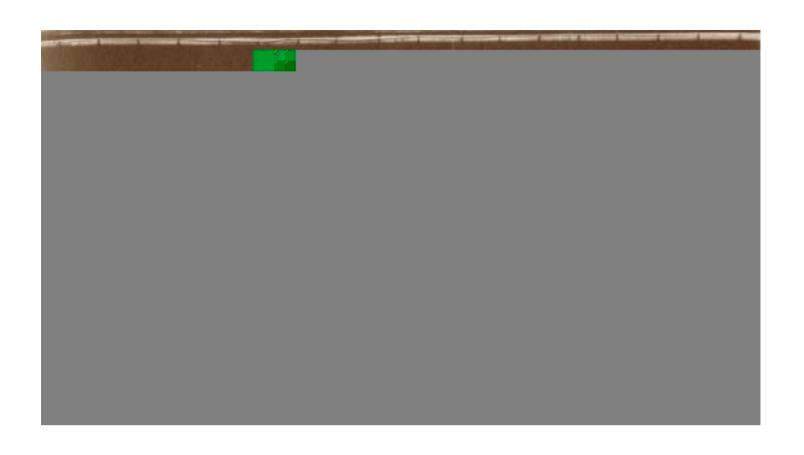




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It happens in 0.7 seconds. It is the fourth Ashes
Test, 2005. English fast bowler, Andy Flintoff steams
in from his lengthy run-up and sets loose a wide,
shortish delivery at over eighty miles an hour to
the Australian batsman, Adam Gilchrist. Tempted,
Gilchrist prods at the ball, only to give it a faint nick
that sends it flying wide of Andrew Strauss in the
slips region. What happens next sounds impossible:
Strauss sees the ball, makes a decision and dives at
full-stretch to his left, taking a brilliant mid-air, onehanded catch. Camera footage shows that the time
between the ball hitting the bat and being caught
was a touch over 0.7 seconds.

ÜeeÜātčtŪØ¢eÏ[Ġ"Āātċ3آܢĂ"Ā¢ĠŪĀ}ǎxţĂ"¢ĴØÜĠǎčţĂ"¢ ăst"Øs"ċŪ¶¢iĀ"[îtؽ}ŪĠØ¢[Ø¢"Ĭtč"ċāeŪĀčăe"ĀăŪØ¢tØċŪ¢ [ăă"äă[iï"¢sŪĠeŨØ"Ø¢ãð

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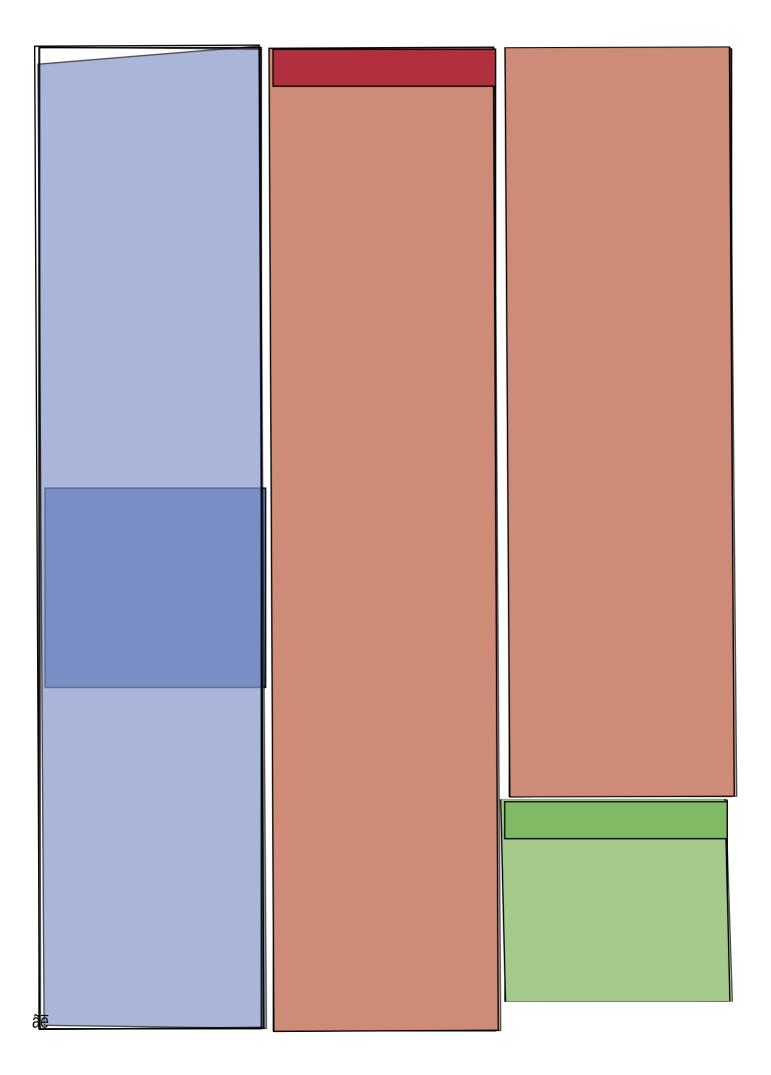


