

Coming over here in conditions they're not entirely used to, they put up a good fight and put us under pressure

—Kane Williamson, after the series sweep against Bangladesh

We came to New Zealand after five years. We're improving lots. There are some issues but we have to prove we're a lot better

—Mashrafe Mortaza, Bangladesh captain

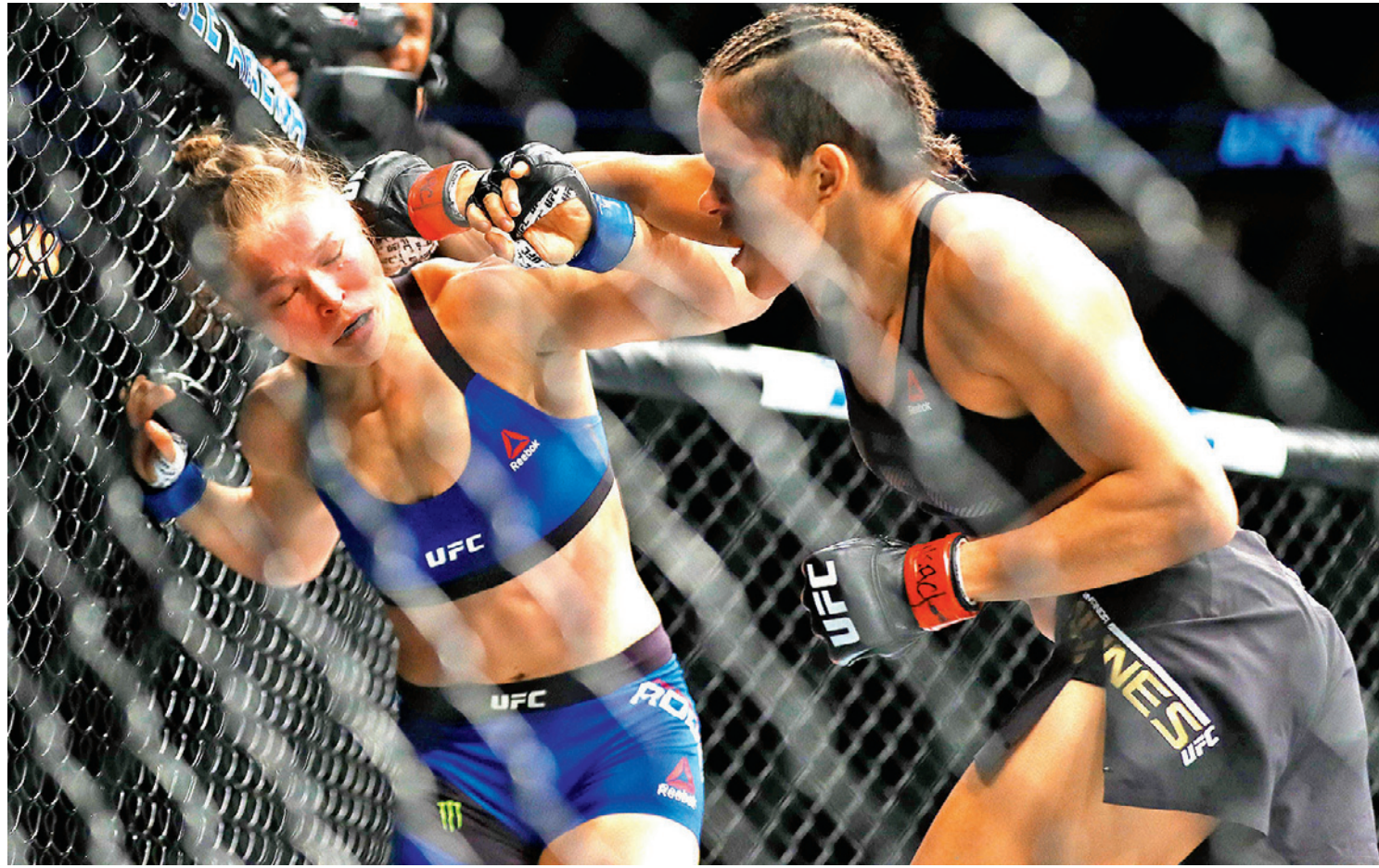
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Kid gloves
 Boston Celtics' Isaiah Thomas (right) greets his son Jaiden as he leaves the court after scoring 52 points during their 117-114 win over the Miami Heat in the NBA

