

4SPORTS

Let's take this journey together



Goalball - Athletics - Rugby - Football - Running - Rowing - Gymnastics - Basketball

Free



UP&coming

Sportsmen
and women of
the future



SAINSBURY'S SPORT RELIEF GAMES

EUROPEAN INDOOR ATHLETICS CHAMPIONSHIPS

EUROPEAN FOOTBALL CHAMPIONSHIPS



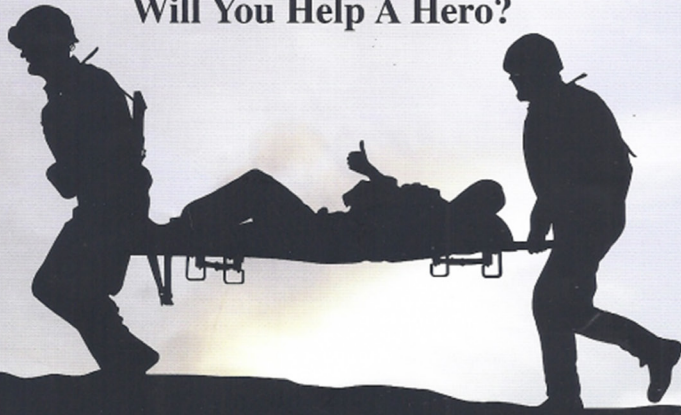
HELP for HEROES

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

Registered Charity No. 1120920

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European Indoor Athletics Championships

The Indoor Athletics Championships will be staged in the Czech Republic, Prague at the O2 Arena.

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Welcome

These are going to be exciting times in Sports for 2015.

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 GLL Leisure Centre in the Southeast London area.

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



Theo Walcott

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 Theo Walcott is a 25 year old English professional footballer who plays as a forward for Arsenal and the England national team.



Sainsbury's Sport Relief Games

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 Running, swimming and cycling events for everyone at the Sainsbury's Sport Relief Games.



Theo Walcott

Main Feature of the Month

T Theo Walcott is an English professional footballer who plays as a forward for Arsenal and the England national team. He was born in Stanmore, London but grew up in Compton, Berkshire.

He showed his amazing skill when playing football for the local village team, and then later played on for A.F.C. Newbury.

He started his career with the Southampton Football Club Academy or Saints Academy, which is a youth organisation run by Southampton Football Club, who encourage and develop young footballers in the South of England. They have produced international players, and Theo is one of them, for he later joined Arsenal football club for £5 million in 2006, and now he proudly wears the number 32 shirt.

When Theo was 14 years old, he signed a sponsorship deal with American sportswear and equipment supplier, Nike. But the highest accolade for Theo, was when he became England's youngest ever senior football player at the age of 17 years old.

Theo's has experienced many great high-lights during his football career, for example, becoming the youngest player in history to score a hat-trick for England.

In 2014, Theo suffered a serious knee injury, during the FA Cup with Tottenham in January, the injury wrecked his chances of going to the World Cup, and he was then sidelined by a groin problem in November after having returned to action with a couple of appearances off the bench. He's now taking one day at a time, sensibly not pushing his recovery to hard. But he has made a return. And is going from strength to strength.

Theo still only 25, has represented England at the 2006 World Cup and Euro 2012 and has 36 caps and scoring five goals. He's won the BBC Young Sports Personality of the Year Award in 2006. And after his injury, he's recaptured his remarkable speed and ball crossing pace. So watch this space, for this young man still has something to prove.

Theo became England's youngest ever senior football player at the age of 17 years old.

Editor's Choice of the Month

JODIE
Williams

Not many people know Jodie Williams, though she has been well-known in athletic circles for years but it won't be too long before she's the talk of the town, and takes the athletic world by storm. She is a young British aspiring sprinter who specialises in the 100 and 200 metres and trains at the Herts Phoenix AC Athletic club.

She was born in Welwyn Garden City, Hertfordshire, to an English father, and a Trinidadian mother, named Richard and Christine Williams who were both county-level sprinters. Her father recognized her talent at a young age, he said, "Jodie would finish, whilst her nearest rivals were still only about halfway up the track". Then at the age of 13, she began to take athletics much more seriously.

