

4SPORTS

Let's take this journey together

May/ Jun 2016

Out every 2 months



Cycling - Athletics - Hockey - Football - Diving - Rugby - Tennis - Equestrian - Sailing

Free



Sportsmen and women of the future



LEN
European
Aquatics
Championships

SSE
Women's
FA CUP
FINAL
FOOTBALL

BUPA
'London
10,000
Marathon'

Royal
Windsor
Horse
Show



October 2016
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HALF MARATHON
2016

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SC043677 (Scotland)



Contents



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

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The ITU World Triathlon Series, will be held in the historical city of Leeds in West Yorkshire.



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The Editor's Choice

JACK BEAUMONT

Is a member of the Leander club - he's 22 year old, and is a rower in the men's double scull and in the men's quadruple scull. And he lives in Maidenhead, his hometown - Anyway, I had a chance to interview him at the Royal Henley Regatta.



Interview and Photography by Eileen Ficks

How does it feel being here and winning the fourth time at the Royal Henley Regatta?

I've come here all my life, since I was a child, I've come here and watched, so I've always thought I'd love to win here, someday. It's fanatic, it's unlike anything you do in rowing, you train so hard, you never normally get to have your friends and family all there. It feels so local for us. I get huge support, when the crowd calls out, come on Jack! come on Jack! and that really helps, that sort of edge you get against the opposition. It's always so memorable, winning here.

I'm sure you excelled in many sports but what inspired you to take up rowing?

My Dad (Peter Beaumont) is my inspiration, he was an Olympian in 1988, and he got me into the sport. He won at the Royal Henley Regatta in 1988, and he went on to become fourth in the Olympics. So along with Steve Redgrave and Matthew

Pinsent, they are the kind of guys I looked up too.

What were the worst moments in your career and what were your high-lights?

My biggest disappoint was in 2011, we did the Junior World Championships in a quads, and we came in seventh place, so we missed out on the A final, when we were looking to win a medal. And my best, is probably winning the bronze medal for the World Under 23 Championships and also winning at the 2015 European Championships, winning the bronze there. It's great, getting up on the proper medal podium at the World Championships, it's so amazing.

What are your goals & aspirations, and are you thinking about Rio?

I'm a young guy, but yes, I'll looking towards to Rio, it's very soon, then further towards Tokyo 2020, I want to go to both. I'd be lying if I said, I wouldn't be disappointed if I didn't make the team, we'll see what happens.

30th May 2016

BUPA 10,000 Marathon



What advice would you give too young people, if they wanted to get involved in this kind of sports?

Well, it will teach you the attitude you need, you will learn the dedication, you will learn the trust and bonding you need to learn the sport but you will also make the best friends you'll ever have. I will never regret what I have done, I've met some amazing people and done some pretty cool things. I'd say to anybody, come and give it a go.



The BUPA London 10,000 has become one of the most popular, mass participation 10K runs in the United Kingdom. In 2015, over 10,000 runners completed the course, and welcomed former celeb athletes such as Steve Cram, Denise Lewis, Donna Fraser and many more..

Richard Whitehead the current 200m Paralympic champion (left picture below, started some of the races and Jo Pavey (middle picture) won her race with ease. Families and friends joined in, making it a fun day. out.



