

Let's take this journey together

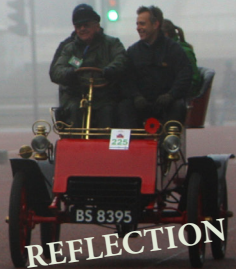
# 4SPORTS



Cycling - Athletics - Football - Swimming - Rugby - Darts - Equestrian - Tennis

Free

Sportsmen  
and women of  
the future



REFLECTION  
- on 2017



**Horse Show**  
London  
Olympia

**Rugby Union**  
Twickenham Stadium

The **Tennis** Championships  
Royal Albert Hall

**Veteran Car Run**  
Bonhams London to Brighton



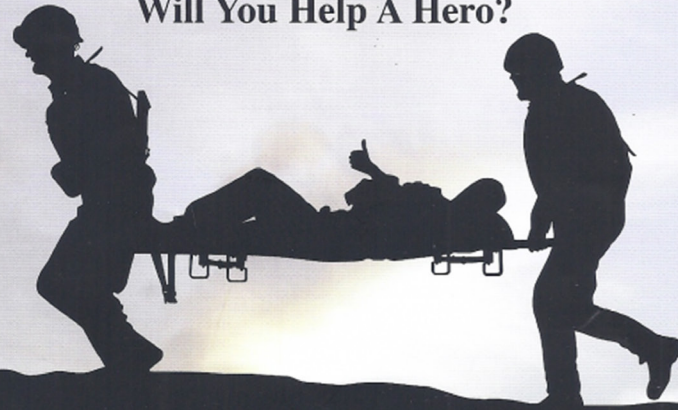
# HELP for HEROES

*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](http://www.helpforheroes.org.uk)

Registered Charity No. 1120920

## 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 features 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.



p11

Contact us: [www.4sports-magazine.co.uk](http://www.4sports-magazine.co.uk)  
For Advertising Space and any other information  
Email: [4sports-magazine@gmx.com](mailto:4sports-magazine@gmx.com)

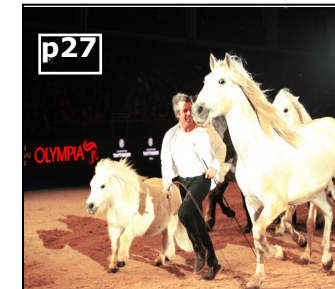
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Main Feature of the Month

INTERVIEW-WITH:  
**Paula Radcliffe**

English long-distance runner

3-time winner of the London Marathon

**P**aula Radcliffe, is the fastest athlete in the world by over 3 minutes, she's 2005 World Champion, she has the 3rd fastest times in history, she's European 400 metre champion and the list goes on.

In this interview, she talks about competing in the 2015 London Marathon, which was the final race and her early running career.

Your career been 25 years long... Do you appreciate how long it's been?

I didn't think about it but now I do, I think when you are in it, you have one goal and you don't think to take the time then, to really appreciate everything.

The time in 2012, when I couldn't run at all, when I had that operation, it was terrible. But when I was able to get back running again in 2013, I then started to really appreciate it, and that it is a



Photography by Eileen Jacas



gift to get out and run, just to enjoy doing that but I have had a long career, I feel lucky.

**How did you feel about running the London Marathon in 2015?**

I obvious wasn't competing with the Elite women but the chance to take part in this race, the Marathon, one more time, was really, really special.

I wanted to just go out and enjoy it, but I wanted to run the Marathon hard.. I wanted to give as good a shot as I could on the day.. but also I wanted to finish with a smile on my face. It's was my first time to run in the middle of



a mass race and the women's race you normally go off in front but you still get the amazing atmosphere all round, so being in the centre at the start ... it was a totally new experience, it was totally fun out there.

**How did you feel about receiving the John Disney Life Time Achievement Award, at the London Marathon 2015? who was the co-founder of the Marathon..**

That was amazing, he has always been there, and to hand me the Life Time Achievement Award, with my children on the podium, when I finished the Marathon in 2015, will always stay with me, for sadly, he is no longer here.

