

course record in the AC Summer Run at yesterday. The speedy trip to London by the 5km local ana Run in February. rded 26 minutes and yesterday to win the ce by almost a minute n Lau Kwong-man, onds off Stefano 08 course record. g won the women's Richard Castka

titles decided
and Nadia Koucha he men's and women's n the Bonaqua Action ure race series at y yesterday. Competing eaking field of 480 mon team runner d one hour, 24 minutes ls in winning the 12km hed ahead of Clement 3:15) and Eric LaHaie cha won the overall inishing second tte Holmes-Thomson.

Prague marathon
i Kiptanui set a course winning the Prague l Marathon yesterday, t Helena Loshanyang ie women's race. finished in two hours, and 39 seconds - :07.48 record of Kenya's set last year. Ymane hiopia, was second in o won the women's title :25:29. AP

track for semi-finals
ut ensured progress to als of cricket's Twenty20 when they beat South runs at Kensington Oval vn, Barbados. A half-century by Kevin t England on the way to of 168 for seven. Then aeme Swann (3-24) and dy (2-31) helped bowl frica for 129. Reuters

deep diving grand prix

Reuters in Atlanta

The in-form Orlando Magic are one win away from reaching the Eastern Conference finals after a crushing victory that left the Atlanta Hawks on the brink of elimination.

The Magic, winners of 13 successive games since April 2, cruised to a 105-75 victory over the Hawks to claim a commanding 3-0 lead in the best-of-seven series; the Hawks are

guys were ready ... We came out early in the second half with a big lead and still played even harder

Stan Van Gundy, the head coach of the Orlando Magic

In the Western Conference, the Los Angeles Lakers also hold a 3-0 series lead after edging past Utah Jazz 111-110, courtesy of a late run that saw back-to-back three pointers by Kobe Bryant and Jeff Fisher in the game's final minute.

The Jazz, who grabbed a loose inbound pass by the Lakers, had two chances to win themselves in the final seconds, but Deron Williams missed a long jumper and teammate

play game four in Utah today.

In Atlanta, the 30-point margin of defeat marked the worst home play-off loss in the franchise's history and prompted Hawks centre Al Horford to urge on his teammates.

"Effort. Effort. That's all it is," he said. "It's frustrating. I'm not the kind of person who's going to go out there and point people out. I'll let them know. But you're not going to see me cursing somebody out. They know

Drawing momentum from their second-half comeback in the previous game, Orlando built a 28-11 first-quarter lead and stretched it to 52-33 by half-time.

Rashard Lewis led the Magic with 22 points and Dwight Howard added 21 points and 16 rebounds. The Magic bench contributed 30 points while logging significant minutes.

"It looked like our guys were ready to play. We came out early in the



In with a shout. Paddlers in the Liechtenstein Princely Navy Team give their all during yesterday's Deep Water Bay Dragon Boat Regatta. More than 1,300 competitors in about 75 teams took part, with the South Eagle and Hoi Fu Jai teams declared the joint winners of the main Open division. Photo: K.Y. Cheng

Penguin final spec sink Car

ICE HOCKEY

Reuters in Pittsburgh

Goals from unlikely sources have put the Pittsburgh Penguins one win away from an Eastern Conference final appearance after they beat the Montreal Canadiens 2-1 in game five.

Penguins defencemen Kris Letang and Sergei Gonchar, who combined for just 14 goals in the regular season, battled to keep the Canadiens at bay in the third period to take a 3-2 best-of-seven series lead.

The Penguins reunited top scorers Sidney Crosby and Evgeni Malkin on the first line to spark a lacklustre offence, but they combined for just one assist.

Letang opened the scoring with a slapshot in the first before Gonchar converted a wristed shot in the second.

The Canadiens outshot the Penguins 33-25, including a 15-6 edge in the final period when they attempted to overhaul the deficit. The series heads to Montreal for game six today.

Penguins goaltender Marc-Andre Fleury, who backstopped the team to the Stanley Cup last year, stopped

Teixeira joins Gehrig with three homers in Boston