

4SPORTS

Let's take this journey together



Cycling - IPC Athletics - Tennis - Football - Hockey - London Triathlon - Rugby - Diving

Free

UP&coming

Sportsmen
and women
of the future

IPC Athletics European Championships

I WAS
TRIATHLON

RICHARD WHITEHEAD

Cycling' Prudential
Ride London





© UNICEFUK/2011/Takeh

Join Team UNICEF and run for children

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.

To go the distance and help the world's most vulnerable children with Team UNICEF, sign up now.

Sign up now

- unicef.org.uk/royalparks
- halfmarathon@unicef.org.uk
- 020 7375 6109

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SC043677 (Scotland)



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 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.



p24

IPC Athletics European Championships p16

Swansea will hold the IPC Athletics European Championships.

London Triathlon p22

The London Triathlon have three disciplines they are swimming, cycling and running. The event will be starting from the Excel Centre at Custom House.

Richard Whitehead p8

The editor's choice is Richard Whitehead, an athlete, who won the gold medal in the 200m T42 Athletics event.

Prudential Ride London p24

The Prudential Ride London, will allow family and friends to experience the thrill of cycling around central London.



p8

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

An interview at the Lee Valley Hockey and Tennis Centre



T Tom Carson

Main Feature of the Month

a member of the England Hockey Men's team

Is a really calm, intelligent and charming young man, I found him down to earth, there was a warmth about him, that made you feel at ease, and without him being aware of it, as if you knew or met him somewhere before. The towering 6 footer talks about coming 4th in the Rabobank World Cup 2014 and more.

As a team, was their defending strategy difficult to manage? They have some really skilful, fast forward players, and they happened to hit us on the counter attacks, which I guess worked for them on the day. Their goalie played very well, they had a solid defence and they liked to keep the game at a slow pace, and go when they wanted too. And on the day, their game plan beat ours.

What was it like coming fourth, just outside the medals in the World Cup, how did you feel about that? It's disappointing to not get a medal, when you have the opportunity too but we're world ranked coming fourth, it's not under achievement but it's not where we want to be in the long run.

Who inspired you? and why did you decide to take up this kind of sport? Hockey was in my family, my father played, his brother's played so they encouraged me. Also I live really close to a school and we were able to use the facilities there, so I got to play a lot, and my next door neighbour played hockey for Wales, so I went out and played with him a lot too. And when I was out there playing, I enjoyed it and it was really social, so that's how I got into it.

So losing against Argentina 2-0, what did that feel like, was it difficult to accept at the time? It was just very frustrating... we all were really gutted.

You're running around and you're hurting, but it's all worth it.

Could you give me a little bit of information on your training programme? What it's like on a daily basis?

We are fortunate to get funding by UK Sports, so we can train, exceptionally as a group all the time. So a standard week for us, would be 5 session on the pitch with England, a couple of gym sessions a week and then we play our club hockey, one or two session, then a match each week. It's pretty full on.

What's your worse times and best times?

When we lost to Argentina, that was actually gutting, some of the guys who had that feeling at the summer Olympics, might have felt like slightly worse than the World Cup, but for me that was my worse. The better times, during that tournament, was when we beat Belgium, that was a real match, where they're an up and coming team, and similar levelled to us, and we beat them. Which proved to ourselves and prove to everyone else, that we are up there, we are one of the better teams in the world and we can compete with anyone.

What motivates you? What inspires you to keep going?

That feeling you get when you win, and when it all clicks, it's an amazing feeling and because it's something I enjoy doing, I'm happy to go out there. You're running around and you're hurting, but it's all worth it, by the good feeling you get afterwards.

How do you feel about Rio?

Rio is the ultimate goal, two to three years we have been working together up to that, we are half way through the programme now. And as a team, we are doing well, and personally, I feel I'm doing well in an international set up.

And where do you see yourself, later on in the future?

Rio is something, I'd really like to do, in the long run. I just want to be a key part of a successful hockey team.



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>

Editor's choice of the Month

Richard Whitehead

He is definitely Superhuman



There are no limitations where Richard Whitehead is concerned, born without the lower half of both legs, he is a British athlete, who runs both the full and half marathon with prosthetic legs.

