

Issue 3

July 2014

# 4 SPORTS

Let's take this journey together



Cycling - Athletics - Rowing - Football - Hockey - Tennis - Modern Pentathlon

**UP**<sup>D</sup>&coming

Sportsmen  
and women of  
the future

Free

**IAAF**  
**THE COMMON**  
**WEALTH GAMES**

**Le Tour de France**  
from Cambridge to **London**



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12 OCTOBER  
ROYAL PARKS  
HALF MARATHON  
2014

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

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unicef UNITED KINGDOM



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# Contents



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## 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 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 a chosen local sports club, fitness and health centres. in London and at sporting events.

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

### Dai Greene P4

David "Dai" Greene is 28 years old, and specialises in the 400 metres hurdles event he competes internationally for both Wales and Great Britain.

### The Ohuruogu sister's P6

The Ohuruogu sister's Christine and Victoria were born to run. Christine has won three global titles etc and hopefully Victoria in the future will be just as good or even better.

### The Tour de France P22

The race begins on the July 5, from Leeds to Harrogate, and down past other cities through to Cambridge and London. Defending British champion Chris Froome will be competing with many other leading cyclists.

### Common Wealth Games P18

Glasgow 2014 Commonwealth Games is coming to Scotland on the 23 July. And is going to be truly unforgettable, it's not long now, so find out more.

# d AI gREENE

Dai Green at the Birmingham Alexandra Stadium



## Main Feature of the Month

he was diagnosed with epilepsy, but this didn't stop him from following his dreams, he still continues to manage the condition today by avoiding late nights and alcohol, which could trigger off his seizures. He is a pro-active ambassador for the charity 'Young Epilepsy'.

Dai's first success on the junior athletics circuit was when he

won the silver medal at the European Athletics Junior Championships in 2005. And his form continued when in 2007 he won gold, at the European Athletics U23 Championships. In 2010, Dai won the gold medal in the Commonwealth Games in Delhi and a gold medal in September 2011, at the World Athletics Championships in Daegu.

**He wanted to be a footballer like his hero Ryn Giggs but through ill-health at the time, he decided to be an athlete.**

The Commonwealth games will be held in Glasgow, so will Dai be on form as he was in 2010, and bring home a metal. I think he has the determination and drive to surprise us all.

David "Dai" Greene is 28 years old, and specialises in the 400 metres hurdles event and competes internationally for both Wales and Great Britain. Dai is the current Commonwealth and former World Champion. He is also the former European Champion from the 2010 championships, after choosing not to defend his title in the run up to London 2012 Olympics.

He was born in Felinfoel near Llanelli, and showed potential in sports and wanted to be a footballer like his hero Ryan Giggs. Turning down a contact to become a professional footballer at the age of 16, he continued his studies while still playing youth football for Swansea. But then he unfortunately contracted Osgood-Schlatter disease and due to this, he reluctantly decided to give up football in

his late teens and began to try his hand at athletics. Then a second set back came at the age of 17, when



Editor's choice of the Month

# SISTER ACT- THE OHURUOGU GIRLS



From left to right:  
Victoria Ohuruogu  
and Christine  
Ohuruogu



## Christine and Victoria Ohuruogu

### BORN TO RUN

Christine Ijeoma Ohuruogu, is a 30 year old British athlete, who is the current World and former Olympic and Commonwealth Champion in the 400 metres. She is a double World Champion and was a silver medalist at the 2012 London Olympics games. She is the first British female to win two World Championship titles, and three global titles, at the same event. She has eight siblings, and it seems that one of them has followed in her older sister's footsteps, 20-year-old, Victoria Ohuruogu, a sprints competitor, who has amazing potential.

She is already a member of Britain's 4 x 400m senior relay set-up, so now she's running with the best of them. And if she's half as good as her sister, it will be an awesome double act. Her sister has said, to the Daily Mirror that she believes her sibling can beat her, for she revealed, that she whips her in training. Let's wait and see, for the sister's will be going to Rio 2016 and will then show us what they are made of.



