

Issue 22

4SPORTS

Let's take this journey together

Mar/ Apr 2016

Out every 2 months



Cycling - Athletics - Basketball - Football - Swimming - Rugby - Netball - Gymnastics

Free



**Sportsmen
and women of
the future**



2016 The London Marathon

RBS Rugby Six Nations

UCI TRACK CYCLING WORLD CHAMPIONSHIPS

Sport Relief Games



October 2016
ROYAL PARKS
HALF MARATHON
2016

Join Team UNICEF and run for children

Be part of this iconic 13.1 mile race through the centre of London. Starting and finishing in Hyde Park, it takes in some of the most spectacular sights of the capital and the scenic Royal Parks.

To go the distance and help the world's most vulnerable children with Team UNICEF, sign up now.

Sign up now

- unicef.org.uk/royalparks
- halfmarathon@unicef.org.uk
- 020 7375 6109

unicef.org.uk

Registered Charity No. 1072612 (England and Wales)
SC043677 (Scotland)



unicef UNITED KINGDOM

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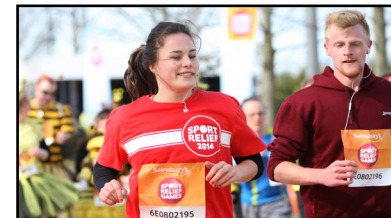


Welcome

These are going to be exciting times in Sports for 2016.

We launched this 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 all the Lee Valley Sport Centres in the Queen Elizabeth Olympic Park, and some Leisure Centres in the Southeast London area.



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

The London Marathon

p26 The London Marathon in 2015 was an amazing year, hopefully 2016 will be just as good.

UCI Track Cycling p12

The UCI Track Cycling World Championships will be held at the Lee Valley, VeloPark in Stratford.

Sports Relief Games p22

Running, swimming and cycling events for everyone, will be held at the Queen Elizabeth Olympic Park in Stratford.



p12

Main Feature of the Month

MAGGIE ALPHONSI

Former England Women's Rugby Player

Maggie Alphonsi was a former England female rugby captain, who played as a flanker for Saracens W.R.F.C. and England. And who won more than 70 caps for England over 15 years, and was awarded an MBE in 2012, and was an ambassador for last year's men's Rugby World Cup 2015, and is a perfect role model.

Who or what influenced you to take up Rugby?

I was influenced by my PE teacher. Her name was Liz Burgess and she was the captain of the Welsh Women's Rugby team. At school I use to get in trouble a lot and she encouraged me to go down to my local rugby club and give the sport a go. I fell in love with the sport as for the first time I was been praised rather than being told off.

How did it feel winning the 2014 Rugby World Cup over Canada?

I had two feelings. Feelings of happiness and feelings of relief. To have missed out on winning two World cup finals previously which meant going into our third final we had a weight of expectations on our shoulders and we wanted to make sure we didn't walk away with silver again!

What were your worse and best moments in your sporting career?

The worst moment in my career was in 2010 losing to NZ in the World Cup final with all our family and friends and the nation watching. The best moments in my career was in 2012 getting a knee injury because it drove me to work hard and achieve my goal. The other best moment in my career was winning the World Cup in 2014.

Is there anyone you admire in the world of rugby?

I admire Nigel Owens. He is one of the world's best referees. As well as being a highly respected referee he is also openly gay and has experienced many challenges in his career but still continues to inspire other to not fear the opinions of others.





Rugby World Cup



What advice would you give to a young girl who wanted to take up this sport?

The advice I would give is to give it a go. You never know what you can achieve until you step out of your comfort zone and challenge yourself.

4th - 7th March 2016



DARTS UK OPEN FINALS Held at Butlin's Minehead

In Butlins you'll see some of the biggest names in darts battle it out for the PDC Players Championship and the PDC Darts UK Open Finals, and many others, battling it out to win the title. There will be six sessions of darts over 3 days, and if you come you'll be lucky to see the likes of Phil "The Power" Taylor and Michael "Mighty Mike" Van Gerwen.

ALL NATURAL OF 5 NETBALL LONDON LIVE 2016



Netball London Live 2016, - 5th March 2016,
At the Copperbox Arena, in the Olympic Park

At the Queen Elizabeth Olympic Park, the Netball Superleague 2016 will rock the Copper Box Arena on Saturday 5 March 2016 when Surrey Storm battles it out by taking on the Hertfordshire Mavericks.

The Copper Box Arena is London's newest and most exciting venue it has hosted a vast array of events since it opened for the London Olympic games in 2012.

