

SportsWorld

Murray exits in Cologne first round

COLOGNE • Former world No. 1 Andy Murray suffered a first-round exit at the indoor ATP tournament in Cologne as he lost in straight sets to Spain's Fernando Verdasco. In the last fixture of the day, Verdasco converted his fourth match point just after midnight early yesterday morning to seal a 6-4, 6-4 win over the Briton, 33. This is only the fourth tournament for Murray in a season disrupted by injury. The two-time Olympic champion is struggling to refine his form after hip surgery earlier in the year. AGENCE FRANCE-PRESSE

Banned for affair but Seto to swim at Games

TOKYO • Four-gold world champion Daiya Seto has been suspended for the rest of the year for breaching the Japan Swimming Federation's sportsmanlike conduct standards due to a scandal over an extramarital affair. But he will be eligible for next year's Tokyo Olympics. The federation handed down the punishment on Tuesday. Seto, 26, the world champion in the men's 200 and 400m individual medley, resigned as captain of Japan's Games swim team last month after admitting to the affair. REUTERS

Aussies' basketball coach Brown leaves

SYDNEY • Former Philadelphia 76ers' coach Brett Brown on Tuesday quit his role with Australia's Olympic basketball team nine months before the rescheduled Tokyo Games. He was appointed last November but circumstances changed when he was sacked two months ago after the Sixers were swept out of the NBA play-offs. Brown said having to rebuild his career and travelling restrictions owing to Covid-19 meant he could not continue to coach them. AGENCE FRANCE-PRESSE



From far left: Arvic Penaranda Mandawe, Ng Poh Leng and Christina Loh are among the 228 participants from Tan Tock Seng Hospital who signed up for The Straits Times Virtual Run this year. ST PHOTO: GIN TAY

HOSPITAL STAFF WALK THE TALK

TTSH workers join ST Virtual Run to boost awareness of health and regular exercise

Kimberly Kwek

As Singapore fought to clear foreign worker dormitories of Covid-19, therapy support associate Arvic Penaranda Mandawe from Tan Tock Seng Hospital (TTSH) was deployed to Cochrane Lodge on June 20 to help migrant workers and dormitory operators. Although the working hours were similar to those at the hospital, carrying out tasks for up to eight hours in personal protective

equipment made the days feel longer.

Yet, during that month-long stint, Mandawe, 42, found himself running more, clocking four to five 10km sessions weekly.

He found it challenging and it required self-discipline, but he was motivated to keep his immune system strong for those around him.

Mandawe said: "We had a great team (in the dormitory) and every member looked forward to serving each day despite the harsh and challenging work environment.

"So that's why I need to stay fit and healthy.

"It was important to me to boost my immune system so that at the same time, I could function effi-

ciently."

The avid runner, who takes part in about eight or nine races yearly, also participated in virtual runs.

He first took part in the SG Circuit Breaker Virtual Run, before completing 324km as part of the #5-GOtrunCovid, one of the races supported by TTSH's human resource wellness department.

As part of its health and well-being programme, the department has been sponsoring staff for external running events, including The Straits Times Virtual Run (STVR), which Mandawe will be taking part in.

He is among the 228 participants from TTSH who have signed up for the race.

"The thing that I like about virtual runs is that I can choose the place where I want to run and the time, especially the place," said Mandawe, who will be taking part in the 175km category, which begins on Monday and ends on Dec 17.

"At the same time, I encouraged some of my colleagues to join me in that category so it will be part of my challenge to help motivate them to finish."

Not everyone who has signed up for this year's STVR has had as

much experience with virtual runs.

With many traditional mass participation events cancelled, senior nurse clinician Ng Poh Leng decided to try for the ongoing 17.5km category, which will finish on Oct 23.

The 63-year-old, who exercises two to three times a week, has been a vocal advocate for exercising regularly and feels that it is important that she practises what she preaches too.

She said: "When you keep active, the person can lose weight, can keep the blood sugar down and keep their mind sharp and de-stress."

"I also hope to be a role model to my patient; you need to walk the talk."

Some like Christina Loh, assistant director of the National Centre for Infectious Diseases clinical operations division, were drawn to the flexibility of the virtual run.

The 44-year-old said: "Virtual runs allow me to complete certain distances with flexibility, in terms of selecting my routes and the time I want to run, at my own convenience."

"It is also an avenue to connect digitally with new running kakis."

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Suntanning Ron returns to Italy

LISBON • Juventus superstar Cristiano Ronaldo left the Portuguese team camp near Lisbon yesterday to fly back to northern Italy on his private jet, local media reported.

He was said to be "fine and sunbathing" on Tuesday after testing positive for Covid-19 which has ruled him out of yesterday's Nations League fixture against Sweden.

The Portuguese federation said earlier on its website that Ronaldo was asymptomatic.

The five-time Ballon d'Or winner played in Portugal's goal-less Nations League draw against France in Paris on Sunday.