In the start of her athletics career which was in 2005, she became the World Youth Champion in 2009 at the 100 and 200 m, then in 2010 the World Junior Champion at 100 m, the 2011 European Junior Champion at 100 m and 200 m, and the 2013 European U23 Champion at 200 m.

For five years she was unbeaten in 151 sprint races.

In her senior career unfortunately, Jodie was cursed by injuries, but in 2014 Jodie won her first senior medals, representing England at the 2014 Commonwealth Games, it was a bronze in the 4 x 100 metres relay, and a silver in the 200 metres which was a major achievement for her.

Weeks later she repeated the silver medal for 200 metres at the 2014 European Championships, before winning her first senior gold medal as part of the Great Britain relay team that broke the British Record in the 4 x 100 metres relay.

Jodie was a runner-up to Tom Daley twice (2009 & 2010) for the BBC Young Sports Personality of the Year award.

She's truly a rising star in the making.

So the 'Road to Rio' continues





BOYIE

FELIX

J WILLIAMS

YOUNG

UP&coming

Words by
Simon Worsfold

Athlete of the Month



Golden goal nets European title for GB

Dan
Roper
Goalball player

If you are looking for an example of the Paralympic legacy in action you would have to go a long way to find a better one than Dan Roper. Inspired by watching goalball players like David and Adam Knott competing at London 2012, on February 5th he was playing alongside them in the final of the men's IBSA C European Championships against Russia where he scored the golden goal to give Great Britain the title.

"It is the proudest moment of my life," says the 24-year-old from Hereford who was talent spotted by Goalball UK in 2013. "The golden goal was amazing because the whole team ran on court and congratulated everyone. It was a massive team effort and moral that made it possible to win."

There was no doubt a sense of relief too. In 2013, just over a year after taking on the world's best at London

2012, the GB goalball team were back on home soil at the European championships in Worcester where they lost the bronze medal match to Portugal, leaving Russia to go on and win gold. Dan was not a member of that team but for his teammates who were, the 2015 championships in Malmo set up the perfect rematch, with GB back in front of Portugal in the semi-final.

"It was a very tense game," Dan explains. "Although we were in the lead most of the game they stayed with us in the first half. When we were two goals clear in the second half we decided to slow the game down by taking slow shots. If they managed to score past us our plan would have backfired but we were confident in the defence. We played a good game and as there were only a few seconds left we were able to count down the last few seconds which would see us through to the next European championships."

With promotion to the IBSA B European Championships secured – the team's first step on the long road to the Tokyo 2020 Paralympics – Dan says they were "ready for anything" going into the final against Russia. But having

Picture supplied by Dan Roper

already lost to them in the group stage, the win only came after another tactical fight through a tight game.

"After a very strong first half from us and Russia we were one goal down but there was a good feeling in the air for us and we were still relaxed. We evened the scores and played a controlled game and the full-time score was 5-5," he adds.

Going into extra time, Dan's teammates again started strongly by executing a fine series of plays to set up his title-clinching shot which came just half way through the first half. "We kept hitting them from different places but they defended well," Dan explains. "In the end, after Adam threw a lovely bounce shot which they couldn't control, it meant they had to throw the ball out. So I had a full ten seconds to take a shot. I moved around the centre to get a shot

in the far corner. It hits the post and is in the goal! With the whistle we all ran into a circle hugging and shouting with excitement."

It was a huge moment for the British team which can be seen on Goalball UK's Facebook page, where Frederik Klarskov Bauch has posted a clip of the game's final seconds.

The chance to play alongside players like London 2012 Paralympians David and Adam Knott, as well as fellow GB teammates David Butler and Filmon Eyassu, has been a huge privilege for someone so new to the team, especially, as Dan says, "because we often compete in the league". But the signs are there that they are using that competitive edge to build a great partnership between them. Dan explains that when it comes to the national side they play "as a unit with good communication and all bring different elements to the game. "The most exciting thing is we're always getting better," he adds.