The Great Manchester Run 2016

10K running Event

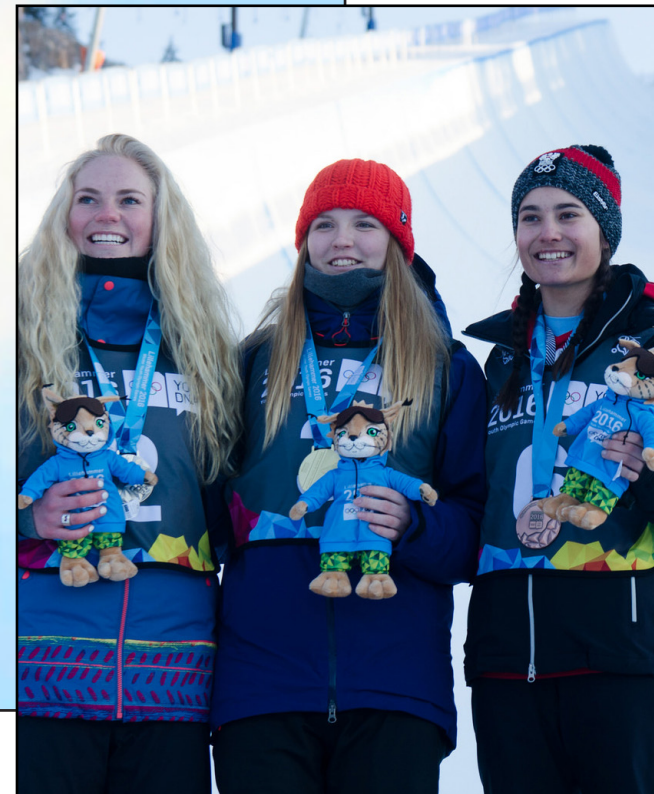
Date: Sunday - 22nd May 2016

The Great Manchester Run is a 10k running event, that will return to the heart of Manchester city, where at least a quarter of a million people will take part with spectators cheering at least 300,000th runner across the finish line. The runners will pass some of Manchester's most iconic sights, including Old Trafford, home of Manchester United.



Photography by Lillehammer

It's been a life-changing couple of weeks in the month of February for freestyle skier Madi Rowlands after she made history by becoming the first Team GB athlete to ever win a medal on snow at the Winter Youth Olympics. That moment came when she took gold in the women's ski halfpipe on the third



started skiing when I was two as my family basically pushed me down a slope!" Madi spends much of her time training in Les Deux Alpes in France during the winter months and had said in the lead-up to Lillehammer that she had been 'amazed' at her progress and that 'everything had been worthwhile even if I don't come away with a medal'. Madi's elation was there for all to see after winning gold at the Oslo Vinterpark.

"I couldn't be happier," said Madi after blowing away the rest of her competitors with the two best runs of the competition. "It's just so overwhelming. It was nerve wracking to wait for the others to finish but I felt like I

had done enough. I was so stoked with that first run and to land it like I did meant I was able to relax more and not be so nervous in the second and third."

Madi qualified for the Winter Youth Olympics having competed in the FIS Junior World Ski Championships in Valmalenco where she came seventh in the halfpipe and sixth in the slopestyle. Before heading out to Lillehammer, she revealed that she had a pre-competition superstition, and that she hadn't been able to get much rest as she couldn't wait to get started.

"I always sleep in my lucky t-shirt before competing!" said Madi. "I've owned it since I was nine when I won

Madi, 15, from Maidstone, (Madi centred in picture) was the only SportsAid athlete to contend for medals on two fronts at the Games. Prior to competing, Madi had said she'd have 'never seen myself being at the Winter Youth Olympics' and that 'it's an honour in itself to be selected' to represent Team GB. For Madi, it doesn't feel that long ago that she began freestyle skiing.

"I've been freestyle skiing since I was about eight or nine," said Madi who became the youngest ever winner of the British Women's Slopestyle Championships in 2013. "I got into it through my brother because one of his skiing instructors took him to the park and I just sort of followed. I actually

Words by
Richard Bates

Madi Rowlands

Athlete of the Future

Madi Rowlands 15, from Maidenstone Skiing and Snowboarding

day of the Games before following up and claiming bronze in the women's ski slopestyle later that week. Madi suddenly found herself appearing on BBC Breakfast, CBBC Newsround and BBC local radio to cap off a whirlwind experience representing Team GB in Lillehammer!

my first competition in England. I've not been able to sleep because I've been so excited about getting a feel for it. I'll just be focusing on my performance as I'd always rather be happy with what I'm doing than looking at other people and getting concerned with what they're up to."

Her approach clearly worked wonders as she doubled her medal haul with bronze at the Hafjell Freepark. A total score of 67.80 after her two runs saw her finish five points clear of fourth spot. Madi's parents Daran and Karen had come out to watch her in the slopestyle without telling her and were both understandably over the moon to see their daughter win her second medal.