Christine whole heartedly, supports her sister and knows that one day she will stop competing (it could be her last Olympic attempt in Rio) and hopes that she will be great or even better than herself.

They both were raised less than one mile from the Queen Elizabeth Olympic Park in Stratford, both born to Nigerian parents in Newham, east London, both sister's and both run incredibly fast.



From left to right:  
Victoria Ohuruogu  
and Christine  
Ohuruogu

**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>

UP & coming

Words by  
Simon Worsfold

Athlete of the Month

Francesca Summers, 18,  
from Dorking in Surrey

Double World Champion  
Modern Pentathlete



Sun shines on Summers after she wins two world titles in a week



Photography by Neil Summers

Winning a world title is a dream come true for any athlete but for 18-year-old Francesca Summers it happened not once but twice in May in one of the most diverse of all Olympic sports.

The modern pentathlete from Dorking in Surrey was competing for Great Britain at back-to-back modern pentathlon world championships, the first in Hungary at the under-19 youth level and the next just a week later in Poland at the 19-to-21 junior event. It was a whirlwind experience, as Francesca explains.

"It hasn't really sunk in yet," she says. "One weekend you are standing on the podium taking gold at a world championships and then the next moment you're back in training for

the next competition as if nothing ever happened."

Her incredible run of form began in torrential rain in Budapest which led to the event being postponed for a day, but she stuck to it with teammates Eilidh Prise and KerENZA Bryson to pull off the narrowest of victories in the women's team competition.

"We won the gold by one point," she explains, "which in modern pentathlon is equivalent to one second."

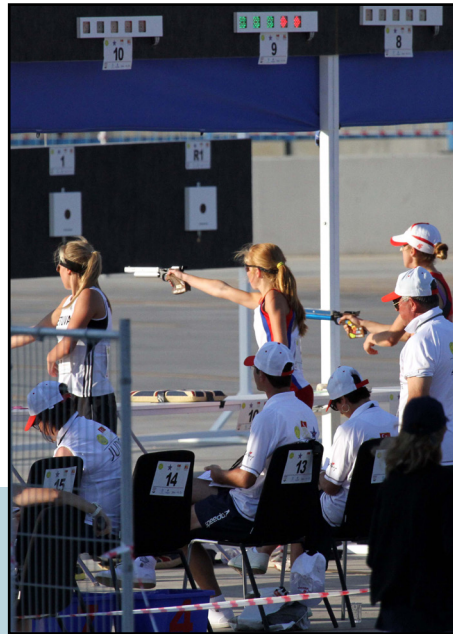
"So after two days of competition, over four different events – fencing, swimming, shooting and running – combining the scores of all three of us in the team, we won it by a single point. But all sports people will recognise: a win is a win!"

**Double World Champion  
Modern Pentathlete**

As the senior member of that team Francesca led Great Britain not only to the team gold that day but also won herself an individual bronze medal with a score that met the qualification standard for the Youth Olympic Games in China this summer. Asked what she might do to take that bronze up to a silver or gold, she says, "With multi-discipline events the key is to stay consistent over all the elements. I did well but perhaps not in the order of events I would have predicted. So perhaps more hard work is needed even on what I consider my favourite events.

"In modern pentathlon you are only as good as your weakest link," she adds. Which in her case is obviously pretty good!

From Hungary it was on to Drzonków in Poland for the junior world championships which took place the following weekend. Here Francesca was the youngest member of the British team, competing alongside the more experienced Jo Muir and Alice Fitton, both 20. But she showed no sign of it, or of any fatigue from the previous weekend's competition, by leading the way for GB once again. Francesca surprised them all to



Photography by Pentathlon GB



finish in fourth place, ahead of Jo in eighth and Alice in 26th, and was just 13 seconds away from another individual bronze medal.

Why are the British women so strong right now?

