

GOLD RUSH >>
TODAY'S MEDAL
EVENTS

36

Badminton

21: 45 Women's Doubles

Baseball

18: 00 Men's Gold Medal Match

Billiard Sports

16: 00 Women's 9-Ball Pool Singles

Cricket

13: 30 Women's finals

Cycling BMX

12: 30 Women's Race

12: 30 Men's Race

Dragon Boat

10: 50 Men's 500m Straight Race

11: 10 Women's 500m Straight Race

Fencing

19: 40 Men's Individual Sabre

20: 00 Women's Individual Foil

Rowing

10: 00 Women's Single Sculls

10: 25 Men's Single Sculls

10: 35 Lightweight Women's Single Sculls

11: 05 Lightweight Men's Single Sculls

11: 15 Women's Pair

11: 30 Lightweight Women's Quadruple Sculls

11: 45 Men's Eight

Shooting

9: 00 Men's Trap Team

9: 00 Women's Trap Team

13: 00 Men's Trap

14: 00 Women's Trap

Soft Tennis

14: 00 Women's Doubles

15: 30 Men's Double

Synchronised Swimming

10: 00 Duet

Table Tennis

14: 00 Mixed Doubles

19: 00 Women's Doubles

20: 00 Men's Doubles

Taekwondo

16: 30 Women's Under 62kg

16: 46 Men's Under 63kg

17: 02 Women's Under 67kg

17: 18 men's Under 68kg

Weightlifting

14: 30 Men's 105kg

17: 00 Women's +75kg

19: 00 Men's +105kg

Xiangqi

14: 30 Men's Individual

14: 30 Women's Individual

Afghanistan fighter finds silver lining in taekwondo

GUANGZHOU — Nesar Ahmad Bahawi brought war-torn Afghanistan its first medal of the 2010 Asian Games by grabbing a silver in taekwondo on Thursday.

He narrowly lost to his old friend and fellow 26-year-old, Nabil Hassan of Jordan, 4-3 in the men's under 80kg final to register the best ever showing in Asian Games taekwondo for Afghanistan.

Like most of Afghanistan's 67-strong Asiad squad, Bahawi, a bronze medalist in Doha four years ago, highlighted the lack of funding they endure at home.

"We spent three months training in (the Republic of) Korea before this event," he said.

"But for most of the time, we have trained in our country since we don't have enough financial support to get training in foreign countries."

Bahawi and his fellow Afghan taekwondo fighters have been lucky enough to be coached at home by ROK coach Min Sin-hak for five years.

"He has helped us improve a lot. I really appreciate his great guidance and care," said Bahawi, who has practised the sport since he was 12.

Bahawi has been selected for the big competitions, taking the 74kg bronze medal at the 2006 Asian Games in Doha.



TAEKWONDO

When he won the 74kg silver at the 2007 world championships, Afghanistan President Hamid Karzai reportedly gave him a bonus of \$2,000, a healthy sum in his home country.

At the 2008 Beijing Olympics, he finished seventh in the 68kg, despite an offer from an Afghan mobile company to reward him \$50,000 if he won a medal there.

He wept after his failure in Beijing.

"After four years of working hard, I made it to the final. I'm really happy," Bahawi said, when he reached the final against Hassan.

"All my family and friends are praying for me. I fight for them, for my people and my country."

After losing to the Jordanian, whom he has known for five years in different competitions, he said: "It's so bad to fight each other in the games. But, anyway, the wins and losses are not the most important. What's important is sports."

Bahawi has set his sights on winning a medal at the 2012 London Olympics, although his younger teammate, Rohullah Nikpal, already became the first Afghan to win an Olympic medal when he took bronze in the 58kg taekwondo in Beijing.

AGENCE FRANCE-PRESSE



ANTONY DICKSON / AFP

Nesar Ahmad Bahawi of Afghanistan (right) fights Nabil Hassan of Jordan during the men's under 80kg taekwondo final at the Guangdong Stadium in Guangzhou during the 16th Asian Games on Thursday. Hassan won the match 4:3.

Liu anxious to put injury curse behind him

By LEI LEI
CHINA DAILY

GUANGHOU — Star hurdler Liu Xiang, whose shock exit from the Beijing Olympics in 2008 still haunts him and his fans, is putting a higher emphasis on safety as he bids to defend his Asian Games title for the second time in Guangzhou.

The former 110m hurdles world record holder and Olympic champion — the country's first major track star — has been taking things slowly and training behind closed doors since he arrived in the host city on Monday.

"Safety is the most important thing for me," said the Shanghai

native. "I'll try to adjust myself to a good form in Guangzhou. I hope I can give a good performance."

Liu was unable to defend his Athens Olympic gold medal when he hobbled out of the Bird's Nest Olympic stadium with a foot injury two years ago. He has battled injuries ever since.

Now he is setting himself realistic goals to avoid aggravating the damage done to his body through years of fearsome competition, but he still intends to end the games with an Asiad hat trick in his signature event.

"I'll be satisfied if I can finish within 13.30 seconds. For the

Asian Games, ranking is the most important thing, not the result," he said.

Liu is now living at the tightly guarded Ersha Island training base, and being kept at arm's length from the public and media.

"Opening up his training base would distract him and might lead to another injury. Liu is now ready both physically and mentally," said Feng Shuyong, head coach of China's track and field team.

In retrospect this probably wasn't such a bad idea. Liu has been deluged with media requests since he arrived in Guangdong, and even

his media-savvy entourage has struggled in the past to keep the media at bay and distance Liu from the weight of expectation of a 1.3 billion countrymen.

Liu, who hit his peak at the Asian Games in Doha 2006, said he feels just as good as he did then, despite the physical problems he has experienced.

"Each time I take part in the Asian Games, I get a different feeling," he said. "In (Busan in) 2002 I was so young, and in 2006 I was at my peak. This time should be good as well. I'm 27, but I think I can get back the feeling I used to have."

Liu will run in the first round of the hurdles on Nov 22, with

the final two days later. His main opponent is expected to be teammate Shi Dongpeng, who defeated him for the first time at a Diamond League tournament in May.

Liu, the 2004 Olympic and 2007 world champion, has not raced since he placed third at a Diamond League meet in Shanghai on May 23, when he clocked 13.40.

He said he wasn't looking at the Asiad as a platform to make his official comeback but wants "a larger stage to show my return".

"When I reach the world's top three and break the world record again, I can say that my injury has been fully healed," he said.



ATHLETICS