"I'm absolutely gobsmacked and I can't believe that we're here to see it as well which will be a total surprise for her!" said Daran, whose son Michael trains with the Great Britain elite squad and has been supported by SportsAid in the last four years (Prudential and then TASS). "Secretly she'll be happy we're here but she'd never tell us that!"

Madi, while being completely unaware her mum and dad had seen her win bronze, said they 'went mental over one so I don't know what they're going to do about two!' when asked

what her parents would make of her second medal in a week. Madi now has bigger ambitions with clear targets set for the future.

"It's special as I haven't been on the podium that much," she commented. "I'm definitely going to continue and try and make it to the real Olympics. It's been a good experience. There are two main competitions I ultimately want to get to - the X Games and then the Olympics. This is a great step towards that and I'm just so stoked to win."

Madi, who has received SportsAid Awards in 2014, 2015 and 2016, said the charity's support has made a big difference. She said: "I went to a SportsAid workshop and got to meet the other athletes and I was like 'wow!' You find out what everybody does - it's a good feeling being together. I used my SportsAid Award towards mainly accommodation and competition fees. It has been a big help."



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



24th - 29th May 2016

MAJOR EVENTS

Golf BMW PGA Championship

'Wentworth Club' Virginia Water



The BMW PGA Championship has earned an enviable reputation for delivering a blend of world class golf.

The European Tour, BMW and Wentworth Club are already looking forward to welcoming back the world's leading players, for six sensational days of golf. There will be players such as Brit, Chris Wood, from Spain, Miguel Angel Jimenez and the leading 2015 champion, South Korean, Byeong Hun An.

The Emirates FA Cup Final
- Held at the Wembley Stadium -
Saturday on the 21st May 2016

Royal Ascot Horse Racecourse
Berkshire - Ascot - 5 Day Event
14th June 2016 - 18th June 2016

11th-15th May 2016

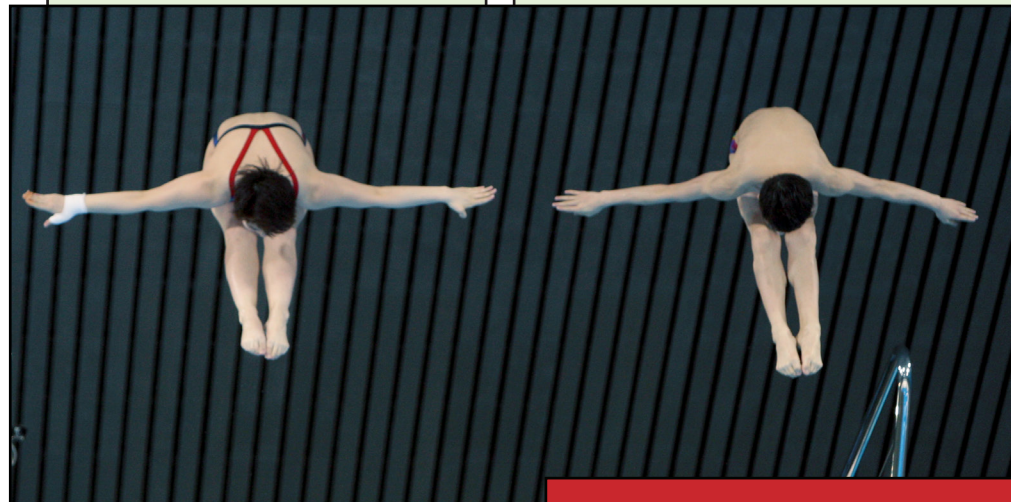


Royal Windsor Horse Show 2016

The Royal Windsor Horse Show 2016 will be again be held in the beautiful private grounds of Windsor castle. This will host International show Jumping, Driving, Endurance and Dressage.

The Endurance driving will have riders competing throughout the park, it's a fabulous display of horsemanship. Also in the park, there will be competitions, displays and entertainment.

