

CRICKET

England's batsmen were naive, blasts Cook

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AT LORD'S

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ENGLAND skipper Alastair Cook lambasted his side for naïve batting after they slumped to a humbling 75-run defeat in the first Investec Test against Pakistan at Lord's yesterday.

Chasing 283 for victory, England again fell under the spell of leg-spinner Yasir Shah, who claimed four second innings wickets to finish with match-figures of 10-141 in his first Test outside of subcontinental conditions.

Scores in the forties by Jonny Bairstow, Gary Ballance and James Vince proved insufficient as Misbah-ul-Haq's Pakistan secured a 1-0 lead in the four-match series and celebrated by performing a military-style press-up routine on the outfield.

Cook hinted that England would use the sight of Pakistan's jubilant post-match frolics as motivation for the second Test at Old Trafford, which starts on Friday, although the lack of batting nous was the principal cause of his anger.

"We're striving to become the best side we can be but naïve is the word. You don't mind getting bowled out sometimes and you can play bad shots but we've played too many bad shots," said Cook, who conceded England were 100 runs light in their first innings.

"We played some naïve shots at



Leg-spinner Yasir claimed four second innings scalps and match-figures of 10-141

times to certain angles. You could see what they were trying to do and we fell into the trap. It's frustrating.

"We've got to go back and talk about it but talk all you want it's about delivering in the middle. Nobody got a hundred in this game and you don't win many games if nobody scores a hundred.

"It's never nice losing at Lord's and

seeing the opposition like they were at the end so we've got to use that as motivation. We've got the challenge ahead of us now and we've got to work really hard as a team, stay together, which we will do.

"We lost heavily to Australia here [in 2015] and bounced back very quickly. It's not all doom and gloom. It's a good week in terms of some of

the guys growing up and becoming match-hardened Test cricketers."

While Yasir was the worthy recipient of many a plaudit, seamer Rahat Ali claimed the first three England wickets to fall yesterday, while Pakistan's victory was sealed by Mohammad Amir in his first Test match since the fallout of the 2010 spot-fixing scandal.

"It was a special moment for him and it could be the start of a new life," said Pakistan captain Misbah. "I hope he'll be a really good cricketer and human being now. He's so lucky he got another chance and now it's a new life for him. A new start."

The day had started positively for England as Stuart Broad claimed the remaining two Pakistani wickets inside his first two overs to take his tally of Test scalps beyond 350.

Recent history would suggest England needed substantial scores from Cook and Joe Root but when the latter became Rahat's third victim, caught in the deep following a mistimed pull, the hosts were 47-3.

The middle-order flirted with major, match-winning contributions but when Moeen Ali recklessly charged down the wicket only to be clean bowled by Yasir, England had slipped to 139-6. A watchful 56-run stand between Bairstow and Chris Woakes offered temporary hope but once Yasir had worked yet more magic, the game was up for England. Amir administered the final blow.

RESULTS

FOOTBALL

FRIENDLY MATCHES

FC Cincinnati.....	0	Crystal Palace.....	2
Richmond Kickers.....	2	Swansea.....	0
Wigan.....	0	Liverpool.....	2

CRICKET

FIRST INVESTEC TEST—Pakistan v England (Lord's): Pakistan 339 (99.2 overs; Misbah-ul-Haq 114, A Shafiq 73; C R Woakes 6-70) and 215 (79.1; C R Woakes 5-32). England 272 (79.1; A N Cook 81; Y Shah 6-72) and 207 (75.5; Y Shah 4-69). Pakistan won by 75 runs.

