

Issue 5

AS SPORTS

Let's take this journey together

September 2014



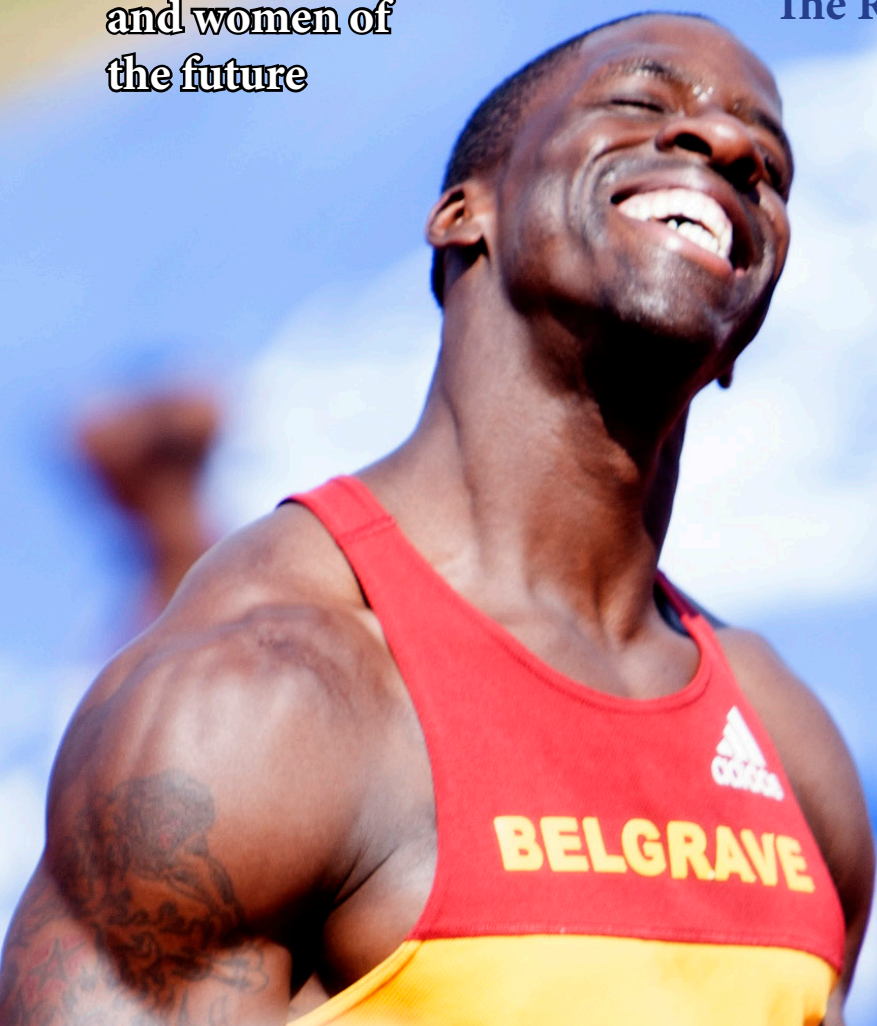
Cycling - Athletics - Wheelchair racing - Golf - Triathlon - Boxing - Football - Swimming

UP&coming

**Sportsmen
and women of
the future**

Dwain Chambers
Invictus Games
The Ryder Cup

Free





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Get fit.
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12 OCTOBER
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HALF MARATHON
2014

© UNICEF UK 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.

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Sign up now

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

unicef.org.uk

Registered Charity No. 1072612 (England and Wales)
SC043677 (Scotland)



Contents



National Paralympic Day

The Liberty festival is taking place as part of 'The National Paralympic day', which will be held at the Queen Elizabeth Olympic Park.

Hello

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.

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

P24



Invictus Games p26

The Invictus Games are a unique chance for the public to celebrate this 'invictus spirit' through sporting achievement, at venues made famous by the London 2012 Olympic and Paralympic Games.



