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

"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 increased my ability to perform. 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

"Even with the freedom of

expression with your body and just stage charisma, and knowhow 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) NPĆ 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

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 years' 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.racedayworld.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

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

St Mirren Celtic

SPANISH COPA DEL REY 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	Т	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	Т	Pts	GF	GA
						٠.
FC Dallas	14	6	7	49	47	37
Sporting Kansas City	14 14	7	6	48	47 49	37 33
Sporting Kansas City Los Angeles FC	14 13	7 7	6 7			37
Sporting Kansas City	14	7	6	48	49	37 33
Sporting Kansas City Los Angeles FC	14 13 13 12	7 7	6 7 5 8	48 46	49 54	37 33 42 46 36
Sporting Kansas City Los Angeles FC Real Salt Lake	14 13 13	7 7 10	6 7 5	48 46 44	49 54 48	37 33 42 46
Sporting Kansas City Los Angeles FC Real Salt Lake Portland	14 13 13 12	7 7 10 7	6 7 5 8	48 46 44 44	49 54 48 40	37 33 42 46 36
Sporting Kansas City Los Angeles FC Real Salt Lake Portland Seattle	14 13 13 12 12	7 7 10 7 9	6 7 5 8 5	48 46 44 44 41	49 54 48 40 35	37 33 42 46 36 27
Sporting Kansas City Los Angeles FC Real Salt Lake Portland Seattle Vancouver	14 13 13 12 12 12	7 7 10 7 9	6 7 5 8 5 7 8	48 46 44 44 41 40	49 54 48 40 35 45	37 33 42 46 36 27 52
Sporting Kansas City Los Angeles FC Real Salt Lake Portland Seattle Vancouver LA Galaxy	14 13 13 12 12 11 10	7 7 10 7 9 9	6 7 5 8 5 7 8	48 46 44 44 41 40 38	49 54 48 40 35 45 51	37 33 42 46 36 27 52 54
Sporting Kansas City Los Angeles FC Real Salt Lake Portland Seattle Vancouver LA Galaxy Minnesota United	14 13 13 12 12 11 10 9	7 7 10 7 9 9 10	6 7 5 8 5 7 8	48 46 44 44 41 40 38 29	49 54 48 40 35 45 51 38	37 33 42 46 36 27 52 54 52
Sporting Kansas City Los Angeles FC Real Salt Lake Portland Seattle Vancouver LA Galaxy Minnesota United Houston	14 13 13 12 12 11 10 9 7	7 7 10 7 9 9 10 15 13	6 7 5 8 5 7 8 2 7	48 46 44 44 41 40 38 29 28	49 54 48 40 35 45 51 38 43	37 33 42 46 36 27 52 54 52 42

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

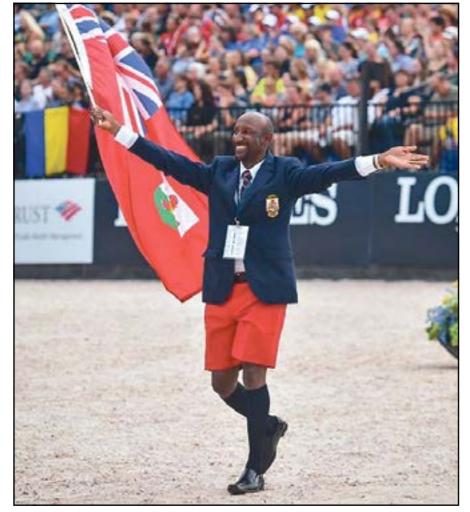
Orlando City at Chicago, 6pm

MAJOR LEAGUE BASEBALL

BASEBALL

East Division

	w	L	Pct	GB
z-Boston	99	46	.683	_
New York	90	55	.621	9
Tampa Bay	79	65	.549	191/2
Toronto	65	79	.451	331/2
Baltimore	41	103	.285	571/2



