

4SPORTS

Let's take this journey together



Cycling - Basketball - Triathlon - Athletics - Boxing - Rugby - Football - Swimming

UP&coming

Free

**Sportsmen
and women of
the future**



**The Brownlee Brothers
return to the Triathlon** in hyde park

London 10,000 Marathon



Contents



Welcome

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

We launched this Sports magazine (which is free) because we felt that it would be a good way to promote 'Up and coming' talented Sportsmen and women to everyone in the city of London. We would also like to inform you about what's happening, each month such as a major sporting event, matches and tournaments. It will also feature high profile professional sports people, covering all kinds of sports on a monthly basis.

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



p26

The FA Cup Football Final

The final of the FA Cup competition will be held appropriately in London's iconic Wembley Stadium.

10,000 Marathon p26

The London Marathon comes around every year. It starts and finishes in St James's Park. There will also be British male and female athletes.

Alistair Brownlee p8

Alistair Edward Brownlee, is a Yorkshire born athlete, with strengths in swimming, running and cycling, he is a British triathlon competitor.

Triathlon p24

The PruHealth World Triathlon is in London once again, it is one of the world's leading triathlon events.



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

Sean Fitzpatrick

The man is still pushing hard

The Rugby Six Nations, the incredible All Blacks and what it's like to be a former rugby player.



The former New Zealand All Blacks rugby captain Sean Fitzpatrick is a very polite man, with a gentle, relaxed persona that settles down an anxious hotel room full of media people. As he walks in, he's calm and with a fixed smile on his face, welcomes everyone there. His face still imposes a mischievous grin, imprinted above his chin, as if he knows something we don't know. He sits on a stool facing the press whilst waiting for questions to explode.

In 1992 Fitzpatrick was awarded the captaincy of the All Blacks, a position he held until his retirement from Test Rugby. He remains an icon in New Zealand and is highly respected in South Africa.

Asked how the 'All Blacks' have gone through 2013 unbeaten, Fitzpatrick's comments are, 'they're really put the pressure on the opposition', he also mentions that, 'The reason why the players are playing the game so well, is due to their work ethics'.

And his comments on the RBS Six Nations, where England won Wales at Twickenham in March, says, 'Home advantage is a good thing',

Main Feature - May 2014

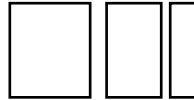
'I feel that the English have got better and better each game. they have a bright future'

I feel that the English have got better and better each game, they have a bright future, for I feel that England are going in the right direction', so you never know what the future holds, there could be a win next year too.

He is one of the 46 members of the Laureus World Sports Academy. And is the Founder and Director of the Front Row Group of Companies Ltd, a London-based private equity holding company and high-end hospitality company covering all global sports events. So he's kept himself busy.

The All Blacks will be hoping to retain the World Cup in England in 2015.

Editor's choice of the Month



Alastiar Brownlee

The man is aiming high

The tri-athlon has become so much more popular since the London 2012 Olympic games. And the brownlee brothers are getting stronger.

Alistair Edward Brownlee, is a Yorkshire born athlete, with strengths in swimming, running and cycling, he is a British triathlon competitor, and is the current Olympic champion, having won the gold for Britain at the 2012 London Olympic games, and is still only 25 years old. He has a younger brother Jonathan Brownlee, who is 2 years his junior and also is a triathlon champion, he came third place in the 2012 Olympics and won the last World Sprint Triathlon Championship and is the former Under 23 Triathlon World Champion in 2010. Alistair was introduced



to triathlon at a very young age by a relative, his uncle Simon Hearnshaw who competed in the sports on a regular basis. He was only eight-year-old when he started. He was educated in Bradford, Yorkshire, studying for a degree in medicine, but after 6 weeks in at Girton College, Cambridge, Alistair decided to

move back to Yorkshire to do a degree in Sports Science and Physiology in 2010, at the University of Leeds instead, and to focus on his triathlon training. He is now studying for an MSc in Finance at Leeds Metropolitan University and he is a member of the triathlon club based at Leeds Metropolitan University's Carnegie High Performance Centre. Alistair stood for Great Britain at the 2008 Summer Olympics in the triathlon event, finishing in 12th place and first British competitor. During the 2008 season, his best world cup finish was 3rd



Right: Alistair Brownlee triathlon running in Hyde Park in 2013

From right:
Alistair Brownlee
Below: Alistair
Brownlee and
Jonathan Brownlee
in Hyde Park

in Madrid, and won under 23 world champion. He is a two-time winner of the ITU World Championship Series race in London – 2009 and 2011 – and a double gold medalist at the European Championships.