Jodie Stimpson p16

Jodie Stimpson is a triathlete, who came an impressive 2nd in the ITU Triathlon Series and 1st in the XX Commonwealth games.

Dwain Chambers

Main Feature of the Month



I think Dwain Chambers has a lot to smile about even though he decide not to compete in the XX Commonwealth Games in Glagow, so he could focus on his race at the Athletics European Championships, and sadly didn't win a medal.. he still gives his all. And at the age of 36, and the hype about the new wave of young British sprinting talent, could have weakened his spirits but he tore past his opponents fair and square, to qualified in two major tournaments this year, which is an achievement to be proud of.

Dwain Chambers is a British track sprinter who's primary event is the 100 metres, in which he holds the fourth fastest time by a British sprinter. He has come along way from the young man born in Islington in Finsbury Park, he showed potential in school, and was inspired by his older sister Christine who won the senior 100 metres finals at the English Schools Championships in 1986 and 1987 and competed in the European Athletics Junior Championships.

He eventually became a young promising athlete winning many competitions, then major championships, by winning the 100 m gold in the European Junior Championships in 1995 and 1997 in Ljubljana and Nyiregyhaza, and the 60 m gold in the European Indoor Championships in 2009 in Turin.

But his career came to a halt, when he received a two-year athletics ban in 2003 after testing positive for THG, a banned performance-enhancing drug. And due to this he was barred from the Olympics, Commonwealth Games, and much of the European racing circuit, from 2006 to 2012. Many thought that he'd never return but he came back to race and show people what he could do, and make up for lost time, and majestically run at international level once more.

So Dwain began training in Jamaica in late 2005 in preparation for the athletics season. He faced a new set of challengers in the 100 m, such as the Jamaican Asafa Powell and American Maurice Greene. But now he can compete with the best of them.

Dwain did win medals but his final major gold medal so far was winning the 60 m, in the World Indoor Championships in 2010, Doha. By his performance, he still has a promising future, so Rio could be another challenge, for it seems that Dwain doesn't give up that easily.

And at the age of 36, and the hype about the new wave of young British sprinting talent, could have weakened his spirits but he tore past his opponents fair and square, to qualified in two major tournaments this year, which is an achievement to be proud of.



**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>

Athlete of the Month

Toby
Gold
Wheelchair Racer

Toby Gold, 19, from Thames Ditton in Surrey: European wheelchair racing record holder for the T33 100m and 400m

Three years of wheelchair racing have taken this talented 19-year-old athlete from the school sports track to world number two in three T33 wheelchair racing events: the 100m, 200m and 400m. It has been an incredible rise for the teenager from Thames Ditton who this month surprised everyone, including himself, by breaking two 13-year-old European records on his international debut at the IWAS World Junior Games in Stoke Mandeville, the birthplace of Paralympic sport.



Gold breaks two European records on international debut

In a world-class field Toby was competing against the world record holder for the T33 100m, 200m and 400m – Ahmad Almutairi from Kuwait – who also holds the world record for the 800m. Over the three shorter distances at the Games Almutairi was still the clear winner, with Toby picking up the bronze medal in each race behind Finnish T34 athlete Henry Manni,

but it was the times he clocked that got everyone talking. In the 400m, the first event in which he broke the European record, Toby knocked a full 14 seconds off the previous mark which had stood since 2001. Three days later in the 100m he clocked 17:57 seconds, having already broken the record once in the heat, and that time at London 2012 would have been enough for a new Paralympic record

and the gold medal. "I would definitely say that the 100m is my best event out of the three," Toby says. "But I think my best performance at the Games had to be the 400m, where I managed two personal bests. One in the heats and one in the final. "To be quite honest I didn't go into the competition aware of the records. I just wanted to race and only worry about PBs.

I did not actually find out about the first European record until I was told about the second one on the last day of competition, before the final of the 100m. After being told I tried not to think about it until the last race was over, to avoid myself getting distracted and to stay focused. However afterwards I got a chance to relax and let it sink in."