Athlete of the Future

Lucie Colebeck Tumbler

A 19 year old,
from London,
England

Lucie Colebeck, 19, has said winning silver at the 2015 Trampoline, Tumbling and Double-Mini Trampoline Senior World Championships will always be the 'highlight of my career' after overcoming a nine-month mental block to produce the double twisting double back which secured her a place on the medal podium in Denmark.

Lucie, who received a SportsAid Award from Royal Bank of Canada (RBC) this year, described getting to the final as a 'bonus' after being on the verge of giving up tumbling just a matter of months ago. She immediately broke down in tears when discovering she'd taken the silver medal with such an exceptional final pass.

"This beats any other medal I've got and will ever get," said Lucie. "I have had trouble in training due to a

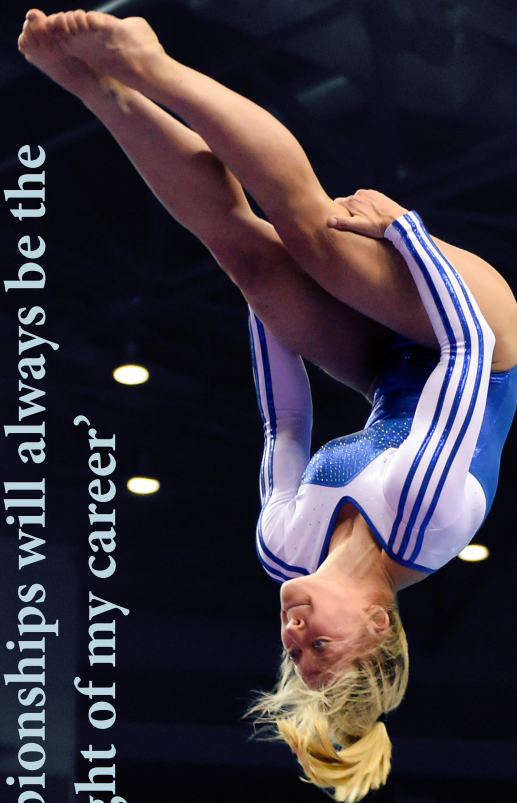
Words by
Richard Bates



mental block on twisting somersaults so to finish my routines was a huge relief. I had made a small error in my first run resulting in my score not being as high as it should have been. In that moment I thought I'd lost it - there was no way I was able to get on the podium after that mistake.

"Waiting around for my second pass I had a lot of thinking to do. All I was thinking was that if I committed to doing the double twisting double back [a move she hadn't done in more than nine months due to the mental block] I knew I would land on my feet. I had nothing to lose. As soon as took the first step I knew I had to do it. I didn't even have time to think about what I was doing.

'Winning silver at the 2015 Trampoline, Tumbling and Double-Mini Trampoline Senior World Championships will always be the highlight of my career'



"Before I knew it, I was on the landing zone on my feet. That was the defining moment for me. When I saw the final results I was in shock; I couldn't believe it. A few months prior to it I was on the verge of quitting! All the hard work I had done in preparation for the competition had finally paid off. It was a very emotional time for me - as soon as I finished my routine, tears streamed out.

"I had spent months and months of training, trying to get the twisting elements back as I had completely lost them. I never thought I would do the skill again, let alone this early and at the World Championships. The determination and courage it took me to perform that skill was immense. Being on the podium at a senior competition is a brilliant achievement."

Lucie has been on an incredible journey having taken up tumbling as an 11-year-old after her coach Vladimir Podobin had identified her potential for the sport. She'd been a TeamGym gymnast up until that point but Vladimir pulled her aside to talk to her more about tumbling and why he wanted her to join. Lucie agreed and hasn't looked back since as her and Vladimir continue to work together to this day.

"My first thought was 'I'm in!'" recalls Lucie. "It was such a fast and powerful yet technical sport. Vladimir's played a huge role in my development and has impacted my life massively. He is an excellent coach and I owe him everything; he puts so much of his time and effort into my training and I couldn't be more grateful. We come up with new goals we both want to achieve and work together in order to reach them."

With tumbling not being an Olympics or Commonwealth Games discipline, the Senior World Championships is one of the biggest competitions there is.

Lucie, who is the senior British tumbling champion and has had major success in the junior categories at the European and World Age Championships, has big goals for 2016 and hopes to compete at the World Games in 2017 after Great Britain qualified two spots.