Following the great exposure that goalball enjoyed during London 2012, is the sport now on the up in the UK? "I would say defiantly yes!" Says Dan. "2012 is what made me decide to compete so I don't know what it was like before but I have defiantly seen growth." Goalball UK's Dawn Newbery adds, "We've been working hard to raise the profile of the sport. We know there are many potential athletes out there who are visually impaired and need to know a team sport like goalball exists."

One vital source of support for the game comes from SportsAid which thanks to its partners and fundraisers around the country has been able to invest almost £25,000 into its athletes since London 2012. Alongside Dan, three other members of the current

British team – David Knott, Adam Knott and David Butler – have all benefited from this support recently and the fifth, Filmon Eyassu, may do as well this year if the charity can raise the funds he needs.

"The funding from SportsAid has been amazing." Dan says. "If I didn't receive the funding I would have missed crucial training sessions. It makes it possible to keep healthy and progressing.

"The biggest challenge is that we all live so far apart and all being visually impaired can't drive to train as a team. The dream is a goalball centre where we could live and train."

SportsAid needs your help to ensure talented athletes like Dan can continue receiving the support they rely on to succeed in sport. To donate text 'NEXT01 £5', 'NEXT01 £10' or as much as you can give to 70070. SportsAid is a registered charity (111612). Its patron is Her Royal Highness The Duchess of Cambridge. Find out more at www.sportsaid.org.uk.



Patron: Her Royal Highness
The Duchess of Cambridge
Charity: 1116121
Website: www.sportsaid.org.uk

Picture supplied by Dan Roper



L to R David Knott, David Butler, Adam Knott, Daniel Roper, Filmon Eyassu at 2015 Euro Champs - Picture credited to Goalball UK



Quiz

Here are some questions about different sporting situations and events that have taken place during the last few years. Let's see if you can remember any of them.

Q1: What was the name of the female who won the Australian Open 'Tennis' Tournament in 2015?

Q3: Who is the English professional snooker player who won the snooker 'Master's Championship' in 2015, against Neil Robertson?

Q5: What is the name of the country that will hold the next Olympic and Paralympic games in 2016?

Q7: What was the names of London 2012 Olympic and Paralympic mascots?

Q2: Can you remember where the William Hill World Darts Championship was held in 2015?

Q4: What is the name of the six countries that take part in the Rugby Six Nations tournament?

Q6: What is the name of Arsenal's Football Club Manager, from 1996 - 2015?

Q8: What was the name of the venue that hosted the London International Horse Show?

The answers are on page 31

Eating Healthy

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

Chicken-Broccoli Mac and Cheese

You only need seven ingredients and 20 minutes to throw together this easy meal. Dried tomatoes, broccoli florets, and roasted chicken give the childhood favorite a sophisticated update.



Ingredients

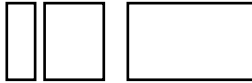
8 ounces dried rigatoni
2 cups fresh broccoli florets
1 2 pound whole roasted chicken
1 5.2 ounce package semisoft cheese with garlic and fine herbs
3/4 cup milk
1/4 cup oil-packed dried tomatoes, drained and snipped
1/4 teaspoon freshly ground black pepper
fresh Italian (flat-leaf) parsley, optional

Makes: 4 servings
Start to Finish: 22 mins

Directions

1. In large saucepan cook pasta according to package directions, adding broccoli florets during the last 3 minutes of cooking time. While pasta is cooking, remove meat from roasted chicken. Coarsely chop chicken. Drain pasta and broccoli; set aside.
2. In same saucepan combine cheese, the 3/4 cup milk, tomatoes, and 1/4 teaspoon freshly ground black pepper. Cook and stir until cheese is melted. Add pasta mixture and chicken. Heat through. If necessary, thin with additional milk. Sprinkle fresh parsley.

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



6th March - the 8th March 2015

EUROPEAN INDOOR ATHLETICS CHAMPIONSHIPS



This will be the first Athletics Championships staged in Czech Republic for almost 40 years and the superb arena easily located from the city centre will provide an exciting long weekend of fantastic sport.