He added, "I felt extremely happy that I performed when it mattered in both events. A big plus was the fact that my family and friends had been there to see me do it. Their response was certainly overwhelming. That was what made me proud."

Competing alongside Manni and Almutairi at such a high-profile event was clearly a good motivation for Toby who described his first experience of international competition as "a great honour in itself".

"For me, it was a great opportunity to be able to compete at such a high level. Let alone with some of the best athletes in the world. I also learnt a great deal about my own performances.

"Competing at Stoke Mandeville is always very special due to the amount of history that is involved there, in terms of its role in shaping the Paralympic sport that we see today around the world. Furthermore, the competition was fitting as part of the legacy from London 2012, also on home soil."

Toby's success is very much part of that legacy. Having switched to wheelchair racing from wheelchair basketball just one year before the Games came to London, he now enjoys the mentoring and support of Paralympic legend David Weir who so memorably won four gold medals there. "To have a role model within the sport is extremely important for any athlete because they are someone that you aspire to be like. In addition to have someone like David around to learn from on almost a daily basis, as part of the Weir Archer Academy is amazing. He has been there and done everything in the sport. It doesn't get any better than that."

Another thing Toby and David have in common is that they have both received support from the



Images supplied by Toby Gold | Wheelpower



charity SportsAid: Toby for the past two years thanks to a donation from Time Warner and David back in 1996, the first year in which he competed at the Paralympics. Toby says this support has made a massive difference to him, "because I'm not having to worry about trying to find ways to fund new equipment such as tyres or racing gloves. As a result I do not feel as if I'm under so much pressure, which is beneficial as I can just concentrate on my racing which is great."

It is the sport that has had the biggest impact on him though and Toby says he would love to pass some of this on to other young athletes if he could.

"The sport of wheelchair racing and the opportunities that I have been given through it have been life-changing for me. If I were to have the chance to pass my experience to the next generation and inspire them through my performance, in some way giving them the same opportunities, I would be proud."

To help a rising star like Toby to achieve his or her ambitions, call SportsAid on 020 7273 1975 or email mail@sportsaid.org.uk. To find out more about Toby'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

SwimBritain

Saturday 20th Sep 2014

The London Aquatics Centre



SwimBritain this year it will take place at the iconic London Aquatics Centre, in the Queen Elizabeth Olympic Park in Stratford. The event is a series of fun team relay swimming that takes place across the whole of Britain, such as Bristol, Swansea, Sheffield, London Fields Lido.

It's really simple to apply, you just team up with four members in your family or a group of friends and lookout for a 'SwimBritain' event pool near you. It is a great way, to involved, meet a load of swimmers and stay fit.



There are two SwimBritain distances:

SwimBritain 1000

Each team member swims 1000m (4 legs of 250m).

SwimBritain 500

Each team member swims 500m (4 legs of 125m).

Entry to SwimBritain costs £40 per team (4 people) – that's just £10 each.

Sign up today www.swimbritain.co.uk and you will receive:

1. Up to 3 instructor led training sessions at over 100 pools across the country.
2. Access to SwimBritain coaching materials and the SwimBritain Training App.
3. Entry to the SwimBritain event with the opportunity to swim alongside Britain's best known swimmers.
4. T-shirt, swimming cap and event medal.



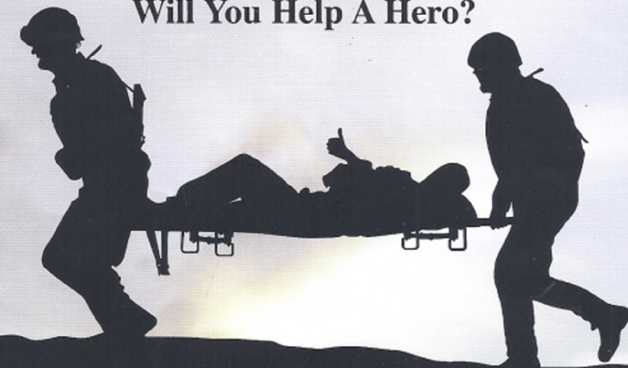
HELP for HEROES

Support For Our Wounded

HELP for HEROES was set up in October 2007 to do something practical to help the men and women of our Armed Forces who are injured while serving our country. We are strictly non political, we don't want to discuss the rights and wrongs of a particular war; we simply want to help those wounded in them.

