

4SPORTS

Let's take this journey together

Jul/ Aug 2016

Out every 2 months



Cycling - Athletics - Football - Olympics - Rugby - Equestrian - Sailing - Motor-racing



Free

Sportsmen and women of the future



Olympic Games 2016 Rio de Janeiro

Henley Royal Regatta Boat Race

The London Anniversary Games

Cycling Prudential Ride London



October 2016
ROYAL PARKS
HALF MARATHON
2016

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.

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Welcome

These are going to be exciting times in Sports for 2016.

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 all the Lee Valley Sport Centres in the Queen Elizabeth Olympic Park, and some Leisure Centres in the Southeast London area.



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

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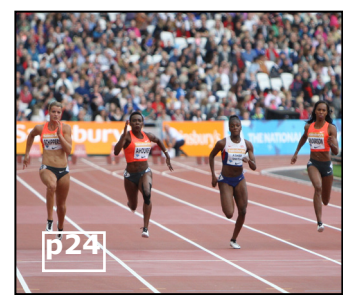
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p24 The Olympics will be held in Rio de Janeiro, where the world's best will compete.



Main Feature of the Month

INTERVIEW - WITH:

Usain BOLT

Usain Bolt is a Jamaican, 100 and 200 metre runner. He is a 6 times Olympic Champion, 11 times World Champion, Triple World Record Holder and is the fastest man on the planet.



Photography by Eileen Jacas



How is your health and your injuries, before the Olympic Games, are you where you'd like to be?

Ar well, I have been training really hard, and I have focused on what I need to work on, so we'll see what happens from that.

You've kind of done everything you need to do in sports but during that quiet moment when you come out of your blocks, do you ever get nervous, or feel anxious?

I never normally get nervous. It's all about the execution on the 100 metres, so I just have to execute to what I have been working on, the training. I have been doing a lot of work on the start, I just have to execute on the day.

Just give us a view on a 100 metre race. Once you are upright and into your running do you know you've had a great

race, all in that first 30 metres?

I think in the first 40 metres, is the most important part because it's the weakest part of my race, so I work extremely hard to get it right. So if I do get it right, then I know that I have no issues because my last 60 metres is the best part of my race, so I have no problems there.

When can you switch off in a heat, when you are around the other competitors, can you hear them?

I always look around, that's one of the things about me, most of the time I'm always coming through, so I can tell when I need to shut it off or not.

And your relay team, hardly does any practice, but has the world record and the Olympic title, how has that been shaping up?

I don't know, I think that when we get to the games, we can talk where we will be and we will see what happens. We will see where everybody is, when the time comes.



This is the fourth edition, of an annual two day world-class festival of cycling.

'Cycling' Prudential Ride London

30th - 31st July 2016

Come and enjoy the freecycle ride with friends and family on Saturday 30th July, it's cycling on traffic-free roads in central London.

Last year more than 25,000 amateur riders crossed the Finish Line at the Mall in the Prudential RideLondon-Surrey 100, making it one of Europe's biggest ever cycling event.

The cyclists were lucky with the weather for it was clear and sunny, a cloudless sky.

Jean-Pierre Drucker came first in the Prudential RideLondon-Surrey Classic, beating Dutchman Mike Teunissen who came second and Britain's Ben Swift who came third. (Picture below on the right). And stunt cyclist Andrei Burton ability to hop over 20 people laying down, twice from top to bottom.

FIA Formula E Championship 2016

2nd - 3rd July 2016

Race Schedule: 10 - 11 Round

FIA Formula E Championship is made up of 11 races, hosted in 10 cities, with London exceptionally hosting two races. The second edition of the FIA series for single-seaters powered completely by electricity will get underway on Saturday October 17th this year in Beijing and will end in London, having travelled to at least nine different countries on three continents.





Words by
Richard Bates

Jessica Stretton

Athlete of the Future

Jessica
Stretton
15, from Hemel
Hempstead
Archer

Setting a new world record is an incredible feat for any sportsperson, and it's often seen as the pinnacle of their career. So, imagine the feeling when SportsAid athlete Jessica Stretton did just that at the age of 15 when competing in the Fazza International Para Archery Championship in Dubai!

