

Issue 2

4SPORTS

Let's take this journey together

June 2014



Cycling - Horse Racing - Netball - Athletics - Boxing - Tennis - Football - Swimming

UP&coming

Free

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women of the future**



The Sainbury's Summer Series
Tennis 'Wimbledon'
Football-FIFA 'World Cup' 2014



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unicef UNITED KINGDOM



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Welcome

Hey look! These are going to be exciting times in sports for 2014.

We launched this '4 Sports magazine' (which is free) because we felt that it would be a great way to promote 'Up and coming' young talented sportsmen and women to everyone, who's interested in sports. We also felt it would be good to inform you about what's happening, whether it be a major sporting event, tournaments and matches. It will also feature high profile professional sports people, and cover all kinds of sports on a monthly basis.

You'll find us, in a chosen local sports club, fitness and health centres in London and at sporting events.

For Advertising Space and any other information Contact us: www.4sports-magazine.co.uk



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Athlete of the Month P6

Helen Housby, a Netball shooter may have just booked her place at the Commonwealth Games this summer after a break-through year.

The Velo Park P16

The Queen Elizabeth Olympic Park, at the Lee Valley VeloPark, has offered a unique opportunity for everyone who is interested in cycling, to have a go.

FIFA 'World Cup' 2014 P20

The 2014 FIFA World Cup final tournament will be held in South America, Brazil. There will be 13 countries from Europe competing. and England will be one of them.

Polo and Horse Racing P22

There are two major horse-racing events coming up in June 2014. The Cartier Queens Cup Polo, in the Guards Polo Club, at Windsor, and at Royal Ascot Racecourse.

M PERRI SHAKES DRAYTON

Perri Shakes-Drayton is a 400 metre hurdler.

Perri Shakes-Drayton is a 24 year old British athlete 400 metres hurdler. She was born in London but is of Grenadian origin. She studied sports science at Brunel University, and has come on leaps and bounds in the last few years, not long after, by tirelessly competing in many numerous competitions and championships, she eventually won the European Junior Championships, silver medal, in the 400m hurdles in Hengelo 2007. Now she's gone on to shape a career in competing with the best athletes in the world.

The high-light of her career so far was in 2013, in the European Athletics Indoor Championships in Gothenburg, where she went on to win gold in the Women's 400m final with a Personal Best of 50.85, this really showed off her true potential. She was also in the Women's 4x400m along with team members Eilidh Child, Shana Cox and Christine Ohuruogu, they had an amazing victory by winning gold at the same championships. And just under a couple of years ago she won the European Indoor Championships, gold 4x400 m relay in Istanbul 2012, and the bronze 400m hurdles in Barcelona 2010 and 4x400 m relay.

She also did really well at the Diamond League meeting, before the London 2012 Olympics games, for she delivered another personal best in the 400m hurdles. 53.77 was achieved, so was she hailed as the second fastest women behind Sally Gunnell in the event. But her win wasn't consistent for in the 2012 London Olympic games she came third in her semi final heat which was a big blow. So like many athletes before her she has had her ups and downs, but she is still fighting, and is a worthy competitor, so keep your eye on her. She is young, fast, swift and determined.

Main Feature of the Month



Athlete of the Month

Helen Housby
Netball

Photography by Frank Cressy of Bright I Photography



Words by
Simon Worsfold

Netballer

Helen Housby may have just booked her place at the Commonwealth Games this summer after a break-through year with Manchester Thunder that ended with the goal of a lifetime and her first call-up to the England squad. The goal came with just five seconds of the 2014 Superleague final left to play. Facing the previously undefeated Surrey Storm, the 19-year-old goal shooter netted a stunning long-ranger to win the national title by a single point. "I would never have shot that winning goal under that pressure," admitted her coach Tracey Neville, who described Helen's performances over the season as a "revelation".

Helen Housby

England call-up for 'revelation' Housby

Photography below and next page by Tom Nokes



"I can't believe it, it was the longest five seconds of my life," Helen said later in an interview with BBC Sport. "I was waiting for [teammate] Sara [Bayman] to pass it to me and I was like 'I'm ready, I will just do it'."