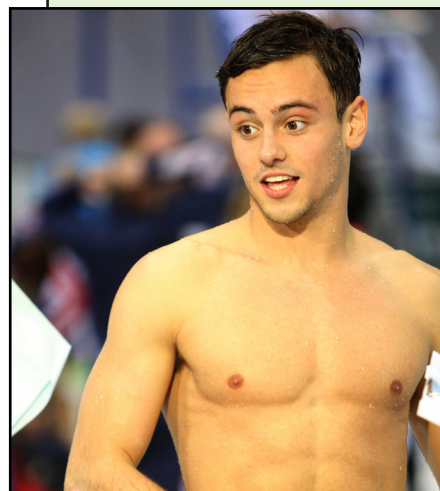
So there will be 5 days of top class sporting equestrian action. And if you are lucky you may even see **the queen**, for it will be her **90th birthday**, so there'll be celebrations throughout the day. (right picture).



25 - 29 - 27th May 2016

LEN European Aquatics Championships 2016

London Aquatic Centre - Strafford, London



The Olympic park in Strafford will be hosting another major event, at the London Aquatic Centre. For the first time, in more than two decades the LEN European Aquatics Championships will be held in the UK. There will be top level swimming, diving and synchro athletes competing for gold.

The likes of Tom Daley will be expected to battle for victory in the 10m platform final while teammates Rebecca Gallantree and Alicia Blagg are the Commonwealth champions in the 3m synchro.

So come and join in the fun.

Q5: What year did former footballer David Beckham renounce his retirement from football?

Q6: What is the name of the Jamaican sprinter, regarded as the fastest man, who runs in the 100 metres and 200 metres?

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

Q1: Who won the 2016 888sport World Championship of Ping Pong at Alexandra Palace?

Q2: Who won the SSE Women's FA Football Cup Final at Wembley Stadium in 2015?

Q3: Where is the William Hill World Darts Championships in London, held?

Q4: Who won the World Seniors Championship in 2016 at the Guild Hall in Preston?

Q7: Who is named as the 'Pacemaker', along distance track runner who ran with Mo Farah at the 2014 London Marathon?

Q8: Who won the men's gold medal in the 2012 London Olympic games in the 10-meter Platform diving?

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.

Southwest Steak and Potato Soup

Southwest Steak and Potato Soup

1 1/2 pounds boneless beef sirloin steak, cut 1 inch thick

2 medium potatoes, cut into 1-inch pieces

2 cups loose-pack frozen cut green beans

1 small onion, sliced and separated into rings

1 1/2 cups thick and chunky salsa

1 14 - ounce can lower-sodium beef broth

1 teaspoon dried basil, crushed

2 cloves garlic, minced

Makes: 6 servings
Serving Size: 1 cup
Carb Grams Per Serving: 17

BHG.com



Directions

1. Trim fat from meat. Cut meat into 1-inch pieces. Set aside.
2. In a 3-1/2- or 4-quart slow cooker, combine potatoes, green beans, and onion. Add meat. In a medium bowl, stir together salsa, broth, basil, and garlic. Pour salsa mixture over meat and vegetable mixture in cooker.
3. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.
4. If desired, sprinkle individual servings with cheese.

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

Dina Asher Smith

She is a British 100m Sprinter

2015 European Indoor Champion (Silver Medallist)



Interview and Photography by Eileen Jacas

Q: How did you feel about the Birmingham trials, last year?

I was very satisfied with Birmingham, very happy, and I was satisfied with Manchester. Yes, I was satisfied with

the race I did there, and I was happy about the semi finals in the trials as well. I know that I can do it, the answer is I'm not always hard on myself enough.

Q: How was it, being a part of the Diamond league, aboard, especially Monaco, last year?

It was so much fun. It was definitely a changed environment, I am use to going aboard competing so it wasn't that much of a change but it was just a lot of fun. I was grateful in being involved in such a high class field. Monaco is one of the best Diamond leagues on the circuit, I was feeling so privileged to be there and to hold my own as well, but unfortunately I didn't get a PB.

Q: Your fairly new? how have you settled in with the other athletes?

Yes, I am pretty new, I have made friends, but at the same time you stay with the British lot, for there are quite a few on the circuit now, I share a room with Laura Weightman (a middle-distance runner), or sometimes Laura Muir (a British Scottish middle distance runner). But there isn't an option, you could be sharing with anyone, but I don't mind, it's fine for we all get on.