During the opening event of the 2011 ITU Championship season, in Sydney, he was injured which landed him in 29th place. Then within the space of just twenty-one days, he credibly won the next two ITU series events in Madrid and Kitzbühel, and successfully defended his European title at the 2011 Pontevedra ETU Triathlon European Championships and shared victory with his brother Jonathan who took the silver medal. He then won the 2011 ITU world title after winning the Grand Final in Beijing.



In Hyde Park, there were thousands of supporters who'd gathered to watch Alistair win in August 2011, they will be back in Hyde Park in May, 2014, he'll be competing again with his brother who came second last year in 2013.



HELP *for*
HEROES
Support for our Wounded

Thomas Hamer

Athlete of the Month

UP&coming

1:59.75 to
win gold in
the 200m
freestyle



BREAKING THE TWO-MINUTE BARRIER

Words by
Simon Worsfold

This month Thomas Hamer from Rawtenstall in Lancashire became the first S14 swimmer to break the two-minute barrier in the 200m freestyle and should earn himself a European and world short-course record with the result.

As well as clocking a "magical" 1:59.75 to win gold in the 200m freestyle at the DSE National Junior and Youth Championships in Sheffield, the 15-year-old won another three gold medals - in the 50m freestyle, 100m freestyle and 100m breaststroke - three silver medals and one bronze medal.

Then, to cap an extraordinary month for the new British record holder, the following day he had the opportunity to meet Sir Chris Hoy at an athlete workshop organised by SportsAid and SSE as part of the new SSE Next Generation programme which is supporting 50 SportsAid athletes a year, including Thomas this year.

"It has been a pretty busy few weeks," his dad Darren explains, "But Tom has taken it all in his stride.

"He has got pretty close to the British record [before] and we thought, he was capable of that but to go on and break the world record was remarkable.

"Of course we have to wait for it to be officially recognised, but we are delighted for Tom because he has worked so hard."

Asked what impact his support from SSE will have this year Tom says, "My SportsAid Award from SSE will help to pay for my training fees, transport costs, accommodation and kit."

All vital components of a successful swimming career.

In addition to this financial support, at the workshop Tom also benefitted from specialist training in nutrition, interview techniques and good use of social media. He also had the chance

to quiz Olympian Leon Taylor and Paralympian Sally Brown in a valuable mentoring session.

Speaking to the athletes and parents who attended the workshops Chris Hoy said, "I think it's great that SSE are getting behind future champions and not just looking for a quick fix, but creating a genuine relationship, following their journey and taking pride in seeing all these young athletes develop right through to 2018, 2020 and beyond."

**Add on: + 4
Entertainment**

1. London Fashion
2. New Film Releases
3. Live Music Selection
4. Shows and festivals

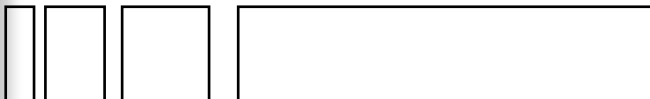


RHS Chelsea Flower Show,
May 20 - 24 2014

The Chelsea flower show is on every year and yet never fails to put on a colourful show of amazing beauty.

RHS Chelsea at Twilight - Friday 23 May, 2014, There will be an evening of light opera by Opera Holland Park. The concert will commence at 8.15pm.

And Alan Titchmarsh will be designing RHS Britain in Bloom 50th anniversary garden at the Chelsea Flower Show. So there's a lot to look forward too.