"There is a history to women's success in modern pentathlon," Francesca explains. "From the first time the [women's] sport was allowed in the Olympics back in 2000, Dr Stephy Cook won a gold and Kate Allenby won a bronze and from then on, GB women have medalled at every Olympics.

"Georgina Harland won bronze in Athens in 2004, Heather Fell won silver in Beijing in 2008 and Samantha Murray won silver at

London 2012. So British women really do excel at this event. There is strength in depth and the support structure we have in place through Pentathlon GB is excellent. Oh, and a lot of hard work!" She adds. In addition to all that hard work, Francesca credits her success to the financial support she has received from SportsAid over the past four years.

"Seriously for my part I am not sure I would be in this sport if the funding I get was not available. It does make a difference and a real difference at that."

**To help a rising star like Francesca to achieve his or her ambitions, call SportsAid on 020 7273 1975 or email: mail@sportsaid.org.uk.**

**To find out more about Francesca's career and achievements, search for her athlete profile on SportsAid's website ([www.sportsaid.org.uk](http://www.sportsaid.org.uk)).**



# Quiz

Here are questions about different sporting situations and events that have taken place.

Let's see if you can remember any of them.

**Q6:** Can you name the city where Jennier Ennis-Hill the high jump and pentathlon athlete was born?

**Q7:** Can you remember what football team won the UEFA Football European Cup / Champions league in 2012?

**Q8:** Can you name the country who held the 2010 Commonwealth Games?

**Q1:** How many Paralympic athletes took part in the London 2012 Paralympic games?

**Q2:** How many different sports in the London 2012 Olympic games?

**Q3:** How many different events in the Winter Olympic games in Sochi 2014?

**Q4:** Who won was the male athlete 100m T53 wheelchair sprinter who won the gold at the London 2012 Paralympics games?

**Q5:** Can you remember who won the UEFA Football European Cup from 1974-1976?

The answers are on page 30

## Eating Healthy

We love quick dinners that only require one pan to prepare. Loaded with corn, sausage, and beans, this cheesy rice-based dish contains only eight ingredients.

### Ingredients

12 ounces chorizo or pork sausage  
2 cups frozen whole kernel corn  
1 - 14 1/2 ounce can diced tomatoes, undrained  
1 cup uncooked instant rice  
1/2 cup water  
2 teaspoons chili powder  
1/2 teaspoon ground cumin  
1 - 15 ounce can pinto beans, rinsed and drained  
3/4 cup shredded Mexican-blend cheeses or Colby and Monterey Jack cheese (3 ounces)

1. Remove casing from sausage. In a large skillet cook sausage over medium heat for 10 to 15 minutes or until brown. Drain in a colander; set aside. Add corn, tomatoes, uncooked rice, the water, chili powder, and cumin to skillet. Bring to boiling; reduce heat. Cover and simmer about 5 minutes or until liquid is absorbed and rice is tender. Stir in beans and cooked sausage; heat through. Sprinkle with cheese; cover and let stand for 2 to 3 minutes until cheese is slightly melted.

**Makes:** 6 servings

**Start to Finish:** 25 mins

## Mexican Skillet



www.bhg.com

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





# XXCommonwealth Championships



Photo credit: / WENN

From Top left to right: Mo Farah, James Dasaolu, and bottom left: Greg Rutherford



**Glasgow 2014, XX Commonwealth Games is on track to be the best show in town, it's going to be truly spectacular.**

The event will run from July 23rd until August 3rd, Glasgow has had a considerable amount of investment thrust into regenerating the city, especially the East End. There are new venues for the games including the Emirates Arena, the Sir Chris Hoy Velodrome, the SSE Hydro, the development of the Athletes' Village and the refurbishment and extension of the Tollcross International Swimming Centre.

The Commonwealth Games is the biggest sporting and cultural event Scotland has ever hosted and all organising partners have been working tirelessly over the past seven years to get finished on time. The GB team athletes will be given huge support by the spectators and viewers who will be watching on TV but the games is not just about winning medals, it's a means to regenerate, innovate and to sustain a growing desire for sports and a legacy that will keep rising.