"We practise long shots in training but you never know what will happen in that situation," she added. It was a career-changing moment for

the student from Cumbria who was the Superleague champions' stand-out player this year while still one of their youngest. It has not gone unnoticed among the England selectors either, with Helen now making her senior debut on a tour of Australia as the team gears up for the big one this summer: the Glasgow 2014 Commonwealth Games.

With the Games so close, it all seems to be coming together at the perfect time for Helen. The Games are the pinnacle of her sport and third-ranked England should be challenging the world's top two, Australia and New Zealand, for a place on the podium. This could make it a huge opportunity for her but ever cool, she is not letting anything get ahead of her. "I'm hopeful I will get in the Commonwealth team but I am not trying to rest everything on it," she explains. "It would be great if I could get in the squad but I want to focus on the Australian tour first and put in some good performances."

Netball is one of six sports that will be on show at the Scottish Exhibition and Conference Centre Precinct at the Glasgow 2014 Commonwealth Games between July 23 and August 3, with the first match being played on July 24. Helen will find out if she will be there when England Netball announces its squad on July 1.

Now studying in Manchester, a typical week for Helen includes four to five days' training and as many as three matches: one on Wednesday, another on Sunday and occasional games on Saturdays. All on top of university work. It is a gruelling schedule that takes a huge amount of commitment and dedication.

To help her with the financial pressure, this year Helen has received a £1,000 award from SportsAid.

"My SportsAid Award helps with travelling and petrol costs, buying netball trainers, kit, netballs, braces, socks, sports drinks, strapping, supplements, food for competitions plus accommodation and training costs," Helen explains.



To help a rising star like Helen to achieve his or her ambitions, call SportsAid on 020 7273 1975 or email mail@sportsaid.org.uk.

To find out more about Helen's career and achievements, search for her athlete profile on SportsAid's website (www.sportsaid.org.uk).



SportsAid
 Patron: Her Royal Highness
 The Duchess of Cambridge
 Charity: 11116121
 Website: www.sportsaid.org.uk



MAJOR EVENTS 2014

The Sainsbury's Summer Series

The 2014 Sainsbury's Summer Series is back again, and it welcomes the world's best athletes to our British shores, there will be more amazing track and field moments to treasure and keep close to your heart.

The Sainsbury's British Championships will get started at the Birmingham Alexander Stadium.



At the Stadium on the 27-29 June, Britain's best will go up against each other to become British Champion. The best of each athlete will also try and secure their places on the GB & NI team for the European Championships held in Zurich, Switzerland in August 2014.

For the first time in the history of the IAAF Diamond League, Glasgow will host the

Sainsbury's Glasgow Grand Prix on the 11th - 12th of July.

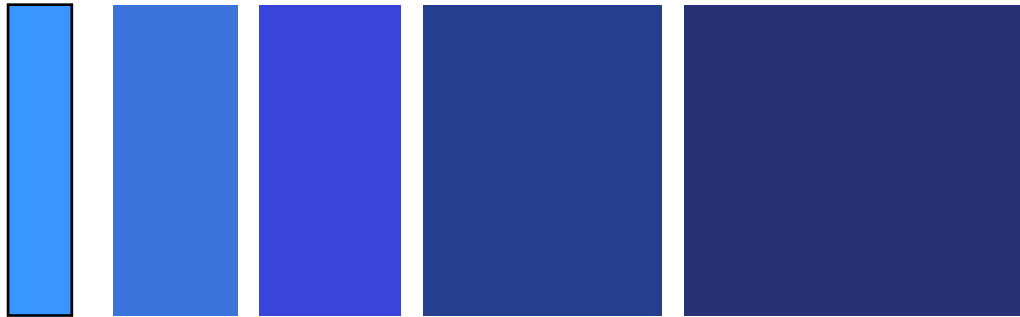
The world's best athletes will return to Birmingham for the Sainsbury's Birmingham Grand Prix, which will be staged on Sunday 24 August. Athletes, from the likes of the formidable Mo Farah, the resilient Christine Ohuruogu, and the leap of strength Greg Rutherford, have all

graced the Birmingham Alexander Stadium. And for a second year running the IPC Grand Prix Series comes to Birmingham also, for on Monday 25 August, star athletes from the London 2012 Paralympic Games will make an appearance such as Jonnie Peacock and David Weir will end the 2014 Sainsbury's Summer Series on a high. This must not be missed.