England v Peru

30 May 2014 - 8:00 PM

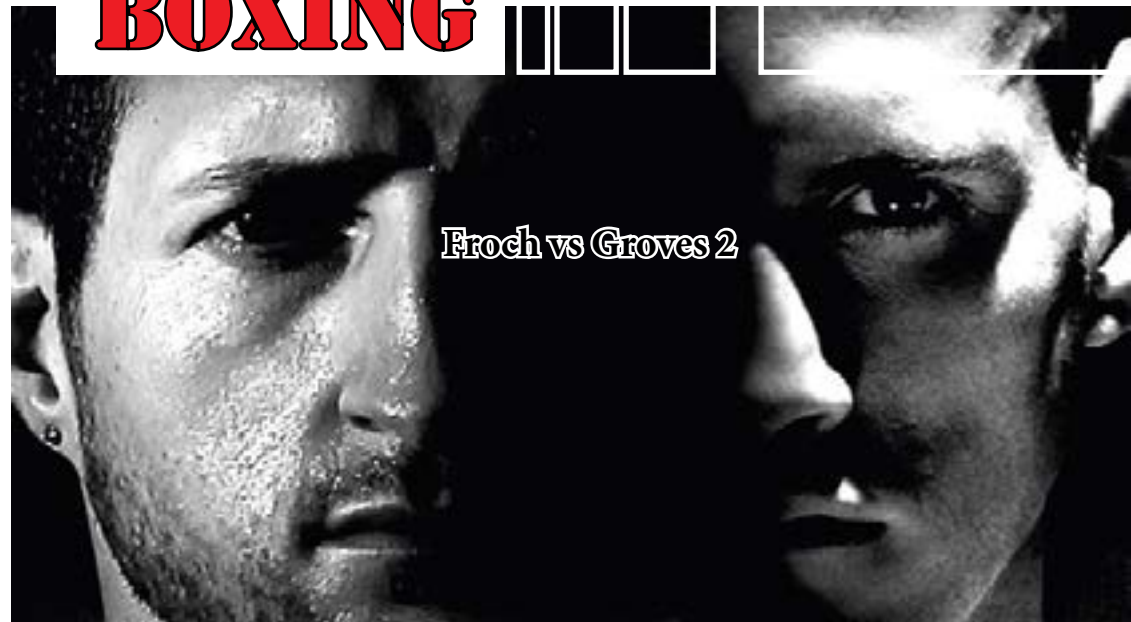
AT WEMBLEY STADIUM

The FA can confirm England will take on a friendly match with Peru at Wembley Stadium on Friday 30 May in their final home game before the 2014 FIFA World Cup in Brazil.

The team will then travel to the United States for two matches in Miami's Sunlife Stadium against Ecuador on Wednesday 4th June and Honduras on Saturday 7th June.

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

BOXING



Froch vs Groves 2

The CLASH OF THE Titans

A Rematch that will leave you blown away

It's the clash of the titans, an epic of huge proportions, a battle that shouldn't be missed staging in the iconic Wembley Stadium, London on 31st May. It's going to be the rematch of huge super middleweight Carl Froch's WBA and the IBF World series. Watch out! for he is set to break British boxing records.

His challenger is George Groves, a British boxer from Hammersmith who is a former amateur champion as well as the former Commonwealth and British title holder, was stopped by Froch in the ninth round of their first meeting in Manchester, November 2013.

The bitter rivalry, started when the challenger floored the Nottingham boxer in the first round. There was some controversy as many observers felt that referee Howard Foster stepped in to end the contest a little too prematurely.

Boxing enthusiasts know it's going to be electric, for the seats in March were sold out, 60000 seats went within one hour, it's heading for the biggest crowd in British boxing history.

Quiz

Here are some questions about different sporting situations and events that have taken place during the last 5 years. Let's see if you can remember any of them.

Q1: Can you remember who won the men's pole vault, during the London 2012 Olympic games?

Q3: Who won the FA Cup, the world's oldest football cup competition in 2013, and what were the scores?

Q5: Who won Great Britain's first gold medal of the Sochi 2014 Winter Olympic games after dominating the women's skeleton from start to finish?

Q7: What Olympian athlete, who's a 100 metre and 200 metre runner, did Prince Harry go and visit in Jamaica?