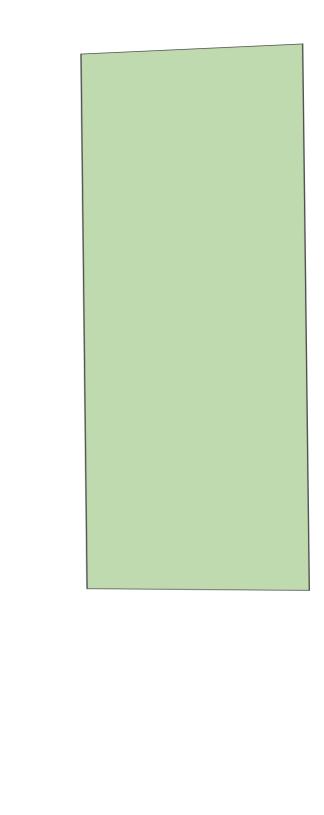
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It's Good To Be King: Remembering playground sports

Grandpa Blitz - the vexatious geriatric lurking inside Rob Gascoigne - wants to tell you all about the good ole days. A time when you didn't need your fancy schmancy portable Playstations or your hoitytoity iPods. No, back then kids entertained themselves as best they could. They had to be imaginative and actually interact with all the other kids around them. It was good clean fun. So why don't we play those games anymore?

T ĚČÁČČÁ "ČĂŒ ØČĚØČĞÜĔĀĆ "Ğ "ĂĆ [Ø] ČĂS [i ĂČÜØĆĞÜĒĀĆ Î Ø ""ĂĊ ĞÜĔĆ "Ó "½"] ĈĠĚČÁČĞÜĔĀĆ O [Č "ĂČĒØČÜĆĆĂ "ČĒ" [оĀÜĔØ] ZĈ [ØČ"ĜĒ [¾ČÜŠĀČĀČĒ ŬĔĀĆO [Č "ĂČĒØČÜĆĆĂ "ČĒ" [оĀÜĔØ] ZĈ [ØČ"ĜĒ [ĀÄČĒ ŠĀ "ČĪŠŠĪĞĆ JÜÖ "ĀĒ [ĪĒĀ"] ŠĀ "ČĒSĪĞĆ JÜÓ "ĀŬĢĒ [ČČ "ØØĒĀĆ I [ĬĬĞĞÜĔ] ÇÓ [Č "ĀĒ [ĪĒĀ"] ČŢČĀ "Č [ĪĞ [ĞĂĆ [ĊSÜĞEÏ] ÇĆ [Č "ĀĒ [ĪĒĀ"] ČŢČĀ "Č [ĪĞ [ĞĂĆ [ĊSÜĞEÏ "ČŮŢČĆĂ "ĆĆĒĀČĆĀ [ؾĒØ¾Ć ČĀ "ȼ [Ó "ZĆČĀ "Ā" i ĞĆ I "½ĒØØĒØ¾ĆČĀ "Ć I [ĪĬĊ¼ÜČĆČÜČĀ "Ï "SĆ Č ČĀ "ȼ [Ó "ZĆČĀ "Ā" i ĞĆ I "½ĒØØĒØ¾ĆČĀ "Ć I [ĪČČI" CĆĀ [ČČĞÜĔĬ] Ç SÜÓĒ "Č TĞČSŪØĂĞ O "ČĞÜĒĀČĪĒ" "ÇŪĀČĀ "Ć I [ČČI" CĆĀ [ČČĞÜĒĀČ LĪŢÇĀŪĒĀĆ VÜĒý [Ě "ČĒČČĞÜĒĀČ [ĪĬĪĆ [Ø] ÇĞĒČĀĆ [ĊŢ "ĠĊSĀŪĒS "ČĀĀŪČĀ "Ć ĪĒĆĀ ČĒ TĪTĀZĆĞÜĒĆSÜĔĬ] Ç I "C9ĒØ½ĆÜĀCHĒ " "ØĆŪŢČĀ "Ć ĒĬ [ĞÝÄŪČĒ Ø] ŞÎ T "ĀZĆĞÜĒĆSÜĔĬ] Ç I "C9ĒØ½ĆÜĀCHĒ " "ØĆŪŢČĀ "Ć ĒĬ [ĞÝÄŪČØ Ø] ŠĆ

How to play...

Handball