Q: What was the 2015 Sainsbury's Anniversary Games like in Stratford, last year?

The Sainsbury's Anniversary games was amazing, especially with the likes of Usain Bolt, visiting our shores, it was a high class field. Mo Farah and Jennifer Ennis-Hill from the GB team also made it memorable. I did really well in my race, so I felt so lucky to be a part of it.

d She is only 19 years old, so this young lady has a really bright future ahead of her, for she has already won the 2013 European Junior Championships, the World Championships for the 4x100m relay winning bronze, the 2014 World Junior Championships and 2015 European Indoor Championships, (silver medallist). When I met her, she wore a big broad smile, and giggled and laughed a lot which was so endearing, a pleasant girl, warm and a typical teenager, who's career hopefully will be swiftly, racing up to the heavens.

Q: How do you feel about getting a British Record at the Anniversary Games, last year?

I couldn't believe it! Getting a British record in the 100m at the Olympic Stadium, at the Sainsbury Games after running 10.99 seconds to become the first British female to run under 11 seconds, it was amazing. I was really happy.

Q: Any advice for young people who might want to follow in your footsteps? And are you happy with your career so far?

Well, I feel, you've just got to put your all in it, if you want to win, and if that's what you wanted to do. I am at my peak and I'm running really well, I'm running quickly, and my training is going well too. I'm in a great place at the moment.



From left to right: Dina Asher-Smith, Jodie Williams, Bianca Williams and Desiree Henry

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>

27th June - 10th July 2016

Wimbledon, Lawn Tennis Championships

Held in Wimbledon, London

Wimbledon is one of four annual Grand Slam tennis tournaments held around the world. It's the world's longest-running and most prestigious tennis tournament.



The world of tennis descends on Wimbledon in South West London every summer for two weeks of tennis, strawberries and cream, and good-queuing manners, at the Wimbledon Lawn Tennis Championships..

There will be 500,000 spectators watching the Singles and Doubles matches played, with the top seeds playing on Centre Court and Courts 1 and 2.

21th - 24th June 2016

BNP Paribas Fortis Tennis Classic

Held at the Hurlingham Club, Fulham

The BNP Paribas Fortis Tennis Classic welcomes some of the current top ATP Tour players, they will play in a series of singles exhibition matches as they prepare ahead of The Wimbledon Championships. There are up to three matches on Centre Court each day, with also entertainment from retired tennis legends.

11th - 19th June 2016

WTA, 'Tennis' Aegon Classic

Held at Edgbaston Priory Club, Birmingham

The WTA Premier event will witness many of the world's best players in the lead up to The Championships, Wimbledon. Martina Navratilova, Billie Jean King and, Maria Sharapova are some of the great champions who played there.

13th - 19th June 2016

'Tennis' Aegon Championships

Held at The Queen's Club, Baron's Court

The Queen's Club welcomes the best level of grass court tennis. 14-time Grand Slam Rafael Nadal will be returning to the the Aegon Championships, and he will be joined by defending champion Andy Murray.

20th - 25th June 2016

'Tennis' Aegon International

Held at Devonshire Park, Eastbourne

The Tennis Aegon International is the top women's grass-court tennis event, it give a chance to see the best female players. Last year Swiss teenager Belinda Bencic claimed her first WTA title beating Agnieszka Radwanska.

12th June 2016

'Tennis' Aegon Nottingham Open

Held at the Nottingham Centre, Nottingham

2016 sees the return of the 'Tennis' Aegon Nottingham Open, with a strong combination of men and women tennis players. You'll be witnessing world-class tennis, where the tournament will be played on outdoors grass courts.

ISAF Sailing World Cup, Weymouth



The Sailing World Cup will be returning to the London 2012 Olympic waters at Weymouth Bay and Portland Harbour again, from the 6th-12th of June 2016.

Weymouth and Portland National Sailing Academy is opening its doors to spectators throughout the competition, and with an opportunity to watch the British Sailing Team stars and their international rivals be crowned champions of the deep blue waters.