Q2: Who won the gold medal at the handcycling sport event during the Paralympics 2012 games?

Q4: Can you name 2 track and field events that Mo Farah competes in on a professional level?

Q6: Can you remember what year Andy Murray, the tennis player won Wimbledon?

Q8: What is the biggest international rugby competition in the Northern Hemisphere?

The answers are on page 31

Eating Healthy

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

Healthy Casserole

Love casseroles but hate the calories? Fear not. Our healthy casserole recipes are cheesy and rich, and they all clock in at under 400 calories per serving. With classic fall sides like green bean casserole and mains like chicken casserole and macaroni and cheese, you can enjoy healthy casseroles all through the season.

Barley Butternut Casserole

Swapping fiber-loaded barley for pasta makes all the difference in this hearty casserole recipe. Fall favorites like salty maple bacon and tender butternut squash punch up the flavor to company-worthy status.

Makes: 10 servings
Prep: 35 mins
Cook: 45 mins
Chill: 2 hrs



BHG.com

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



Why

Swimming is good for you

At least round three million people go to their local swimming pool every week. But swimming should be more than just having a splash around in the pool with your kids, family and friends, although yes, it can be very pleasurable to most people, but it also should be part of your weekly routine, just a another major route to a healthier lifestyle.

For even a gentle swim can burn over 200 K cal in half an hour and a fast front crawl can burn as many calories as an 8mph run. Because water is about 800 times denser than air, you can work harder, and burn more calories, in a pool.

You can go on your own or with someone for the environment is usually friendly.

There are rhythmic and aerobic forms of exercise now, if you have problems with your knees or you're over-weight and find it difficult to exercise due to leg injuries/problems, then a workout in water will take the weight off, making it easier to move around. For Swimming can support up to 90% of the body's weight in the water, so people with disabilities, injuries or illnesses can take part in a comfortable workout without doing any harm to themselves.

Joe Wilner, Psychologist says: 'Swimming can improve psychological well being: Exercise can enhance your quality of life

and even be a therapeutic tool to work through mental illness. Even more importantly, it can serve as a proactive agent to prevent mental health problems from occurring'.

Different swimming strokes challenge different muscles within the body so you can choose where you tone up.

There are many swimming sites that will support swimmer whether you're a beginner or advanced level, it also doesn't cost much to join a local swimming pool, it's an activity that you can do in your later years and always have fun while keeping yourself fit and healthy.

So go and visit your local swimming pool or visit a swimming centre.
Chosen website: www.better.org.uk/leisure/london-aquatics-centre

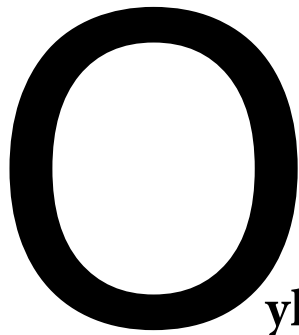


**SPORT CAN CREATE HOPE
WHERE ONCE THERE
WAS ONLY DESPAIR.
IT IS MORE POWERFUL
THAN GOVERNMENTS
IN BREAKING DOWN
RACIAL BARRIERS.
IT LAUGHS IN THE
FACE OF ALL TYPES
OF DISCRIMINATION.**

**NELSON
MANDELA**



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



Olympic Park

The Olympic Park will be, having many events in 2014. Here are some of things that will be happening during this year.



Aquatics Centre

The Aquatics Centre opened up to the public in March 2014, so you can now swim in the wake of champions, in one of the world's most iconic public swimming pools. It will be accessible for swimmers of all different kinds of abilities, from absolute beginners to Olympic champions, the Aquatics Centre will offer a wide-ranging programme of activities, including water polo, synchronised swimming, diving, triathlon and sub aqua. The facilities are amazing.

In 2012 this spectacular Aquatics Centre, which was designed by architect Zaha Hadid, provided the breathtaking backdrop to countless world records and Ellie Simmonds' unforgettable swim. With a total seating capacity of 2,500 now, watch out for world class swimming events which will be taking place at the Aquatics Centre, every so often.