**21 years ago you were told, you wouldn't run again?**

Yes! When I was 21 years old, I was told in 1994 that I'd never run again. I remember coming home in tears and my Dad saying, 'What's the big deal, most people go through life and they don't run'. I'm not loads of people and there's a lot of things I want to do, it has to get better, and it did.

**And you have done those things you wanted to do, but what about regrets?**

Well, obviously the Olympics was the biggest disappointment, especially the Marathon, on the track I felt I could give it my best shot but it just wasn't good enough. On the day, in Sydney, I ended up fourth. But there's properly a lot more ups in my career than there where downs.



John Disney and Paula Radcliffe

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.

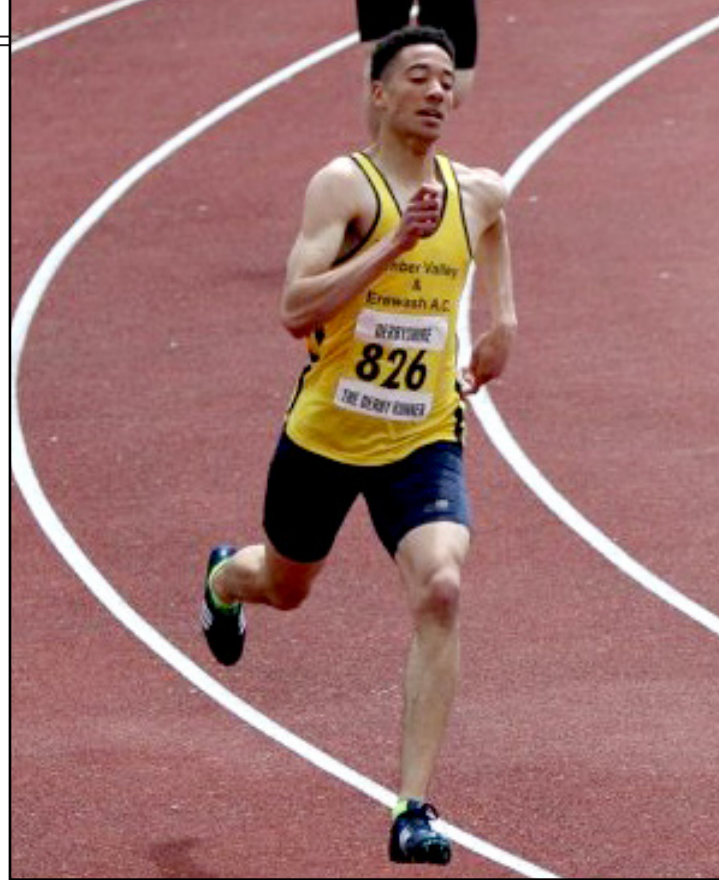
**NELSON MANDELA**



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



- 2016 European Youth Athletics Championships, 400m Hurdles, 7th
- 2016 Northern Athletics u20 Championships, 400m, 1st
- 2015 Sainsburys School games, 400m Hurdles, 2nd
- 2015 English schools' Championships, 400m Hurdles, 2nd



endurance session down at the track and the hardest one of that. Consists of longer distances, more reps and less recovery. More of a continuous training session. Wednesday at the moment is a 20-30 minute recovery run from home just to get the legs pumping from the hard session the night before. Thursday is sprints ranging to from short sprints to longer distances up to 200m to increase speed endurance on the track. Friday is my rest day. Saturday is usually a long hurdles session. speed endurance with hurdles usually reps vary from 200m-500m developing different aspects of the race and technique over the hurdles. The addition of hurdles makes this session that little bit extra challenging on the legs.

Sunday is a 30 minute tempo run from home to keep my endurance up leading into the winter period.