Jessica, who received her SportsAid Award from BrightHouse, broke the women's record after scoring a total of 649 points during the qualification stages of the W1 open compound event - a 72-arrow round at 50 metres. Her score is one more than the previous record held by fellow Briton and reigning world champion Joanna Frith.

"It felt amazing when I realised I had broken the world record," said Jessica. "It was one of my aspirations as an archer - that and winning a gold medal at the Paralympic Games. I just shot my best but did not expect to break the world record."

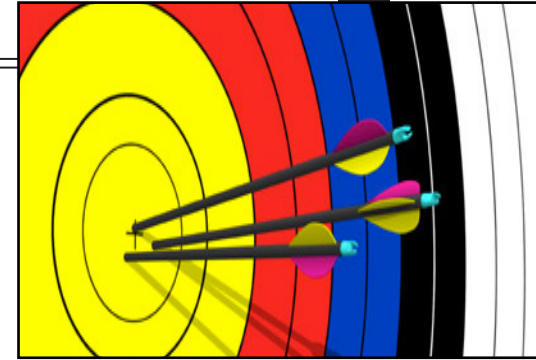
"All my team-mates are really proud of me. It makes me believe that I can be a top competitor for my country for many years to come. I was most pleased about my performance because I felt that I did really well even when the odds were not stacked in my favour."

Jessica, having won her qualifier in style, progressed to the final, and the decision was taken to combine women and men as there was only a total of seven archers in the entire category. This meant Jessica would face highly experienced Czech opponent David Drahoninsky.

Drahoninsky, who had set the men's world record during the qualification stages, won a gold medal at the 2008 Beijing Paralympic Games. Drahoninsky, 34, reserved special praise for Jessica, calling her a 'great archer' after he went on to win the final shootout and take the title in Dubai.

"It was an amazing experience to be able to shoot against David," said Jessica. "I only hope that I can one day be as good as him. It was disappointing not to win, but you are going to have your ups and your downs. You just have to learn how to deal with each match as it comes and move onto the next one."

Jessica, who won a bronze medal at the 2015 World Para Archery Championships in Germany, returned to her studies at Longdean School in Hemel Hempstead where the world record holder received a



warm reception with a special mention in assembly when she got back to England.

Jessica now hopes her performance in Dubai will 'improve' her chances of competing at the 2016 Rio Paralympics. She says SportsAid's support, as well as that of her family, has been crucial in helping her cover equipment costs and giving her an extra boost during the early stages of her sporting career.

"SportsAid helped me buy my equipment," said Jessica. "They helped start my career and put me on the right path, as well as easing the financial struggle I would have had. Receiving support from SportsAid gives me more motivation as I know people believe in my ability and that I am a good archer."

"My family is imperative to supporting me, without them I don't think I would have got this far in my career. The most influential person I would say is my twin, as without her, I would probably not have the motivation to compete and make her proud."

What will you do to #SupportTheNext generation of British sporting heroes? SportsAid needs your help to ensure talented athletes like Jessica can continue receiving the support they rely on. To donate, please text 'NEXT01 £5', 'NEXT01 £10' or as much as you can give to 70070.



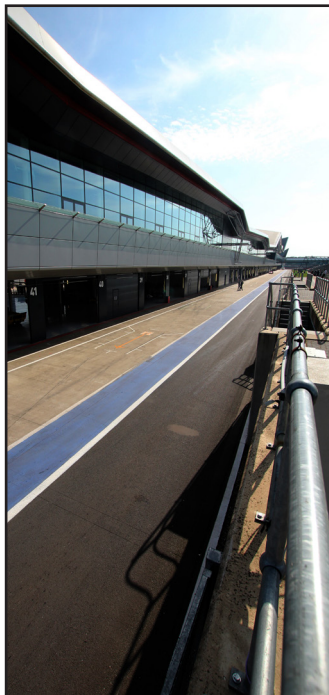
Patron: Her Royal Highness
The Duchess of Cambridge
Charity: 11116121
Website: www.sportsaid.org.uk



'Silverstone' Classic Cars

At 'Silverstone' Classic Cars, there will be a packed weekend of over 100 car clubs featuring more than 10,000 classic cars, including interactive driving activities and dynamic demonstrations.