What's on offer to everyone

Just some of the things you can do at the Aquatics Centre:

- You can learn to swim
- You can play water polo
- You can also discover diving

The Aquatics Centre welcomed the public from **March 2014**, so swimmers of all ages and abilities will be able to share the water with Olympic champions.

To find out more, visit the website: www.better.org.uk/leisure/london-aquatics-centre



Lee Valley VeloPark



Lee Valley is a cyclists dream of four disciplines – it has amazing facilities such as track cycling, road racing, BMX or mountain biking, however you get your two-wheeled thrills, you will find it at the Lee Valley VeloPark. It opened in spring 2014, and Lee Valley VeloPark will be the first place in the world where you can enjoy these four disciplines in one place.

This iconic, award-winning, 6,000-seat Olympic Velodrome, where Sir Chris Hoy and his Team GB and Paralympics GB team set the 2012 Games alight, Lee Valley VeloPark also offers a brand new one-mile, floodlit road cycle circuit, the remodelled and floodlit Olympic BMX track and 8km of mountain bike trails.

But day-to-day the venue will be helping cycling's continued growth in the UK, with programmes for schools, clubs and community groups, as well as casual visitors who can 'pay and ride' at many of the sessions.

What's on offer to everyone

Just some of the things you can do at the VeloPark:

- Hire a bike for any of the tracks
- Go BMXing
- Tackle the road circuit

To find out more, visit: visitleevalley.org.uk



The Copper Box Arena

The Copper box will allow you to take your pick from a wide range of activities and entertainment at London's third largest arena. So come and visit the Park's world-class facilities at the Copper Box Arena, the first of the venues to open. You can get in shape in the gym, take part in any number of activities in the sports hall, or just enjoy a coffee and a bite to eat in the café.

The Copper Box Arena, hosted the Handball, Modern Pentathlon Fencing and Paralympic Goalball during the 2012 Games, is one of London's most flexible indoor venues. Home to the London Lions basketball team, it's a major new venue for everything from premiership basketball to pop concerts, while day-to-day you can take part in the programme of sporting activities.

What's on offer to everyone

Just some of the things you can do at the Copper Box Arena:

- You can work out in the gym
- You can take a group exercise class
- You can play badminton
- And much, much more

To find out more, visit the Copper Box Arena website or call: 020 8221 4900.



MAJOR EVENTS COMING UP IN MAY 2014

IAAF

Soccer FA Cup

Rugby

Tennis

There are many events coming up in May 2014. Here are the some sporting events to look forward too. From Soccer to Athletics there's something for everyone.

IAAF Diamond League
 May 9 - Sept 5 2014
 (2 days) 11-12 .07.2014
Venue: Hampden Park.
 Glasgow, Scotland.
 //////////////////////////////////////
 The IAAF Diamond League - This series of 14 meetings, which began in 2010, showcases 32 event disciplines which are carefully distributed among the meetings. It is to host a two-day Diamond League meeting in Glasgow, instead of London, where they held the games in the Queen Elizabeth Olympic Park, Olympic Stadium in 2013.

Soccer FA Cup final
 17 May 2014
Venue: Wembley Stadium, London.
 //////////////////////////////////////
 The FA Cup Final will take place at the iconic Wembley Stadium. Don't know who's going to be playing yet, for it depends on how well the teams do.
 Everyone always expects the pro-teams such Arsenal, Chelsea, Liverpool etc.. to make it through. but as we know, many have battled and lost along the way already and there's only one winner. Last years results was Manchester City 0 and Wigan Athletic 1, at Wembley Stadium.