Lazaros Tshikovhi

Taking charge to liberate others

the Clipper Round the World Yacht Race 'Sapinda Rainbow Project'



Lazaros Tshikovhi, comes from Thohoyandou, South African, he is just 23-year-old and was one of ten young people between the age of 18 to 23 picked to take part in the Clipper Round the World Yacht Race Sapinda Rainbow Project, endorsed by the Nelson Mandela Children's Fund.

He has written a blog, sharing his experiences on a social network as he travels with his sailing companions around the world. It is a strong crew with determination and resistance to complete a journey of a life time.

Please, read below about what he has written so far:

'First of all Singapore was great. The place is really, really amazing, full of beautiful people, very tidy and very developed and the atmosphere is amazing.

Before we hit the water (departed) I heard a lot about the second part of Leg 5 especially the tough part of it in such a way that I couldn't wait to experience it. Now this is our day 8 since we left Singapore and wow! Believe me Leg 5 is the best. It is the only leg where when you are off watch you go downstairs with a sail tie to tie your tight with the bunk to avoid waking up on floor injured all because of the sea conditions. So far

we haven't approached the cold condition as we all know that at the end of this leg it will be extremely cold - in fact it will be freezing. During our leg briefing, they showed us a picture from the previous race (Leg 5) where the helm was covered by snow and the deck was white covered with snow in such a way that if you want to grind a winch you must first scoop off the snow.

I GOT PHYSICALLY ATTACKED
Yesterday night I got attacked physically. It was during our night watch around half past nine on the deck when I felt something heavy hitting my shoulder. At home me and my friends we are used to play hitting each other but this time I was shocked because no one can play like

that on board. I took a look at each and everyone on deck and there was no one to suspect. When it hit me it felt like a tea mug then I was like ok let me find out whose mug is that. Then I switched on my forehead light to take a look on it only to find that it's a living thing. I then jump and shout Ooh! I asked myself what was that? I again took a look and then realised that it was a Flying Fish. Ooh! My goodness'.

Follow Lazaros's blog, on:
<http://www.mandela-children.org.uk/news/465/lazaros-s-blog/>

To support Lazaros and the rest of the sailing team, you can donate through Helen Jones' page: <http://uk.virgin-moneygiving.com/HelenJonesClipper>

Q5: In cricket, can you remember who won the 'Ashes' series in Perth, Australia 2013?

Q6: Do you know how many rugby players in the Rugby Union team, that are on the field at play?

Here are questions about different sporting situations and events that have taken place during the last 2 years.

Q1: Who won the Women's 4x400m in Gothenburg, 2013, can you remember the 4 athletes in the team?

Q2: Who was the female British skier who won the gold at the Winter Paralympic games in the Alpine Skiing competition in Sochi 2014?

Q3: Who is named as the 'Pacemaker', along distance track runner who ran with Mo Farah at the 2014 London Marathon?

Q4: Who won the men's gold metal in the 2012 London Olympic games in the 10-meter Platform diving?

Q7: The UEFA Champions League the European premier football tournament, what venue is normally used for the final game?

Q8: How many gold metals did British Paralympic wheelchair athlete Dave Weir win during 2012 Olympic games?

Quiz

Let's see if you know the answers, for you might remember some of them.

The answers are on page 30

Eating Healthy

Keeping Healthy isn't everyone's cup of tea but there are options.

Mediterranean Beef Salad

Celebrate the season with our best summer recipes, including easy salads and quick grilling ideas. The best part? These summer recipes are all less than 400 calories, which makes it easy to stick to your beach-season diet. By Katrina Widener



Healthy Beef Salad

Spring onions, feta cheese, cooked beef, tomatoes, red onions and pepper, tossed with fresh salad, with a citrus dressing for extra nutrients and freshly squeezed lemon juice.

This healthy salad recipe fulfills four of your necessary food groups.

Use last night's leftover grilled beef to pull this dinner together in minutes.

Prep: 10 mins
Grill: 12 mins
Stand: 1 hrs

We will be giving you delicious meals every month, so keep the pages, and make it be your regular at meal-times.



CYCLING

The Lee Valley VeloPark

The Track cycling 'Revolution Series' began on Saturday, 26th October at the National Cycling Centre in Manchester and ends in London at the Queen Elizabeth Park, at the Lee Valley VeloPark with a powerful racing programme back to back on Friday 14th and Saturday 15th March 2014, running throughout the five-round season.