Silverstone Classic cars will provide spectacular classic motor racing on the world famous circuit, and plenty of entertainment to enjoy too, with live music from headline acts, aerial displays, a vintage fun fair, and a shopping village.



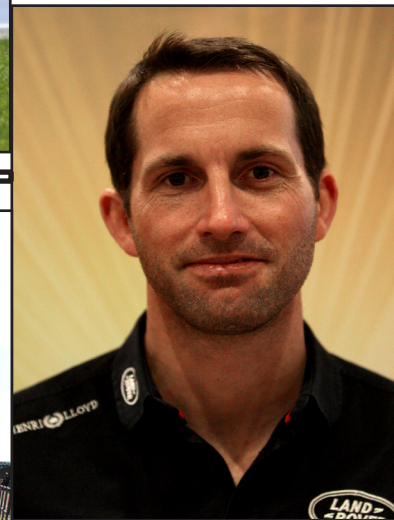
21st - 24th July 2016



MAJOR EVENTS

America's Cup World Series

Held in 'Portsmouth'



British Captain Ben Ainslie the Olympic champion will be heading the GB Team this year.

And he has pledged to bring the America's Cup closer to the people of Portsmouth.

The America's Cup World Series event will deliver an incredible four days of world class sport and entertainment action. This will be the most spectacular show in sailing returning to the beautiful coastal region of Portsmouth.

The America's Cup teams will battle it out on high-speed, flying catamarans, with the speed reaching at around 40mph.

You will see the sailor's close-up, and learn about the racing and the technology with live commentary and big screens to give you an account of the racing as the teams reach incredible speeds.

29th June - 3rd July 2016



Henley Royal Regatta 2016



The Henley Royal Regatta, attracts thousands of visitors over a 5-day period. The spectators, on those days will enjoy 200 races of an international standard, including Olympians and crews new to the event.

The Henley Royal Regatta, at Henley-on-Thames is so picturesque, it's looks like a picture post card, it's enough to encourage any artist to capture and be inspired by the town's historical beauty, lush riverbanks and calm flowing water waves.

It's an idyllic setting to have a picnic along the Thames river, were families and friends can watch the oarsmen going by as they tuck into their freshly made sandwiches.

British Vitality 10k Run, London

10th July 2016

Now it's 16th year, the Vitality British 10k London Run is staged on the world's greatest route through the heart of the City of Westminster & the City of London.

Around 25,000 runners from all over the UK and overseas, and charity runners will be raising millions of pounds for worthy causes. Piccadilly outside the Guards & Calvary Club and will finish at the Cenotaph.



Q5: What is the name of the Stadium where the main event of Rugby matches are held?

Q6: Where was the LEN European Aquatics Championships in the swimming, diving and synchro, held?

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

Q1: Who won the Gold medal at the World Cup Gymnastic Championships in Glasgow, in the Pommel Horse?

Q2: In the 2016 UCI Track Cycling World Championships what two cyclists took the World Madison title?

Q3: Where is the William Hill World Darts Championships in London, held?

Q4: What month does the London Marathon event, start. Is it April or May?

Q7: Can you remember what state in America was the 2016 IAAF World Indoor Championships held?

Q8: Who is the British sprinter and the fastest British woman athlete who specialises in the 100 metres?

Quiz

Let's see if you know the answers, for you might remember some of them.

The answers are on page 30

Eating Healthy

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

Spinach and Artichoke Casserole

It's true: You can get all the home-cooked flavour and warmth of a casserole recipe without all the calories and fat. Clocking in under 400 calories and 15 grams of fat per serving, these healthy casserole recipes prove comfort food actually can be good for you.



BHG.com

Ingredients

- Non-stick cooking spray
- 1 cup dried whole wheat orzo pasta
- 12 ounces turkey breast tenderloin, cut into thin bite-size strips
- 1 medium red sweet pepper, seeded and cut into thin bite-size strips
- 1/3 cup chopped onion (1 small)
- 3 cups chopped spinach
- 1 - 9 ounce package frozen artichoke hearts, thawed and coarsely chopped
- 1 - 16 ounce jar light Alfredo sauce
- 3/4 cup shredded reduced-fat Italian blend cheeses (3 ounces)
- 1/2 cup whole wheat panko (Japanese-style bread crumbs)

Makes: 6 servings
Prep: 25 mins
Bake: 25 mins 350°F
Stand: 15 mins

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

Saskia Clark
and
Hannah Mills

4



7



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INTERVIEW-WITH:

2012 London Olympics Champions (Silver Medallists)

They are British sailors sailing the 470 Women's race

Hannah Mills Saskia Clarke are British sailors who competed in the 2008 Summer Olympics and who were selected, to sail in the 470 Women's class for Team GB in the 2012 Summer Olympics. They went on to win Silver at the games. And they both also claimed Gold at the 2012, 470 World Championships in Barcelona.