Now Scotland is ready to welcome the world for the greatest show on earth, in July 23 to August 3, 2014. The Opening ceremony will be mesmerising, just like the Olympic games,



and it also will be, unforgettable.

We hope to see the likes of Mo Farah the 10,000 metres Olympic and World champion and 5000 metres Olympic, World and European champion, Christine Ohuruogu, the World and former Olympic and Commonwealth Champion, Greg Rutherford, long jumper, 2012 Olympic Champion and Commonwealth Games

silver medallist, and many others grace the stage. For we have a promising team of British athletes coming up, the 100 metre British athlete sprinter James Dasaolu and 60m gold medallist World Indoor Champion, Richard Kilty who also runs the 100 metres and 200 metres. This will be a moment you won't forget, so get ready, for the show is about to begin.



## MAJOR EVENT IN GLASGOW

### IAAF Diamond League

**IAAF**  
**Diamond League**  
 May 9 - Sept 5 2014  
**Venue:** Hampden Park,  
 Glasgow, Scotland.



**Sainbury's Glasgow**  
**Grand Prix**  
 (2 days) 11-12. 07. 2014  
**Venue:** Hampden Park,  
 Glasgow, Scotland.



The 2014 IAAF Diamond League season commenced on the 9 May 2014 the fifth season of the IAAF Diamond League comprises 14 of the best invitational track and field meetings in the world. The meetings are across Asia, Europe, the Middle East and the USA.

The London leg of the '2014 IAAF Diamond League' for the first time since 1968, will be hosted in Glasgow. The event name will change to the Sainsbury's Glasgow Grand Prix and will take place at Hampden Park on the 11-12 July. And in the same month the city will host the XX Commonwealth Games.

In 2013, IAAF Diamond League meets. The World Grand Prix was held in London and saw a host of British and international champions in action at the venue of the London 2012 Olympic and Paralympic Games. It was an amazing event, so if you've brought a ticket, you'll be in for another memorable summer.



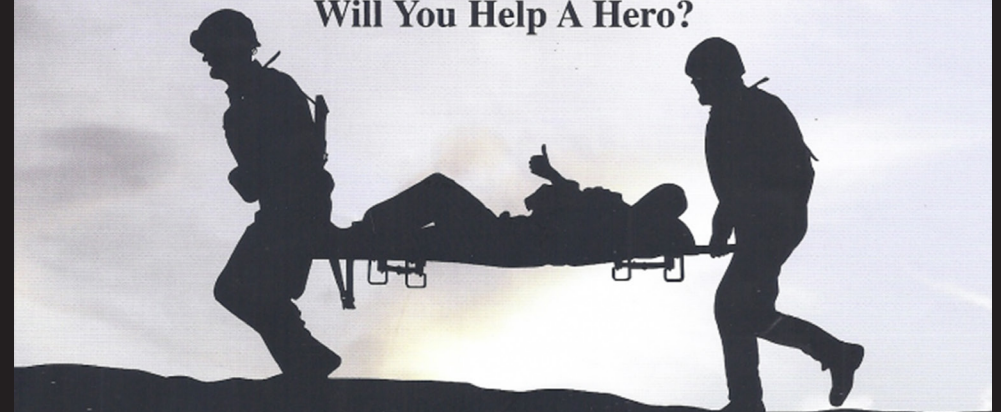
# HELP for HEROES

*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)

T

**he Queen's Baton**

**XX Commonwealth Games**

The Queen's Baton, for the Commonwealth Games has travelled to all territories in the Commonwealth before making it's way to England's shores.



**In the Queen's Elizabeth Olympic Park**

The baton relay was launched at Buckingham Palace on 9th October and has visited every territory in the Commonwealth. The 190,000 km (118,000 miles) relay, was far longer than the Olympic Torch relay - will travel to 71 nations and territories across the world in seven months before arriving in Scotland. The baton contains a sealed, secret message from the Queen, and will only be opened, when it's final journey ends.

