

Lorenzo takes front row spot, Rossi in 7th

Marquez claims Australia pole

PHILLIP ISLAND, Australia, Oct 17, (AFP): Defending world champion Marc Marquez claimed pole position ahead of Andrea Iannone with Valentino Rossi seventh in Saturday qualifying for this weekend's Australian MotoGP at Phillip Island. The Repsol Honda rider, who is out of the running for this year's world championship after breaking his left hand last month, clocked a fastest lap of one minute 28.364 seconds for his eighth pole

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of the season to start on the inside of the grid on Sunday.

It is the Spaniard's 30th pole in MotoGP as he bids to win the Australian race for the first time after crashing out last year while leading off the pole and being disqualified in 2013.

"I feel well, I feel strong. I was struggling a little bit at Motegi last week," Marquez said. "We have a good pace for tomorrow and we are ready to fight for the podium and hopefully the victory."

"However we must wait and see what happens, because here every day is different. It can be sunny but then all of a sudden clouds can appear. The key will be interpreting how the track conditions are, in order to have a good race," Marquez added.

Italian Ducati rider Iannone was a surprise second ahead of Spain's Movistar Yamaha star Jorge Lorenzo with world championship leader Rossi starting off the third row after finishing seventh.



Repsol Honder rider Marc Marquez of Spain gestures to the crowd after posting the fastest time in the third practice session for the MotoGP Australian Grand Prix at Phillip Island on Oct 17. (AFP)

It was Iannone's third front-row start of the season and he set an identical time (1:28.680) to Lorenzo, but will start from second on count back.

"It is really important in the race to start from the front because especially Marc and Jorge start really strong, but the race tomorrow is different and I hope to challenge for the podium," Iannone said.

Marquez's Repsol Honda team-mate Dani Pedrosa was fourth quickest and will begin on the second row with

Britain's Cal Crutchlow and Spaniard Maverick Vinales.

Marquez has been on the consistently fastest bike so far this weekend, topping the time sheets in practice and qualifying, but is 86 points adrift of Rossi in the championship standings with a maximum of 75 points available.

Although Marquez has dominated so far this weekend his qualifying time was almost half a second slower than Lorenzo's 2013 pole record (1:27.899).

It will be two-time MotoGP champion Lorenzo's 13th front-row start this year, but it is his worst qualifying performance since his eighth at Assen.

"It was very important for me to be very quick for one lap, but any way third place is good because (team-mate) Valentino had some problems today to stay in front and knowing this it's not too bad," Lorenzo said.

It was also Rossi's worst qualifying performance since his eighth at Indianapolis.

Rossi, who will equal the all-time record of 328 Grand Prix starts on Sunday, leads Lorenzo by 18 points in the championship and holds the edge for his eighth premier class world title.

The 36-year-old Italian is chasing his first world title since 2009.

In the other classes, Spaniard Alex Rins on a Kalex qualified for the Moto2 pole, while Britain's Danny Kent, leading the Moto3 championship by 56 points, lost pole after a six-place penalty for riding slowly on the racing line during the qualifying session.



The Gym Team in 'Pink'

The Gym Team wears 'Pink' in Zumba class

FITPRO holds 'HipHop' Masterclass

By Michelle Fe Santiago
Arab Times Staff

KUWAIT CITY, Oct 17: The Fitness Professionals and Body Builders Committee of Kuwait (FITPRO) held on Friday the first "HipHop" masterclass in Kuwait at the Failaka Hall of the Radisson Blu Hotel. The two-hour class was spearheaded by choreographer, dancer and certified fitness instructor Adrian Tiomico of Oxygen Gym. A number of fitness instructors and dance enthusiasts attended the event.

FITPRO President Noel Galicia in his opening remarks cited that the master class stemmed from the popular demand of the instructors from various gyms, hence, FITPRO organised it for them.

"The two-hour class intends to provide information on the dance and further appreciate its form and executions. With a full house attendance today, it encourages us to organize further different special classes such as this to continue further the education for our instructors and clients to benefit from us," pointed out Galicia.

The participants commended Tiomico for his systematic approach to breaking down routines during the class.

"His knowledge as fitness instructor definitely helped in bringing out the skills in everyone. He breaks down routines orderly and step by step this gives the opportunity even for a non dancer to pick up routines and further enjoy the full choreography. We hope that FITPRO brings him back for another set of master class, so I can invite my other friends who missed this chance," stated Shireen Davies.

Tiomico has taken active participation with G-Force, Maneuvers, and Philippine All Stars and is a member of the Association of Fitness Professionals of the Philippines (AFPP). He is also a certified Spinning, TRX and Personal Training.

Two groups of instructors also showcased their talents during the event namely Blance Bravo of Holiday Inn, Janicla Capili of Pilates and More and



FITPRO and the hip hop masterclass participants.



Zumba Class

Sam Malit a personal Trainer performed a dance routine combining Latin grooves and hip hop moves. Instructors from Oxygen Aeron Pilola, Adrian Tiomico, Jonathan Lobo and Jeremiah James Masangay also gave a dance routine sample.

