

Abid revels in Doha medals

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Hyderabad: Abid Ali Khan, a 20-year-old boy from Hyderabad, won the individual bronze medal in the 50m rifle prone junior men event with a score of 614.4 at the Asian Shooting Championship 2019 in Doha recently.

Khan was part of the junior men's team event in the same category along with Niraj Kumar and Harshrajsinhji Gohil. The team won gold with a score of 1845 points.

Abid Ali Khan said, "I started my career in 2015. On my father's suggestion, I started training 15 days before the state competition, shot a 287/300 in the junior 50m rifle prone category, set a state record and won the gold medal. I am a current national record holder in the big bore event (588/600 in 300m rifle juniors)."

Abid's personal coach is his father Dr Sabir Ali Khan, also a shooter, who was in the national 300m rifle team in 2013.

Khan trains on a SCATT simulator



ON TARGET: Abid Ali Khan

for two hours daily. The simulator shows the trace of how the shooter approaches the target and releases the shot. After training, Khan does light muscle training and focuses on cardio (a mix of cycling, treadmill, running), stretching exercises and lightweights in the range up to 7.5 kg. When it comes to competition, he trains 5-6 hours a day, firing around

200-250 rounds a day in the Gachibowli shooting range.

Talking about the infrastructure of sports training in the state, Khan said, "The Gachibowli shooting range was built in 2002 and has not been maintained since then. Because of moisture and humidity, the electronic targets get spoilt and there is error in the sensors. We need proper equipment in terms of rifles and ammunition. Over 10 lakh rounds have been fired on the rifles and there is no barrel life left in them. We have to ration our ammunition before competitions."

On his future goals, Khan said, "My goal is to get an Olympic medal for India. The event I specialize in, 50m rifle prone was removed from the Olympics. To help my country get more medals, I have started training in the 10m rifle and 50m rifle three position Olympic events. It is a new challenge for me because I will have to start from scratch. Suma Shirur, a specialist in 10m rifle will be training me for these two events."

Hami waiting on Wolff ahead of contract talks

Sao Paulo: Lewis Hamilton intends to stay in Formula One beyond 2020 but he said on Thursday he wanted to know Mercedes team boss Toto Wolff's personal plans before agreeing any new deal.

The six-time world champion, like most of his rivals, is out of contract after next season with a major shake-up of the sport scheduled for 2021.

He recognised at the Brazilian Grand Prix, however, that he was "kind of joined at the hip" with Mercedes after seven years together.

There could also be change at the helm of Formula One post-2020 and Austrian Wolff has been talked of as someone who could play such a role. "I know that being stuck in any

position for too long can also not always be a positive so I always want people to spread their wings and do what's best for their careers," said Hamilton.

"I don't know what that is for him (Wolff), only he will know," added the Briton, who said Wolff has been "the perfect match" for him and Mercedes.

"Naturally I don't want him to leave, particularly if I'm staying in the sport. It is important to me and I am waiting also to see where his head is at."

Wolff is not in Brazil for Sunday's penultimate race of the season.

Hamilton clinched his sixth championship in Texas this month and will be aiming to equal Michael Schumacher's record seven next year. REUTERS

Albon tops Brazil practice before crash: Red Bull new boy Alexander Albon topped the times and crashed in the rain in Friday's opening free practice at the Brazilian Grand Prix. The London-born Thai driver clocked a best lap in 1:16.142s, but lost control in the final minutes. AFP

Knicks down Mavs as Porzingis is booed

New York: Marcus Morris sank a clutch three pointer with 13 seconds left to lift the New York Knicks to a 106-103 win over Kristaps Porzingis and the Dallas Mavericks on Thursday.

Porzingis, the former face of the New York Knicks, received a rude New York welcome in his

NBA

first game back in the Big Apple on Thursday. Knicks fans screamed "Go back to Latvia" and "Traitor" at the 24-year-old in his first appearance at Madison Square Garden since being traded in February.

The Latvian finished with 20 points and 11 rebounds and teammate Luca Donicic, of Slovenia, tallied his fifth triple double of the season with 33 points, 11 assists and 10 rebounds.

But it wasn't enough to stop the Knicks who won for just the third time in 12 games this season, but two

of those wins have come at the expense of the Mavericks. New York traded Porzingis, its first-round pick in the 2015 draft, to Dallas in February in a blockbuster deal involving six players and two first-round picks.

He was booed every time he touched the ball and every time he took a shot on Thursday. On Wednesday, Porzingis said that if social media were any indication, he expected a negative reception. Morris' game-winning shot capped a back-and-forth fourth quarter in which there were five ties. Seth Curry put back a Tim Hardaway miss to level the score at 101-101 with 38 seconds left.

Elsewhere, Miami Heat held on for a 108-97 victory over the Cleveland Cavaliers.

Results: Miami 108, CLEVELAND 97. NEW YORK 106, DALLAS 103. MILWAUKEE 124, CHICAGO 115. NEW ORLEANS 132, LA CLIPPERS 127. PHOENIX 128, ATLANTA 112. DENVER 101, BROOKLYN 93. AFP

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