WILL ASSESS SITUATION: IOC

NEW DELHI The International Olympic Committee on Saturday said it will assess the IOA's controversial move to make corruption-tainted Suresh Kalmadi and Abhay Singh Chautala life presidents even as the Indian body decided to approach it on the issue of suspension by the government. Asked if the IOC plans to take action on IOA for elevating Kalmadi and Chautala as life presidents, IOC media relations manager Michael Noyelle said it will first get in touch with the NOC of India. "The IOC will be in touch with the NOC of India in due course to assess the situation," the IOC official said. The IOC headquarters are currently closed for their annual break. Meanwhile, IOA President N Ramachandran said that he will take up the issue of IOA's suspension with the government after consulting the IOC and Olympic Council of Asia. "On my return after the new year, I shall discuss this issue with the OCA/IOC after their offices open in the New Year for their guidance and advice, and thereafter take this up with the government to see how this issue can be resolved," he said.



Amanda Nunes (right) lands a punch on Ronda Rousey during UFC 207 in Las Vegas

Gone in 48 seconds

Ronda Rousey's comeback doesn't even last a minute. She goes down to Amanda Nunes

LAS VEGAS Ronda Rousey's UFC comeback didn't even last a minute. Rousey was stopped 48 seconds into her first fight in 13 months Friday night, losing to bantamweight champion Amanda Nunes at UFC 207.

Rousey (12-2) never managed to get her footing against Nunes (14-4), who rocked Rousey with her very first punches. Rousey showed little defensive acumen as she staggered and stumbled backward with Nunes relentlessly pursuing her and landing 27 punches in the brief bout. "Forget about Ronda Rousey!" Nunes shouted to the sellout crowd. "She's going to go do movies. Forget about her. She has a lot of money already."

Indeed, Rousey's future in the sport is clearly in question. The biggest star in the women's game, who left the arena without giving an interview, is likely considering retirement shortly before her 30th birthday. "That's it for her," Nunes said. "For sure, she's going to retire."

Referee Herb Dean stopped the bout with Rousey still on her feet, and Rousey briefly protested the stoppage before leaving the cage in her mother's arms. Nunes put her finger to her lips and circled the cage after the stoppage, pausing to taunt Rousey's much-maligned coach, Edmond Tarverdyan. "Her coach put some crazy things in her head, and her career started going down," Nunes said. "I'm the real striker here."

Cody Garbrandt won the men's bantamweight title in the penultimate bout at UFC 207, battering champion Dominick Cruz to earn a surprising decision victory at T-Mobile Arena in the promotion's traditional end-of-the-year show in its hometown.

But the sellout crowd left shocked when Rousey couldn't compete in her first fight since losing her belt to

Holly Holm 13 months ago in her first career defeat.

Rousey became arguably the world's most famous female athlete and a combat sports trailblazer while she rocketed atop the UFC, but a year away from the sport apparently did little to heal the holes in her game. She made a guaranteed \$3 million for her comeback bout, while Nunes' guaranteed payday was just \$200,000.

"I knew I was going to beat (Rousey)," Nunes said. "I'm the best on the planet."

Rousey hadn't fought since November 2015, when Holly Holm stopped her with a head kick in one of the biggest upsets in MMA history. Rousey had never lost or been in much trouble while the former Olympic judo medalist earned a series of one-sided victories, but Holm's veteran striking made Rousey look unprepared.

Rousey's return fight was similar,

but even quicker.

Nunes claimed the belt at UFC 200 in July with a violent stoppage of Miesha Tate, who had beaten Holm in March. Nunes made an impressive ascent after losing three fights earlier in her career to opponents beaten easily by Rousey.

Rousey nearly vanished from public view after her first loss, taking time away from the gym and attending to her acting career. The UFC also was sold during her absence to WME-IMG, the entertainment conglomerate that also represents Rousey's career.

But Rousey refused to promote this pay-per-view show, leaving Cruz, Garbrandt and Nunes to do most of the work.