"My ambition for 2016 is to attend the European Championships in early April in Spain to retain my title of European champion," said Lucie. "It's going to take a lot of hard work as the competition is getting harder and harder so a lot of training and focus up to it is needed. We also have the British Championships in the middle of the year where, again, I hope to go there and perform well-executed routines and bring back the gold. There are also various World Cups throughout the year."

With another busy year to come, Lucie's support network, including her other coaches, sponsors, friends and family, will be more crucial than ever in preparing her for the competitions which lie ahead. She is especially thankful to her parents and insists the help provided to her by SportsAid and RBC goes much further than just relieving the pressure of certain financial costs.

"Without my parents, I wouldn't have been able to train as much as I do. They fund me for the equipment I use, clothing such as tracksuits, leotards and competition gear, and pay for all the competition entry fees and so on. SportsAid also play a big role in helping me with the costs of my sport which is hugely appreciated by both me and my parents.

"Receiving the awards from SportsAid motivates you, purely because you've got more people to make proud. Initially, you just do it for you and the coaches, but when it's on a larger scale, you've got to perform to the best of

your ability because you've not only got to make your country proud but the people that put in the time and effort to help support you.

"SportsAid and RBC are an exceptional support team. Not only just for their help towards costs, but also for help making a wider audience for tumbling. I attended a launch event recently and not many people knew what tumbling consisted of, and SportsAid and RBC helped make them recognise and understand the sport."

Aside from Lucie's hectic training schedule, which involves just one day of rest, she works as a gymnastics coach and has recently been in Norway having received an invite to help with the introduction of tumbling in the country. On top of this, she also recently finished a Uniformed Public Service course as she looks to begin training as a Police Community Support Officer at the start of 2016.

"I've been invited to train in their gyms [in Norway] to help coach the basics of tumbling, and to be a motivator

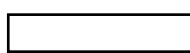
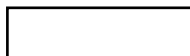
to the gymnasts," said Lucie. "It's a great opportunity as it helps broaden the sport of tumbling. I mainly coach tumbling at my gym back home but also do recreational gymnastics so I can talent spot and invite gymnasts to try out tumbling. Coaching is something I love to do.

"Still being a gymnast myself, I understand how it feels to put so much of your own time into it. All you want to achieve is greatness and it's such a nice feeling to help the gymnasts and be a part of their success. I love seeing a gymnast perform a skill they've been working on, or seeing them with the biggest grin on their faces after landing a move they've been struggling with."

What will you do to #Support The Next generation of British sporting heroes? SportsAid needs your help to ensure talented athletes like Lucie can continue receiving the support they rely on. To donate text 'NEXT01 £5', 'NEXT01 £10' or as much as you can give to 70070.