He is an amazing competitor, the efforts he must put on his body is astounding, for his upper body is powerful and perfectly formed, and yet he finds this inner strength and this drives him forward, for I'm sure he finds simple everyday tasks a challenge, which we all take for granted.

Richard's main event is marathon running. He ran his first marathon in 2004, and now he runs the London Marathon every year. He has run over 24 in total using his high performance carbon composite 'blades'. Many spectators who have seen him run through the streets of London cheered him on, with admiration.

In his early years, he was a swimming teacher at Clifton Leisure Centre in Nottingham. And then became a former ice sledge hockey player, and competed for the GB team at the 2006 Winter Paralympics in Turin.

Unfortunately, Richard was unable to compete in the marathon at London 2012 as there was no category for leg amputees, and was refused permission by the IPC to compete against upper-body amputees and so had to turn to sprinting to compete at the 2012 Paralympics, where he amazingly, won the gold medal in the 200m T42 Athletics event.

In 2013, he launched his fundraising campaign, "Richard Whitehead Runs Britain", to run from John O'Groats to Land's End. Richard just loves competing, but many people see him as an inspiration, for he is superhuman, in every way.

No Limitations



Athlete of the Month

Kyle
Kothari
Diver

Words by
Simon Worsfold

Junior European
champion platform diver

Glasgow may have been too soon for Kyle Kothari but the 16-year-old diver says his recent European title gives him the belief that by the time the Commonwealth Games reaches the Gold Coast of Australia in 2018 he will be ready to follow the likes of Tom Daley and Leon Taylor into the English diving team.

"With my current progress I think the next Commonwealth Games is definitely a strong possibility and I hope I get the chance next time around," said the former gymnast from Amersham who also won a silver medal at the British Gas Diving Championships this year. "I know on my day I can be the best in Europe," he adds, "and that's quite a surreal feeling as I have only been diving a short time."

It all started just over three years ago when Kyle went along to a talent day at Crystal Palace diving club. He showed early potential but wasn't quite ready to leave gymnastics behind so pursued both sports for a few years until two medals at the 2013 British Gas Elite Junior Diving Championships convinced

KK

Kothari caps breakthrough
year with European title

him it was time to specialise. Little more than a year later, as a member of the British team at the Junior European Diving Championships in Bergamo, Italy, he found himself up against the more experienced Nikita Shleikher from Russia in the 10m platform final, which Kyle won by ten points on the last dive.

"It was actually very close," he says. "My closest rival [Shleikher] only needed a good but not great dive. So watching him after I had just dived was quite intense." But Shleikher's score of 61.20 wasn't enough to take the gold, leaving Great Britain on top of the podium for the second time in the championships.

"I think I performed well but not at my very best," admits Kyle, "as I was 18 points off my PB which I hope to beat soon."

That personal best came back in June at the national championships where Kyle's final tally of 544.70 earned him a place not only at the European championships in

Italy but also the world championships in Penza, Russia, which are coming up in September. Penza will be another step up for Kyle but whatever the result, in this breakthrough year it will be more invaluable experience for the young diver.

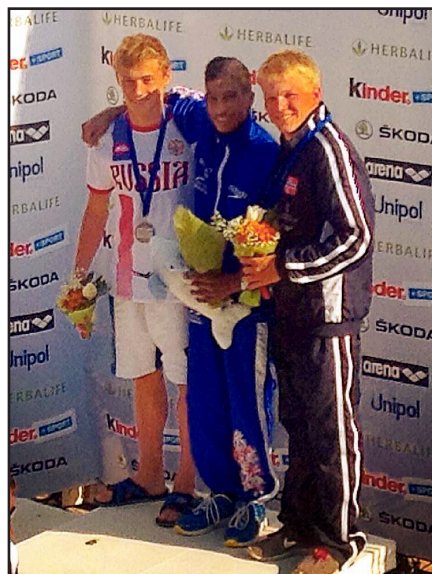
"This year has been the most successful of my diving career and I feel as if my dream of competing at the highest level is becoming more of a reality," he says.

Helping him to achieve that dream has been the goal of SSE's Next Generation programme which is run in partnership with the charity SportsAid. The programme offers him financial support and extra training at workshops, which Kyle says has given his whole family a boost.