The baton made it's way to Stratford in June, and was met by baton bearer's, such as fencer Jonathan "JJ" Webb (top picture) from Greenwich, who was joined by 5 other nominated baton bearers who were regarded as heroes from their local communities. They were from six boroughs in east London and carried the Glasgow 2014 Baton through the Queen Elizabeth Olympic Park in front of hundreds of spectators.

Organised by LLDC, there were six zones, in the park, which staged exciting events during the day, and 40-50 different sporting activities for the general public to participate in.



**Matthew Pinsent**

But first the Olympic Gold medallist rower Sir Matthew Pinsent CBE, made a memorable appearance by abseiling down the Orbit. It was organised with the children's charity UNICEF, also 30 members of the public took on the challenge also, to raise money.



**Barry McGuigan**

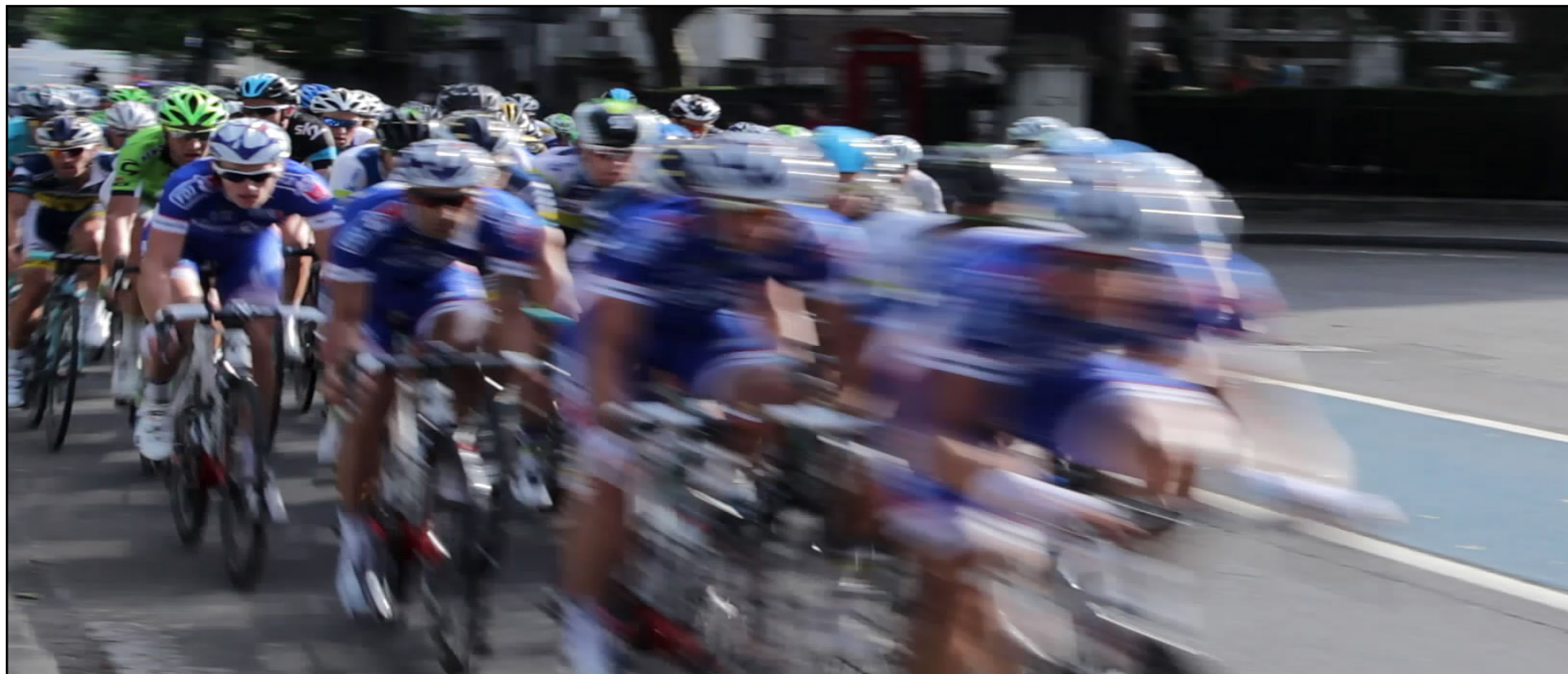
Then the Queen's baton welcomed former boxer Barry McGuigan, who was at the South Park Lawn where the 'Barry McGuigan Boxing Academy' hosted a Guinness World Record Attempt to set the greatest number of non-contact punches thrown by the general public.