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





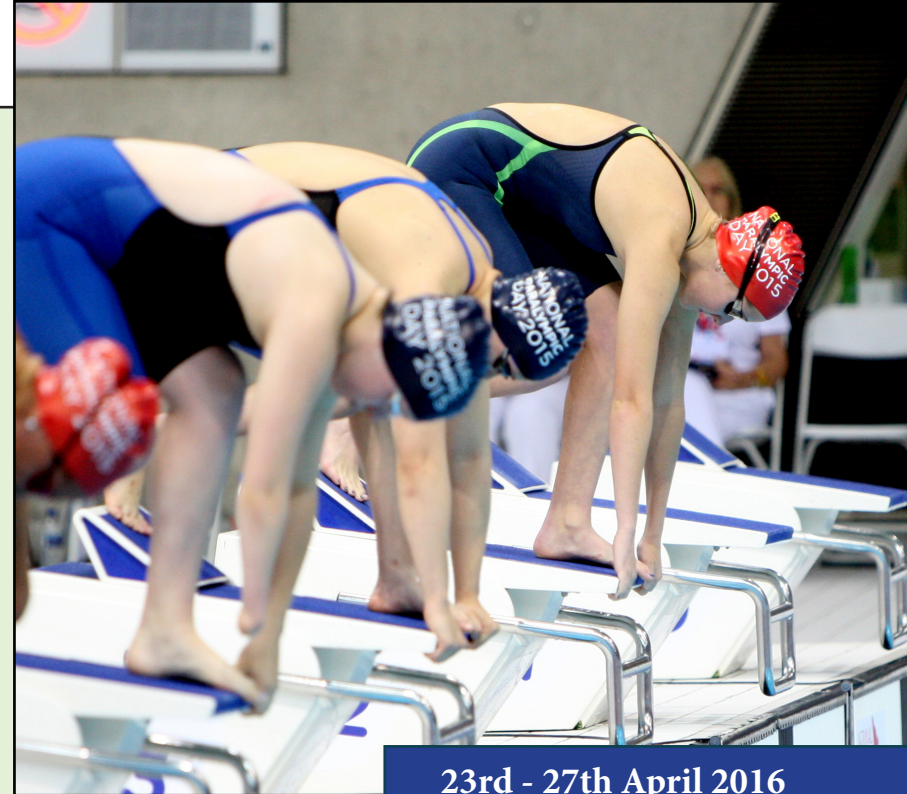
Lee Valley Velopark - Cycling

2nd- 6th March 2016

2016 UCI TRACK CYCLING WORLD CHAMPIONSHIPS

The UCI Track Cycling World Championships will be coming back to London's Lee Valley VeloPark in the Olympic Park, Stratford. Experience the iconic venue of the Velodrome hosting Britain's top track stars competing against the world's best.

BRITISH PARA-SWIMMING INTERNATIONAL MEET



23rd - 27th April 2016

Held at Glasgow's Tollcross - International Swimming Centre

Tollcross International Swimming Centre in Glasgow is one of the world's top swimming venues and recently played host to a hugely successful IPC Swimming World Championships.

Now the British Para-Swimming will be returning to Glasgow for the British Para-Swimming International Meet in April which will be an important competition, for it will be on the road to the 2016 Paralympic Games.

The competition, will be the only selection meet for British Para-Swimming to make the ParalympicsGB team.

Q5: How many 'Masters' Snooker Championship titles has the snooker player Ronnie O'Sullivan won?

Q6: What does the British former athlete Mark Foster do in the water, is it Swimming, Diving or Water Polo?

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

Q1: Do you know the surnames of the two brothers Alastair and Jonnie who are Olympians in the Triathlon?

Q2: Who won the men's tennis singles at Wimbledon in 2015?

Q3: Do you know where the William Hill World Darts Championships in London, is held?

Q4: Where was the Euro-Hockey championships held in London?

Q7: What was the name of the British professional road racing cyclist who won the 'Tour de France' in 2013 and 2015?

Q8: Who is the British-American female track and field athlete who specialises in the 100 metres hurdles?

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.

Spicy Chicken Sausage Pasta

Fully cooked chicken sausages with vegetables aren't just convenient, they're a better-for-you choice.

Ingredients

- 8 ounces of shell pasta (3 cups)
- 1 bunch Broccolini, cut into 1-inch pieces (3 cups)
- 2 tablespoons olive oil
- 1 - 12 ounce package fully cooked spicy chicken sausage links, cut into 1/2-inch-thick slices
- 1 small onion, coarsely chopped
- 3 cloves garlic, minced
- 1 cup reduced-sodium chicken broth
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1 cups arugula
- 1/4 cup snipped fresh dill
- 1/4 cup grated Parmesan cheese
- Olive oil (optional)



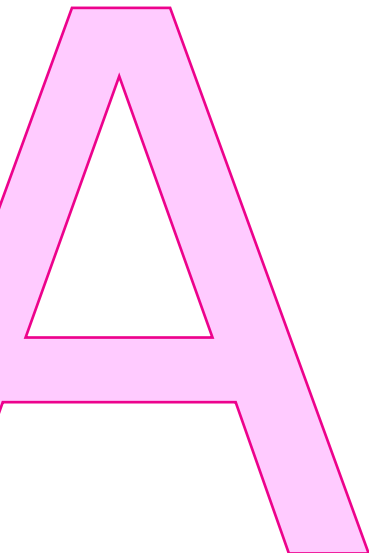
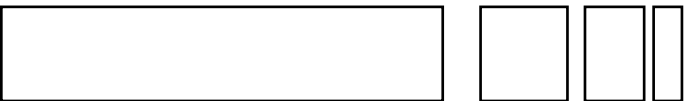
BHG.com

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

Eilidh Child

She is a Scottish 400m Hurdler

She **won gold** at the 2014 European Championships



Eilidh was born in the beautiful city of Perth, in Scotland. As a youngster growing up, she was an amazing swimmer and twice won the U13 Scottish Schools butterfly swimming title.

She was formerly a full-time PE teacher at Perth Grammar School, but her talent, began to lean towards track and field, so eventually she decided to relocate to Bath, to focus further on her training.

And now at the age of 28, she is a British and Scottish athlete who specialises in the 400 metres hurdles.