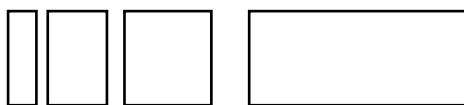
"The funding has helped my parents support me even more through travel and being able to come and watch my competitions," he says, adding that, "SSE's recognition has given me self-belief. The workshop in Loughborough was great and I learnt a lot."

As one of the sponsors of the Commonwealth Games in Glasgow, SSE set up the Next Generation programme to help young athletes like Kyle take full advantage of the Games' legacy in preparation for the next event in 2018. For now though, Kyle says "all eyes will be on Tom Daley", but there more than a suggestion that before long, they will be on him too.

To help a rising star like Kyle to achieve his or her ambitions, call SportsAid on 020 7273 1975 or email mail@sportsaid.org.uk. To find out more about Kyle's career and achievements, search for his athlete profile on SportsAid's website (www.sportsaid.org.uk).



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



The Isle of Wight Challenge



23-24 August 2014

Walk, Jog, or Run it! through areas of outstanding natural countryside, with spectacular coastlines, dramatic white cliffs & sandy beaches. Just follow a coastal path for 56 or 106km right around England's largest island, half of which is an area of outstanding natural beauty.

WALK IT! - at a pace that suits you

RUN IT! - this is up to you, to push it to the limits

JOG IT! - walk a bit, run a bit or do a bit of both!

<http://www.isleofwightchallenge.com/>

Believe in children Barnardo's



Q5: What city in Scotland did the 2014, XX Commonwealth Games take place?

Q6: How many athletes were there, who competed in the 2014, XX Commonwealth Games?

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

Q1: How many different sports are there in the Winter Olympic games in Sochi 2014?

Q2: Who won the UEFA Football European Cup in 1978 and 2008?

Q3: Can you remember who is the female GB Paralympic gold medalist champion, wheelchair racer?

Q4: Can you name, who is the female british number one single's tennis player?

Q7: How many years does the Commonwealth games, take place? and where was it held in 2010?

Q8: Who won the bantamweight boxing competitions at the 2012 Olympic Games in London, held at the Excel Centre?

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.

Chicken, Tomato and Cucumber Salad

Paired with sliced veggies and crumbled feta cheese, pan-fried chicken makes a quick and easy meal. Drizzle the unconventional salad with our simple homemade vinaigrette.



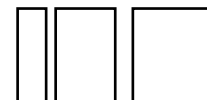
Chicken, Tomato and Cucumber Salad

Ingredients

5 tablespoons olive oil
1 pounds chicken breast tenders
Salt and Ground black pepper
1/4 cup cider vinegar or white wine vinegar
1 tablespoon snipped fresh thyme
1 teaspoon sugar
1 medium cucumber, cut into thin ribbons
2 tomatoes, sliced
1/2 cup pitted green olives, halved and/or sliced
4 ounces feta cheese, crumbled (optional)

Makes: 4 servings
Start to Finish: 25 mins

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



Start dates: 14-23 August 2014



2014 IPC Athletics European Championships

Held in the University of Swansea



The University and the City of Swansea will provide a superb and welcoming atmosphere, as they stage this amazing event, they will host for the first time.

The IPC Athletics European Championships, will be held in Swansea Wales, and will be hosted there for the first time, in Great Britain.

Around 600 athletes from 40 countries are expected to compete in the event which will be staged at Swansea University between 18-23 August 2014.

For the championships, all competitive and training activity will be hosted at the Swansea University International Sports Village, located at the west end of the city centre on the edge of the spectacular Gower Peninsula.

The facilities are great, they are very modern and of international standard. In addition to the athletics facilities the Sports Village also hosts a gymnasium, cafe, tennis and squash centre and the Wales National Swimming Pool.

The people of Wales are a warm nation unlike any other in the world, they are friendly and hospital, so it's going to be an incredible few days for everyone taking part.