While Rousey's media blackout will hurt her cut of the pay-per-view revenue, it didn't affect her guaranteed payday, which matched Conor McGregor for the biggest disclosed check in UFC history. **AP**



Bangla blocked out
 New Zealand's Kane Williamson (left) with teammate James Neesham after their win over Bangladesh in the third ODI in Nelson. Williamson was unbeaten on 95 while Neil Broom fell for 97 as the hosts overhauled Bangladesh's 236 for the loss of only two wickets

KARNATAKA DEFEAT AP

BENGALURU Godwin Johnson scored a hat-trick to help Karnataka defeat Andhra Pradesh 7-1 in the Sub-Junior National (South Zone) Championship being held in Neyveli. The team next takes on Kerala on Monday. **RESULT:** Karnataka (Godwin Johnson 30, 60, 88, Suman S Dev 50, 75, Heman 65, 70) bt Andhra Pradesh 1

ANTO SIZZLES

BENGALURU Anto scored a brace to help Goutamapura defeat HBR Layout 2-0 and carry his team into the quarterfinals of the KSFA area-wise U-16 boys' football tournament, organised by Vinayaka Football Club, in the city. **RESULTS:** Jalahalli 0 drew with Periyar Nagar 0; Murphy Town 1 (Shivakumar 11) bt Bangalore East 0; Gouthampura 2 (Anto 18, 28) bt HBR Layout 0

IMTIAZ AHMED DIES

ISLAMABAD Imtiaz Ahmed, Pakistan's former test wicketkeeper-batsman who became a chief selector after his playing career, has died. He was 88. The Pakistan Cricket Board said Ahmed, Pakistan's oldest living test cricketer, died Saturday in Lahore following a chest infection. Ahmed played 41 tests from 1952-62, scoring 2,079 runs at an average of 29 and taking 77 catches. He hit three centuries, including a career-best 209 against New Zealand at Lahore in 1955, three years after touring India with Pakistan's first official test side.

Azzurro wins CM's Trophy in thriller

Ikrar Khan
 mybangaloremirror@timesgroup.com
 TWEETS @BangaloreMirror

BENGALURU The on-money favourite Azzurro from the stables of Sulaiman Attaollahi, brilliantly piloted by leading pro Suraj Narredu, edged out stablemate Captain Morgan by the shortest of margins to take home the Chief Minister's Trophy at the winter races on Saturday. Suraj Narredu earlier booted home the favourite, Turf Star, in the opening event, followed by Only Prince, to emerge the most successful pro recording a treble.

Followers of form lost out with only three favourites coming through in the eight-event card.
 1. Glass House Plate 1100M: Turf Star (AK Jaiswal) 55 Suraj 1, Chemical Romance 53.5 Jagadeesh 2, Maybe Forever 53.5 Ramu 3, Desert Falcon 53.5 Chouhan 4. All Ran. 3/4l, 5l, 3l. T: 1:06.99. Tote: Rs 19 (W), 12, 13, 32 (P). Fc: Rs 34. Q: Rs 18. Shp: Rs 32. Trinalla: Rs 242 & 244. Exacta: Rs 1,139 & 374. Fav: Turf Star (Md Khan).
 2. Splendid Role Plate (Div-II) 1200M: Girl With Pearl (Chandrashekar Rai) 56.5 Imran Khan 1, Varsha 58.5 Jagadeesh 2, Jaydratha 58 Srinath

3. Scorching 55.5 R Ahmed 4. Not Run: Kristine. 1l, 3l, 6-1/4l. T: 1:14.26. Tote: Rs 48 (W), 15, 19, 12 (P). Fc: Rs 370. Q: Rs 190. Shp: Rs 45. Trinalla: Rs 1,022 & 349. Exacta: Rs 34,083 & 29,214. Fav: Find (Prasanna Kumar).
 3. Ghataprabha Plate 1400M: Only Prince (Mrs Isha Saandesh Nayak) 56 Suraj 1, High Admiral 60 Imran Khan 2, Granada 56.5 TS Jodha 3, Fioroloco 57.5 Srinath 4. All Ran. 1-1/2l, 2-1/4l, 3-3/4l. T: 1:26.78. Tote: Rs 44 (W), 17, 16, 31 (P). Fc: Rs 162. Q: Rs 74. Shp: Rs 48. Trinalla: Rs 879 & 429. Exacta: Rs 1,327 & 360. Fav: High Admiral (Sriram Komandur).
 4. Splendid Role Plate (Div-I) 1200M: Saga (S Pathy) 58 Srinath 1, Red Galileo 59 Imran Khan 2, Bellerophon 56.5 C Segeon 3, Bluebird 57 Mark 4. All Ran. 2l, 2-1/2l, 1-3/4l. T: 1:13.76. Tote: Rs 42 (W), 15, 15, 15 (P). Fc: Rs 124. Q: Rs 57. Shp: Rs 43. Trinalla: Rs 133 & 54. Exacta: Rs 794 & 458. Fav: Red Galileo (Arjun Mangalorkar).
 5. Narasimharaja Trophy 1400M: Summerhill (Dr and Mrs Vijay Mallya) 50 Trevor 1, Sporting Pleasure 56.5 D Allan 2, Alexandrite 59.5 Jagadeesh 3, Topaz 51.5 Irvan Singh 4. Not Run: Anantara. Lnk, 3/4l, 3l. T: 1:26.02. Tote: Rs 54 (W), 18, 13, 23 (P). Fc: Rs 109. Q: Rs 35. Shp: Rs 36. Trinalla: Rs 412 & 229. Exacta: Rs 2,767 & 1,660. Fav: Sporting Pleasure (S Attaollahi).