**What motivates you to continue in your sport?**

Many aspects of athletics motivate me to continue within it. My main motivation is looking over the next 12 months to train professionally and determined to gain qualification from European Juniors next year which is my main aim. Also to improve from the previous season to keep developing as a talented athlete onto the next stage until I reach the highest level. Leading onto the long term motivation which is being able to have a career as

Alex Knibbs

**Athlete of the Future**

Alex Knibbs  
18,  
from Belper,  
East Midlands  
**400m Hurdler**

Words by  
Richard Bates

**How did you first get involved in your sport?**

I got involved within athletics through a primary school cross country event where I was scouted by my current coach to come down and join the club I compete for currently. This was when I was 8 years old. I did cross country as a younger athlete but on the track I did everything

from 100m to 1500m and even field events such as long jump. I began 400m Hurdles between my transition from an u15 to an u17 where I thought I would try something different. Since this moment I have not looked back and my success as a 400m hurdler has grown massively every season since.

**What does a typical week look like for you?**

A typical week for me is very routine. Monday consists of a strengthen conditioning session at the Derby University as I am part of the Derbyshire Institute of sport which provide training plans, a coach and facilities for me to carry out these sessions. Tuesday is my

an athlete doing what I enjoy and love each day. Physically athletics motivates me to keep fit and healthy and I am motivated to keep developing and improving my bodies physique.

**What do you enjoy the most about being a sportsperson?**

The most enjoyable thing about being a sportsman is the lifestyle you develop compared to a person that doesn't do sport at such a high level or at all. I enjoy knowing that I am not the same as everyone else and that I have another life away from school and education. From this I enjoy the people you meet and become great friends with, in some cases maybe even class them as family as emotionally you work so hard together. This sense of workmanship and dedication I find very enjoyable as it gives me a break from other areas of my life and means I can look forward to something I cherish each night or day of the week. The final thing I enjoy about being a sportsperson is witnessing and encouraging the improvement and success of other athletes. I enjoy this as you put in the hard work just as much as them and it is great to see others improving as well as yourself, for me as an athlete I understand how good it feels.

**Who is your biggest influence in your life and why?**

The most influential person in my life is my father. As a young adult my father played rugby professionally for Bristol and England 7's. From this he has gained incredible experience and tactics through his many years within a professional sport. So when he gives me advice on recovery and priorities he's been through it all so his opinion is valued. I also take his advice on tactics before a race or championship as it helps me talk about the situation with someone who has felt the same and helps me mentally get prepared through relaxing and motivation. We have a good relationship and I know he is proud of my achievements so far within athletics, this influences him more within my life as I know he believes in me and those are the type of people I want to surround myself with to be able to continue to succeed.



Patron: Her Royal Highness  
The Duchess of Cambridge  
Charity: 11116121  
Website: [www.sportsaid.org.uk](http://www.sportsaid.org.uk)



**Bonhams London to Brighton (Veteran Car Run)**

5th November 2017



The Bonhams London to Brighton Veteran Car Run is such a great annual Run event, it's the world's longest running motoring celebration.

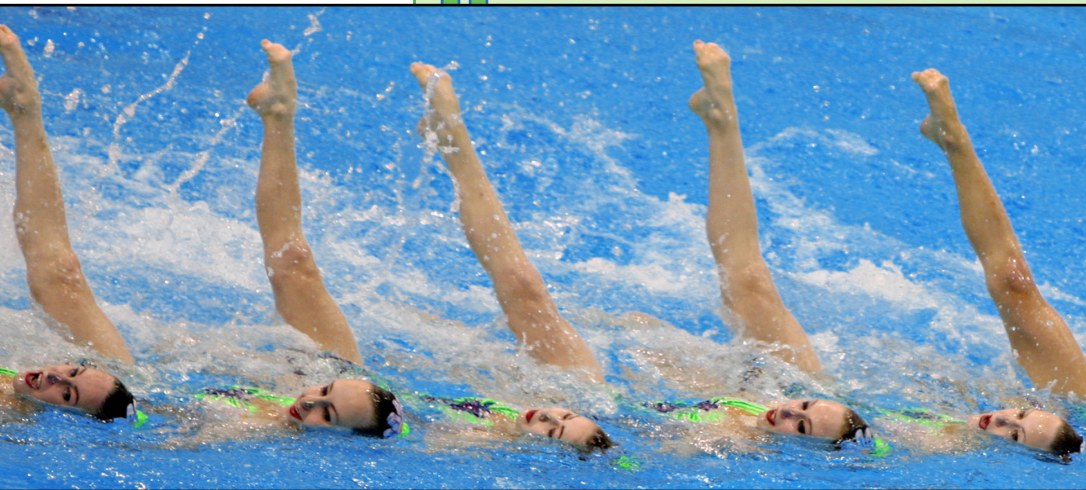
In 2017, it will be celebrating the 121st anniversary of the very first Run, for now it has gone on from strength to strength, for there are at least 400 fine examples of pre-1905 manufactured vehicles taking part, with show stopping motoring nostalgia on London's streets..