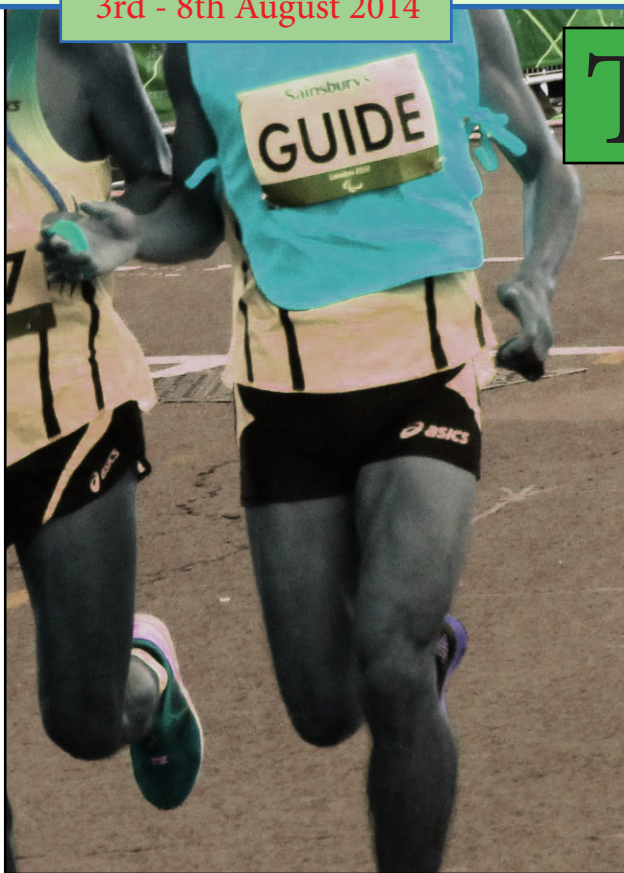
MAJOR EVENTS COMING UP IN AUGUST

600 athletes from 40 countries

Will be held in Wales, Swansea

The IWAS World Junior Games 2014, has made a return to Stoke Mandeville

3rd - 8th August 2014



The IWAS World Junior Games 2014, has made a return to Stoke Mandeville. They will proudly host the 10th World Junior Games at Stoke Mandeville Sports Stadium in the UK between the 3rd-8th of August. There will be 500 athletes from 50 countries competing, they will compete in Archery, Athletics, Table Tennis and Powerlifting.

The age range is under 23, this will provide a good and valuable platform for all the up and going young people participating in this competition, aiming high for the swift road to Rio in 2016.

And it will also take place just before the IPC Athletic European Championships that will be staged in Swansea, UK. So some of the world's young people and best athletes will be able to compete at a high level of sports, home to where the Paralympic games, started. So don't let this event pass you by.



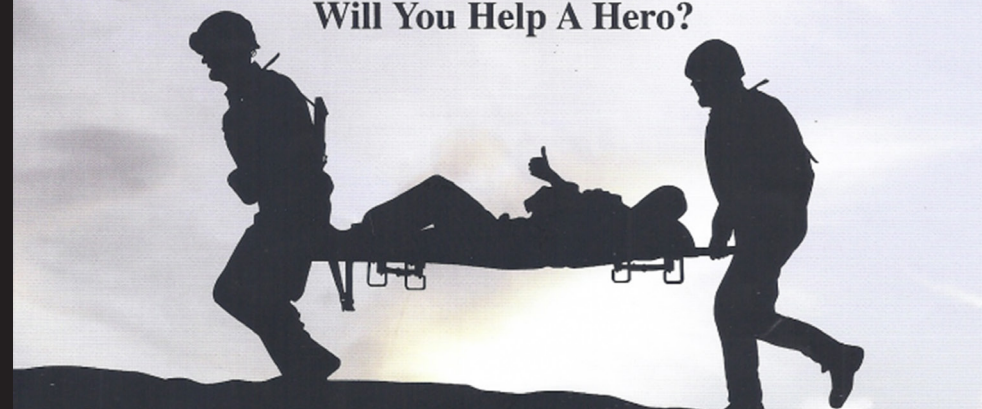
HELP *for* HEROES

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

12 and 17 August 2014

The

Athletics European Championships

In Zürich, Switzerland

It's the first time Switzerland has hosted the European Athletics Championships since 1954.



