

BODYBUILDING

Johnson has big pro plans

Colin Thompson

Julian Johnson has big plans in store for next year.

The bodybuilder, who trains out of the Ultimate Fitness Gym, has made qualifying for the International Federation of Body Building and Fitness Professional League his top priority and is confident of achieving his objective.

“I want to get a pro card to compete in IFBB Pro League shows, which is the next goal,” Johnson said.

“Next year I will definitely be doing that and I’m going to be on that Mr Olympia stage eventually.”

The 26-year-old moved a step closer to his goal after securing the men’s physique and classic physique titles on his debut at the IFBB Diamond Cup Pro Qualifier at the HardRock Casino in Vancouver last month;

“The hard work definitely paid off,” Johnson said. “Ross Caesar [his trainer and former Mr Bermuda] told me a year ago that we are going to get a pro card, and that’s exactly what happened.

“I just went in with a different



Stage presence: Julian Johnson won a pair of pro cards at the Diamond Cup in Vancouver last month

mindset, especially since it’s the fourth year I’ve been competing. Size has been put on, the knowledge of the sport, the perception of stage presence and how I present myself — all of that has

increased my ability to perform.

“Even with the freedom of expression with your body and just stage charisma, and know-how to show how bad you want something versus somebody

who is nervous and doesn’t quite have the assertive attitude to show they want to win.

“Over the years I’ve learnt enough, practised enough and put in the time to know how to represent my body on stage.”

Under normal circumstances the pair of titles that Johnson earned in Vancouver would have qualified him for the IFBB Pro League.

However, a split within the IFBB stemming from a major dispute that occurred between the IFBB Amateur International and the National Physique Committee (NPC) NPC last year means he now has to go the extra mile in order to compete at that level.

“Before when you earned a pro card you qualified because it was one big league,” Johnson said. “But they had a split last year, so basically I have a card right now only for the IFBB Pro Elite. The two leagues split, so I can only do elite shows with that card. I’m going to pursue the IFBB Pro League card as well.”

Johnson was accompanied in Vancouver by Sunda Singh, his gym-mate, who also impressed by placing second in the men’s physique open class A.

TRIATHLON

Cash prizes up for grabs for schools

Sports Staff

Cash prizes for schools will be on offer as TMR, the organisers of one of the island’s leading triathlon events, try to encourage Bermuda’s youth to sign up and take part.

The twelfth TMR Sprint Triathlon will take place on Sunday, September 30, starting at Albuoy’s Point, and TMR would like to see a big increase in the numbers of young people competing.

It is also a great to practice for the WTS Kids Duathlon in April next year.

Kathleen Faries, TMR’s head of the Bermuda branch, said that in an age of smart phones, it was important to encourage young people to engage in other activities, especially sport.

“As well as the full triathlon, we have a Try-a-Tri which anyone can take part in and complete,” she said.

“We have this category to give people a taste for triathlons, and to let them see it is not that hard, in the hope of encouraging them to do more.

“TMR believes very strongly in supporting Bermuda’s athletes as we want them to be successful and inspire the next generation of competitive athletes. TMR believes in the benefits of an active, healthy, lifestyle.”

The event includes a School Challenge with cash prizes for the first, second and third placed school teams.

“We are hoping that this will continue to encourage schools to organise teams to take part as in prior years,” said Martin Bolton, TMR’s race director and organiser of this year’s event.

“This is an important event and one that is now very established on the athletic calendar. I am sure there will be a great turn out.”

The senior individual and team races start at 8am, with the Try-a-Tri at 8.05am.

The junior race starts at 10am, with the School Challenge Duathlon and Triathlon at 10.45am.

For more information e-mail triathlon@tokiomillenniumre.com and to register visit www.raceday-world.com

SPORT SCOREBOARD

BERMUDA

FOOTBALL

DUDLEY EVE TROPHY  
Today’s games  
Goose Gosling’s Field  
Group B  
Dandy Town v PHC Zebras, 7pm  
Group A  
Robin Hood v Somerset Trojans, 9pm

CRICKET

Evening League  
Knockout Cup Semi-Finals  
Shelly Bay Field  
Fixtures  
Saturday’s finals: Premier Division: Tuff Dogs v The Associates, 2.30pm. First Division: St George’s v North Village, 10.30am.