We need to raise millions to help the wounded by giving them the very best; they do more, risk more, sacrifice more and we want to give them more. They say that they are just ordinary blokes doing their job; we say they are heroes and we want to help our Heroes. We need your help urgently.

Will You Help A Hero?



www.helpforheroes.org.uk

Registered Charity No. 1120920

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: Who bit someone's shoulder in the 2014 Football 'World Cup' in Brazil?

Q7: How many Olympic gold medals did Chris Hoy win in the track cycling event in 2008?

Q8: Who won the long jump in the 2014 XX Commonwealth games in Glasgow?

Q1: What football team was in the semi-finals of the 2014 'World Cup'?

Q2: Who won the men's tennis singles at Wimbledon in 2014?

Q3: Who won 'stage 3', from Cambridge to London in the 'Tour de France'?

Q4: What was the 2014 XX Commonwealth Games Baton called?

Q5: How many times has Roger Federer won Wimbledon?

The answers are on page 31

Eating Healthy

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

Spicy Chicken Sausage Pasta

Fully cooked chicken sausages with vegetables aren't just convenient, they're a better-for-you choice.

Ingredients

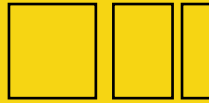
- 8 ounces of shell pasta (3 cups)
- 1 bunch Broccolini, cut into 1-inch pieces (3 cups)
- 2 tablespoons olive oil
- 1 - 12 ounce package fully cooked spicy chicken sausage links, cut into 1/2-inch-thick slices
- 1 small onion, coarsely chopped
- 3 cloves garlic, minced
- 1 cup reduced-sodium chicken broth
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1 cups arugula
- 1/4 cup snipped fresh dill
- 1/4 cup grated Parmesan cheese
- Olive oil (optional)



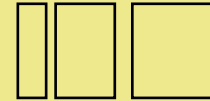
BHG.com

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

Editor's choice of the Month



Jodie Stimpson



A British professional triathlete



In the 2014 ITU
Triathlon Series,
Jodie came
2nd Place

I found Jodie a very out going, fun girl, with a strong personality which made my job easy. She was open and very forth-coming with her answers, we talked about who inspired her and her willingness to compete.

What inspired you to take up this event, it's quite a vigorous sport? Well, my dad taught me to swim when I was 4, and my uncle did Ironman so they both took me to my first race when I was nine, so I did that and won the first race. So it's kind of, I quite like this.. and then I just carried on. I couldn't picture myself doing anything else.

2. Do you feel pressure at any point, to win a race?

It's feeling pressure about trying to do a good job, in the races.. I think the expectation I put on myself, is the only pressure I really feel. Just wanting to do a good job and do myself, my family and my coach justice, the effort we all put in. That's the pressure I feel.

3. Do you feel you've achieved, your goals and aspirations or do you feel you've achieved that already. Do you have a lot more to go?

At the beginning of the year me and my coach felt that the Commonwealth would be my main focus of training, if was important that I completely focused after the ITU Triathlon Series. I'm happy where I'm at the moment and there's a lot more to come.

4. What is your training programme?

Usually training starts around 7am, every day is different, I usually I might swim bike and run that day, but then sometimes I'll do a double run day, or if you've got a track in the morning or swim, it's very random every day is different - the programme is very individual. If my coach had swimming plans, if I'm tried on that day, he was change it, so it's very individual.

6. Is there a Sports person that inspired you?

Chrissie Wellington is British Triathlete and four time World Ironman Champion (2007, 2008, 2009

and 2011), she is a true Champion in my eyes. And I am privileged to have her as a mentor and a friend.