At the Zürich, Letzigrund Stadium

The Athletics European Championships traditionally occurred every four years but since 2010, it has been organised every two years, and this year it will be held in Zürich, Switzerland. It will be the first time the city has hosted the Athletics European Championships since 1954. Zurich is the largest city in Switzerland and has a thriving city centre.

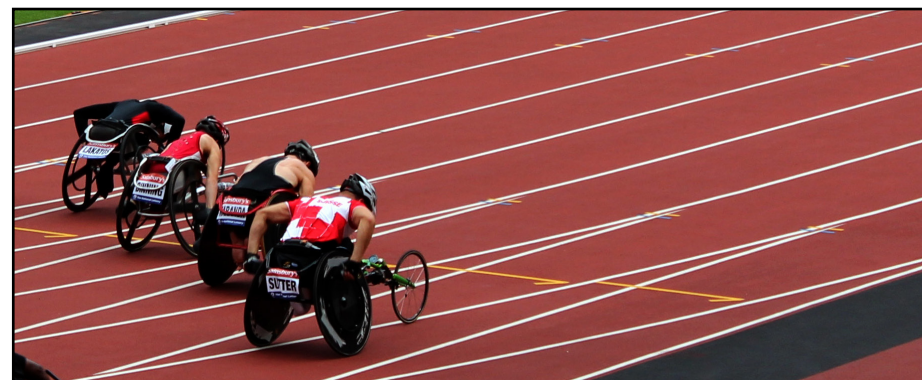
There will be 1,400 athletes from 50 countries, going for titles and medals in 47 disciplines. This event showcases athletes from all over Europe who train hard for months, sometimes years to prepare for competing with the best on the day. There will be top track and field athletes, who will give everything to perform at the highest level. So stay tuned in and watch our athletes go for glory.

24 and 25 August 2014

The

British Athletics Grand Prix and IPC Athletics Grand Prix Final

After the amazing success of the Commonwealth games, and the Athletics European Championships, this will be the next best thing.



At the Birmingham, Alexander Stadium

After the amazing success of the Commonwealth games in July, and the Athletics European Championships this will be the next best thing, for it's not over yet.

For the top British athletes such as Mo Farah, Christine Ohuruogu, Jessica Judd and Perri Shakes-Drayton and many others will be in action at the Alexander Stadium in Birmingham, again this year. And the Birmingham Para-Athletics Grand Prix Final will be the ninth and final event of the IPC Athletics Grand Prix 2014, will also be held there. So we hope to see the likes of David Weir, Jonnie Peacock and many more amazing para-athletes, so it will be a double thrill of skill, endurance and speed.

MAJOR EVENTS

Start date: 2 -3 August 2014 - from Custom House

The 'London Triathlon' at the London Excel Centre



Each year welcomes over 13,000 triathletes to participate in the London Triathlon starting from the Excel Centre at Custom House. There are three disciplines in the London Triathlon, they are swimming, cycling and running, you have to be very competent in each of them to take part. The elite competitors, will take on the triathlon challenge, on the same

stage as people who might have only done it once or for the first time. Because this event attracts beginners, of all ages and abilities, which makes it even more special.

Distances range from Super Sprint to Olympic Plus, so whether you want to smash a PB, complete your first triathlon, or compete with friends in the team relay, you're guaranteed to have a fun time.

There are many people who run for the many charitable organisations, for the charities are supported entirely by your donations. So entering the London Triathlon via a charity pledge

place is a fantastic way to raise money for a great cause.

This Triathlon is the world's biggest and most iconic triathlon, so take part at the London Docklands in

August, and whether your participating or a spectator, just come and join us, with family or friends, a couple of days of relentless activity, and where the Docks comes alive once more.

MAJOR EVENTS - CYCLING

Prudential RideLondon

9 - 10 August 2014



Parliament and St Paul's, London's greatest sights will create an inspiring backdrop for an amazing day of cycling.

Prudential RideLondon Grand Prix - Saturday 9 August 2014

This race will showcase the Olympic cyclists of the future at a series of junior events and offer a great opportunity to support professional women's cycle racing as they strive for success on London's streets. The Prudential RideLondon Grand Prix forms part of a programme of major events as a legacy for the capital from the 2012 Olympic Games.