Olympic track champions, Team GB gold medalists Laura Trott, Jason Kenny and Ed Clancy all raced along with current National Road Race champion and Olympic silver medalist Lizzie Armitstead, plus a host of world and national champions in sprint and endurance disciplines.

And in 2016 the Velopark will be hosting the 2016 Track cycling World Championships, just before the Rio games.



But since April 2014, the London 2012 Olympic Velodrome track, has offered a unique opportunity for everyone who is interested in cycling, to have a go!

You'll be using the same venue (the Velodrome) as the professional cyclists, where records were broken

at the 2012 London Olympic and Paralympic games.

There are sessions for clubs, businesses who wish to entertain their clients, community groups, schools, families wanting a fun day out, friends and even individuals can come on their own to experience 'the thrill on two wheels'.



BMX BIKE, TRACK CYCLING, MOUNTAIN BIKING, ROAD CIRCUIT

Lee Valley VeloPark is the place to be, to get you back on your bike, for it's all happening at the Queen Elizabeth Olympic Park. The venue will bring BMX, road circuit, track cycling and mountain biking all together in one place, 4 forms of biking for everyone to enjoy.

There is a newly built mountain bike trail, the track cycling will be indoors inside the Velodrome, a one mile road circuit track outside and a BMX track behind the Velodrome, and all on site facilities from bike fitting to servicing.

All equipment will be provided: Bike and equipment hire.
For a full programme and prices go to: vistileevalley.org.uk

A Star is Born - This is someone with **true potential** - On their **way** to becoming a **Contender**

Richard Kilty

Richard Kilty is someone to look out for, he is a British track and field sprinter who competes in the 60 metres, 100 metres and 200 metres. And now he is the 2014 World Indoor 60m champion.

He also holds numerous British national sprint titles, including UK junior 100m champion and two-time English Schools national 100 metres champion. Without a doubt, he is fast and furious!

But he couldn't go far wrong with an amazing coach, who was the only British man to have won gold medals in the 100 metres at all four major competitions open to British athletes, the Olympic Games, the World Championships, the European Championships and the Commonwealth Games. It's the legendary Lindford Christie, who should have been a 'Sir' by now, for the support he has given to young sportsmen and women sprinters over the years, and Kilty is one them.



Football

The count down for the FIFA 'World Cup' 2014, will start in Brazil, on the 12th of June - ends July 13 2014



FIFA 'World Cup' 2014

Football fans are counting down to the 2014 FIFA World Cup final tournament which will be held in Brazil, it starts in June 12th and ends July 13 2014. There will be 32 nations competing including 13 from Europe.

Twelve cities are scheduled to host matches: Belo Horizonte, Brasilia, Cuiaba, Curitiba, Fortaleza, Manuas, Natal, Porto Alegre, Recife, Salvador, Sao Paulo and Rio de Janeiro, where the final will be played at the rebuilt Estádio Mário Filho, better known as the Maracanã. It was at that stadium where the only previous World Cup held in Brazil concluded in 1950. All four previous World Cups in South America – Uruguay in 1930, Brazil in 1950, Chile in 1962 and Argentina in 1978 – have been won by the teams from that continent.

Finally Wenger Wins - Arsenal has done it!

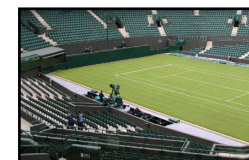
It's taken 9 years since Arsenal won the FA Cup trophy. Arsenal showed their tenacity by coming back from 2 nil down to come back and win 3 - 2. Hull were magnificent but it just wasn't enough, Arsenal was on top for most of the game but they couldn't get the goals, until the last stages of the match, but they finally managed to become victorious in the end. Well done!



Tennis

The count down, for you tennis lovers won't be long now, it will be upon us in June

Count down



Wimbledon

WIMBLEDON is the oldest tennis tournament in the world, it has been held at the All England Club in Wimbledon, London since 1877, and still attracts the best tennis. This prestigious tournament is one of the four 'Grand Slam' Major tennis tournaments which will be broadcasted in your living rooms for over two weeks in late June and early July, and will be host to the best tennis players in the world..