6. Chief Minister's Trophy 2000M: Azzurro (Dr and Mrs Vijay Mallya) 60.5 Suraj 1, Captain Morgan 61.5 Trevor 2, Chef D' Oeuvre 57 Neeraj Rawal 3, Emperador 51.5 Zervan 4. All Ran. Shd, 7-1/2l, 3/4l. T: 2:03.84. Tote: Rs 16 (W), 12, 20 (P). Fc: Rs 34. Q: Rs 26. Shp: Rs 36. Trinalla: Rs 49 & 22. Exacta: Rs 99 & 75. Fav: Azzurro (S Attaollahi).
 7. Madhugiri Plate 1600M: Exemplar (Prem Kumar Menon) 56 TS Jodha 1, James Bond 54 Chetan Gowda 2, Attractive Bay 49.5 Raghu 3, I've Got Clout 60 Trevor 4. All Ran. 5-1/2l, 3/4l, 1l. T: 1:37.77. Tote: Rs 36 (W), 15, 126, 142 (P). Fc: Rs 2,165. Q: Rs 704. Shp: Rs 496. Trinalla: Rs 28,523 & 18,336. Exacta: Rs 1,24,870 (c/o). Fav: Exemplar (Prasanna Kumar).
 8. Gomos Plate 1400M: Lamrei (Rajan Agarwal and Gautam Agarwal) 56.5 Srinath 1, Little Love 56 Manish 2, Valentine Babe 55.5 Jagadeesh 3, Call Me Maybe 56.5 Imran Khan 4. All Ran. 5l, 3/4l, Shd. T: 1:27.06. Tote: Rs 37 (W), 14, 92, 50 (P). Fc: Rs 3,263. Q: Rs 1,025. Shp: Rs 355. Trinalla: Rs 14,259 & 9,166. Exacta: Rs 2,80,685 (c/o) & 60,147. Fav: Mayweather (G Sandhu).

JACKPOT: Rs 7,559. Runner-Up: Rs 815. FIRST TREBLE: Rs 567. SECOND TREBLE: Rs 150.

Scales favour Arlene in Velvet Rope Trophy

Usman Rangeela
 usman.rangila@timesgroup.com
 TWEETS @BangaloreMirror

MUMBAI Pesi Shroff-trained filly Arlene, who has won three races on a trot, has the handicap advantage over her three rivals, including her stablemate Commodore in the Velvet Rope Trophy, Sunday's main event at the Mumbai races.

The RWITC's handicapper thinks very highly of the Vijay Mallya-owned filly as she finds herself in the highest class in only the fifth run of her short career. Arlene will look to defy another stiff penalty she has incurred and has a fight on her hands probably for the first time as she takes on seasoned campaigners. Jack Frost, who has the best credentials of the lot but asked to concede weight to his younger rivals, should not go down without a fight.

The first race starts at 2.15 pm.
Great Guns Plate (Class V) 1400M
 1 Royal Mews 2 Resilient 3 Cristo Boss
Pradeep Vijayakar Trophy Div-II (Class IV) 1400M
 1 Relentless Pursuit 2 Diwali Lights 3 Aeolus Maximus
Velvet Rope Trophy (Class I) 2000M
 1 Arlene 2 Jack Frost
Pradeep Vijayakar Trophy Div-I (Class IV) 1400M
 1 Sensex 2 Dancing Lord 3 Sawgrass
Kheem Singh Gold Cup (TM 4yrs) 1400M
 1 Sweet Temptation 2 Wild Jack 3 BrothersoftheWind
Race of Hope Trophy (Class III) 1200M
 1 Franz Ferdinand 2 Ancient Glory 3 AnJolie
Alma Mater Plate (Class V) 1000M
 1 Pure Sin 2 Fashionable Gait 3 Bohemian
Good Bet: Franz Ferdinand Bolt from the blue: Fringe Benefit