The Prudential RideLondon Cycling Show

The Prudential RideLondon Cycling Show will be held at ExCeL London, from Custom House Station on the Docklands Light Railway. The show will last for over three days, and will exhibit a massive selection of manufacturers, international races, charities, magazines and medical companies all in one place. The theme is 'inspiration', which will connect and inspire cyclists and would-be riders of all ages and abilities.

The 2014 Prudential RideLondon Cycling Show will be open on the following days and times:

Thursday 7 August 11:00-20:00
Friday 8 August 10:00-20:00
Saturday 9 August 09:00-17:00



Prudential RideLondon FreeCycle Saturday 9 August

This summer will offer a brilliant opportunity to get the whole family together and friends to experience the thrill of cycling around central London on a 10-mile, closed streets, and no hassle, free roads. The route features many of the capital's world-famous landmarks, from Buckingham Palace in the west to the Tower of London in the east via the Houses of



MAJOR EVENT IN LONDON

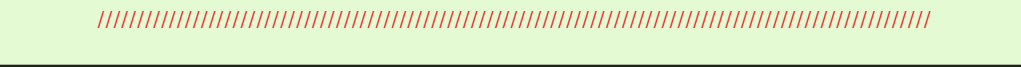
The Rugby Tetley's Challenge Cup Final 2014

will be held at 'Wembley Stadium'
Aug 23rd - 2014

Tetley's Challenge Cup, is one of British sport's most prestigious tournaments, which has a history and tradition like no other, it first played in 1897 and has been going from strength to strength. This is Rugby League's most historic and prestigious competition and is the only knock-out tournament of its kind to include teams from all levels of the sport. Local community teams, student and the armed forces all compete alongside the elite of Super League.

In keeping with the competition's unique history the day begins with The Champion Schools final featuring the two best school teams at year 7 when the stars of tomorrow have their opportunity to display their skills on the famous Wembley pitch.

So come along and enjoy the game, at the iconic Wembley Stadium on August Bank Holiday, for it will be breathtaking.



Wheelchair Tennis

Lucy Shuker
 talks about her life, achievements and goals



An Interview with:

Q: You player doubles with Jordanne, what was that like?

Yes, me and Jordanne get on really well, even though we are 12 years apart, it seems to work. Well we've won a few medals now, so the partnership must be right.

Q: Who do you feel are your rivals in tennis?

There is a Dutch team, Jiske Griffioen and Aniek van Koot. I would say are very strong players, they have dominated the game for a while now. And a Japanese girl at the moment is also a formidable player too. So yes, we are watching out for them.

Q: Besides the Paralympic games in 2012, was there any other tournament that were memorable?

When I completed In 2012, I reached the finals of the Women's Wheelchair doubles at Wimbledon

along with my playing partner Jordanne Whiley, losing to Jiske Griffioen and Aniek van Koot, 1-6, 2-6. And reaching the finals at the US Open.

Q: The best times?

There were a few great moments, but the best one for me is when I won my bronze medal at the Paralympics Games 2012. The atmosphere was amazing, and the worst times, well I'd have to think about that one.

Q: NEC Wheelchair Tennis will be here in November, are you looking forward to that?

I can't wait it's going to be great, playing here on these amazing tennis courts. The facilities at the Lee Valley Tennis and Hockey Centre are top class. So I hope events and courses here goes from strength to strength.

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 thighs

1



1. Lateral Step-Up

Targets: Hip abductors/adductors, glutes, quads, calves

Stand in front and slightly to left of chair. Place right foot on seat and step up with left foot. Step across seat and down on right side of chair with right foot, then left. Step up and across to left. Do 10 reps.

2



2. Step-Up Plus Knee Lift

Targets: Core, hip flexors, glutes, quads

Stand beside chair, with legs about hip-width apart and knees slightly bent. Step onto seat with right foot, then lift left knee toward chest. Step down with left foot, then right. Do 10 reps; switch sides and repeat.

