on pedalling smoothly

and getting out of the saddle on the steeper parts of the climb, sprint over the top of each climb at 90 per cent. Use your body weight to push down on the pedals.

MONDAY, JANUARY 9

Rest day.

Load up on plenty of fruit and drink with plenty of water. Remember to stretch or a 30 minute walk in the sea.

TIP OF THE WEEK

The Bupa Challenge may take several hours to complete. The basic rules regarding calorie intake and hydrating is 200ml water/electrolyte sports drink every 15 minutes and eat the equivalent of a sports bar (250 calories) every 40mins. This may change if the weather conditions are extreme.

Bupa Challenge Tour

Welcome back to the Bupa Challenge Tour training program. This training schedule is aimed at stage four of the 2012 Santos Tour Down Under, a 138km ride starting from Norwood and finishing in Tanunda on January 20.

Santos tour down under

LICI WorldTour Event
JANUARY 15-22