5. Do you have anything to say to young people, teenagers that are coming up now and want to take up a career in sports?

If you're enjoying it, make the commitment, for it's totally worth it. There are certain sacrifices you have to make but if you're really passionate about wanting to make it, then go for it, you'll enjoy it, and if you really enjoy it, then to me it's not really a sacrifice.

7. The American, Gwen Jorgensen who won the ITU Triathlon Series race, is she one to look out for?

Yes, she is an amazing athlete, it hasn't been easy racing against her, but there will be more races to come.

In the 2014 **XX**
Commonwealth Games,
Jodie came
1st Place

'There are certain sacrifices you have to make but if you're really passionate about wanting to make it, then go for it, you'll enjoy it, and if you really enjoy it, then to me it's not really a sacrifice.'
(Jodie in beige top)



Home & Away

Home and away, 'Major events' that are happening in September 2014 - Cycling, Boxing and Motor racing



Goodwood 'Motor racing' Circuit

Goodwood Revival meetings

Chichester, West Sussex - 12th - 14th Sept 2014

The Goodwood Revival is a three-day festival held each September at Goodwood Circuit since 1998 for the types of road racing cars and motorcycle that would have competed during the circuit's original period—1948–1966. Most people dress in period clothes. It is one of the world's most popular motor race meetings and the only UK event which recreates the golden era of motor sport from the 1950s and 1960s.

The festival includes Grand Prix cars from the Fifties and Sixties, sports and GT cars, as well as historic saloon cars and little-seen Formula Juniors. Many of these important historic racing cars are driven by famous names from motor sport past and present. Famous drivers who have taken part include: Sir Stirling Moss, Phil Hill, Coulthard, Damon Hill, etc.

So all you car enthusiast come down and have a fun day out in West Sussex and witness a spectacle of cars, driving around for the 3 days.



Elite Men's Boxing Championships

Yakutsk, Russia - Sept 9th - 14th 2014

The International Boxing Association (AIBA) is proud to announce the FISU World University Championships in Yakutsk, Russia. Attracting around a hundred of the best student boxers for the four first editions.



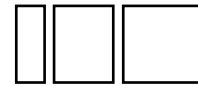
UCI Road World Championships

Ponferrada, Spain - 21th - 28th Sept 2014

For eight days, Ponferrada will be the cycling capital of the world. The best riders in all categories, the best national and international teams will be battling for medals and the prized rainbow jerseys. Spain will host the world championships for the seventh time since they were first held in Lasarte (1965), and subsequently in Montjuïc (1973), Barcelona (1984), Benidorm (1992), San Sebastian (1997) and Madrid (2005). Welcome!

BUPA Great North Run - Newcastle to Gateshead - 7 September 2014

MAJOR EVENTS



Start date: 23 - 28 September 2014

'Golf' The Ryder Cup 2014, Gleneagles, Scotland



This year, The Ryder Cup is returning to its roots in Scotland and the very place it started 93 years ago at Gleneagles.

Scotland will be proudly welcoming, The Ryder Cup, by playing host to the greatest tournament in match play golf, at the magnificent Gleneagles Hotel in Perthshire.

With a history stretching back nearly a century, the tournament is the most highly-anticipated team match in the

sport's calendar. This is an unofficial warm-up match prior to the British Open between an American and a British team consisting of 12 players a piece, the meeting on the King's Course at Gleneagles in June 1921 has gone down in sporting history as the

birth of one of the most prestigious golf titles. The Europe team, led this year by Paul

With nine European victories to seven American

McGinley, are hoping to retain the cup following their victories at Medinah Country Club in Illinois, USA in 2012 and the Celtic Manor Resort in Newport, Wales in 2010.

With nine European victories to seven American, Team USA

under the leadership of Tom Watson are sure to be on form for this clash of the Titans. And so, the battle lines are being drawn and we will see who is the victor on the PGA Centenary Course in September.

Be inspired and start planning your trip to Scotland, the Home of Golf.