What inspired you to take up sailing?

Hannah Mills: To me my family wasn't into sailing, so I was always hugely competitive, I have two older brothers which makes you a bit more competitive. I just loved all sports, I loved going sailing and being out on the water, doing what you do on your own, no parents around and just getting on with it, just being independent. There's so much to it, it's multi dimensional, so it's a great sport.

So what is the high point and the low point of your career?

Saskia Clarke: The high point was

definitely London 2012, it was all aspects of it really, it was a great time to be a British Athlete. And the low point for me are real missed opportunities, that I haven't quite managed to put all the pieces of the jigsaw together. When that happens it's difficult to stay together.

Hannah Mills: Well, obvious my high point was the Olympics, it was the most incredible thing with a hundred thousand people. We've never done that before, the energy is massive. It really brought it home that the Olympics is here in England. So that was my high and my low was in the London

cycle I had a year, that I was really disjoined, just not finding my way, it was really hard at that point to mentally keep going, then finally Saskia came along. And the rest is history.

What advice would you give to young people who would want to take up sailing?

Saskia Clarke: Quite often there are a lot of lows along the way, at those points the highs seem far away and really unachievable but sort of try to maintain a sort of belief during those times, cause it's not easy, whatever the sport, life, career whatever, you've got to have belief in yourself, work hard and it will all come good.

Hannah Mills: Sailing is a real

inclusive sports, it's very friendly, you meet people all around the world, you get to travel round the world at a really young age, it's just a real community feel about the sport. And even in British sailing clubs, they are out there, to get involved, it's a fantastic sports to be a part of and I absolutely love it.

What about Rio?

Saskia Clarke: Our plan for Rio, we want to go one better than we did in London, for we got a Silver medal, so now we want Gold. Every day, it's trying to do better, pushing a bit harder than we did the last time.

Hannah Mills: I feel the same way, we are working harder than ever, to get the top spot.



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



6th - 10th July 2016

European Athletics Championships

Held at the Olympic Stadium, Holland

The European Athletics Championship will be held in Amsterdam, Holland, for the first time, and will be hosted in Amsterdam's, Olympic Stadium.



The European Athletics Championship will have 1,300 athletes from 51 countries competing for medals in 46 athletics disciplines. and will include 22 athletics events.

27th August 2016

Rugby 'Challenge Cup' Final

Held at Wembley Stadium

The Ladbrokes Challenge Cup - Local community teams, student and the armed forces all compete alongside the elite of Super League.



The Ladbrokes Challenge Cup 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.

8th - 10th July 2016

Formula 1 - British GP, Silverstone

Held at Silverstone

At Silverstone, the F1 drivers battle it out, during a great weekend-long party of racing. You can witness a world-class sporting experience, with fast, action motoring, all day. The Race is on!

17th July 2016

IRON MAN, UK, Bolton

Held in Lancashire

Iron Man will be held in Lancashire with a course of stunning scenery, it will also include a beautiful lake swim in Pennington Flash. Cyclists will embark on a 112-mile, two-loop journey and the run begins at T2 at the Macron Stadium.

14th - 18th August 2016

Cricket - England v Paskistan

Held at Lord's Cricket Ground - First Test

The first test, opening Investec Test match is a four-match series between England and Pakistan, to be held at the Home of Cricket. The Pakistan team who will be touring England for the first time since 2010, will return to Lord's for the 2nd Royal London ODI on Saturday 27 August.

11th - 15th August 2016

Cricket - England v Paskistan

Held at Oval Cricket Ground

The Kia Oval will once again host the final test in 2016, with Paskistani playing England from Thursday, August 11th to Monday August 15th.