HSBC Sevens World Series - The Marriot London Sevens
 10 May 2014 - 11 May 2014
Venue: Twickenham Stadium, London.
 //////////////////////////////////////
 The England Sevens team is hoping that the fans will be there to join them for a brilliant weekend of rugby. Bring your family and friends and you'll be entertained with great rugby on the pitch but there'll also be lots of activities, with live music, fun entertainment and a very big screen and stage in the West Fan Village at Twickenham.
 Ticket Prices: Adults £25 - Children £10

Tennis French Open
 May 25 - Jun 8 2014
Venue: Roland Garros' - (Grand Slams) Paris, France.
 //////////////////////////////////////
 This is a major tennis tournament held over two weeks, it is the premier clay court tennis championship event in the world and the second of four annual Grand Slam tournaments. Roland Garros is the only Grand Slam event held on clay and ends the spring clay court season. Rafael Nadal was the winner of the Men's Singles in 2013 and Serena Williams the Women's Singles.

Add on: + 4 Entertainment

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



A Thousand Times Goodnight

Rebecca is a photojournalist obsessed with reporting in dangerous war areas. She documents a group of female suicide bombers in Afghanistan etc. But emotions really hit home when her husband in Ireland refuses to put up with her dangerous life any longer. So she chooses her family.

Steph, Rebecca's daughter became intrigued by her mother's photographs and in her humanitarian involvements. So Rebecca takes her daughter to Africa, where the story unravels.

MAJOR EVENTS

Pru-Health' World - May 31-June 1 2014

'ITU World Triathlon Series in Hyde Park



MOVING FAST AND FURIOUS



The PruHealth World Triathlon is in London once again, it is one of the world's leading triathlon events. And in 2014, the event will once again form part of the ITU World Triathlon Series, as always attracting the very best triathletes from all over the world to compete for ranking points in their bids to become World Champion of 2014.

There are three typical components of triathlon: swimming, cycling, and running. They will follow a schedule which will start in Auckland, NZ, then across six other countries on too finally end the 'Grand final' in Edmonton, Canada. Following on from a spectacular Grand Final, hosted in London in September 2013, which was memorable and



focused on the Brownlee Brothers, where Johnnie Brownlee fought to win but ended up coming 2nd place.

The number of people able to compete in the mass participation races will

dramatically increase in 2014. These races are open to anyone and welcome to people of all fitness levels and from all backgrounds to take up the sport of triathlon. It's a great way to stay fit and healthy.

Swim-Cycle-Run
Stay fit and healthy

(Grand final is in Edmonton, Canada)

MAJOR EVENTS

Sunday 25th May, starting at 10am 2014



The Bupa London 10,000 is presented by the London Marathon. The 2014 race will be held on Sunday 25th May, starting at 10am. The Bupa London 10,000 will take place at 10.00am on Sunday May 25th 2014. It starts and finishes in St James's Park and uses Green Park as its assembly area.

The Race begins (and finishes) in The Mall and then follows a clockwise route around the City of Westminster and the City of London. The Runners will be passing some of London's most iconic landmarks,

The Bupa London 10,000 Marathon

including buildings such as Admiralty Arch, Nelson's Column, St Paul's Cathedral, Mansion House, Bank of England, Leadenhall Market, The Monument, Millennium Bridge, Tate Gallery, Cleopatra's Needle, London Eye, Big Ben, Houses of Parliament and finally Westminster Abbey.

The iconic building Buckingham Palace

as always, will be on view both the start and finish. This year, the UKA Championships Men and Women will be

Let's have a fun time and enjoy the day. For in London it's always racy.

racing too. So look out for them. Also, any British male athlete who has run 10km faster than 32mins and female athlete 38mins in the last two years are offered a complimentary entry.

Please contact:
Elaine Murty: elainem@london-marathon.co.uk by 5pm on Thursday 16th May when entries will be closed.

(Starts and finishes in St James's Park)



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. You're going to start off with your feet shoulder width apart. That's 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. 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.