Olympic Park

National Paralympic Day

7th September 2014

The Liberty Festival



The Liberty Festival 2014 is returning to Queen Elizabeth Olympic Park it's an outdoor event showcasing the talents of Deaf and disabled artists, a line up of street theatre, dance, live music, film, installations and children's activities which will be held in the south of the park.



The festival is taking place as part of 'The National Paralympic day', and as we cheered on the GB Paralympics medallists at London 2012 Paralympic Games we'll be doing it again, here at the Queen Elizabeth Olympic Park in 2014.

For you'll get a chance to watch the best British and International athletes compete in Boccia, Goalball and Wheelchair Basketball at the Copper Box Arena.

There will be plenty of free, activities and entertainment across the park. You can try out different disability and inclusive sports such as



wheelchair basketball, inclusive cycling, tennis and boccia!

It will be a great day out for individuals, family and friends, there will even be the chance to meet some of the stars of London 2012.

Tickets are on sale for the London Aquatics Centre and Copper Box Arena.

But if you don't get a chance to reserve some tickets – the Mayor of London's Liberty Festival is free to attend so everyone can enjoy the day!

11-14th September 2014

INVICTUS GAMES

LONDON 2014

FOR OUR WOUNDED WARRIORS



Words and pictures by Invictus Games and Getty

Come along!

at the **Queen Elizabeth Olympic Park**

and **Lee Valley Athletics Centre**



The event will feature nine adaptive sports at Queen Elizabeth Olympic Park and Lee Valley Athletics Centre, with a competitive driving challenge organised by Jaguar Land Rover. There will be more than 400 from 14 nations, wounded, injured and sick Servicemen and women competing in the Invictus Games, it will be on for 4 days, so come along and show your support.

stewarding. And other volunteer helpers.

Also there have been many celebrities supporting the event such as Daniel Craig, Joss Stone, Iwan Thomas, Joanna Lumley and many more.

Will.i.am message of support for everyone taking part is: "This is all about using the power of sport to inspire recovery and support rehabilitation. I want to wish all the competitors the very best of luck for this inspiring event." The Invictus Games are being organised with the support and

backing of The Royal Foundation of The Duke and Duchess of Cambridge and Prince Harry and the Ministry of Defence.

Tickets for the event are on sale at www.invictusgames.org and cost £12.85.



Invictus is Latin for unconquered, a word that embodies the fighting spirit of wounded, injured and sick Servicemen and women and what they can achieve, post-injury. The Invictus Games are a unique chance for the public to celebrate this 'invictus spirit' through sporting achievement, at venues made famous by the London 2012 Olympic and Paralympic Games.

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, though to 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 stomach

Abdominal exercises: Using proper form when you do abdominal exercises can make the difference between a flabby middle and a slim, trim waistline. Here are two simple exercises to keep your stomach nice and flat.

1



The oblique curl enhances your figure, since it isolates and focuses on those ab muscles that shape the waistline. Keeping hips squared and lower body motionless, lift and rotate upper body, aiming left shoulder to right knee. Repeat eight times. Repeat with the other side.

2



The reverse hip lift very effectively isolates and focuses on the lower part of the abdominal muscles. Cross the legs at the ankles and slowly and gently lift up with the hips, imagining that the legs are flush against a wall and the only direction they can go is straight up.

Publications International Ltd

Boxing



Start date: Sept 2014 UK

AIBA Boxing Competition- Sept 2014

Schedule:

FISU World University Championships

Elite Men

September 09 - 14

Yakutsk, Russia

XVII Asian Games Elite Men

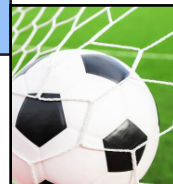
3 Olympic Women weight categories

September 19 - October 04

Incheon, Korea

BOXING

Football



Premier League Fixtures 2014 UK

Barclays Premier League - Sept 2014

Saturday 13th September 2014

Arsenal V Man City - 12:45

Chelsea V Swansea - 15:00

Crystal Palace V Burnley - 15:00

Southampton V Newcastle - 15:00

Stoke V Leicester - 15:00

Sunderland V Tottenham - 15:00

West Brom V Everton - 15:00

Liverpool V Aston Villa - 17:30

Saturday 14th September 2014

Man Utd V QPR - 16:00

Saturday 15th September 2014

Hull V West Ham - 20:00

<http://www.bbc.co.uk/sport/football/premier-league/fixtures>

FOOTBALL

**Add on: + 4
Entertainment**

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



London Fashion Week

12-14 September 2014

London Fashion week (LFW) is one of the highest profile fashion events in the world, and it's here again in London this year. There are 60 catwalk shows, and at least 100 designers, showcasing their work at Somerset House.