OVERSEAS

AMERICAN FOOTBALL

NATIONAL FOOTBALL LEAGUE  
All Times Bermuda  
Today’s game  
Baltimore at Cincinnati, 9.20pm

FOOTBALL

INTERNATIONAL FRIENDLIES  
Yesterday’s results  
Colombia 0 Argentina 0  
Brazil 5 El Salvador 0  
Ecuador 2 Guatemala 0  
United States 1 Mexico 0  
Panama 0 Venezuela 2

EFL Trophy  
Yesterday’s results  
Southern Group E  
Coventry City 0 Arsenal 3

SKY BET CHAMPIONSHIP  
Tomorrow’s game  
Birmingham City v West Bromwich Albion

SCOTTISH PREMIERSHIP  
Tomorrow’s game  
St Mirren Celtic

SPANISH COPA DEL REY  
Today’s games  
Albacete v Lugo  
Numancia v Sporting Gijón  
Elche v Granada  
Las Palmas vRayo Majadahonda

SPANISH LA LIGA  
Tomorrow’s game  
Huesca v Rayo Vallecano

MAJOR LEAGUE SOCCER EASTERN CONFERENCE									
	W	L	T	Pts	GF	GA			
New York	17	7	4	55	50	29			
Atlanta United FC	16	5	6	54	56	33			
New York City FC	14	8	7	49	51	38			
Columbus	12	8	7	43	35	34			
Philadelphia	12	11	4	40	39	41			
Montreal	11	14	3	36	37	45			
New England	8	10	9	33	40	42			
DC United	8	11	7	31	43	44			
Toronto FC	7	14	6	27	45	52			
Orlando City	7	17	3	24	40	62			
Chicago	6	15	6	24	37	52			
WESTERN CONFERENCE									
	W	L	T	Pts	GF	GA			
FC Dallas	14	6	7	49	47	37			
Sporting Kansas City	14	7	6	48	49	33			
Los Angeles FC	13	7	7	46	54	42			
Real Salt Lake	13	10	5	44	48	46			
Portland	12	7	8	44	40	36			
Seattle	12	9	5	41	35	27			
Vancouver	11	9	7	40	45	52			
LA Galaxy	10	10	8	38	51	54			
Minnesota United	9	15	2	29	38	52			
Houston	7	13	7	28	43	42			
Colorado	6	15	6	24	31	50			
San Jose	4	15	8	20	41	52			
Yesterday’s game									
Minnesota United at D.C. United, late									
Saturday’s games									
Atlanta United FC at Colorado, 4.30pm									
LA Galaxy at Toronto FC, 8.30pm									
Montreal at Philadelphia, 8.30pm									
Columbus at FC Dallas, 9pm									
Portland at Houston, 9.30pm									
Minnesota United at Real Salt Lake, 10.30pm									
Seattle at Vancouver, 11pm									
New England at Los Angeles FC, 11.30pm									
Sporting Kansas City at San Jose, 11.30pm									
Sunday’s games									
New York at DC United, 2pm									
Orlando City at Chicago, 6pm									

BASEBALL

MAJOR LEAGUE BASEBALL All times Bermuda East Division									
	W	L	Pct	GB					
z-Boston	99	46	.683	—	Colorado	79	65	.549	—
New York	90	55	.621	9	Los Angeles	78	67	.538	1½
Tampa Bay	79	65	.549	19½	Arizona	77	68	.531	2½
Toronto	65	79	.451	33½	San Francisco	68	78	.466	12
Baltimore	41	103	.285	57½	San Diego	58	88	.397	22



Flying the flag: Marvin Brangman, the Bermuda endurance rider, enjoys the moment at the opening ceremony of the World Equestrian Games in Tyron, North Carolina, on Tuesday

Central Division				
	W	L	Pct	GB
Cleveland	82	63	.566	—
Minnesota	66	78	.458	15½
Detroit	59	86	.407	23
Chicago	56	89	.386	26
Kansas City	49	95	.340	32½
West Division				
	W	L	Pct	GB
Houston	91	54	.628	—
Oakland	88	57	.607	3
Seattle	79	65	.549	11½
Los Angeles	72	73	.497	19
Texas	62	83	.428	29

z-clinched play-off berth

**Tuesday's results**

Houston 5 Detroit 4  
Oakland 3 Baltimore 2  
Boston 7 Toronto 2  
Cleveland 2 Tampa Bay 0  
Minnesota 10 NY Yankees 5  
Kansas City 6 Chicago White Sox 3  
LA Angels 1 Texas 0  
San Diego 2 Seattle 1