Triathlon

Season Schedule 2014 UK

- Auckland Apr 5-6
- Cape Town Apr 26-27
- Yokohama May 17-18
- London May 31- Jun 1**
- Chicago Jun 28-29
- Hamburg Jul 12-13
- Stockholm Aug 23-24
- Edmonton Aug 26- Sep 1

TRIATHLON

IAAF Diamond League

Season Schedule 2014 UK - Meetings

- Doha (QAT) 09.05.2014 - 75 Days
- Shanghai (CHN) 18.05.2014 - 84 Days
- Eugene (USA) 31.05.2014 - 97 Days
- Rome (ITA) 05.06.2014 - 102 Days
- Oslo (NOR) 11.06.2014 - 108 Days
- New York (USA) 14.06.2014 - 111 Days
- Lausanne (SUI) 03.07.2014 - 130 Days
- Paris (FRA) 05.07.2014 - 132 Days
- Glasgow (GBR) (2 Days) 11-12 .07.2014 - 138 Days**
- Monaco (MON) 18.07.2014 - 145 Days
- Stockholm (SWE) 21.08.2014 - 179 Days
- Birmingham (GBR) 24.08.2014 - 182 Days
- Zurich (SUI) 28.08.2014 - 186 Days
- Brussels (BEL) 05.09.2014 - 194 Days

IAAF

Marriott London Sevens

Season Schedule 2014 UK - Fixtures

- Australia 12-13 Oct 2013
- Dubai 29-30 Nov 2013
- South Africa - 07-08 Dec 2013
- USA - 24-26 Jan 2014
- New Zealand - 07-08 Feb 2014
- Japan - 22-23 Mar 2014
- Hong Kong - 28-30 Mar 2014
- Scotland - 03-04 May 2014
- England - 10-11 May 2014**

RUGBY

The FA CUP



The FA Cup Football Final in London - May 17th 2014

The FA Cup football final in London's iconic Wembley Stadium, will bring the nation to a standstill for it will attract millions of viewers from all around the world. The FA Cup is a knockout tournament, which brings people together, featuring teams from all levels.

Watching a moment of English football history will be magical, especially on home soil. The newly renovated Wembley Stadium will be the best backdrop for the fans, watching the match on TV at home in a pub with friends or if you're lucky at the stadium in the stands.

The FA Cup is English biggest, oldest and longest-running football (soccer) competition, it's one event you don't want to miss.

It was first held in 1871-72 and at the time only 15 clubs entered. Since then the FA Cup has developed significantly, for now 763 teams are now involved in the competition.

It's great that Professional English teams in the Premier League and Football League are eligible for the competition and other clubs from the English football league organizations. So, as the season is near to the end, you may have spotted a small local team playing one of the world's best. This is a London event that's shouldn't be missed, so support the final teams and be a part of one of the most popular sporting events of the year!

The month of June

We will cover athletics, cycling, tennis, football and more

WE'VE GOT NEXT MONTH

A lot of things are going to be happening next month, so I will keep you posted



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

Look out! for the main features will be information or an interview on high profile, professional competitors, then on the other scale young, 'up and coming' sports people who'll be interviewed about their training procedures, ambitious's, achievement and goals. I believe it's important to support and showcase the future, the next generation and their journey. And major events which also involve the general public participation.



The Cartier Queen's Cup 'Polo'

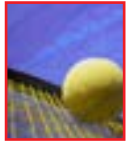
////////////////////////////////////
This Polo tournament attracts the sport's leading players from across the globe. Bringing style and elegance.

Up and Coming Sportsmen and Women

////////////////////////////////////
There will be features on young sportsmen and women, the next generation to represent England, at it's best.

Major Event Wimbledon

////////////////////////////////////
Wimbledon Starts on the 23 - 30 June 2014. The 2014 Wimbledon Championships is the greatest grass court tennis tournament in the world.



It enters part of our lives every year, entertaining us with the best tennis players in the world.

Football FIFA 'World Cup' 2014

////////////////////////////////////
Football fans are slowly counting to the 2014 FIFA World Cup final tournament which will be held in Brazil, South America, it starts in June 12th and ends July 13th 2014. I know what I'll be doing on that day.

Main feature: Will be Perri Shakes-Drayton the 400 metre hurdler runner. Picture: top right.

Answers from Quiz Questions on page 14: Q1: Renaud Lavillenie, Q2: Alex Zanardi, Q3: Wigan Athletic 1-0, Q4: He runs 5000, 10,000, 3000 and 1500 metres, Q5: Lizzy Yarnold, Q6: He won in 2012, Q7: Usain Bolt, Q8: Six Nations

**Believe in
children**
Barnardo's