This represents a rare opportunity for participants to take their extraordinary automobiles on this historic 60-mile journey from Hyde Park in central London to the seafront in the Sussex resort of Brighton.

**PSA Men's and Women's Squash World Championships - 9th-17th December 2017 - Held in Manchester**



## National Masters Synchronised Championships



The National Masters Synchronised Swimming Championships 2017 will take place at the Queen's Diamond Jubilee Centre in Rugby.

The National Masters Synchronised Swimming Championships 2017 will take place in the Queen's Diamond Jubilee Centre in **Rugby**.

The National Masters Championships is the largest domestic synchronised swimming event for Masters. It will bring a perfect spectacular exhibition of artistic flair and water acrobatic skills.



4 Nov 2017 - 2 Dec 2017

# RUGBY UNION

## Autumn International Rugby Matches

### Saturday 4th November 2017

Japan v Australia International Stadium, Yokohama Kick off: 5:40am  
Barbarians v New Zealand at Twickenham Stadium, London 3:00pm

### Saturday 11th November 2017

Italy v Fiji at Stadio Angelo Massimino, Catania Kick off: 2:00pm  
Scotland v Samoa at BT Murrayfield Stadium, Edinburgh Kick Off: 2:30pm  
England v Argentina at Twickenham Stadium, London Kick Off: 3:00pm  
Wales v Australia at Principality Stadium, Cardiff Kick Off: 5:15pm  
Ireland v South Africa at Aviva Stadium, Dublin Kick Off: 5:30pm  
France v New Zealand at Stade de France, Paris Kick off: 7:45pm

### Tuesday 14th November 2017

France v New Zealand Parc OL, Lyon Kick off: 6:30pm

### Saturday 18th November 2017

Italy v Argentina Stadio Artemio Franchi, Florence Kick off: 2:00pm  
Wales v Georgia at Principality Stadium, Cardiff Kick Off: 2:30pm  
England v Australia at Twickenham Stadium, London Kick Off: 3:00pm  
Scotland v New Zealand at BT Murrayfield Stadium, Edinburgh Kick Off: 5:15pm  
Ireland v Fiji at Aviva Stadium, Dublin Kick Off: 5:30pm  
France v South Africa Stade de France, Paris Kick off: 7:45pm

### Saturday 25th November 2017

Italy v South Africa Stadio Euganeo, Padova Kick off: 2:00pm  
Scotland v Australia at BT Murrayfield Stadium, Edinburgh Kick Off: 2:30pm  
England v Samoa at Twickenham Stadium, London Kick Off: 3:00pm  
Wales v New Zealand at Principality Stadium, Cardiff Kick Off: 5:15pm  
Ireland v Argentina at Aviva Stadium, Dublin Kick Off: 5:30pm  
France v Japan U Arena, Paris Kick off: 7:45pm

### Saturday 2nd December 2017

Wales v South Africa at Principality Stadium, Cardiff Kick Off: 2:30pm



Here are the schedule/ fixtures.

The rugby will return in November 2017. And fans of the four home unions – England, Ireland, Scotland and Wales – will relish the opportunity to see their teams take on the southern hemisphere's best teams.

**Q5:** What month is the Olympic Games.. is it in the month of July or August?

**Q6:** The Triathlon is a fast-growing, dynamic event which consists of three different kind of sports. What are they?

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

**Q1:** Who won the Wheel-chair racing nick named the silver bullet to beat David Weir at the London Marathon in 2016?

**Q2:** How many times has Switzerland born Roger Federer won Wimbledon?

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

**Q4:** At the 2017 IAAF World Championships who was the Jamaican sprinter who retired from running?

**Q7:** Who is the current IBF heavyweight boxing champion, having previously held the British, Commonwealth and WBC International heavyweight titles?