Our courts will come to life, once again, with the Ladies' and Gentlemen's Singles. The Gentlemen's Doubles and Ladies' Doubles and Mixed Doubles. Andy Murray won the men's singles at Wimbledon last year and Marion Bartoli won the women's in 2013.

Aegon Championships



AEGON Championships, is during the summer-time it starts on the 9th to the 15th on June, for a week only. It's a grass court tennis tournament staged at The Queen's Club, London.

The previous winner at this tennis tournament for the Gentlemen's Singles was Andy Murray and the Gentlemen's Doubles was Bob Bryan /Mike Bryan. They will be defending their title this year, Andy Murray will be playing to an adoring crowd, so all you tennis lovers, stay tuned.

A

There are two major horse racing events coming up in June 2014.

It a great day out, so you don't want to miss.

For the summer is not the same with out a horse riding event or two.

Cartier Queens Cup Polo , Guards Polo Club, Windsor,

////////////////////

15th June 2014

This Cartier Queen's Polo tournament attracts the sport's leading players from all over the globe. It's a tournament that brings's with it style, elegance and glamour.

Competing in this polo match allows riders and ponies to play at the top of their game. Her Majesty, the Queen normally attends the Final Day, to present the Cup to the winning patron. So if you've bought a tickets that day, you might be lucky to see her.

So don't miss it, put it in your diary, for it's a pleasant way to spend the day with family and friends.

Horse Racing Royal Ascot Ascot Race-course

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June 17th - 21st
2014

Horse Racing 'Royal Ascot' is in the small town of Berkshire, it's home to the famous English racecourse, which dates back to 1711.

'Ladies Day' is an excuse to dress up and (Gents) are well addressed too, for it's the most fashionable and most glamorous events held anywhere in the world.

With breath-taking views of the horse racing track and fabulously modern facilities it's a great way to enjoy the experience. So why don't you spend a day out, at the races.



MAJOR EVENTS COMING UP IN JUNE

Polo.Horse Racing

Looking good, elegant and GLAM



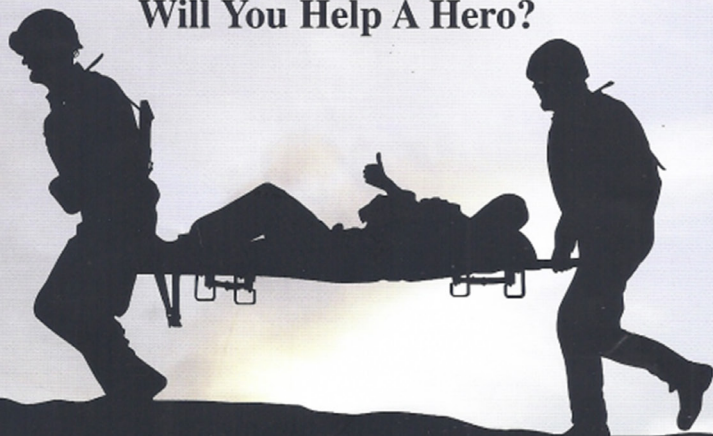
HELP for HEROES

Support For Our Wounded

HELP for HEROES was set up in October 2007 to do something practical to help the men and women of our Armed Forces who are injured while serving our country. We are strictly non political, we don't want to discuss the rights and wrongs of a particular war; we simply want to help those wounded in them.

We need to raise millions to help the wounded by giving them the very best; they do more, risk more, sacrifice more and we want to give them more. They say that they are just ordinary blokes doing their job; we say they are heroes and we want to help our Heroes. We need your help urgently.

Will You Help A Hero?



www.helpforheroes.org.uk



Why Swimming

At the Aquatic Centre in the Queen Elizabeth Olympic Park 2 different people were asked 3 questions on why they go swimming on a regular basis.

Q: Why do you like swimming?

////////////////////////////////////
Because it keeps me fit and healthy so hopefully I'll stay like that into my old age, and still keep my fitness up.

Q: Why do you like swimming?

////////////////////////////////////
I swim for fun, it's social too but you can also go on your own without feeling uncomfortable.

An Interview with:



Q: Why have you chosen to swim as an activity?

////////////////////////////////////
It is an easy way to enjoy it with my son and the rest of the family. You can all have fun, for they have facilities that support group activities.

Q: Why have you chosen to swim as an activity?