22-July 2016

The London Anniversary Games The Queen Elizabeth Olympic Park

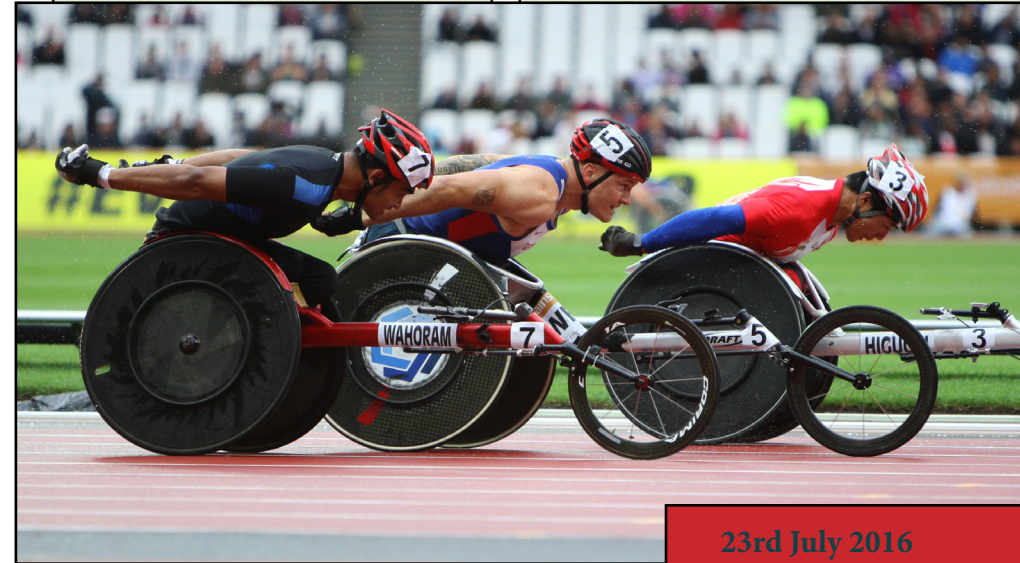


The Olympic Stadium will play host to the prestigious IAAF Diamond League meet for another year running.

For the London Anniversary Games is one of the best athletics meetings in the world, and the world's fastest man, World record holder Usain Bolt will grace the track, and set the stadium alight on Friday 22nd July! it will be a electrifying performance.

But there will be also Mo Farah, Dina Asher Smith - Picture below: Chijindu Ujah, Harry Aikines-Aryeetey, Richard Kilty and James Ellington to name a few.

This will be the last opportunity for athletes to put the finishing touches on their preparation for the Olympics in Rio.



23rd July 2016

The IPC Grand Prix Final 2016 - Strafford

The Queen Elizabeth Olympic Park



The Olympic Stadium will host the IPC Grand Prix Final, which will also be incorporated into Saturday's IAAF Diamond League meet programme. Paralympic stars such as David Weir, Jonnie Peacock and Hannah Cockcroft, will compete before they head off to Rio de Janeiro for the Olympic and Paralympic Games.



5 - 21 August 2016

5 - 21 August 2016

OLYMPIC GAMES - 2016

XXXI OLYMPIC GAMES

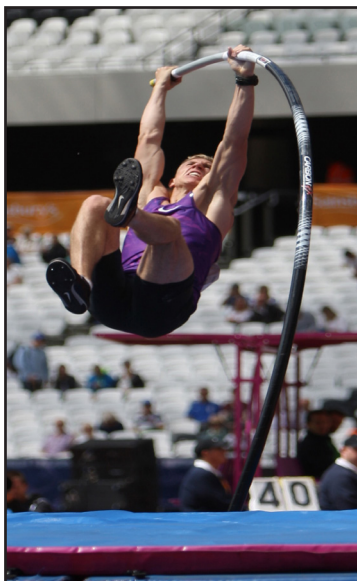
RIO DE JANEIRO

RIO DE JANEIRO

Land: Running-Jumping-Throwing-Hurdling

Water: Freestyle-Butterfly-Backstroke-Dive

The city of Rio de Janeiro will be hosting the Olympic games from the 5-21 August 2016, it will be amazing, for it has a rich and colourful history. The Olympic Torch will cover over 300 cities, spread across five regions of Brazil, it will take centre stage, then the ceremony, and then the games will begin. There will be 10,500 athletes from all over the world competing, from 206 countries taking part in this remarkable sporting event. There will be 32 competition venues, spread across 4 regions of the city, Deodoro, Maracana, Barra and Copacabana.