**Q8:** What team did England play and loose against which stopped them getting into the quarter's of the 2016 Football European Championships in France?

# Quiz

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

The answers are on page 31

# Eating Healthy

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

## White Bean-Turkey Chili with Corn Bread Dumplings

Chili and corn bread in less than 30 minutes? Believe it! Leftover turkey and corn bread mix makes quick work of the comfort food classic.



BHG.com

### Directions

1. Chop turkey. In a Dutch oven combine turkey, salsa, beans, chili powder, and the 2/3 cup water. Bring to boiling.
2. Meanwhile, for dumplings, in a medium bowl mix together corn bread mix, egg, and the 1/4 cup water. Drop batter by large spoonfuls onto boiling chili.
3. Cover; reduce heat and simmer for 10 to 15 minutes or until a wooden pick inserted into a dumpling comes out clean. To serve, top chili and dumplings with cheese, green onions, and chili powder, if desired.

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



# REFLECTIONS ON MAJOR EVENTS IN 2017

## PRUDENTIAL RIDELONDON

More than 25,000 amateur riders crossed the Finish Line at the Mall in the Prudential RideLondon-Surrey 100, making it one of Europe's biggest ever cycling event.

The cyclists were lucky with the weather for it was clear and sunny, a cloudless sky.



## LONDON TRIATHLON

Each year welcomes over 13,000 triathletes to participate in the London Triathlon held at the Excel Centre, Custom House. Spectators runners, cyclists and swimmers who have different reasons for participating in the event. You have to be very competent in each of the three disciplines to take part. Looking forward to next year.

Picture on the left: Melanie C



## THE HENLEY ROYAL REGATTA

The Henley Royal Regatta, attracts thousands of visitors over a 5-day period. The spectators, on those days enjoyed 200 races of an international standard, including Olympians and crews new to the event. The event is a beautiful Spectacle of lazy summers and oarmanship on the river.



## SSE WOMEN'S FOOT BALL FA CUP FINAL

SSE Women's FA Cup Final will be staged at Wembley Stadium. best, once again.

There was a record of 30,000 supporters who flocked to the national stadium to see manchester City win against Birmingham City, the result was 4-1, for the first time in their history.



## LONDON MARATHON

The London Marathon took to the London streets again, there was the elite runners and both UK and overseas runners on the day. The weather was nice for a change, as the crowd cheered the runners on.

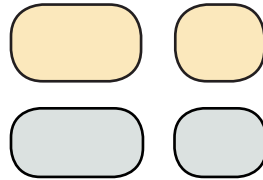
But we will never forget the memorable moment, in 2016, of the British ESA astronaut Tim Peake who became the first man to run a marathon in space.



in the **Loughborough University**

**Hockey and Tennis Centre**

**NEC Wheelchair Tennis Masters**



**AT Loughborough University the NEC Wheelchair Tennis Masters, will rise to the challenge once more.**

**T**

he Tennis Foundation welcomes the 2017 NEC Wheelchair Tennis Masters once again, the event will take place at Loughborough University.

The international Paralympic tennis stars of 2016, will play at Loughborough University from 29 November – 3 December for this major tournament.

There will be 22 of the best players in the world who will battle for victory. The british players are Alfie Hewett, Gordon Reid, Lucy Shuker and Andy Lapthorne who have qualified.

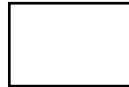
**LONDON**

**FILM**

**FESTIVAL**

**NOVEMBER 27, 2017**

10th November 2017

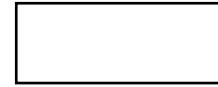
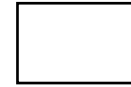


## England vs Germany

Held at Wembley Stadium, London

Kicking off a huge international window of football on November 10 will be the Three Lions against the current World Cup holders, Germany. Don't miss your chance to see the world's best footballers in action at the home of English Football, Wembley Stadium.