////////////////////////////////////
It's great with friends, we are all at different levels, but luckily that doesn't matter, for you don't have to be at a high level of swimming to enjoy the sport.

Q: Why do you think that it would be great for everyone?

////////////////////////////////////
Well, I have pain in my joints, so it's takes all the pressure off my body, and it's very therapeutic and relaxing.

Q: Why do you think that it would be great for everyone?

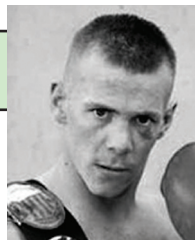
////////////////////////////////////
It allows you to have that breathing-space which we all need from time to time. Which is sometimes necessary in today's London.

BOXING



A Night of Championship Boxing

“TOO CLOSE



TO CALL”

Symonds Vs Lomax

AT YORK HALL, BETHNAL GREEN

7th June 2014 - 16:30 PM

The former two time Southern Area Champion **Chas Symonds** from Croydon takes on former Prizefighter Champion and British title challenger **Michael Lomax** for the British Masters Light-Middleweight title. Also the return of Michael “Chunky” Devine, the future star Ohara Davies, Jimmy Perrin and more fighters will give you a night that will leave you shouting for more.

Ticket Prices: VIP Unreserved Ringside £104, Reserved Seating £63.50, Unreserved £37.50

SPORT CAN CREATE HOPE WHERE ONCE THERE WAS ONLY DESPAIR. IT IS MORE POWERFUL THAN GOVERNMENTS IN BREAKING DOWN RACIAL BARRIERS. IT LAUGHS IN THE FACE OF ALL TYPES OF DISCRIMINATION.

NELSON MANDELA



<http://www.mandela-children.org.uk>

Exercises and physical fitness

Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons including strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, as well as for the purpose of enjoyment. Frequent and regular physical exercise boosts the immune system, and helps prevent the "diseases of affluence" such as heart disease, cardiovascular disease, Type 2 diabetes and obesity.



2 easy steps to stay fit and healthy

This month we will be focusing on the stomach

Abdominal exercises: Using proper form when you do abdominal exercises can make the difference between a flabby middle and a slim, trim waistline. Here are two simple exercises to keep your stomach nice and flat.

1



The three-count lift is an advanced form of ab crunches. Lie on your back with your knees bent, heels on the floor, hands supporting the head. Flex your feet and focus along an imaginary line drawn from your toes to the ceiling. Don't arch your back. Exhale as you lift your upper body up, hold, lift higher to a second position then slowly release.

2



The toe touch is a more advanced exercise for your abdominal muscles. Lie on your back with legs extended toward the ceiling. Place your left hand behind your head for support. Contract the upper body and reach with your right hand up to the toes. Try to reach up to your shoelaces at least once. Repeat eight times then use the left arm.

Publications International Ltd

FIFA World Cup



FOOTBALL

FOOTBALL FIXTURES - JUNE 2014 UK

GROUP A

Brazil, Mexico, Cameroon, Croatia
 Brazil v Croatia - June 12 **Sao Paulo**, 2100 (ITV)
 Mexico v Cameroon - June 13 **Natal**, 1700 (ITV)
 Brazil v Mexico - June 17 **Fortaleza**, 2000 (BBC)
 Cameroon v Croatia - June 18 **Manaus**, 2000 (ITV)
 Cameroon v Brazil - June 23 **Brasilia**, 2100 (ITV)
 Croatia v Mexico - June 23 **Recife**, 2100 (ITV)

GROUP B

Spain, Holland, Chile, Australia
 Spain v Holland - June 13 **Salvador**, 2000 (BBC)
 Chile v Australia - June 13 **Cuiaba**, 2300 (ITV)
 Spain v Chile - June 18 **Rio de Janeiro**, 2300 (BBC)
 Australia v Holland - June 18 **Porto Alegre**, 1700 (ITV)
 Australia v Spain - June 23 **Curitiba**, 1700 (ITV)
 Holland v Chile - June 23 **Sao Paulo**, 1700 (ITV)

GROUP C

Colombia, Greece, Japan, Ivory Coast
 Colombia v Greece - June 14 **Belo Horizonte**, 1700 (BBC)
 Ivory Coast v Japan - June 14 **Recife**, 2300 (ITV)
 Colombia v Ivory Coast - June 19 **Brasilia**, 1700 (BBC)
 Japan v Greece - June 19 **Natal**, 2300 (BBC)
 Japan v Colombia - June 24 **Cuiaba**, 2100 (BBC)
 Greece v Ivory Coast - June 24 **Fortaleza**, 2100 (BBC)