The Rio 2016 Olympic Aquatic swimming pool will be overflowing with world-class stars, such as South African Chad le Clos, American Missy Franklin and Brazilian Cesar Cielo. And from the GB Diving team, Tom Daley, and the rest of the diving team hopefully going for gold and good luck to the GB Canoe Slalom and GB Sailing teams.





The London Triathlon'

6 - 7 August 2016

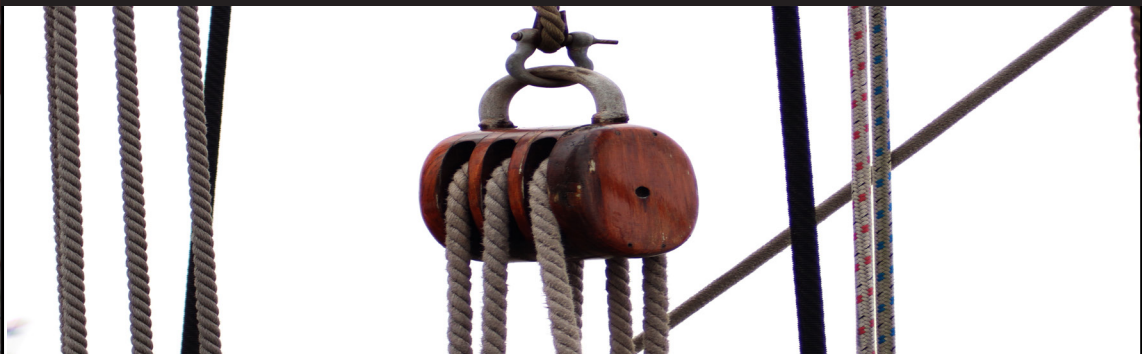
At the Excel Centre - Custom House

At the Excel Centre, the London Triathlon will be held there once again. 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.

It is the world's largest Triathlon, attracting over 13,000 triathletes participating at world class level and at least 30,000 spectators.

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. There are many people who run for the many charitable organisations.

So show your support and come down and cheer them on.



Friday 26 - Monday 29 August 2016

Held at Blyth, England

1956-Sixty Years-Diamond Anniversary

It's the first time that Blyth in Northumberland has hosted the North Sea Tall Ships event, so the town will be welcoming the international fleet to it's shores. Then the ships will sail on to Gothenburg in Sweden, who successfully hosted this major event for the fifth time, before. Also the Tall Ships Races will be celebrating a diamond anniversary as it will be sixty years since the first Tall Ships race in 1956.



Exercises and physical fitness

Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons, including the strengthening of muscles and the cardiovascular system, though to athletic skills, weight loss or maintenance, as well as for the purpose of enjoyment and having fun. Frequent and regular physical exercise boosts the immune system, and helps prevent the "diseases of affluence" such as heart disease, cardiovascular disease, Type 2 diabetes and obesity.



2 easy steps to stay fit and healthy

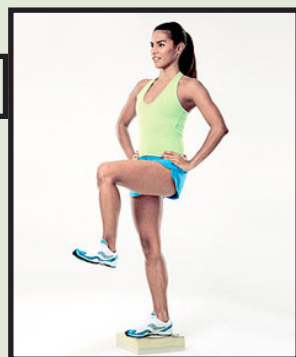
This month we will be focusing on the thighs

1



1. You're going to start off with your feet shoulder width apart. Squatting down, make sure your knees are aligned with your ankles. You're going to stay at this height the entire time, so you're not going to pop up and down. Stay like this for 5 counts, then sit down again. And repeat for at least 6 times.

2



2. Start off with your feet shoulder width apart. Then put both hands up on to your hips keeping your back straight. Slowly raise your right leg, so the knee is parallel to your hips, hold for 5 secs then lower your leg, whilst keeping the left leg down and straight. Repeat on the other leg.