Then transported by the baton bearer's, the Queen's baton made it's way to the Copper Box Arena during a Community Basketball League match, then moved on to Lee Valley VeloPark and on to the London Aquatics Centre. To finally, departed from the Queen Elizabeth Olympic Park, and make it's way down to 10 Downing Street. It will be en route, till it reaches its final destination through to Scotland and start the sporting event for the Glasgow 2014 Commonwealth Games.

# MAJOR EVENTS

Start date: July 7 2014 - from Cambridge to London

## The Tour de France - to visit UK



# B

radley Wiggins made history becoming the first British winner of the Tour de France in 2012. This year Wiggins has been ruled out through injury but it will be led by 2012 runner-up Chris Froome.

The race begins on July 5 with a road stage from Leeds to Harrogate, while the peloton remains in Yorkshire the following day with a stage from York to Sheffield. The third and final British leg of the 2014 Tour will be between Cambridge and London on

July 7, before the riders proceed to France via Eurostar. Defending British champion Chris Froome is expected to start, along with Vincenzo Nibali, Alberto Contador and Nairo Quintana.

Experience the speed, colour, passion and spectacle of one of the greatest sporting events in the world when Le Tour de France takes to Cambridge's streets this summer on Monday 7 July.

**The Tour de France Schedule is on page 29**

**Don't miss it, for this is one of the greatest sporting events in the world.**

**5 July - Stage 1**  
Leeds to Harrogate (190km)  
**6 July - Stage 2**  
York to Sheffield (200km)

**7 July - Stage 3**  
Cambridge to London (159km)

**Finishes in Paris Champs-Élysées**

Investec London Cup  
9 - 13 July 2014

# Lee Valley

## Hockey and Tennis Centre



**I**n June 2014, the long awaited, Lee Valley Hockey and Tennis Centre on Queen Elizabeth Olympic Park, has now opened to everyone who loves a game of tennis or hockey. This is a world class venue which will offer premier facilities for players of both sports, and is situated in a great location, near the iconic venue the Lee Valley, Velodrome.

Members of the England Hockey Women's and Men's teams including Tom Carson and Kirsty Mackay joined British Wheelchair Tennis Paralympic bronze medallists Jordanne Whiley and Lucy Shuker came to officially to open the centre. Local schools including Chobham Academy and Waltham Forest hockey clubs were among the first to try out the new facilities.

The primary hockey pitch will seat 3,000 people with the flexibility to increase capacity to 15,000 for major events.

And the world's best wheelchair tennis players will return for the NEC Wheelchair Tennis Masters in 2014, 2015 and 2016, and in 2015, the last time they competed was at the Olympic park in the London 2012 Paralympics Wheelchair Tennis event, so it will be superb coming back.

## Is now Open!

in the **Queen Elizabeth Olympic Park**



Also you can support the national hockey team as they take on the rest of the continent at the European Hockey club Championships. There are even more opportunities to see the world's best hockey players in action with the Lee Valley centre hosting the Investec London Cup in July 2014. There's also the Women's Champions Event in 2016, the Men's World League Round 3 in 2017 and the Hockey Women's World Cup in 2018.

The Hockey and Tennis Centre also have a

wonderful clubhouse with bar and social areas, which are very relaxing after you've had a training session or match with your team mates, opponents, or friends and family. So come a long, get inspired and have a go.