3rd- 5th November 2017



## World Series of Darts Finals

Held at Braehead Arena, Glasgow

The World Series of Darts events is held around the world throughout the year. The PDC tournaments feature the leading players including Phil Taylor, Michael van Gerwen, Adrian Lewis, Simon Whitlock, Peter Wright, Dave Chisnall, James Wade, Gary Anderson and Raymond van Barneveld.



REFLECTIONS ON EVENTS IN 2017:

**Reflection on the Invictus games which took place in 2017.**

**THE INVICTUS GAMES 2017 IN TORONTO**

The city of Toronto in Canada hosted the Invictus games from the 22nd -30th September 2017.

This is a multi-sport event for injured and sick soldiers, including current and veteran members of the forces, inspired by Prince Harry in 2014.

Photography taken by: Eileen Jacas

**THE INVICTUS GAMES 2017 IN TORONTO**

The Invictus Games Toronto 2017, was a complete success, in Canada. In my opinion, it was larger and more professionally put together, than the previous two games.

The wounded military soldiers came from all around the world to compete. And Prince Harry, attended with families and friend cheering and supporting there love ones on.

The games feature a dozen adaptive sports, including archery, athletics, indoor rowing, powerlifting, cycling, sitting volleyball, swimming, wheelchair basketball, wheelchair rugby and wheelchair tennis.

The next games of 2018 will be held in Australia, so see you there...

I AM THE CAPTAIN OF MY SOUL



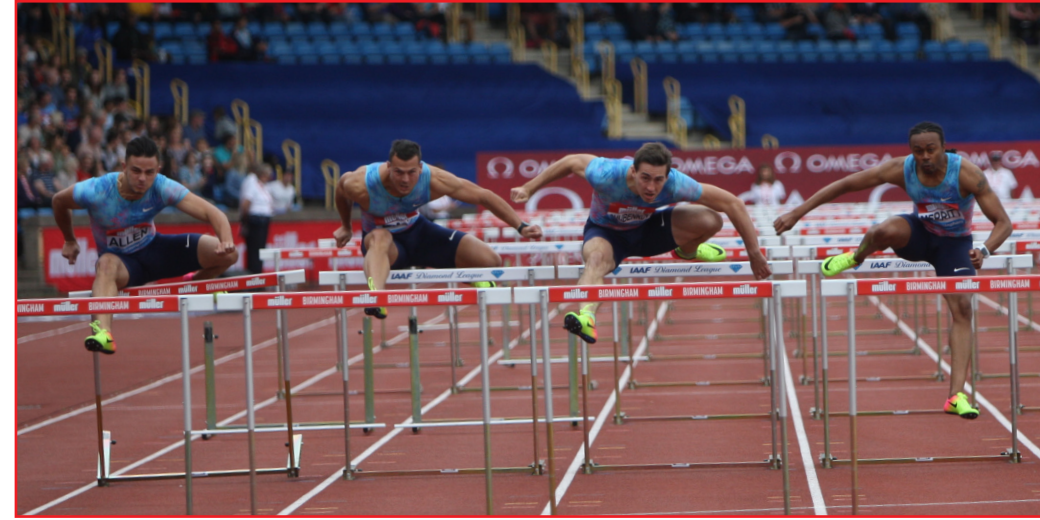
REFLECTIONS ON EVENTS IN 2017

# Para World Championship 2017



Photography by Eileen Jacas

# World Championship 2017



L

ondon hosted the IAAF and IPC 2017 World Championships, London's biggest sport event since the 2012 Olympics.

It was the 16th edition of the global athletics competition organised by the International Association of Athletics Federations and was held in London from 4 to 13 August 2017.

The championships were held in the London Stadium in Stratford, London, which hosted the 2012 Summer Olympics

The Jamaican sprint great Usain Bolt and British distance legend Mo Farah sign off, to a good bye, final race.. for the pair, who have 28 world and Olympic titles between them, both retired from the track by the end of the season.