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 GB .566 .458 Cleveland 82 63 78 15½ Minnesota Detroit 59 56 86 89 .407 23 26 Chicago Kansas City 49 95 321/2 West Division Pct GB 54 57 65 Houston Oakland 88 .607 79 .549 111/2 Seattle Los Angeles 72 62 73 83 .497 19 29 .428 Texas 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

Seattle (Paxton 11-6) at LA Angels (Shoemaker 2-0)

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				
	ational Lea East Divisi				Ī
	w	L	Pct	GB	5
Atlanta	81	64	.559	_	1
Philadelphia	74	70	.514	61/2	F
Washington	73	72	.503	8	5
New York	65	78	.455	15	1
Miami	57	86	.399	23	
C	entral Divi	sion			
	w	L	Pct	GB	
Chicago	84	60	.583	_	F
Milwaukee	83	63	.568	2	
St Louis	81	64	.559	31/2)
Pittsburgh	71	73	.493	13	1
Cincinnati	63	83	.432	22)
West Division					
	w	L	Pct	GB	•
Colorado	79	65	.549	_	
Los Angeles	78	67	.538	11/2	
Arizona	77	68	.531	21/2	
San Francisco	68	78	.466	12	-
San Diego	58	88	.397	22	F

Tuesday'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), Chicago Cubs (Montgomery 4-5) at Washington (Ross 0-0), 4.05pm Miami (Alcantara 2-0) at N.Y. Mets (Matz 5-11)

L.A. Dodgers (Kershaw 7-5) at St Louis (Gomber 5-0),

Tomorrow's games 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

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

(Best-of-5)

BOXING

FIGHT SCHEDULE Today

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

September 14

At Save Mart Centre, Fresno, California (ESPN), Jose Ramirez v Antonio Orozco, 12, for Ramirez's WBC junior welterweight title; Maxim Dadashev v Antonio DeMarco, 10, junior welterweights; Jamel Herring v John Vincent Moralde, 10, junior lightweights; Hiroki Okada v Cristian Coria, 10, junior welterweights. September 15

At T-Mobile Arena, Las Vegas (PPV), Gennady Golovkin v Canelo Alvarez, 12, for Golovkin's WBC and WBA middleweight titles; Jaime Munguia v Brandon Cook, 12, for Munguia's WBO junior middleweight title; David Lemieux v Gary O'Sullivan, 12, middle-weights; Roman Gonzalez v Moises Fuentes, 10, super flyweights; Vergil Ortiz Jr v Roberto Ortiz, 10, supe

September 21 At Firelake Arena, Shawnee, Oklahoma (SHO), Jon Fernandez v O'Shaquie Foster, 10, super feather-

September 22

At Wembley Stadium, London, Anthony Joshua v Alexander Povetkin, 12, for Joshua's IBF/WBA/WBO heavyweight title; Yvan Mendy v Luke Campbell, 12 eights; Matty Askin v Lawrence Okolie, 12, for

Askin's British cruiserweight title. September 24 At Nagoya, Japan, Sho Kimura v Kosei Tanaka, 12, for

Kimura's WBO flyweight title September 28 At Cebu, Philippines, Donnie Nietes v Aston Palicte, 12, for the vacant WBO junior bantamweight title. At Jeddah, Saudi Arabia, George Groves v Callur

Smith, 12, for Groves' WBA super middleweight title (World Boxing Super Series final). At Pechanga Resort Casino, Temecula, California (SHO), Devin Haney v Juan Carlos Burgos, 10, light-

At Seminole Hard Rock Hotel & Casino, Hollywood, Florida, Logan Yoon v John Renteria, 10, welterweights; Mussa Tursyngaliyev v Ruben Cervera, 10, featherweights.