**Today's games**

Oakland (Anderson 3-4) at Baltimore (Bundy 7-14), 8.05pm  
Toronto (Gaviglio 3-8) at Boston (Rodriguez 12-4), 8.10pm  
Minnesota (Gonsalves 0-2) at Kansas City (Fillmyer 2-1), 9.15pm  
Seattle (Paxton 11-6) at LA Angels (Shoemaker 2-0), 11.07pm

**Tomorrow's games**

Chicago White Sox at Baltimore, 8.05pm  
Toronto at NY Yankees, 8.05pm  
Detroit at Cleveland, 8.10pm  
NY Mets at Boston, 8.10pm  
Oakland at Tampa Bay, 8.10pm  
Arizona at Houston, 9.10pm  
Minnesota at Kansas City, 9.15pm  
Seattle at LA Angels, 11.07pm  
Texas at San Diego, 11.10pm

National League East Division				
	W	L	Pct	GB
Atlanta	81	64	.559	—
Philadelphia	74	70	.514	6½
Washington	73	72	.503	8
New York	65	78	.455	15
Miami	57	86	.399	23
Central Division				
	W	L	Pct	GB
Chicago	84	60	.583	—
Milwaukee	83	63	.568	2
St Louis	81	64	.559	3½
Pittsburgh	71	73	.493	13
Cincinnati	63	83	.432	22
West Division				
	W	L	Pct	GB
Colorado	79	65	.549	—
Los Angeles	78	67	.538	1½
Arizona	77	68	.531	2½
San Francisco	68	78	.466	12
San Diego	58	88	.397	22

**Today's results**

Washington 3 Philadelphia 1, first game  
Cincinnati 3 LA Dodgers 1  
Miami 5 NY Mets 3  
Washington 7 Philadelphia 6, second game, 10 innings  
Chicago Cubs 3 Milwaukee 0  
St Louis 11 Pittsburgh 5  
Arizona 6 Colorado 3  
San Diego 2 Seattle 1  
Atlanta 4 San Francisco 1

**Today's games**

Arizona (Buchholz 7-2) at Colorado (Freeland 14-7), 3.10pm  
Chicago Cubs (Montgomery 4-5) at Washington (Ross 0-0), 4.05pm  
Miami (Alcantara 2-0) at N.Y. Mets (Matz 5-11), 7.10pm  
L.A. Dodgers (Kershaw 7-5) at St Louis (Gomber 5-0), 7.15pm

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Cincinnati at Chicago Cubs, 3.20pm  
Miami at Philadelphia, 8.05pm  
NY Mets at Boston, 8.10pm  
Washington at Atlanta, 8.35pm  
Arizona at Houston, 9.10pm  
Pittsburgh at Milwaukee, 9.10pm  
LA Dodgers at St. Louis, 9.15pm  
Texas at San Diego, 11.10pm  
Colorado at San Francisco, 11.15pm

## BASKETBALL

**WOMEN'S NATIONAL BASKETBALL ASSOCIATION CONFERENCE FINALS**

**Semi-finals**  
(x-if necessary)  
(Best-of-5)

**Seattle 3 Phoenix 2**

**Sunday:** Phoenix 87 Seattle, 91  
**Tuesday:** Phoenix 87 Seattle 91 overtime  
**Friday:** Seattle 66 Phoenix 86  
**Sunday:** Seattle 84 Phoenix 86  
**Tuesday:** Phoenix 84 Seattle 94

**Atlanta 2 Washington 3**

**Sunday:** Washington 87 Atlanta 84  
**Tuesday:** Washington 75 Atlanta 78  
**Friday:** Atlanta 81 Washington 76  
**Sunday:** Atlanta 76 Washington 97  
**Tuesday:** Washington 86 Atlanta 81

**Finals**  
(Best-of-5)

**Seattle 2 Washington 0**

**Friday:** Seattle 89 Washington 76  
**Sunday:** Seattle 75 Washington 73  
**Yesterday:** Seattle at Washington, late  
**Tomorrow:** Seattle at Washington, 9pm  
**x-Sunday, Sept. 16:** Washington at Seattle, 9pm

## BOXING

**FIGHT SCHEDULE**  
**Today**  
**At Hard Rock Hotel & Casino, Las Vegas (ESPN)**  
Pablo Cesar Cano v Ruslan Madiev, 10, super light

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