Galicia also announced that another master class will be held in November as thanked The Gym Team for its support to the project. The Radisson Blu Hotel and La Cocinera for the snacks and certificates for the participants.

Meanwhile, members of The Gym Team held its Friday Zumba class at the Radisson Blu Hotel with Pink as its colour theme for the week in commemoration of breast cancer awareness

month. Three instructors and mentors took center stage and led the class to an hour and half class of fun workout and dance routines.

ZIN and fitness certified Janice Capili kicked off the workout with a progression of mid tempo to fast music paired with fusion of contemporary and traditional Latin music. Zin and certified fitness personal trainer Sam Malit delivered a half hour combination of Zumba routines and one of kind Masala Banghra cardio workout to the delight of the crowd. ZIN and certified personal trainer Blanche Bravo showcased her series of Zumba moves cut in half with successive drum beats to the tune of Arabic rhythms.

5 still in chase

Keselowski wins 'Sprint Cup' pole

KANSAS CITY, Kansas, Oct 17, (AP): Brad Keselowski won the pole for Sunday's Sprint Cup race at Kansas Speedway, though he was quick to acknowledge it's where he finishes in the crucial Chase race that matters.

Keselowski is firmly in the middle of the pack heading into second of three races in this round, and a victory would give him an automatic berth in the eight-driver elimination round.

That would take the pressure off a good run next week at unpredictable Talladega.

"It's been a really good day, but of course there's a long ways to go," said Keselowski, who was also fastest in Friday's practice. "We need a really good finish, is what we need."

Keselowski beat out 10 other Chase

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drivers in the final round of qualifying Friday. But because his Penske Racing team has accumulated four warnings, he did not receive the pit stall selection that typically goes to the fastest qualifier.

Whether that comes back to haunt him will be seen on Sunday.

"It's like getting a nice cheesecake with no toppings. I still like cheesecake," Keselowski said. "We'll make the most of it. It is nice to be fast this week. We weren't anywhere near as fast as we wanted to be at Charlotte, which was frustrating."

Carl Edwards will start alongside Keselowski. Kyle Busch, Kevin Harvick, Denny Hamlin, Jeff Gordon and Martin Truex Jr. were next, all still in the Chase.

"These are bitter-sweet because it's like you know you left a little bit out there, but it's still a great lap for us," Edwards said. "Somebody said there was something with the 2 and they lose a pit pick for some reason, so really we'll get that first pit stall, which will be huge for Sunday. That's a gift and we'll take it."

Ryan Blaney was the fastest among the non-title contenders in eighth. He was followed by Chase drivers Kurt Busch, Ryan Newman and Matt Kenseth, whose disastrous performance last week at Charlotte dropped him to last among the 12 drivers in this round of the playoffs.

The only Chase drivers who did not make the final round of qualifying were Joey Logano, who will start 14th, and Dale Earnhardt Jr, who qualified 15th.



Keselowski



Nasser Saleh Al-Attiyah in flying form on day two in Jordan.

Qatar's Al-Attiyah 'clinches' 11th FIA ME Rally Champ'ship title in Jordan

Qatari Al-Kuwari fights back to take 2nd as Jordan's Salem in 3rd

DEAD SEA, Jordan, Oct 17: Qatar's Nasser Saleh Al-Attiyah confirmed his 11th FIA Middle East Rally Championship (MERC) title in 13 years with an emphatic start-to-finish victory in the Jordan Rally, round six of the series, which finished with the stunning backdrop of the Dead Sea on Saturday.

The Qatari and his French co-driver Matthieu Baumel won 18 of the 21 gravel special stages that are some of the most beautiful and demanding in the world. His ninth victory in Jordan also marked a 59th career MERC win to put him just one success away from equalling the 60 victories achieved by Dubai's Mohammed Bin Sulayem between 1984 and 2002. The winning margin for his fourth successive victory in the Hashemite Kingdom was a massive 29min 31sec.

It was also MERC win number eight for Matthieu Baumel, who duly overtook Jordan's Khaled Zakaria to become the fifth most successful regional co-driver in history.

"I was happy because Yazeed (Al-Rajhi), Abdulaziz (Al-Kuwari) and Khalid (Al-Suwaidi) were back and pushing today," said Al-Attiyah. "I did what I had to do. Today, in the morning, I won all five stages. I was driving on the same pace as yesterday. No slowing and no risks."

"Yesterday I chose soft tyres for the first five stages and today I used harder tyres on the front and soft on the rear. The problem with the soft is a lot of movement and it does not suit the stages especially on the later stages. But this is another fantastic win for me and another Middle East Championship title. I am very happy."

The Qatari, who clinched the FIA World Cup in Morocco last week and could add the WRC 2 title to his trophy cabinet in Spain next Sunday, was in a class of his own. But a fierce bat-

tle waged over the closing stages for the runner-up spot.