September 29 At Cologne, Germany, Manuel Charr v Fres Oquendo, 12, for Charr's WBA World heavyweight title. At Oakland California Jerwin Ancaias y Aleiandro

Santiago Barrios, 12, for Ancajas' IBF junior bantam At Fantasy Springs Resort Casino, Indio, California, Jorge Linares v Abner Cotto, 12, super light-

October 4 At the OC Fair & Event Centre, Costa Mesa, California (ESPN2), Oscar Negrete v Joshua Franco, 10, for

Negrete's NABF bantamweight title. October 6 At Bangkok, Thailand, Srisaket Sor Rungvisai v Iran Diaz, 12, for Sor Rungvisai's WBC junior bantamweight

At Wintrust Arena, Chicago, Artur Beterbiev v Callum Johnson, 12, for Beterbiev's IBF light heavyweight title: Danny Roman v Gavin McDonnell, 12, for Roman's WBA junior featherweight title; Jessie Vargas v Thomas Dulorme, 12, welterweights; Jarrell Miller v Tomasz Adamek, 12, heavyweights.

October 7 At Yokohama, Japan, Naoya Inoue v Juan Carlos Payano, 12, for Inoue's WBA bantamweight title (World Boxing Super Series quarter-finals).

At Ekaterinburg, Russia, Zolani Tete v Mikhael Aloyan, 12, for Tete's WBO bantamweight title (World Box-

ing Super Series quarter-finals). At CenturyLink Centre, Omaha, Nebraska (ESPN) Terence Crawford v Jose Benavidez, 12, for Crawford's WBO welterweight title.

October 20 At Melbourne. Australia, Felix Alvarado v Randy Petalcorin, 12, for the vacant IBF junior flyweight title. At TD Garden, Boston, Billy Joe Saunders v Demetrius Andrade, 12, for Saunders' WBO middleweight title Tevin Farmer v James Tennyson, 12, for Farmer's IBF junior lightweight title; Kid Galahad v Toka Kahn Clary

At Madison Square Garden, New York (HBO), Sergiy Derevyanchenko v Daniel Jacobs, 12, for the vacant IBF middleweight title.

CYCLING

12, featherweights.

VUELTA A ESPANA Balcon de Bizkaia, Spain

Seventeenth Stage
A 97.5-mile leg from Getxo to Balcon de Bizkaia Michael Woods, Canada, EF Education First-Dra-pac P/B Cannondale, 4hr 9min 48sec. 2. Dylan Theuns, Belgium, BMC Racing, 5 seconds

3. David de la Cruz Melgarejo, Spain, Sky, 10 behind.
4. Rafal Majka, Poland, Bora-Hansgrohe, 13. 5. Ilnur Zakarin, Russia, Katusha-Alpecin, 38. 6. Alessandro De Marchi, Italy, BMC Racing Team, 44.

7. Amanuel Ghebreigzabhier, Eritrea, Dimension Data, 8. Jesus Herrada, Spain, Cofidis, Solutions Credits, 51. 9. Jai Hindley, Australia, Team Sunweb, 55.

10. Vincenzo Nibali, Italy, Bahrain-Merida, 1 minute, 48 seconds behind. 11. Stephane Rossetto, France, Cofidis, Solutions Credits, same time.

12. Merhawi Kudus, Eritrea, Dimension Data, 1:51 be Jonathan Castroviejo, Spain, Team Sky, 1:57.
 Enric Mas, Spain, Quick-Step Floors, 2:40.

15. Alejandro Valverde, Spain, Movistar Team, same Overall Standings
1. Simon Yates, Britain, Mitchelton-Scott, 69:05:34.

 Alejandro Valverde, Spain, Movistar, :25.
 Enric Mas, Spain, Quick-Step Floors, 1:22. Miguel Angel Lopez, Colombia, Astana, 1:34.
 Steven Kruijswijk, Netherlands, LottoNL-Jumbo.