**Royal Albert Hall  
West Kensington**

30 November -  
3rd December 2017

**The 'Tennis'  
Championships**



**T**he Champions Tennis is now in its 21st year, and still going strong, held at the Royal Albert Hall, it still attracts Grand Slam Champions, former World Number 1s and national icons to play a dazzling display of high quality tennis and entertainment during the festive season.

Legends such as Pete Sampras, John McEnroe, Pat Rafter, Goran Ivanisevic, Tim Henman, Pat Cash, Andy Roddick and many more have all competed there.

**The London International  
'Horse Show' Olympia**

12-18 December 2017



The Olympia Horse Show will host all three FEI World Cup™ Qualifiers in Dressage, Show Jumping and Driving.



There will be a combination of world class equestrian competitions, The Shetland Pony Grad National, breathtaking international displays and always at the Olympia, a special entertainment of Christmas magic.

# 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.



# FOOTBALL

## Football

### The Premier League | Fixtures

Dated: 4th November 2017 - 9th December 2017

#### Saturday 4th November 2017

Stoke City12:30Leicester City  
 Huddersfield Town15:00West Bromwich Albion  
 Newcastle United15:00AFC Bournemouth  
 Southampton15:00Burnley  
 Swansea City15:00Brighton & Hove Albion  
 West Ham United17:30Liverpool

#### Sunday 5th November 2017

Tottenham Hotspur12:00Crystal Palace  
 Manchester City14:15Arsenal  
 Chelsea16:30Manchester United  
 Everton16:30Watford

#### Saturday 18th November 2017

Arsenal12:30Tottenham Hotspur  
 AFC Bournemouth15:00Huddersfield Town  
 Burnley15:00Swansea City  
 Crystal Palace15:00Everton  
 Leicester City15:00Manchester City  
 Liverpool15:00Southampton  
 West Bromwich Albion15:00Chelsea  
 Manchester United17:30Newcastle United

#### Sunday 19th November 2017

Watford16:00West Ham United

#### Monday 20th November 2017

Brighton & Hove Albion20:00Stoke City

#### Friday 24th November 2017

West Ham United20:00Leicester City

#### Saturday 25th November 2017

Crystal Palace15:00Stoke City  
 Manchester United15:00Brighton & Hove Albion  
 Newcastle United15:00Watford  
 Swansea City15:00AFC Bournemouth  
 Tottenham Hotspur15:00West Bromwich Albion  
 Liverpool17:30Chelsea

#### Sunday 26th November 2017

Southampton13:30Everton  
 Burnley14:00Arsenal  
 Huddersfield Town16:00Manchester City

#### Tuesday 28th November 2017

Brighton & Hove Albion19:45Crystal Palace  
 Leicester City19:45Tottenham Hotspur  
 Watford20:00Manchester United  
 West Bromwich Albion20:00Newcastle United

#### Wednesday 29th November 2017

Arsenal19:45Huddersfield Town  
 AFC Bournemouth19:45Burnley  
 Chelsea19:45Swansea City  
 Everton20:00West Ham United  
 Manchester City20:00Southampton  
 Stoke City20:00Liverpool

#### Saturday 2nd December 2017

Chelsea12:30Newcastle United  
 Brighton & Hove Albion15:00Liverpool  
 Everton15:00Huddersfield Town  
 Leicester City15:00Burnley  
 Stoke City15:00Swansea City  
 Watford15:00Tottenham Hotspur  
 West Bromwich Albion15:00Crystal Palace  
 Arsenal17:30Manchester United

#### Sunday 3rd December 2017

AFC Bournemouth13:30Southampton  
 Manchester City16:00West Ham United

#### Saturday 9th December 2017

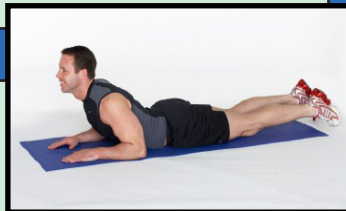
West Ham United12:30Chelsea  
 Burnley15:00Watford  
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 Huddersfield Town15:00Brighton & Hove Albion  
 Swansea City15:00West Bromwich Albion  
 Tottenham Hotspur15:00Stoke City  
 Newcastle United17:30Leicester City

## 2 easy steps to stay fit and healthy

This month we will be focusing on the back

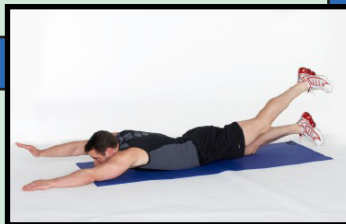
Back extension exercises: Using proper form when you do back exercises can make the difference between a painful, stiff lower back and a flexible one. Here are two simple exercises to keep your back strong and supple.

