

Mombasa Schools, Clubs Go Head to Head In Road Cycling Championship

All roads will lead to the historic Mama Ngina Drive on Sunday 30th September to witness renewed rivalry between clubs and schools in this year's Café Arabika road cycling championships.

For those who do not understand anything about road bicycle racing, here is what it is all about.

Road bicycle racing is the cycle sport discipline of road cycling, held on paved roads. Road racing is the most popular professional form of bicycle racing, in terms of numbers of competitors, events and spectators.

The two most common competition formats are mass start events, where riders start simultaneously and race to a set finish point; and time trials, where individual riders or teams race a course alone against the clock.

VOLLEYBALL TEAM DELAY DEPARTURE FOR JAPAN DUE TO LACK OF FUNDING

NAIROBI (Xinhua) — Lack of funds has forced the women's volleyball team to push back by two days their travel arrangements to Japan for the World Championship.

The team, which was due to jet out on Tuesday, will now have to depart on Thursday for a week-long build up exercise in Tokyo as they polish up their skills ahead of the championship, which starts on Sept. 29 to Oct. 20 in six cities in Japan.

A total of 24 teams, grouped into four pools of four teams are up for the battle to dominate the women's volleyball with the top

four teams securing automatic qualification to next year's World Cup. Kenya Volleyball Federation (KVF) President Waitihaka Kioni said it was not their mistake for the delay even as he rued missing chance for the team to train in Japan.

"The team was due to travel on Tuesday, but we had to wait for the government support and they have instructed us to leave on Thursday. We will travel via Ethiopia," said Kioni on Tuesday in Nairobi.

Kenya has been pooled in Group D and will face a baptism by fire as they face off against fellow minnows Kazakhstan in their first match on Sept. 29

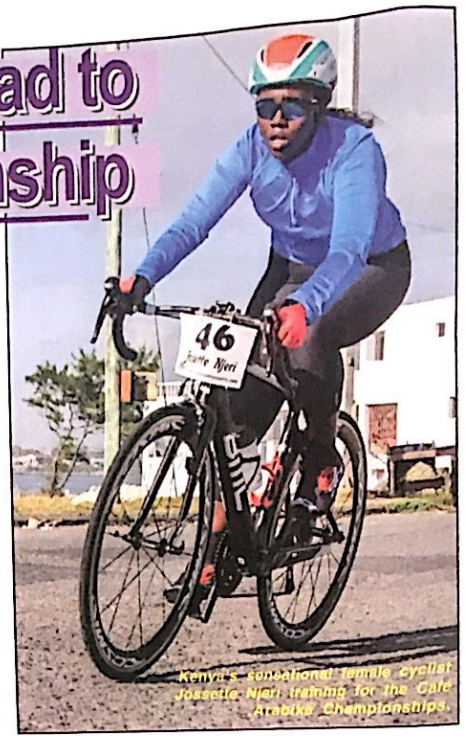
before playing giants Serbia.

Other teams in the group are Puerto Rico, former champions Brazil and the Dominican Republic. Only the top two teams from the group will progress to the Main Cup quarterfinals while the rest will be polled in ranking matches.

The Kenya team is made up of 19 players and technical bench will be led by coach Japheth Munala assisted by Josp Barasa.

"We remain grateful to the government for the gesture. I would like to wish the team the best of luck in the three-week event. They are in good shape and raring to go," said Kioni.

The team will now have a reduced training camp facilitated by former Kenya team coach, Sadatoshi Sugawara in Japan where they will play a few selected clubs to gauge their preparedness.



Kenya's sensational female cyclist Josselle Njiri training for the Café Arabika Championships.

race in the event.

All schools have been invited to take part in the event and as usual we will see coaches and parents cheering and encouraging their kids to push hard.

Everyone will be a winner in the event as participants will be awarded with medallions and certificates in recognition of their efforts.

All participants will be given a

30 per cent discount at the café Arabika down town branch during the day when they present their race number.

They will also receive a discount at the bike shop in Nyali when they shop for cycling equipment's, i.e. bicycles, helmets jersey etc. (if you do not have a helmet go get one now because if you do not have a helmet you will not be allowed to participate).

COAST BRIDGE with C.P. SHAH

Try to make 5 Hearts on the following hand.

DEALER: SOUTH NORTH-SOUTH VULNERABLE BIDDING:

SOUTH	WEST	NORTH	EAST
TWO HEARTS	PASS	THREE HEARTS	PASS
FOUR DIAMONDS	PASS	FOUR SPADES	PASS
FIVE CLUBS	PASS	FIVE HEARTS	PASS
PASS	PASS		

South's Four Diamond bid was a trial bid. Four Spades and Five Clubs were cue-bids showing First round control.

When North was unable to bid Five Diamonds - which he would have done with the King - South gave up on slam.

West led the Knave of Clubs.

Declarer won the King and cashed the Ace of Clubs

NORTH				
♠	A	Q	9	
♥	10	7	3	2
♦	Q	4	3	
♣	8	6	2	

WEST				
♠	J	6	4	3
♥	6			
♦	J	7	5	
♣	J	10	9	4

EAST				
♠	10	8	7	2
♥	Q	9	5	
♦	K	10	9	
♣	Q	7	5	

and the King of Spades crossed to the Queen of Spades.

Cash the Ace of Spades, discarding a Diamond.

Ruff a Club. Cash the Ace and King of Trumps exposing a bad break.

Then exit with a Trump.

East is end played to lead a Diamond from the King or a Spade, in which case Declarer can throw a Diamond loser from one hand and ruff in the other.

Either way, the Declarer has to give one Diamond trick and make the contract.

SOUTH				
♠	K	5		
♥	A	K	J	8
♦	A	8	6	2
♣	A	K		

GOLF COMPETITIONS HELD IN NYALI



Francis Muthamla (left), winner during the Navy Commander's Cup sponsored by KDF Golf Association, Paramount Group Ltd and SECO, with 38cb, receives a prize from Brig. Charles Kahiriri.



Nyal Golf and Country Club Captain, Bajaber Taib (right), receiving a trophy from Sigona Golf Club Captain Arvo Ladha during Nyal Vs Sigona annual match play at NGCC. Nyali emerged winners with 24 points.

Aim Straight in the Wet

WATER BETWEEN THE BALL AND THE CLUB-FACE AT IMPACT MAKES IT HARDER TO PRODUCE SIDESPIN. SO IF THE GROUND IS WET AIM STRAIGHT.

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MOMBASA AND NAIROBI

DON'T GET FANCY AND TRY TO HIT FADES AND DRWS. KEEP IT SIMPLE.

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