6. Nairo Quintana, Colombia, Movistar, 2:11.

7. Jon Izagirre, Spain, Bahrain-Merida, 4:09. 8. Rigoberto Uran, Colombia, EF Education First-Dra-

9. Thibaut Pinot, France, Groupama-FDJ, 5:31. 10. Tony Gallopin, France, AG2R La Mondiale, 6:05

MOTOR RACING

FORMULA ONE Schedule and Standings

March 25 — Australian Grand Prix, Melbourne (Sebas-April 8 — Bahrain Grand Prix, Sakhir (Sebastian Vettel) April 15 — Chinese Grand Prix, Beijing (Daniel Ric-

April 29 — Azerbaijan Grand Prix, Baku (Lewis Ham-May 13 — Spanish Grand Prix, Barcelona (Lewis Ham-

ilton' May 27 — Monaco Grand Prix, Monte Carlo (Daniel June 10 — Canadian Grand Prix, Montreal (Sebastian

Vettel) June 24 — French Grand Prix, Le Castellet (Lewis Hamilton)

July 1 — Austrian Grand Prix, Spielberg (Max Verstap-July 8 — British Grand Prix, Silverstone, England (Se-

bastian Vettel) July 22 — German Grand Prix, Hockenheim (Lewis Hamilton) July 29 — Hungarian Grand Prix, Budapest (Lewis

Aug. 26 — Belgian Grand Prix, Spa-Francorchamps (Sebastian Vettel)

Sept. 2 — Italian Grand Prix, Monza (Lewis Hamilton) Sept. 16 — Singapore Grand Prix Sept. 30 — Russian Grand Prix, Sochi Oct. 7 — Japanese Grand Prix, Suzuka

Oct. 21 — United States Grand Prix, Austin, Texas Oct. 28 — Mexican Grand Prix, Mexico City

Nov. 11 — Brazilian Grand Prix, Sao Paolo Nov. 25 — Abu Dhabi Grand Prix, Yas Marina, UAE

1 Lewis Hamilton 2. Sebastian Vettel . 3. Kimi Raikkonen 4. Valtteri Bottas .159 5. Max Verstappen . 6. Daniel Ricciardo 7. Nico Hulkenberg .52 8. Kevin Magnussen ..49 9. Sergio Perez 10. Fernando Alonso 11. Esteban Ocon 12. Romain Grosjean 13. Carlos Sainz

19. Brendon Hartley INDYCAR

14. Pierre Gasly ...

18. Lance Stroll

15. Charles Leclerc

16. Stoffel Vandoorne

17. Marcus Ericsson ...

Schedule and Standings March 11 — Firestone Grand Prix of St. Petersburg (Sebastien Bourdais) April 7 — Phoenix Grand Prix (Josef Newgarden) April 15 — Toyota Grand Prix of Long Beach (Alexan

der Rossi) April 22 - Honda Indy Grand Prix of Alabama (Josef Newgarden)

May 12 — Grand Prix of Indianapolis (Will Power) May 27 — Indianapolis 500 (Will Power) June 2 — Chevrolet Indy Duel (Race 1) (Scott Dixon) June 3 — Chevrolet Indy Duel (Race 2) (Ryan Hunter-Reay)

June 9 — DXC Technology 600 (Scott Dixon) June 24 — Kohler Grand Prix (Josef Newgarden) July 8 — Iowa Corn 300 (James Hinchcliffe) July 15 — Honda Indy Toronto (Scott Dixon

July 29 - Honda Indy 200 at Mid-Ohio (Alexander Aug. 19 — ABC Supply 500 (Alexander Rossi) Aug. 25 — Bommarito Automotive Group 500 (Will

Sept. 2 — Grand Prix of Portland (Takuma Sato) Sept. 16 — Grand Prix of Sonoma, California

Points Leaders

Z. Alexander Rossi	509
3. Will Power	511
4. Josef Newgarden	511
5. Ryan Hunter-Reay	462
6. Simon Pagenaud	428
7. Robert Wickens	391
8. Graham Rahal	378
9. Sebastien Bourdais	369
10. James Hinchcliffe	361
11. Takuma Sato	341
12. Marco Andretti	332
13. Spencer Pigot	
14. Ed Jones	303
15. Zach Veach	281

TENNIS

. Scott Dixon

HANA-CUPID JAPAN WOMEN'S OPEN Hiroshima Regional Park Singles Second Round

Ajla Tomljanovic (5), Australia, bt Zhu Lin, China, 7-5, Amanda Anisimova, United States, bt Zheng Saisai (7), China 6-1 6-1