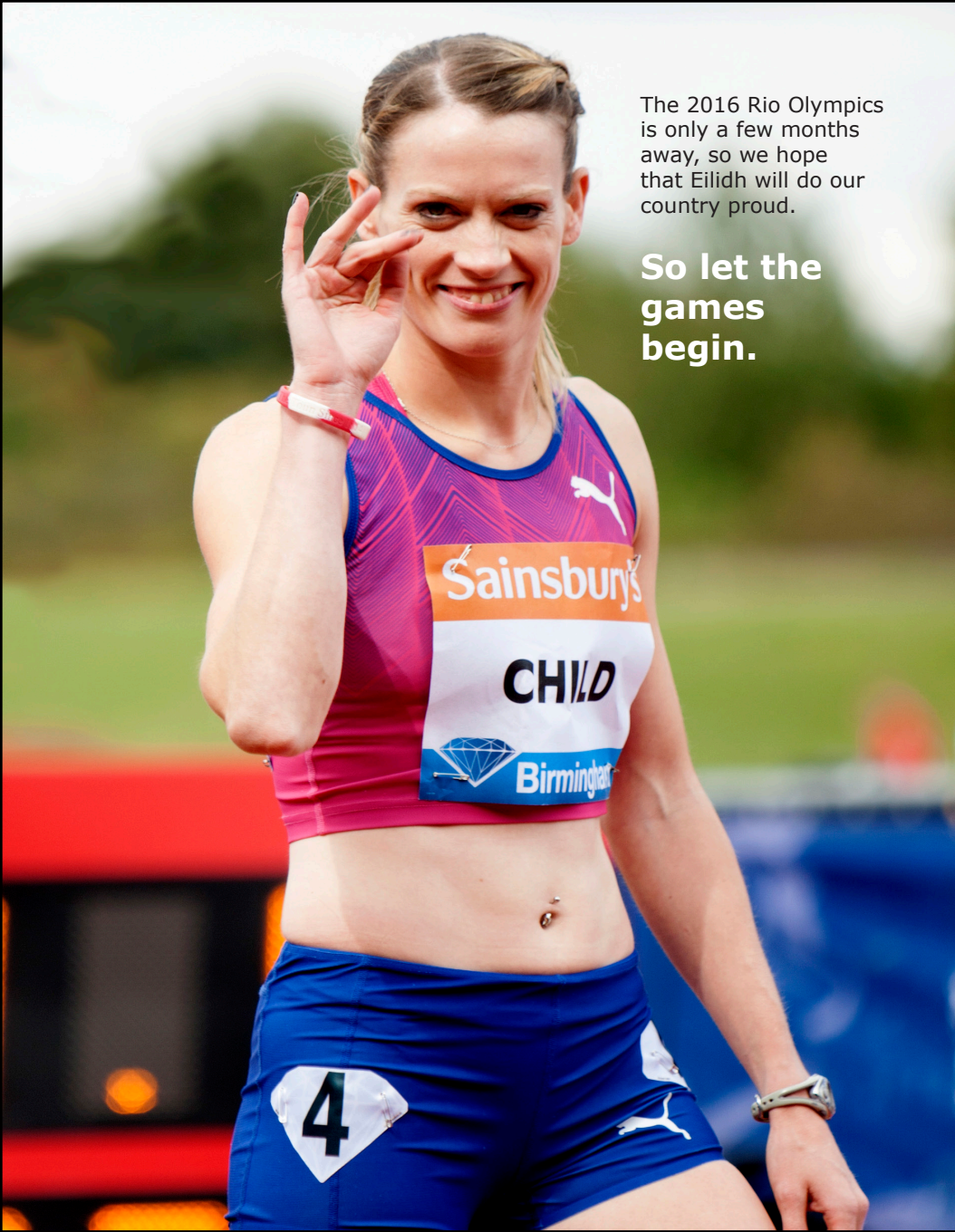
Her career has been very promising, for she finished second at the European U23 Championships in Kaunas, Lithuania,

behind fellow British athlete Perri Shakes-Drayton.

And she was the first women to win the 2014 European Champion in the 400m hurdles title for 20 years, for the previous winner was Sally Gunnell

in 1994. She's also won a silver medal at the 2010 and 2014 Commonwealth Games, and at the 2012 London Olympics, she reached the semi-finals. And is also part of the British 4 x 400 metres relay team.





The 2016 Rio Olympics is only a few months away, so we hope that Eilidh will do our country proud.

So let the games begin.

