British leader. overall rivals. But Italian former winners Vincenzo

"I think if you had said at the beginning of the stage this would be the situation at the finish, I would have definitely have signed to agree to that," admitted Froome.

"Looking at the time gaps now, the general classification is definitely taking a bit more shape.

from the Tour in the shape that I hoped to be in for the start of the Vuelta."

- 13. Alberto Contador (ESP/TRE) 4:31
- 14. Chris Froome (GBR/SKY) same time
- 16. Esteban Chaves (COL/ORI) s.t.
- 17. Tejay Van Garderen (USA/BMC) 4:39 18. Adam Yates (GBR/ORI) 4:42

Overall standings

- 1. Chris Froome (GBR/Sky) 18hr 07min 10sec
- 2. Tejay Van Garderen (USA/BMC) at 10sec 3. Esteban Chaves (COL/ORI) 11
- 4. Nicolas Roche (IRL/BMC) 13
- 5. David De la Cruz (ESP/QST) 23
- 6. Vincenzo Nibali (ITA/BAH) 36

at the Tour de France these last two years - are eighth and ninth respectively at 50sec and 1min 09sec. But despite winning a fourth Tour

just over a month ago, Froome showed

Nibali and Fabio Aru both lost time to

now sit sixth and seventh respectively at 36sec and 49sec Spain's David De La Cruz started the day second but dropped to fifth at 23sec. British twins Adam and Simon Yates winners of the young rider competition

"I'm really glad to have come through

Eritrean Merhawi Kudus was second on the lumpy 175.7km stage from

De Villiers quits as South Africa ODI skipper

Johannesburg

tar batsman AB de Villiers quit as South Africa one-day international (ODI) skipper yesterday, but committed to representing his country in all three cricket formats.

"Faf du Plessis has proved to be an outstanding captain of the Twenty20 (T20) and Test teams," he said in a statement.

"Bearing this in mind, I have informed Cricket South Africa that I would like to step down as ODI captain.
"It has been an honour to lead the

team for the past six years, but it is now time for someone else to take the ODI side forward.

"Whoever is chosen as the new ODI captain will have my complete support.

De Villiers last skippered the ODI team two months ago in the Champions Trophy in England, where South Africa failed to reach the semi-finals after defeats by Pakistan and India.

He has averaged 53.56 runs in 221 appearances in the one-day format since debuting against England 12 years

De Villiers rejected media claims that he was cherry-picking when to play for South Africa and putting himself before the team.

"That is simply not true. That has never been true. Playing for South Africa is, and will always be, the greatest privilege of my life," he said.

He missed the recent 3-1 Test series defeat in England, last playing for South Africa in the longest format at the beginning of 2016.

De Villiers said mental and physical tiredness and raising a young family had forced him to take a temporary international break.

"I really do feel refreshed and revived," said the 33-year-old.

"I want to get back on the field and today assured the national selectors that I will be available for selection in all three formats of the game during the coming season.

"There is plenty of hard work ahead in the nets and I must prepare properly, but I will be ready to play, if required, from the middle of October.

"If I am lucky enough to be selected, I cannot guarantee runs and catches. Nobody can do that.

"But what I can absolutely guarantee is 100 percent commitment to the Proteas in every format of the game, as and when required.

"That was my promise when I made my debut in 2004, and that is my promise today." (AFP)



Astana celebrates as he