# Henley Royal Regatta Henley-on-Thames

2nd - 6th July 2014



**T**he world's top rowers and women will compete in this international event and as well as the full splendour of activity and spectacle that the Regatta at Henley-on-Thames offers.

And in time for the Regatta, is the renovation of the riverside Pavilion which gives uninterrupted views downstream of the course and upstream towards Henley Bridge and beyond.

Here you can with family and friends experience a stylish, elegant and exciting fun day out, with superb cuisine and fine wines and more, to entertain you throughout the day.

Must Note: The customs who come to the Regatta must remember to dress up formally, in the Regatta style. This is a tradition they cherish and wish to maintain. For that reason they ask everybody, both members and their guests, to follow the dress code. If they do not for the sake of the majority who have conformed, then you will be regrettably, turned away by the staff at the gate. But it's worth dressing up and being part of the colour, thrills and spills, beside the river.



## MAJOR EVENT IN LONDON

### Sainsbury's Anniversary Games

will be held at the **Horse Guards Parade Ground** and **The Mall** in central London  
**July 20th 2014**

The Olympic and Paralympic superstars will be in action, set against the stunning backdrop, of the Horse Guards Parade and The Mall this month. Last year the tickets for the Sainsbury's Anniversary Games sold out in 75 minutes, but with the Olympic Stadium unavailable due to transformation works, British Athletics, Sainsbury's, Mayor of London and The Royal Parks will continue to mark the occasion of hosting the event on the anniversary of the London 2012 opening ceremony, until the Olympic Park is available again.

**Hoping to attend: Olympic long jump champion Greg Rutherford - Pole vault world record holder Renaud Lavillenie - Six-time Paralympic Champion David Weir - The second fastest 100m sprinter Yohan Blake**

# 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 legs and thighs

1



### 1. Standing Hip Abduction

**Targets:** Hips, glutes, quads

You're going to stand with right foot on a phone book, whilst keeping the left foot above the floor and right knee slightly bent. Lift left leg to the side as high as possible; lower. Do 10 to 15 reps. Switch sides; repeat.

2



### 2. Seated One-Legged Squat

**Targets:** Hips, glutes, quads

Sit on chair, with left foot on floor and right foot elevated. Pressing through left heel, lean body slightly forward and stand up, squeezing glutes. Sit down, keeping right foot lifted the entire time. Do 8 to 10 reps. Switch legs; repeat.

www.fitnessmagazine.com

# Tour de France

**Start date:** 5 July 2014 UK  
**From Cambridge to London - 7 July 2014**

## SCHEDULE:

- Stage 1 Saturday, July 5 2014 - Leeds - Harrogate 191 km
- Stage 2 Sunday, July 6 2014 - York - Sheffield 198 km
- Stage 3 Monday, July 7 2014 - Cambridge - London 159 km
- Stage 4 Tuesday, July 8 2014 - Le Touquet - Paris-Plage 164 km
- Stage 5 Wednesday, July 9 2014 Ypres - Arenberg Porte du Hainaut 156 km
- Stage 6 Thursday, July 10 2014 Arras - Reims 194 km
- Stage 7 Friday, July 11 2014 Épernay - Nancy - 233 km
- Stage 8 Saturday, July 12 2014 Tomblaine - Gérardmer La Mouselaine - 161 km
- Stage 9 Sunday, July 13 2014 Gérardmer - Mulhouse - 166 km
- Stage 10 Monday, July 14 2014 Mulhouse - La Planche des Belles Filles - 161 km
- Rest Day 1 Tuesday, July 15 2014 Besançon
- Stage 11 Wednesday, July 16 2014 Besançon - Oyonnax 186 km
- Stage 12 Thursday, July 17 2014 Bourg-en-Bresse - Saint-Étienne 183 km
- Stage 13 Friday, July 18 2014 Saint-Étienne - Chamrousse 200 km
- Stage 14 Saturday, July 19 2014 Grenoble - Risoul 177 km
- Stage 15 Sunday, July 20 2014 Tallard - Nîmes 222 km
- Rest Day 2 Monday, July 21 2014 Carcassonne
- Stage 16 Tuesday, July 22 2014 Carcassonne - Bagnères-de-Luchon 237 km
- Stage 17 Wednesday, July 23 2014 Saint-Gaudens - Saint-Lary-Soulan Pla d'Adet 125 km
- Stage 18 Thursday, July 24 2014 - Pau - Hautacam 145 km
- Stage 19 Friday, July 25 2014 Maubourguet Pays du Val d'Adour - Bergerac 208 km
- Stage 20 Saturday, July 26 2014 Bergerac - Périgueux (ITT) 54 km
- Stage 21 Sunday, July 27 2014 Évry - Paris Champs-Élysées 136 km