**ISU World Short Track Speed Skating Championships
Seoul, Republic of Korea - 11 - 13th March 2016**

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

8 -13th March 2016

ALL England, Open Badminton Champs

Held in Barclaycard Arena, Birmingham

It will be the 106th Championships, and will still produce the best players around, they will be thrashing, jumping and slamming through to victory.



The All England Open Badminton Championships will be making an appearance at the stunning new Barclaycard Arena in Birmingham.

All the world's best will battle it out for precious Olympic qualification points on the #RoadtoRio at the oldest and most prestigious badminton event.

20th March 2016

North London Half Marathon

North London - to Wembley Stadium

This year the route is reversing for this unforgettable running event, for you will be finishing your 13.1 mile journey inside the amazing Wembley Stadium, instead of the other way round. It will be the greatest finish ever as you run towards the Wembley Stadium finishing line, with your hands raised high.

The North London Half Marathon welcomes elite runners and those who have never done it before, to join in and have a go.

16th April 2016

Rugby - Saracens Vs Harlequins

Held at Wembley Stadium

The Saracens and Harlequins will attract world record crowds, as in 2012, 2014 & in 2015, so there'll be a great day again of rugby in North London.



The English rugby union champions Saracens will once again face Harlequins at the iconic Wembley Stadium in April 2016.

This will be a fantastic family day out offering great rugby and great entertainment at a great venue.

12th March 2016

The Athletics Cross Challenge

Held at Crofton Park, Birmingham

The Cross Challenge events series will kick off in Milton Keynes, on Saturday November 7, Liverpool, on Saturday 28 November 2015: Sefton Park, Liverpool and Cardiff on Sunday 24 January 2016: Blackweir Fields, with the series **finale to be hosted once again at Crofton Park, Birmingham on the 12th of March 2016.**

The athletes will seek to become Britain's best cross country athletes from the U13 age group to the senior level.

SAINSBURY'S SPORT RELIEF GAMES



RUN - SWIM - CYCLE

Running, swimming and cycling events for everyone - **Sainsbury's Sport Relief Games** - Queen Elizabeth Olympic Park, London. Starting Friday on the **18th to 20th of March**

The Sainsbury's Sport Relief Games in 2016, will be amazing and inspiring.

This year will be the same as last year, there will be three sporting events - 'The Swimathon', will have over 600 participating swimming pools involved nationwide, with a unique Swimathon at the Aquatics Centre in Queen Elizabeth Olympic Park, Stratford. There will be 'The Mile Run'- where there'll be people running hundreds of Miles across the country, with a flagship 'Mile' at Queen Elizabeth Olympic Park. And finally, the Cycling event also in the park, etc.



England Football

England Verses Holland

will be held at the **Wembley Stadium**
March 29th 2016

England will take on the Netherlands at the iconic Wembley Stadium, it will be an exciting game to watch on 29th March 2016, starting time at 20:00 Kick off.

England's overall record against the Netherlands stands at five wins, nine draws and five defeats.

Ticket Prices available from: £65, £55, £45 & £35 (FAMILY ENCLOSURE - £20 Adults/£10 Children under 16)

Concessions - Now available for OAPS's, Students and U16's elsewhere in the stadium - £10 discount.

Horse Racing - Grand National

7-8-9 April 2016

Held at Aintree Racecourse in Liverpool

Once more the Horse Racing - Grand National at Aintree Racecourse in Liverpool will be so much more than a few days at the races.

The event will cover 3 days of racing, there'll be the Grand Opening Day on the 7th, Ladies Day on the 8th, and The Grand National Day on the 9th. It will be elegant and exciting, whether you win, lose or just enjoy the day.



UCI BMX SUPERCROSS

Supercross World Cup Series

April 10 – 12 2016

The UCI BMX Supercross World Cup Series will be a two-day competition that will bring the best male and female BMX riders to the National Cycling Centre from 9-10 April 2016.

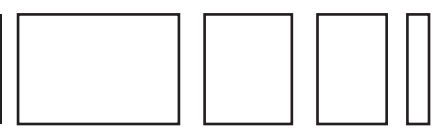
It will be hosting the world's premier BMX series for the fourth time, following three successful events in 2013, 2014 and 2015.

The 2016 event in Manchester

will be the second round of a five-round global series which will also see rounds held in Santiago del Estero (Argentina), Papendal (Netherlands), Rock Hill, South Carolina (USA) and Sarasota, Florida (USA).

This will be the last chances for riders to gain qualifying points before the 2016 Rio Olympic Games.