GROUP D

***Uruguay, Italy, Costa Rica, England**
 Uruguay v Costa Rica - June 14 **Fortaleza**, 2000 (ITV)
 ***England v Italy** - June 14 **Manaus**, 2300 (BBC)
 ***Uruguay v England** - June 19 **Sao Paulo**, 2000 (ITV)
 Italy v Costa Rica - June 20 **Recife**, 1700 (BBC)
 Italy v Uruguay - June 24 **Natal**, 1700 (ITV)
 ***Costa Rica v England** - June 24 **Belo Horizonte**, 1700 (ITV)

To see the rest, go to: <http://www.itv.com/worldcup/fixtures/fifa-2014-world-cup-fixtures>

Unforgettable Moments



It's time to look back on past events that were amazing and captivating.

The London 2012 Olympic and Paralympics games were a proud moment for Britain.

It was to be the greatest staging event in 2012, an amazing time for athletes and the general public that participated.

It was to be one of the best games ever held in the city of London. So there are some unforgettable moments, world records being broken, and attitudes changing for the better.

Here are a selection of 3 Paralympic athletes that won the nations hearts.

Jonnie Peacock 100 metre runner

At the London 2012 Paralympics games. Peacock ran the race at the finals of the T44 100m sprint in a time of 10.9 seconds, a new Paralympic record.



Richard Whitehead 100 metre runner

Whitehead who won the gold medal in the 200m T42 Athletics event with a world record time of 24.38 seconds at the 2012 Olympic games. He also takes part in the London Marathon.



Hannah Cockroft British wheelchair racing athlete

Cockroft who specialises in sprint distances, in the T34 classification. She's the reigning World Champion and double London 2012 Paralympic gold medalist.



Answers from Quiz Questions on page 14: Q1: Perri Shakes-Drayton, Eilidh Child, Shana Cox and Christine Ohuruogu, Q2: Kelly Gallagher, Q3: Haile Gebrselassie, Q4: David Boudia, Q5: Australia, Q6: 15 players on the field, Q7: Wembley Stadium, Q8: Won 4 gold medals

Add on: + 4 Entertainment

1. London Fashion
2. New Film Releases
3. Live Music Selection
4. Art and Theatre

BRIGHT DAYS AHEAD



BRIGHT DAYS AHEAD
Directed: Marion Vernoux
Starring: Fanny Ardant

This is a French romance film. The story is about Caroline, a retired dentist who decides to attend a class for computer users. Although she is married, but unintentionally falls in love with a much younger man, who is a lecturer and turns out to have liked her when went to her surgery. Her husband eventually finds out about their affair. Well Recommended:

Look out! for July's Edition 2014

This magazine is 'free' and will in a chosen local sports and fitness centre, every month.

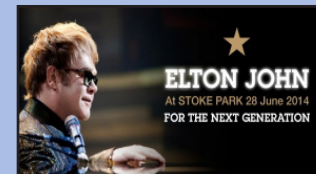
The Editor: Thank you for reading 4 Sports Magazine, we will try and keep you updated with what's going on.

Look out! This 'Snappy, easy to read Sports mag' will be available every month. A main feature will be covered on a high profile, professional competitor, then on the other scale, there will be an article on 'Up and coming' sports people who'll be interviewed on their training procedures, ambitions, achievement and goals etc. For I believe it's important to support and showcase the next generation and their journey. Also major events, some involving the general public's participation, and encouraging healthy living.

Next weeks issue will feature Christine and Victoria Ohuruogu



Editor: E. J. Simms | Art Director and Photographer: Eileen Jasas



Music Selection

An evening with Sir Elton John CBE, at the beautiful gardens of Stoke Park in Buckinghamshire. He will be giving a very special guest appearance for SportAids, on Saturday 28, June 2014 to help create a new athlete fund, and raise £500,000, for young sports people who hope to represent England at high level, and eventually in the Olympic and Paralympic Games.

Believe in
children
Barnardo's



GLL
better for everyone

BETTER
the feel good place


SportsAid