Keep the heart happy, let 2017 be about the health conscious diner

» CONTINUED FROM PAGE 1

Residency Road and the newly-opened Enerjuate in Jayanagar offer much more. Susmitha Subbaraju, owner of the four-year-old vegan restaurant Carrots, conducts workshops on plant and nut-based 'mylks', cheese, curd, etc. This was after many of her customers wanted to learn how to make dairy alternatives at home after trying it out at the restaurant. "Our whole approach has been to provide people with a conscious dining experience with cruelty-free food (no animal sources). While, initially, we catered to a niche audience – vegans or those with certain food allergies – in the past two years, we have seen diners across all demographics, from youngsters to families." Then are those places that not only encourage eating healthy but also an active lifestyle. Cousins Darshana Nahata and Sunayna Hiran, who wanted to provide Bengalureans with an alternative to the usual pub-and-grub routine, opened Enerjuate in December. Their whole concept focuses on "getting high on energy". So, their studio-cum-café has a work-out space where they organise yoga, dance and pilates workshops. "We've

tied up with a health and food consultant to design the menu for our café Aasan-Payasam, which will open this week. We offer nutritious alternatives such as ragi and jowar base pizzas and wraps, fruit-based mocktails with no additives, sugar-free desserts made of almond and oats flour; plus, half our menu is oil-free and includes raw foods," Nahata says. Green Theory, the five-year-old quaint vegetarian café, now includes an organic store with 150 products and a bakehouse that also offers organic bread and rusk. "The whole idea is that you can buy 50 per cent of the food that you eat at our restaurant. Even though the cost factor goes up with organic, the spices, rice and oil used in Green Theory are 100 per cent organic," says Bikash Parik, owner of the restaurant. At their backend, Parik ensures that the food is prepared fresh – "we take 25 minutes to prepare an order because everything is done then and there. We have no cold storage in the kitchen." Phalgun Chidanand, owner of Om Made Café in Koramangala, on the other hand, finds that it's mainly the expat crowd in Bengaluru who ask for healthier options such as their raw food soups. The US-returned entrepre-



neur partnered with Goa-based French chef Gregory Bazire to open the beautiful rooftop restaurant in Bengaluru four years ago.

PROMOTING HEALTH FOOD FOR GOURMANDS

While it's yet to catch on as a wider phenomenon, a few mainstream restaurants have begun to offer alternative menus or dishes to cater to health-conscious clientele. In March,

Smoke House Delhi introduced a health menu featuring vegan, gluten free and probiotic dishes as well as those inspired from Paleolithic fare. According to chef Saurabh Arora of SHD, the team spent weeks coming up with the GF alternatives. "For the gluten-free pasta, we had six to eight trials using different kinds of flour – rice, soy, etc., – to get it right." They came up with interesting dishes such as jowar fettuccine and ragi tart made with a mix of ragi and gluten-free flours. "In 2017, we plan to expand the menu and include more superfoods such as quinoa flour that is now available in the market," Arora adds. One major initiative that saw 33 city restaurants, from QSR to fine dining, unite in a one-of-a-kind food festival was the Diabetic Food Trail held in November. Held across five cities and 200 restaurants, the festival saw chefs prepare diabetic-friendly menus complete with nutritional information with each dish. The brainchild of Mumbai-based event organisers, Seema and Manoj Pinto, this was the second year of the food trail. A diabetic herself, Pinto always despaired over the lack of healthy options in restaurants. "Given that there are 70 million diabetics in India, there's a seri-

ous lack of awareness regarding their nutritional requirements. Our biggest task was to orient the chefs to provide information regarding each dish – from calories, protein and fat," says Seema. Chefs had to share the recipes for each dish which was further vetted by a nutritionist. They even included a Dessert Trail with sweet dishes made with stevia, artificial sweeteners and fruit purees. While 2015 saw a total footfall of 4 lakh diners, Seema, who is still working out the numbers for the recent food trail, says, "The way ahead is to encourage restaurants across the spectrum to include such menus on a permanent basis and encourage chefs to think out of the box." Hoffland believes that conscientious chefs and restaurateurs are the need of the hour. Seema echoes his sentiment. "People want to eat well when they go out. You can't just expect them to sip on fresh lime soda with salt and eat bland or boring food in the name of health. It's time for people in the food industry to think in their clients' better interest."