1



The back extension is one back exercise anyone can do to help loosen up and strengthen the lower back. Lie on stomach with forehead resting on the floor. Place hands under shoulders with elbows bent alongside the body. Gently lift upper body keeping forearms and elbows on the floor, exhaling on exertion. Return to starting position and repeat.

2



The combo arm and leg raise is a great exercise to strengthen your upper and lower back. Lie on stomach, arms extended next to the head and legs extended. Slowly and gently lift the right arm and the left leg on two counts and lower on two counts. Repeat using left arm and right leg.

Publications International Ltd

REFLECTIONS ON EVENTS IN 2017

# BFI London Film Festival 2017

It was held in London

screened on the 4th - 15th Oct

The 61st BFI London Film Festival took place 4-15 Oct. More than 800 international and British filmmakers attended the Festival to support their films, there were many of the world's most established directors, to new talented filmmakers, making their first short film.

### Don't Miss

The films will be shown in local cinemas near you from 2017-18.



**The Cakemaker** is a 2017 Israeli-German drama film, directed by Ofir Raul Graizer. It's about a young German pastry maker from Berlin who eventually travels to Jerusalem in search of the wife and son of Oren, his former dead lover. It's a very sensitive and charming story.



**Handia/ Giant** is a 2017, Spanish History, drama film, directed by Aitor Arregi, Jon Garaño. It's story in the North of Spain, in 1843. It's about a young man named Joaquin, who comes the tallest man in the world, and his younger brother Martin, who decides to turn the giant into a circus act.



**A brawl in cell block 99** is a 2017 American, action, thriller film, directed by S. Craig Zahler. It's about a former boxer named Bradley Thomas turned drug dealer, he eventually lands in a prison battleground after a deal goes horribly wrong.



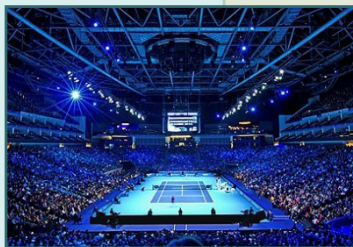
**Film Stars Don't Die in Liverpool** is a 2017 American-British film, directed by Paul McGuigan. It's a sad love story, but with warmth and tender, a relationship unfolds between a young man from Liverpool and an aging Academy Award winning actress Gloria Grahame.

## Barclays ATP World Tour Finals

Held at the London O2 Arena

on the 12th - 19th Nov 2017

November is a cold month but don't let that stop you from experiencing the splendor of Barclays ATP World Tour Finals at The O2 arena in 2017. You will see the world's greatest tennis players battle it out again for the last title of the season.



## Horse Racing: King George V1 Chase

Held at Kempton Park

26th December 2017

Kempton Park is 16 miles from the city of London and is best known for it's London premier racecourse. It is one of the busiest racecourses in Europe hosting quality horse racing all year round. The highlight of Kempton Park's racing calendar is the Grade 1 King George VI Chase held every Boxing Day as part of the William Hill Winter Festival.



## Look out! for the next publication of 2018

**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.



Jonathan Webb will feature in next month's edition

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

Answers from Quiz Questions on page 14: Q1: Marveling, Q2: Flight times, Q3: Alexandra Palace, Q4: Train Bolt, Q5: August, Q6: Swimming, Cycling and Rowing, Q7: Amazon Justice, Q8: Iceland

## Snooker - UK Championship

Tuesday 28th November - Sunday 10th December 2017

Held in York Barbican, Paragon Street, York

The 2017 Betway UK Championship will be returning to it's home at the York Barbican.. the tournament has produced some sensational snooker and many dramatic matches from the best top players.



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