Despite losing over 23 minutes on Friday with a broken wheel, Qatar's Abdulaziz Al-Kuwari and British navigator Marshall Clarke began a sterling fight back through the field. They started the final day in fourth and overhauled the Jordanian duo of Husam Salem and Khaled Juma to snatch second place.

"It was important to me to finish in at least the top three for the sponsors," said Al-Kuwari. "I was not happy with my performance here, especially with the older tyres I have been using. But it's a good finish after the problems I faced."

It was fitting that an all-Jordanian team was on the podium and a delighted Husam Salem and co-driver Nancy Al-Majali held on to confirm a second successive victory in Group N and take third overall in their Mitsubishi Lancer Evolution IX. It was the first podium finish for an all-Jordanian crew since Ameer Al-Najjar and Nicola Fanous finished third in 2008.

"The first stage I did not have the confidence and nor the second either," admitted Salem. "We change a little the set-up for the third one and it was better. The Baptism stage was excellent for us. I hit the water splash too hard in Baptism and it loosened the sump guard and hit the radiator. But the goal at the start was a podium and we achieved that, so I am happy."

Khaled Juma has already confirmed the Jordanian national rally title in his Mitsubishi Lancer Evolution VII and he and Faris Al-Tal finished the international in fourth and second in Group N. Ihab Al-Shorafa and Rakan Khair were fifth.

Khalid Al-Suwaidi and Al-Attiyah's former co-driver Giovanni Bernacchini began the second leg under Rally2 after Friday's problems and looked set for a sixth-placed finish until late technical issues sidelined their Ford Fiesta RRC.

Saudi's Yazeed Al-Rajhi and Ulster

co-driver Michael Orr also restarted under Rally2 and overhauled the Fiat Stilo of Asem Aref and Moad Arja to finish in sixth position.

Al-Rajhi said: "I thought I would get Rally2 after the super special and not at the end of the leg. So I took 100 minutes of penalties. I did not think the first stage would be included in leg one. This should be taken into consideration in the future. The championship needs every competitor when the numbers are low. You have no chance to come back with these penalties. If I did not go to Spain from here, I would not have continued today."

Lina Hadadi and Barkev Shadian finished as the highest crew running in a secondary rally behind the FIA event. They fended off a challenge from the fellow all-Subaru Impreza crew of Basheer Azar and Bilal Majdalawe.

Leg 2 - as it happened
Al-Attiyah began the final 10

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stages with a massive lead of 20min 19.5sec, although his domination of the stage times was sure to end with Al-Rajhi and Al-Suwaidi rejoining



Husam Salem in leg two Jordan action.

the final podium place and began to close in on Salem.

Al-Rajhi was fastest again through Rama, as Al-Kuwari closed to within 9.1 seconds of Salem's second place.

Al-Suwaidi held sixth for much of the day, but failed to arrive at the start of the 19th stage after technical issues forced him into retirement.

Al-Kuwari managed to cruise through into second overall and maintained his position through the remaining two stages to seal 18 valuable championship points - the Qatari taking the fastest time on the final stage. There was no stopping Al-Attiyah either and he held on to confirm an 11th regional title with two rounds remaining. Husam Salem rounded off the podium and won Group N.

Positions after SS21 (unofficial @ 17.00hrs):

1. Nasser Saleh Al-Attiyah (QAT) (QAT)/Matthieu Baumel (FRA) Ford Fiesta RRC — 3hr 07min 51.2sec; 2. Abdulaziz Al-Kuwari (QAT)/Marshall Clarke (GBR) Ford Fiesta RRC — 3hr 37min 22.2sec; 3. Husam Salem (JOR)/Nancy Al-Majali (JOR) Mitsubishi Lancer Evo IX — 3hr 41min 37.6sec; 4. Khaled Juma (JOR)/Faris Al-Tal (JOR) Mitsubishi Lancer Evo VII — 3hr 43min 30.6sec; 5. Ihab Al-Shorafa (JOR)/Rakan Khair (JOR) Mitsubishi Lancer Evo IX — 4hr 06min 11.4sec; 6. Yazeed Al-Rajhi (SAU)/Michael Orr (GBR) Ford Fiesta RRC — 4hr 58min 20.6sec; 7. Asem Aref (JOR)/Moad Arja (JOR) Fiat Stilo — 5hr 21min 27.8sec.

Positions after round 6 (unofficial):

1. Nasser Saleh Al-Attiyah (QAT) — 125 pts; 2. Abdulaziz Al-Kuwari (QAT) — 66 pts; 3. Khalid Al-Suwaidi (QAT) — 51 pts; 4. Khalid Al-Suwaidi (QAT) — 32 pts; 5. Khalifa Al-Attiyah (QAT) — 26 pts; 6. Salah bin Eidan (KWT) — 26 pts; 7. Roger Feghali (LBN) — 25 pts; 8. Yazeed Al-Rajhi (SAU) — 23 pts; 9. Nicolas Amioumi (LBN) — 18 pts; 10. Rashid Al-Naimi (QAT) — 16 pts; 11. Husam Salem (JOR) — 15 pts, etc.