Located in the centre of Europe and widely regarded as one of the most beautiful cities in the world and with an amazing history, combined with warm friendly people,



Prague will astound you. Together with the highly impressive multi-purpose O2 arena where the athletics will be competing, it's clear that we'll all be very lucky to witness this stunning stadium come to life once more.

Also the world-famous "Little Mole", or Krtek the cartoon character created by Czech animator Zdeněk Miler,



has become the official patron of the Prague 2015 European Athletics Indoor Championships. So look out for him too.



2015
BRITISH GYMNASTICS CHAMPIONSHIPS

27-29 MARCH 2015 | ECHO ARENA, LIVERPOOL

The British Gymnastics Championships sees our Olympic, World and European champions battling for the prominent titles in 2015.

From the powerful strength on the rings to the grace and beauty of the floor routines, the explosive energy of a vault to the nail-biting routines on the beam, the audience will be treated to a great exhibition of outstanding performances from the best of Britain.

Reigning men's champion Max Whitlock, will be back. In 2014 we saw him take the British title, European pommel horse gold, Commonwealth Games all-around, floor and team gold and World Championship all-around silver. Last year's senior title went to Liverpool's very own Rebecca Tunney. So the 'Road to Rio' continues.

SILA
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15th March 2015

North London Half Marathon

At Wembley Stadium



European Football Championship

England Vrs Lithuania

will be held at the **Wembley Stadium**
March 27th 2015

Thousands of runners will take to the streets running 'Stadium to Stadium' from Saracens' Allianz Park 'through' the grounds of Wembley Stadium and back to Allianz Park for an amazing stadium finish!

This is a great way to welcome in spring, enjoying the weather changes as it becomes warmer. It's a brand new half marathon, so why don't you be one of the first to run or support the runners by coming down and cheering them on. At the Vitality North London Half Marathon on Sunday 15th March 2015!

England continue their European Championship Qualifying campaign when they face Lithuania at Wembley Stadium.

Ticket Prices: £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.

Hotline: 0844 826 2010

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 on **Friday 21st, to 23rd March.**

The Sainsbury's Sport Relief Games in 2014, was amazing and inspiring. The atmosphere was unforgettable, and to all those who got involved, who ran, swam and cycled, donated, sponsored or joined in, you helped top all previous Sport Relief totals with a record-breaking £71.8 million.

This year will be the same as last year, there will be three sporting events - 'The Swimathon', will

start on the 21st - 23rd of march, it will have over 600 participating swimming pools involved nationwide, with a unique Swimathon at the Aquatics Centre in Queen Elizabeth Olympic Park, Stratford, London.

There will be 'The Mile Run' - on the 23rd of March 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 on the 23rd of March, which will take place in Glasgow, Manchester and in London, again at the Queen Elizabeth Olympic Park.

So let hope that 2015, will be just as fun, rewarding and successful as 2014. See you there.

March 2015

The

CC Final & CAU Cross Championships

The Cross Challenge Final & CAU Cross Country Championships, at Cofton Park, Birmingham.



At Crofton Park, Birmingham

7 March 2015

British Athletics World Trials and Inter Counties Cross Country Championships incorporating the Cross Challenge Final. The series offers four high quality and competitive cross country opportunities for athletes which culminates with the series finale in Birmingham in March 2015. In order to be eligible for prizes at the final, athletes must have competed in two of the previous three cross challenge fixtures. There is no entry fee for those who qualify.

The Cross Challenge also gives up-and-coming athletes the opportunity to match themselves against established cross country stars.

Rugby Union teams

Saracens v Harlequins at Wembley Stadium

28 March 2015 - Kick Off: 3:15pm

The Saracens will face again the Harlequins at the national Wembley Stadium on 28 March 2015. And Pixie Lott will be singing live, as the innovative north London club hosts another extraordinary day of great rugby, with some amazing entertainment.

This has become a sporting event you shouldn't miss, so let's show our support.

March 2015

The

Rugby Six Nations

The Six Nations Championship is without doubt the world's greatest rugby tournament.