The fleet racing will be the - 49er, 49erFX, Finn, 470, Laser, Laser Radial, Nacra 17, RS:X and Kiteboarding IKA.

14th May 2016

SSE Women's FOOTBALL

'FA CUP FINAL'

Wembley Stadium - (kick-off 2pm)

SSE Women's FA Cup Final will be staged at the stunning venue, Wembley Stadium.

There was a record of 30,710 supporters who flocked to the national stadium to see Chelsea win against Notts County 1-0 in last season's Final last year and it was the first to be played at the home of football.

There skill and speed is amazing to watch, so will Chelsea smell victory once more. Watch this space.



Basketball - (Harlem Globetrotters)

Held at **Wembley Stadium, London**

At the SSE Arena - 7th May 2016



18- 26 April 2016



Women's Championship Trophy Hockey

Lee Valley Hockey and Tennis Centre

The prestigious Champions Trophy pits the best of the best against each other in the ultimate battle to become champions. It's back to Great Britain for England, Scotland and Wales as GB prepare in their last tournament before the Rio Olympic Games.

This world-class event is being held 18-26 June, at Lee Valley Hockey and Tennis Centre and will feature the GB women's team, the Netherlands, the USA, plus Argentina, Australia and New Zealand.



Invictus Games 2016 - USA

8th - 12th May 2016

Held at **OLANDO, FLORIDA**

ESPN Wide World of Sports Complex

The 2016 Games will be held in Orlando, Florida at the ESPN Wide World of Sports Complex from 8 to 12 May 2016. Prince Harry is delighted that the United States has taken up the challenge to host the next Invictus Games. The Pictures above, are from the 2014 Invictus games held in London.

Cartier Queen's Cup Final

Guards Polo club - Coworth Park

Tuesday 17th May - Sunday 12th June 2016

British Athletics Championships

Birmingham Alexander Stadium

24 -25 -26th June 2016

The best of Britain will descend on the city of Birmingham at the Birmingham Alexander Stadium from 24-26 June. They will be competing for the prestigious honour of being crowned British champion as well as a place on the British Athletics team for the Olympic Games in Rio de Janeiro.

There will be female 100m runner Dina Asher-Smith, male 100m runner Chijindu Ujah, Olympic long jump champion Greg Rutherford, Mo Farah and more hopefuls.



Triathlon

11 - 12 June 2016

'ITU World Triathlon Series' The Triathlon will be held **in Leeds,** this year 2016.

The ITU World Triathlon Series, will be held in the historical city of Leeds in West Yorkshire, instead of in London's iconic Hyde Park this year. It will involve the world's fastest triathletes as they compete against each other to be crowned World Champion.

American Gwen Jorgensen became the female elite winner in 2015, and Spaniard

Javier Gomez Noya becomes a five-time 2015 World Champion. The elite athletes will be competing for Olympic qualification points throughout the ITU World Triathlon Series on their Road to Rio 2016.

Whether you are a first time athlete or a seasoned veteran, join in, it's for everyone who wishes to have a go.



Football

FOOTBALL

The Barclays Premier League | Fixtures

Dated: 2 - 18 January 2016

Saturday 2 January 2016

12:45	West Ham v Liverpool	Boleyn Ground
15:00	Arsenal v Newcastle	Emirates Stadium
15:00	Leicester v Bournemouth	King Power Stadium
15:00	Man Utd v Swansea	Old Trafford
15:00	Norwich v Southampton	Carrow Road
15:00	Sunderland v Aston Villa	Stadium of Light
15:00	West Brom v Stoke	The Hawthorns
17:30	Watford v Man City	Vicarage Road

Sunday 3 January 2016

13:30	Crystal Palace v Chelsea	Selhurst Park
16:00	Everton v Spurs	Goodison Park

Tuesday 12 January 2016

19:45	Aston Villa v Crystal Palace	Villa Park
19:45	Bournemouth v West Ham	Vitality Stadium
19:45	Newcastle v Man Utd	St. James' Park
19:45	Swansea v Sunderland	Liberty Stadium