London Triathlon

Start date: 2-3 August 2014 UK

From: Custom House

Schedule: London Triathlon

2nd August

Super Spint - Swim: 1 lap 400m, Bike: 1 lap 10km, Run: 1 lap 2.5km

Spint - Swim: 1 lap 750m, Bike: 2 laps 10km, Run: 2 laps 5km

Olymplo Teams - Swim: 2 laps (Sprint Turns) 1.5km, Bike: 4 laps 40km, Run: 4 laps 10km

3rd August

Junior Elites - Swim: 1 lap (Spint Turns) 750m, Bike: 2 laps 20km, Run: 2 laps 5km

Elites (Olymplo) - Swim: 1 lap (Olympic Turns) 1500m, Bike: 2 laps 40km, Run: 3 laps 10km

Olymplo Plus - Swim: 1 lap (Olympic Turns) 1500m, Bike: 3 laps 80km, Run: 3 laps 10km

Olymplo (Sunday morning Waves 1-7 - Swim: 1 lap (Olympic Turns) 1500m, Bike: 2 laps 40km, Run: 3 laps 10km

Olymplo (Sunday Afternoon Waves 12-20 - Swim: 1 laps (Olympic Turns) 1500km, Bike: 2 laps 40km, Run: 4 laps 10km

CYCLING

SWIM

RUNNING

Football

The FA Community Shield
‘At Wembley Stadium’

Aug 10, 2014

The Premier League champions Manchester City will face FA Cup winners Arsenal at Wembley in the season's traditional curtain raiser, The FA McDonald's Community Shield.



FOOTBALL



The Art of the Brick
Nathan Sawaya

26 Sept 2014 - 03 Jan 2015
Old Truman Brewery, London,

The Art of the Brick is now in London, at the Old Truman Brewery. A New York-based artist called Nathan Sawaya uses LEGO® bricks as the sole art medium for this critically acclaimed exhibition which features primarily 3-dimensional sculptures and oversized portraits.

The creations, constructed from nearly one million pieces, were built from standard bricks beginning as early as 2002.

Born in Colville, Washington and raised in Veneta, Oregon, Nathan Sawaya's childhood was always fun and creative. He drew cartoons, wrote stories, perfected magic tricks and of course played with LEGO. His days were filled with imagination. But when it came time for college, Sawaya attended NYU and studied law. He became an attorney and not too long after realised he would rather be sitting on the floor expressing himself with LEGO, than sitting in a boardroom negotiating contracts.

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.

Reflection on the 2014 'World Cup': 4 Unforgettable moments

1. The goalkeeper Júlio César who prevented Brazil being sent home early against Chile.
2. Luis Suarez from Uruguay bit a man on the shoulder, due to that he was sent home and banned for a considerable time and more or less cost their place in the world cup finals.
3. Arjen Robben, footballer from the Netherlands, helped put his team into the semi-finals.
4. A shocking result in the semi-finals, was Brazil 1 - Germany 7, in front of Brazil's home crowd.



Mark Foster
23-24 August 2014

Mark Foster will be apart of the 'London Triathlon' which will be held at the Excel Centre. He'll be there in support of SportsAid. So if you see him cheer him on.



US Open Tennis
Aug 25th - Sept 8th 2014

USTA Centre, (at the Arthur Ashe Stadium) in New York, the best in men's and women's tennis will take to the courts.

Rory McIlroy, golfer wins the Open



Next weeks issue will feature Dwain Chambers

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

Young Olympic Games (Summer)

Nanjing, China | Aug 16 - 28 2014

The Youth Olympic Games are an elite sporting event for talented young athletes aged from 15 to 18 from around the world. The sports programme is based on that of the Olympic Games, with 28 sports featured on the summer programme and seven on the winter programme.

But there's, Great News! on the horizon. For 18-year-old, Double World Champion Modern Pentathlete, Francesca Summers and 15-year-old, Junior World Taekwondo Champion, Abigail Stones who were previous 'Athletes of the month', for the last few issues of the '4 Sports magazine', have now both been selected to compete in the Young Olympic Games in Nanjing, China. WELL DONE!

Answers from Quiz Questions on page 14: Q1: 15 different sports, Q2: 1978, was Liverpool and Manchester United FC, was 2008, Q3: Hannah Cockroft, Q4: Laura Robson, Q5: Glasgow, Q6: 440 athletes, Q7: 4 Years, Delhi, Q8: Luke Campbell



GLL
better for everyone

BETTER
the feel good place