England v France at Twickenham Stadium

21 March 2015 - Kick Off: 5:00pm

The first match of the 2015 Six Nations Championship started on Friday night between Wales and England at the Millennium Stadium in Cardiff. The Irish players found their way to the Stadio Olimpico where they played against Italy, and France played their match against Scotland at the Stade de France in Paris.

Now England and France will be fiercely battling it out at Twickenham Stadium on the 21st of March. It will see England take on their old rivals France, with both sides eager to come out as victor.

England v Scotland at Twickenham Stadium

14 March 2015 - Kick Off: 5:00pm

England will be battling it out against Scotland at Twickenham Stadium on the penultimate weekend of the 2015 Six Nations Championship. Last season's corresponding fixture at Murrayfield ended in a 20-0 victory for England.

Every year six proud nations from Europe; England, France, Ireland, Italy, Scotland and Wales go head to head, so join in with the swift and exciting game of hard hitting rugby, it will blow you away.

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 Cheshire Phoenix

At the
Copperbox Arena
20/03/2015
7.30pm

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

From the start of the 2013-14 season, the Lions' have played their games at the Copper Box Arena.

They now play Cheshire Phoenix in March, so come down and show your support in 2015.



UEFA CHAMPIONS LEAGUE®

Get the latest fixtures, of one of the most famous football competition

10 - 18 March 2015 | Fixtures

10 March 2015

Round of 16

Porto v Basel - Stadium: Estádio do Dragão, Porto (POR) - 20.45

Round of 16

Real Madrid v Schalke - Stadium: Estadio Santiago Bernabéu, Madrid (ESP) - 20.45

11 March 2015

Round of 16

Chelsea v Paris - Stadium: Stamford Bridge, London (ENG) - 20.45

Round of 16

Bayern v Shakhtar Donetsk - Stadium: Fußball Arena München, Munich (GER) - 20.45

17 March 2015

Round of 16

Monaco v Arsenal - Stadium: Stade Louis II, Monaco (FRA) - 20.45

Round of 16

Atlético v Leverkusen - Stadium: Estadio Vicente Calderón, Madrid (ESP) - 20.45

18 March 2015

Round of 16

Barcelona v Man. City - Stadium: Camp Nou, Barcelona (ESP) - 20.45

Round of 16

Dortmund v Juventus - Stadium: BVB Stadion Dortmund, Dortmund (GER) - 20.45

National Junior Indoor Rowing Championships at the Lee Valley Athletics Stadium



20 March 2015

G

et ready! this will be an awesome day, for on the 20th of March the Lee Valley Athletics Centre will be proud to host the 9th National Junior Indoor Rowing Championships (NJIRC), and it's going to be even bigger than 2014!

For many of the thousands of new juniors who take up the sport, NJIRC provides the largest rowing event in the world. It is a fantastic opportunity to try out new skills and gives many young rowers their very first opportunity to race.

Our 2015 event is set to be powerfully faster, quick and expressive than ever before! Records will be set and smashed in an action packed day.

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 inner and outer thighs



1. Beginner: Scissor Kick
Targets: Adductors (inner thigh)
 Lie faceup on floor with arms at sides, palms down and legs extended. Lift legs about 45 degrees, pointing toes. Quickly open and close your legs, crossing the right thigh over the left and then reversing the movement.

Continue scissoring legs; do 12 to 15 reps per side.



2. Intermediate: Single-Leg Wall Extension
Targets: Quads (front of thigh)
 Stand with your back pressed into a wall, feet shoulder-width apart. Bend knees 90 degrees. From this position, straighten right leg, pointing toes. Hold for 3 counts and lower.