Wednesday 13 January 2016

19:45	Chelsea v West Brom	Stamford Bridge
19:45	Man City v Everton	Etihad Stadium
19:45	Southampton v Watford	St. Mary's Stadium
19:45	Stoke v Norwich	Britannia Stadium
20:00	Liverpool v Arsenal	Anfield
20:00	Spurs v Leicester	White Hart Lane

Saturday 16 January 2016

12:45	Spurs v Sunderland	White Hart Lane
15:00	Bournemouth v Norwich	Vitality Stadium
15:00	Chelsea v Everton	Stamford Bridge
15:00	Man City v Crystal Palace	Etihad Stadium
15:00	Newcastle v West Ham	St. James' Park
15:00	Southampton v West Brom	St. Mary's Stadium
17:30	Aston Villa v Leicester	Villa Park

Sunday 17 January 2016

14:05	Liverpool v Man Utd	Anfield
16:15	Stoke v Arsenal	Britannia Stadium

Monday 18 January 2016

20:00	Swansea v Watford	Liberty Stadium
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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

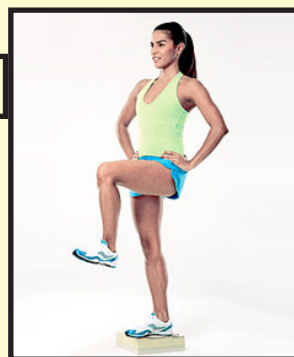
This month we will be focusing on the thighs

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.



Chesterton's Polo In The Park

3rd - 4th - 5th June 2016

Hurlingham Club, London - near Putney Bridge, in Hurlingham Park in Fulham, will be hosting again the largest Polo tournament in Europe.

There will be teams representing six different cities from around the world competing over three days. You will get to see three Polo events every day and there will be delicious food on offer, the shopping village, music, gardens and bars, whilst enjoying a great game of Polo.

Don't Miss

This will be fun for all the family.

UEFA Champions League final at Wembley Stadium on Saturday 28 May, and also the UEFA Champions Festival in Hyde Park, Saturday 21 - 28 May 2016

Answers from Quiz Questions on page 14: Q1: Andrew Baggaley, Q2: Chelsea, Q3: Alexandra Palace, Q4: Mark Davies, Q5: 2013, Q6: Usain Bolt, Q7: Haile Gebrselassie, Q8: Tom Daley

Rugby Union - AvivaPremiership Playoff Finals

28 May 2016

Held at Twickenham Stadium

The two top teams in the Aviva Premiership will be battling it out for the most sought after trophy in the country. It will be held at the legendary Twickenham Stadium. Last year's final saw Saracens clinch the title.

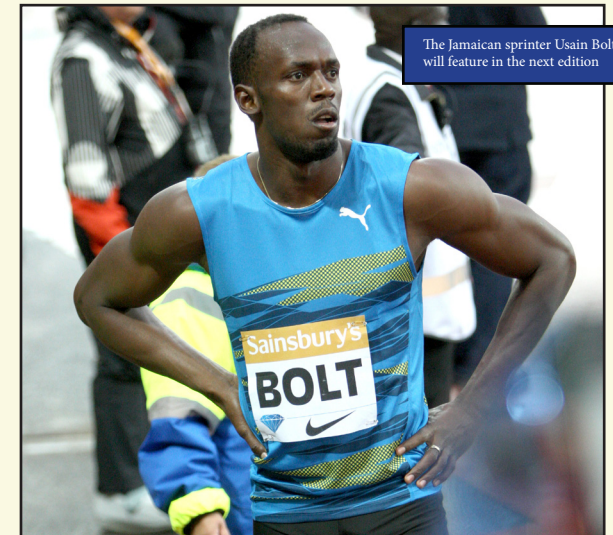


Look out! for July's and August's Issue 2016

The Editor: Thank you for reading 4 Sports 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



The Jamaican sprinter Usain Bolt will feature in the next edition

Goodwood Motor Circuit

'Festival of Speed' and Revival Historic 'race 23th'

Start date: 28 - 26th June 2016

IN FULL THROTTLE

In full throttle the world-famous Goodwood Festival of Speed road racing is the largest motoring garden party in the world, with a mix of cars, it's a unique summer weekend.



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