SPECSAVERS COUNTY CH'SHIP - DIVISION ONE—Surrey v Hampshire (The Ageas Bowl): Surrey . 332-4 (96.0; R J Burns 122, D P Sibley 99, A J Finch 56no). **Nottinghamshire v Somerset** (Trent Bridge): Nottinghamshire . 311-4 (96.0; S J Mullaney 161no, J D Libby 90). **Lancashire v Durham** (Southport): Lancashire 204 (70.1; S J Croft 54, A N Petersen 51; C Rushworth 4-30), and 59-1 (24.0) Durham 291 (95.0; S G Borthwick 64, P D Collingwood 50). **DIVISION TWO—Glamorgan v Derbyshire** (Colwyn Bay): Glamorgan . 481-8 (96.0; A H T Donald 234, W D Bragg 60, N J Selman 57, C A J Meschede 54no, W S Davis 5-123). **Kent v Sussex** (Tunbridge Wells): Kent . 310-3 (96.0; S R Dickson 81, J L Denly 78, S A Northeast 75no, D I Stevens 51no). **NATWEST T20 BLAST - NORTH DIVISION—Warwickshire v Leicestershire** (Edgbaston): Warwickshire 186-4 (20; S R Hain 79, I R Bell 57). Leicestershire 158-9 (20). Warwickshire (2pts) won by 28 runs. **SOUTH DIVISION—Gloucestershire v Essex** (Cheltenham): Gloucestershire 212-1 (20; M Klinger 95no, I A Cockbain 69no). Essex 182-9 (20). Gloucestershire (2pts) won by 30 runs.

CYCLING

TOUR DE FRANCE—Stage 15 (Bourg-en-Bresse - Culoz - 159km): J Pantano (Col) IAM Cycling 4h 24m 49s, 14 C Froome (Gbr) Team Sky +3m 7s, 21 A Yates (Gbr) Orica-BikeExchange same time, 33 G Thomas (Gbr) Team Sky +9m 6s. **Overall:** 1 C Froome (Gbr) 68h 14m 36s, 3 A Yates (Gbr) +2m 45s, 17 G Thomas (Gbr) +12m 47s.

GOLF

THE 145TH OPEN CH'SHIP (Royal Troon Golf Club, South Ayrshire)—**Final Rd** (GB & Ireland unless stated): 264 H Stenson (Swe) 68 65 68 63, 267 P Mickelson (USA) 63 69 70 65, 278 J.B. Holmes (USA) 70 70 69 69, 279 S Stricker (USA) 67 75 68 69, 280 R McIlroy 69 71 73 67, S Garcia (Spa) 68 70 73 69, T Hattton 70 71 71 68, 281 A Johnston 69 69 70 73, 282 S Kjeldsen (Den) 67 68 75 72, D Johnson (USA) 71 69 72 70, B Haas (USA) 68 70 69 75.

TODAY'S DIARY

Friendlies: Cork City v Wolverhampton (7.45), Sporting Lisbon v PSV Eindhoven (7.30).

CYCLING

Tour De France—Stage 16: (Moirans-en-Montagne - Berne - 206km).

CITY CHAMPIONSHIPS

Put 'em up for a good cause at the City Boxing Championships

INTERVIEW

INTERVIEW WITH MARK SCHMID BY JESSICA FELLOWES

Mark Schmid has been close to the boxing action for over a decade and together with City Championships, they decided to put on event where City workers who boxer for fitness could find out what it's like to get in the ring.

A traditional boxing venue has been booked on 10 November – at the Troxy, at the Limehouse – with tables ringside, as well as hundreds more seats. Boxers could have a crowd of a thousand cheering them

on. If you want to take part, the most important element is the matchmaking, so all contestants need to be assessed. "We have gyms all over London that we can call upon – whether you have your own trainer and gym, or would like us to set you up," said Schmid.

Once assessed and accepted, the only commitment required is that you pay a £50 fee to City Championships (all of which will be divided between the three charities) and sell a certain number of spectator seats, from £30 each. Firms are encouraged to take a table (with a three-course dinner and wine).

All the boxers will wear headguards and

larger-than-usual gloves for extra padding and protection. Professional rounds are three minutes long, so these will be two minutes and there will be three rounds per match. "It doesn't sound much, but it can be hard just to keep your arms up for that long," added Schmid. Men and women are encouraged to compete – even if you are a complete novice, you'll be well-matched with your sparring partner.

As for skills needed. "It's all about hitting and not getting hit. The footwork matters, elite boxers have almost balletic movements," said Schmid. "But you do need courage too – it's not badminton." Former British and European super



Wayne Alexander is a former British and European super welterweight champion

welterweight champion Wayne Alexander, who also fought for world honours, winning the WBU title in 2004, will referee and there will be other professional boxers at the ringside to shout their encouragement.

"We're seeing some rivalry start up already – two City PR firms want to put guys in," added Schmid. Put 'em up, why don't you? CityChampionships.com



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