11-14th September 2014

INVICTUS

"Invictus" is a short Victorian poem by the English poet William Ernest Henley (1849-1903).

**Out of the night that covers me,
Black as the Pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.**

**In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.**

**Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds, and shall find, me unafraid.**

**It matters not how strait the gate,
How charged with punishments the scroll.
I am the master of my fate:
I am the captain of my soul.**

Read it

This is very special, for it's a time to reflect and remember.



Royal Greenwich Tall Ships 'Regatta' 'Big Ship' in Greenwich

5-9 September 2014

For five days, Royal Greenwich will welcome over 50 stunning, tall, ships from around the world. The tall ships will race from Falmouth to Isle of Wight before cruising into London.

There will be activities for everyone, so come and see the ships at the free shore-side Festival, or book a Thames cruise on a tall ship. So I'll see you there!



Next weeks issue will feature Ryan Giggs

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.

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

Leander Club Rowing Experience (Rowing V111) Henley-on-Thames

This is your chance to row a Rowing VIII at the World Famous Leander Club. The Club is as much a home to heroes such as Sir Steve Redgrave and Sir Matthew Pinsent and double gold medallists James Cracknell, as it is to the champions of tomorrow. So come and experience everything the club has to offer and more.



Answers from Quiz Questions on page 14: Q1: Holland and Argentina, Q2: Novak Djokovic, Q3: Marcel Kittel, Q4: The Queen's Baton, Q5: He's won 7 times, Q6: Luis Suarez, Q7: He won 3 gold medals, Q8: Greg Rutherford

INVICTUS GAMES

LONDON 2014

FOR OUR WOUNDED WARRIORS

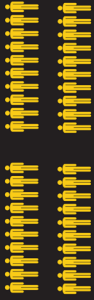
PRESENTED BY



14 NATIONS



400 + PARTICIPANTS



TICKETS WILL GO ON SALE ON 16 MAY AT:



WWW.INVICTUSGAMES.ORG

COMPETITION SCHEDULE



I AM THE MASTER OF MY FATE

#INVICTUSGAMES @INVICTUSLONDON

WWW.INVICTUSGAMES.ORG

THU 11 SEPTEMBER

ATHLETICS

LEE VALLEY ATHLETICS CENTRE

2:00 PM - 6:00 PM

FRI 12 SEPTEMBER

ARCHERY

HERE EAST

10:00 AM - 12:00 PM
2:00 PM - 4:00 PM

WHEELCHAIR RUGBY

COPPER BOX ARENA

8:00 AM - 11:00 AM
3:00 PM - 5:00 PM
5:00 PM - 9:00 PM

SAT 13 SEPTEMBER

ROAD CYCLING

LEE VALLEY VELO PARK

10:00 AM - 12:00 PM
3:00 PM - 5:00 PM

INDOOR ROWING

HERE EAST

10:00 AM - 1:00 PM

WHEELCHAIR BASKETBALL

COPPER BOX ARENA

9:00 AM - 12:00 PM
3:00 PM - 5:00 PM
6:00 PM - 9:00 PM

SUN 14 SEPTEMBER

POWER LIFTING

HERE EAST

11:00 AM - 1:00 PM

SWIMMING

AQUATICS CENTRE

12:00 PM - 3:00 PM

SITTING VOLLEYBALL

COPPER BOX ARENA

8:00 AM - 12:00 PM
3:00 PM - 7:00 PM