Cricket



CRICKET

Start date: 2 July - 30 August 2016 UK

SCHEDULE: Cricket

Saturday 02 July 2016

England v Sri Lanka Royal London ODI Series 2016
10:30 England v Sri Lanka SWALEC Stadium, Cardiff

Tuesday 05 July 2016

England v Sri Lanka NatWest T20 Series 2016
18:30 England v Sri Lanka Ageas Bowl, Southampton

Thursday 14 July 2016

England v Pakistan Investec Test Series 2016
11:00 England v Pakistan Lord's, London

Friday 22 July 2016

England v Pakistan Investec Test Series 2016
11:00 England v Pakistan Emirates Old Trafford, Manchester

Wednesday 03 August 2016

England v Pakistan Investec Test Series 2016
11:00 England v Pakistan Edgbaston, Birmingham

Thursday 11 August 2016

England v Pakistan Investec Test Series 2016
11:00 England v Pakistan The Kia Oval, London

Wednesday 24 August 2016

England v Pakistan Royal London ODI Series 2016
14:00 England v Pakistan Ageas Bowl, Southampton

Saturday 27 August 2016

England v Pakistan Royal London ODI Series 2016
10:30 England v Pakistan Lord's, London

Tuesday 30 August 2016

England v Pakistan Royal London ODI Series 2016
14:00 England v Pakistan Trent Bridge, Nottingham



The Longines Royal International Horse Show - Hickstead
26th - 31st July 2016

The Longines Royal International Horse Show, is one of the biggest outdoor horse shows in the country.

It has everything from the exciting, thrilling class performance of international showjumping to the elegance and glamour of champion showing horses and ponies, to the exhilarating buzz of the country's best scurry ponies to event riders galloping across-country. So come to Hickstead and enjoy what it has to offer.

Don't Miss

This will be fun for all the family.

Red Bull Air Race World Championships
13th -14th August 2016



Ascot will host the Red Bull Air Race for the third consecutive year in 2016. Situated in the beautiful wooded countryside of Berkshire, Ascot depicts an idyllic portrait of traditional British sporting heritage. Ascot will witness a sport of a different pedigree and horsepower – the high speed, low altitude action of the Red Bull Air Race World Championship.

Answers from Quiz Questions on page 14: Q1: Matt Whitlock Q2: Bradley Wiggins and Mark Cavendish Q3: Alexandra Palace Q4: The month of April Q5: Twickenham Stadium Q6: The London Aquatic Centre Q7: Portland, Oregon Q8: Dina Asher Smith

Cycling - Tour De France - Grand Depart 2016

2 - 24 July 2016

La Manche a Son Tour

The Tour de France will be made up of 21 stages and will cover a total distance of 3,519 kilometres of cycling.
 Chris Froome's bid to win a third Tour de France will be one of the highlights of 2016.



Look out! for Sept's and Oct's Issue 2016

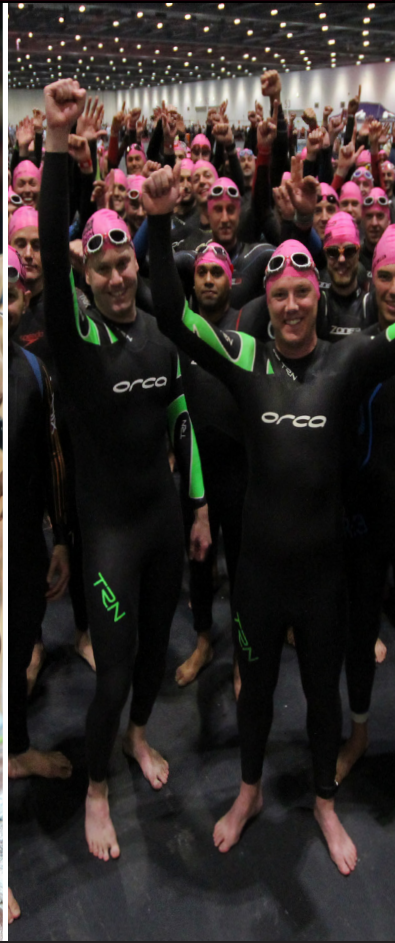
The Editor: Thank you for reading 4 Sports Magazine, we will try and keep you updated with what's going on.

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



IWAS U23 World Games
Held in the Capital of PRAGUE
29th June - 3rd July 2016



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