CYCLING

# FIFA World Cup

## FOOTBALL FIXTURES - JULY 2014 UK

**Third-place match**  
 Loser semi-final 1 v Loser semi-final 2,  
 Estadio Nacional, Brasilia, 21:00

**World Cup Final**  
**13 July 2014**

**Winner semi-final 1 v Winner semi-final 2,**  
 Estadio do Maracana, Rio de Janeiro, 20:00



FOOTBALL



Released Friday  
JULY 18th

# BELIEVE

**Director:** David Scheinmann  
**Starring:** Brian Cox, Natascha McElhone, Toby Stephens, Anne Reid, Philip Jackson, Jack Smith

This fictional tale is set in Manchester in the early 80's. Legendary **football** manager Sir Matt Busby is still restless in the twilight of his life. An act of petty crime by a working class kid, 11 year old Georgie, becomes a collision of fate as Matt tracks him down, only to discover that far from being just another young thief, the boy is an extraordinarily gifted footballer and captain of a team of unruly talents. Matt, intrigued, decides to embark on his own method of teaching the tear-a-way a lesson. Having lived with football all his life and survived the tragic 1958 Munich plane disaster in which 8 of his promising young players were killed, Matt is still committed to continue his work of 'training lads for life'.

So begins the thrilling adventure as Matt Busby comes out of retirement for one last coaching challenge, to transform a young group of scallywags into a dream team to compete for the upcoming Manchester Junior Football League Cup.

## 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.

## 'The Spanish Tussle' and Real Madrid came out on top

Real Madrid, after a 12 year wait, win their 10th **European Cup**. They played against Atletico Madrid and won 4-1. They were down until the last couple of minutes, of the 90 minutes and then they scored in the last minute to make the score level 1-1, and take the match into extra time, where they became victorious.

Answers from Quiz Questions on page 14: Q1: 4,200 athletes, Q2: There's 26 different sports, Q3: There are 98 events, Q4: Mickey Bushell, Q5: Bayern München, Q6: Sheffield, Q7: Chelsea FC, Q8: Delhi



### IPC Athletics European Championships

////////////////////  
This IPC Athletic European championships will start on the 14-23 August 2014, in Swansea, Wales. It's the first time the event has been held in Great Britain. Top right and left pictures.



### Up and Coming Sportsmen and Women

////////////////////  
Every month there will be a chosen young sports person, for 'Athlete of the month' for they will hopefully will be the next generation to represent England, at it's best. The last person featured in 'Issue 2' was Netball player **Helen Housby**.

Picture below: The 'Main feature' next month, will be Tom Carson, a member of the England Hockey Men's team



## 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.**

### International Cricket Fridays May - July

////////////////////  
The new NatWest T20 Blast competition kicks off on Friday 16th May, taking place over 11 weeks with a majority of fixtures being played on Friday nights.

So buy a ticket and come down and see the best play the best, at the icon Oval Cricket Ground.



Words by Michael Jacas

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



**GLL**  
better for everyone

**BETTER**  
the feel good place

  
SportsAid