The rest of the squad were "all negative" after tests on Tuesday, as were the France team, according to their respective federations.

"We have respected all the health measures... and yet it happened," Portugal coach Fernando Santos told a press conference. "We have been doing tests every day."

Juventus defender Giorgio Chiellini said he had spoken to Ronaldo. "He's fine and was sunbathing, he'll be back when he's ready," he reported.

The 35-year-old striker's positive test is a blow for Juventus, as the

health protocol in force for Serie A says Ronaldo must self-isolate for 10 days and then record a negative test before he can resume playing.

That means he will miss Juve's Serie A match at Crotona on Saturday and their opening Champions League group stage game at Dynamo Kiev in a week's time.

He also risks missing Juve's Champions League clash with Barcelona on Oct 28, which was set to pit him against his old rival Lionel Messi.

Ronaldo's test result reopens the controversy over his departure from Turin for the Portugal training camp, which was, according to the local health authorities in Italy's Piedmont region, a violation of the virus protocol.

Juventus players left to join their national teams despite the Italian champions' squad being in isolation after two staff members tested positive for the virus.

Roberto Testi, a director of the regional health authority, said that local prosecutors had been informed of their unauthorised departure.

Juventus were sent back into isolation when their American midfielder Weston McKennie tested positive for the virus yesterday.

The international break has been



Cristiano Ronaldo at his room balcony while his team trained on Tuesday for the Nations League game against Sweden in Lisbon. He tested positive for Covid-19 but is asymptomatic. PHOTO: EPA-EFE

marked by a host of players contracting Covid-19. But England manager Gareth Southgate has defended the continuation of international football.

"The reality of the world at the moment is we don't know what the rules will be. In this day and age you have to live from week to week," he

said. "There is no reason international football should be a higher risk. We have Jadon (Sancho) and Kieran (Trippier) who travel from abroad but it's easier for us to get the group together initially, then we try to take the right precautions. To this point we've been fortunate." AGENCE FRANCE-PRESSE

Johnson eager to return after catching virus

LOS ANGELES • Dustin Johnson has expressed his disappointment at having to withdraw from this week's CJ Cup in Las Vegas after he tested positive for Covid-19.

The world No. 1 underwent a test after experiencing symptoms of coronavirus ahead of today's opening round at Shadow Creek, the PGA Tour said in a statement.

The 36-year-old, whose last outing came at last month's US Open, is now in self-isolation, the tour added.

"Obviously, I am very disappointed," the American said.

"I was really looking forward to competing this week, but will do everything I can to return as quickly as possible."

"I have already had a few calls with the Tour's medical team and appreciate all the support and guidance they have given me."

Johnson's withdrawal comes after a stellar season in which he won three times and took home his first FedExCup championship at East Lake last month.

He was also named PGA Tour Player of the Year for the second time.

J.T. Poston will replace him in the CJ Cup field.

Since the tour restarted in June after a three-month shutdown



World No. 1 Dustin Johnson will miss the CJ Cup in Las Vegas because of the positive Covid-19 test.

caused by the pandemic, PGA Tour events have been taking place without spectators while players are not allowed to enter "the bubble" for each tournament without recording a negative test first.

Johnson is the most high-profile golfer to test positive for the virus since the 2019-2020 season resumed, while Briton Sam Horsfield and American Scottie Scheffler were unable to compete at the US Open due to their positive Covid-19 tests.

The news comes one week after American Tony Finau was forced to withdraw from the Shriners Hospitals for Children Open after testing positive for the virus which has killed more than 215,000 people in the United States.

Finau will not compete at the CJ Cup either. This year's event has been moved from South Korea's Jeju Island to Las Vegas due to the pandemic.

AGENCE FRANCE-PRESSE, REUTERS

LOTTERY

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Next 48 Hours

<p>TODAY</p> <p>BADMINTON</p> <p>Denmark Open Day 3: Rd of 16 (StarHub Ch201, 3pm & 11pm).</p> <p>GOLF</p> <p>European Tour Scottish C'ship: Day 1 (StarHub Ch204, 7.30pm).</p>	<p>TOMORROW</p> <p>BADMINTON</p> <p>Denmark Open Day 4: Q-finals (StarHub Ch201, 8pm).</p> <p>GOLF</p> <p>European Tour Scottish C'ship: Day 2 (StarHub Ch204, 7.30pm).</p>	<p>MOTORCYCLING</p> <p>MotoGP Aragon Grand Prix Practice 1 (2.55pm) & 2 (7.10pm) - Singtel TV Ch114 & StarHub Ch208.</p> <p>SWIMMING</p> <p>International Swimming League Match 1: Day 1 (Singtel TV Ch109 & StarHub Ch213, 10pm).</p>
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For updates go to singtelv.com.sg & starhubtvplus.com or check the on-screen TV guide.