Repeat for 8 to 10 reps; switch legs.

www.fitnessmagazine.com

Rugby Six Nations

Rugby Six Nations | Fixtures

Dated: 28 February - 21st March 2015

Saturday 28th February 2015

Scotland v Italy at Murrayfield Stadium, Edinburgh 2:30pm
 France v Wales at Stade de France, Paris 5:00pm (GMT)

Sunday 1st March 2015

Ireland v England at Aviva Stadium, Dublin 3:00pm

Saturday 14th March 2015

Wales v Ireland at Millennium Stadium, Cardiff 2:30pm
 England v Scotland at Twickenham Stadium, London 5:00pm

Sunday 15th March 2015

Italy v France at Stadio Olimpico, Rome 3:00pm (GMT)

Saturday 21st March 2015

Italy v Wales at Stadio Olimpico, Rome 12:30pm (GMT)
 Scotland v Ireland at Murrayfield Stadium, Edinburgh 2:30pm
 England v France at Twickenham Stadium, London 5:00pm

RU
GBY

Football

The Barclays Premier League | Fixtures

Dated: 14 March and 21 March 2015

14 March 2015

Arsenal v West Ham United
 Burnley v Manchester City
 Chelsea v Southampton
 Crystal Palace v Queens Park Rangers
 Everton v Newcastle United
 Leicester City v Hull City
 Manchester United v Tottenham Hotspur
 Sunderland v Aston Villa
 Swansea City v Liverpool
 West Bromwich Albion v Stoke City

21 March 2015

Aston Villa v Swansea City
 Hull City v Chelsea
 Liverpool v Manchester United
 Manchester City v West Bromwich Albion
 Newcastle United v Arsenal
 Queens Park Rangers v Everton
 Southampton v Burnley
 Stoke City v Crystal Palace
 Tottenham Hotspur v Leicester City
 West Ham United v Sunderland

FOOT
BALL



Alexander McQueen: Savage Beauty
Sat 14th Mar 2015 to Sun 19th Jul 2015

The V&A will be showcasing the late Alexander McQueen: Savage Beauty in London in spring 2015.

The exhibition will present Alexander's amazing body of work, spanning from his 1992 MA graduate collection to his unfinished A/W 2010 collection.

Alexander's designs will be presented with the dramatic staging and sense of spectacle synonymous with his runway shows. The original version of Alexander McQueen: Savage Beauty was shown in 2011, at the Metropolitan Museum of Art, in New York, it was organised by the Costume Institute and remarkably became one of the most visited top 10 exhibitions, which was an amazing achievement, for a young british fashion designer.

Times: Daily: 10.00 - 17.30
 Adult: £16
 Senior citizens: £15
 Concessions: £9

Victoria and Albert Museum, Cromwell Road, London SW7 2RL

Yonex All England Open Badminton Championships 2015

3-8 March 2015

The world's best players come together to battle it out at the Barclaycard Arena, in Birmingham. This is one of the oldest and most prestigious open badminton tournaments in the world. With high intensity and electric crowds it will be fast, paced action.

Add on: + 4 Entertainment

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

Don't Miss

Just please, pencil this date bold in your diary.



World Figure Ice Skating Championships

In Shanghai, China

23 - 29 March 2015

The World Figure Ice Skating Championships is the first time in both Shanghai and China.

Shanghai is a bustling metropolis with a collection of modern and historical heritage.

The British Para-Swimming International Meet

26 - 29 March 2015

The meet will take place at Tollcross, Glasgow. The event is one of the largest open competitions for Para-Swimming and will attract teams from countries all over the world. It will also be a key qualification meet for the 2015 IPC Swimming World Championships, in July.

Senior World Snooker Championships

Monday - 2nd March 2015

Mountbatten Centre, Portsmouth, Hampshire, England



Next weeks issue will feature Ben Maher

Look out! for next month's Issue

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.

To Subscribe to the Sports magazine Contact us: www.4sports-magazine.co.uk

41st IAAF World Cross Country Championship, Guiyang, China

Guiyang, China | March 28 2015

It's the first time that China will be hosting the 2015 world cross-country championships. It will kick off with four categories, namely 6 kilometers for young women, 8 kilometers for adult women, 8 kilometers for young men and 12 kilometers for adult men.

Answers from Quiz Questions on page 14: Q1: Serena Williams, Q2: Alexandra Palace, Q3: Shaun Murphy, Q4: England, France, Ireland, Italy, Scotland and Wales, Q5: Rio de Janeiro, Brazil, Q6: Arsène Wenger, Q7: Wenlock and Mandeville, Q8: The London Olympia,

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



GLL
better for everyone

BETTER
the feel good place


SportsAid