12th March 2016



RBS Rugby Six Nations

Held at Twickenham Stadium

(England Verses Wales)

Scotland v England at BT Murrayfield Stadium, Edinburgh - Saturday 6th February 2016
Kick Off: 4:50pm

Italy v England at Stadio Olimpico, Rome - Sunday 14th February 2016
Kick Off: 2:00pm (GMT)

England v Ireland at Twickenham Stadium, London - Saturday 27th February 2016 - Kick Off: 4:50pm

England v Wales at Twickenham Stadium, London - Saturday 12th March 2016 - Kick Off: 4:00pm

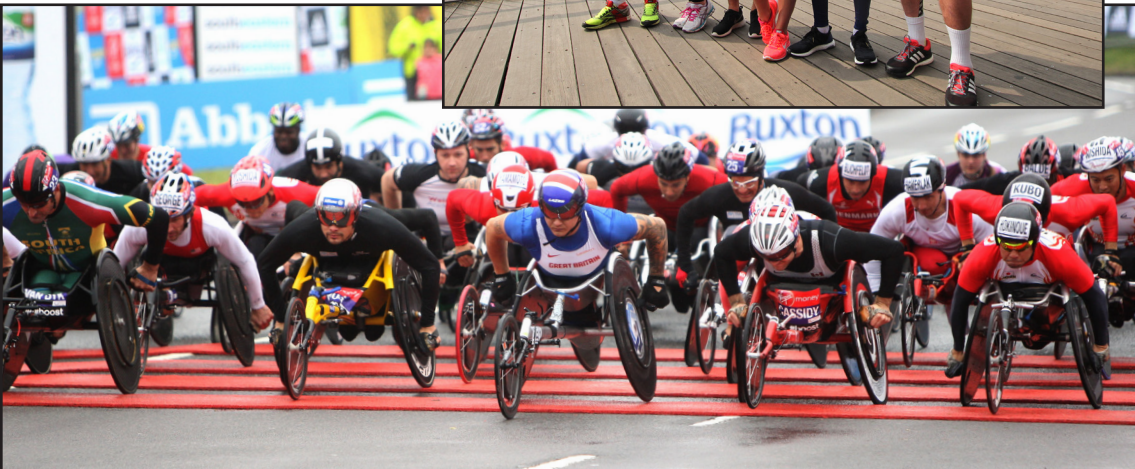
France v England at Stade de France, Paris - Saturday 19th March 2016 - Kick Off: 8:00pm (GMT)



London BMX Series 2016 - BMX RD1

Burgess Park, Peckham - 20 March 2016 - (Schedule is : Round 1 of 5)

24 April 2016



The London Marathon

The London Marathon will take to the London streets again, where there will be the elite and both UK and overseas runners on the day.

There will be memorable moments, such as the British ESA astronaut Tim Peake will become the first man to run a marathon in space and more.

In 2015, the late John Disley, co-founder of the London Marathon gave Paula Radcliffe her lifetime achievement award when she made an appearance, running for the last time, (right, picture), with Prince Harry. Also David Weir, (above picture, centred in blue), came second in his race, if he does compete, we'll see how he does this year. And (top picture) are the 2015 Celebrity runners.

Every year, thousands of people take part.



JOHN IVOR DISLEY CBE - 20 November 1928 – 8 February 2016

LONDON'S PROFESSIONAL BASKETBALL TEAM



MAJOR EVENTS

Major Events coming up: Basketball

www.londonlionsbasketball.com

London's Only Professional Basketball Team

www.londonlionsbasketball.com



London Lions Vs Worcester Wolves

At the
Copperbox Arena
08/04/2016
19.30pm

The London Lions are a professional basketball team based now in Stratford, in the Queen Elizabeth Olympic Park.

The Copperbox is their home venue, and they will now play the Worcester Wolves on the 8th and the 'Newcastle Eagles' on the 10th in the month of April.

So come down and show your support in 2016.



Football

FOOTBALL

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 the strengthening of muscles and the cardiovascular system, though to athletic skills, weight loss or maintenance, as well as for the purpose of enjoyment and having fun. 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

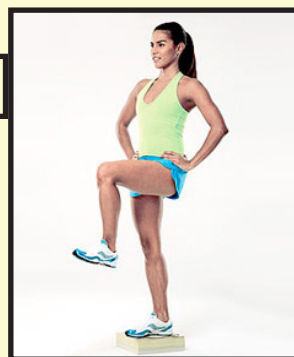
This month we will be focusing on the thighs

1



1. You're going to start off with your feet shoulder width apart. Squatting down, make sure your knees are aligned with your ankles. You're going to stay at this height the entire time, so you're not going to pop up and down. Stay like this for 5 counts, then sit down again. And repeat for at least 6 times.

