course record in the AC Summer Run at esterday. The speedy ed a trip to London by ing the 5km local iana Run in February. Inded 26 minutes and eyesterday to win the ce by almost a minute in Lau Kwong-man, conds off Stefano 108 course record. In gwon 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
Icha won the overall
inishing second
tte Holmes-Thomson.

; Prague marathon

l Kiptanui set a course winning the Prague I Marathon yesterday, of 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

out ensured progress to als of cricket's Twenty20 when they beat South runs at Kensington Oval vn, Barbados. A alf-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

eep 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

Overcome such a play-on action.

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.

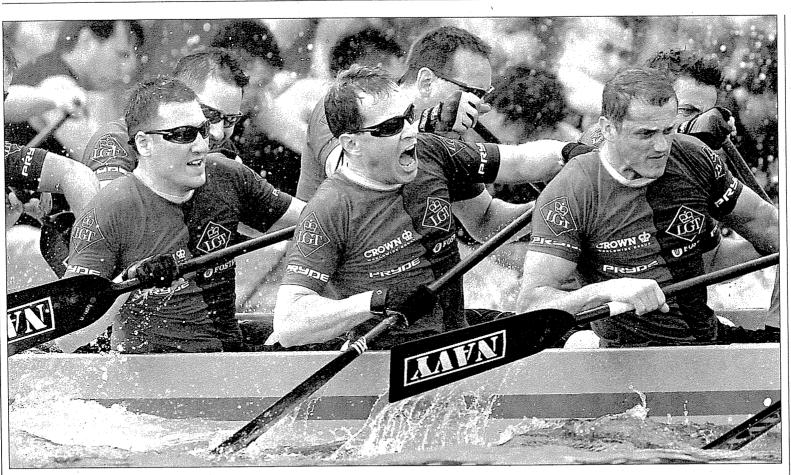
In Atlanta, the 30-point margin of defeat marked the worst home play-off loss in the franchise's history and prompted Hawks centre Al Horford to urge on his teammates.

"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 thei second-half comeback in the previous game, Orlando built a 28-14 first-quarter lead and stretched it to 52-33 by half-time.

Rashard Lewis led the Magic witl 22 points and Dwight Howard adder 21 points and 16 rebounds. The Magibench contributed 30 points whillogging significant minutes.

"It looked like our guys were read to play. We came out early in th



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

Teiveira ioins Gehrio with three homers in Boston

Penguin final spc sink Car

ICE HOCKEY

Reuters in Pittsburgh

Goals from unlikely sources have puthe Pittsburgh Penguins one wiaway from an Eastern Conference final appearance after they beat the Montreal Canadiens 2-1 in game fiv

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

The Penguins reunited top sco ers Sidney Crosby and Evgeni Malk on the first line to spark a lacklust offence, but they combined for ju one assist.

Letang opened the scoring with slapshot in the first before Gonch converted a wrister in the second.

The Canadiens outshot the Perguins 33-25, including a 15-6 edge the final period when they attempt to overhaul the deficit. The seriheads to Montreal for game six today.

Penguins goaltender Marc-And Fleury, who backstopped the team the Stanley Cup last year, stoppe