2



2. Start off with your feet shoulder width apart. Then put both hands up on to your hips keeping your back straight. Slowly raise your right leg, so the knee is parallel to your hips, hold for 5 secs then lower your leg, whilst keeping the left leg down and straight. Repeat on the other leg.

The Barclays Premier League | Fixtures

Dated: 13 March - 9 April 2016

Sunday 13 March 2016

16:00 Liverpool v Chelsea Anfield

Monday 14 March 2016

20:00 Leicester v Newcastle King Power Stadium

Saturday 19 March 2016

12:45 Everton v Arsenal Goodison Park
 15:00 Chelsea v West Ham Stamford Bridge
 15:00 Crystal Palace v Leicester Selhurst Park
 15:00 Southampton v Liverpool St. Mary's Stadium
 15:00 Spurs v Bournemouth White Hart Lane
 15:00 Watford v Stoke Vicarage Road
 15:00 West Brom v Norwich The Hawthorns
 17:30 Swansea v Aston Villa Liberty Stadium

Sunday 20 March 2016

13:30 Newcastle v Sunderland St. James' Park
 16:00 Man City v Man Utd Etihad Stadium

Saturday 2 April 2016

15:00 Arsenal v Watford Emirates Stadium
 15:00 Aston Villa v Chelsea Villa Park
 15:00 Bournemouth v Man City Vitality Stadium
 15:00 Leicester v Southampton King Power Stadium
 15:00 Liverpool v Spurs Anfield
 15:00 Man Utd v Everton Old Trafford
 15:00 Norwich v Newcastle Carrow Road
 15:00 Stoke v Swansea Britannia Stadium
 15:00 Sunderland v West Brom Stadium of Light
 15:00 West Ham v Crystal Palace Boleyn Ground
 17:30 Swansea v Aston Villa Liberty Stadium

Saturday 9 April 2016

15:00 Aston Villa v Bournemouth Villa Park
 15:00 Crystal Palace v Norwich Selhurst Park
 15:00 Liverpool v Stoke Anfield
 15:00 Man City v West Brom Etihad Stadium
 15:00 Southampton v Newcastle St. Mary's Stadium
 15:00 Sunderland v Leicester Stadium of Light
 15:00 Swansea v Chelsea Liberty Stadium
 15:00 Spurs v Man Utd White Hart Lane
 15:00 Watford v Everton Vicarage Road
 15:00 West Ham v Arsenal Boleyn Ground



Oxford and Cambridge-Boat Race on the 27th March 2016

Catch all the Boat Race action by joining the crowds and line the four-and-a-quarter mile course from Putney to Mortlake on Sunday March 27 2016.

The Oxford and Cambridge University 'boat races' will be on the Thames once more, and give if you're just interested in the sunshine (if it doesn't rain) or just socialising with friends and family, it will be a great way to enjoy the day.

Don't Miss
For this will be fun for all the family.

Rowing - Head of the River - River Thames, London 19th March 2016 - Starts: 1.30pm

The Head of the River Race is rowed annually in March from Mortlake to Putney on the Tideway in London. Over 400 crews of eights take part, making it one of the highest participation events in London. It starts at 13:30, so if you fancy it, come down to the river.

Answers from Quiz Questions on page 14: Q1: The Brownlee Brothers, Q2: Novak Djokovic, Q3: Alexandra Palace, Q4: The Lee Valley, Hockey and Tennis Centre, Q5: 6 times, Q6: Swimming, Q7: Christopher Froome, Q8: Tiffany Porter

Snooker - World Championship 2016



16 April 2016 - 2 May 2016

The Crucible Theatre, Sheffield

Many of snooker's most famous names will return to The Crucible Theatre, in Sheffield, for the 2016 Snooker World Championships. Players such as Ronnie O'Sullivan, John Higgins, Stuart Bingham, Shaun Murphy, Neil Robinson, Ali Carter, and many others, will be battling it out to win the title.



Look out! for May's and June's Issue 2016

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

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.

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



Dina Asher Smith will feature in next month's edition

Revamped programme launches at BFI Southbank from April 2016

It includes a specially curated range of new releases and a daily programme of 'Big Screen Classics'. BFI Presents: Shakespeare on Film, Alan Clarke, Agnieszka Holland, LOCO London Comedy Film Festival.



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