

4SPORTS

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Sep/ Oct 2016

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Free



Sportsmen and women of the future

EVERY DAY | uk sport

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Paralympics Games 2016 Rio de Janeiro

Four Nations Rugby 2016

All England Jumping Championships Hickstead

Athletics Great North Run



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HALF MARATHON
2016

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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.



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

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Goodwood 'Motor Racing' Circuit

p13 The Goodwood 'Motor Racing' Circuit is a three-day September festival.



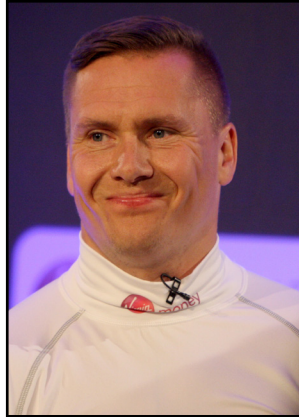
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Main Feature of the Month

INTERVIEW-WITH:

DAVID WEIR

Is a 36 year old British Paralympic wheelchair athlete. He has won a total of six gold medals at the 2008 and 2012 Paralympic Games, and has won the London Marathon six times.



Photography by Eileen Jacas



During the London Marathon in 2015, your gloves were coming apart do you think you could have won it, otherwise? and you came 3rd in the 2016 London Marathon how did you feel about that?

Yes, I think I could have won, for I had to change my racing technique and it tied me out because my technique was slightly different to what I was use to. And 2016, well Marcel had a good run, and won. "If it comes, it comes and if it doesn't, it doesn't. I'm happy with what I've done in my career, but I'm not saying I'm going to retire. I still feel I have more to give and I'll be back next year.

Looking back what was the high-light in your career so far?
London 2012 was by far the biggest

achievement to date, that's never going to happen again, it was a special 10 days of my racing career.

If you ever stopped competing would you ever miss it?

I do sometimes think what am I doing, but it's all worth it when you do great times... Marcel Hug is the fastest guy in the world at the moment, so if I'm still up with him, then you know, and it gives you an incentive to train harder. He needs someone to try and tackle him, and I do as well.

What were your worst moments in your career?

1997 was probably the worst time in my career. I remember that I just lost the love of the sport, I'd been racing since 8. And Atlanta in the USA, wasn't the best experience but I came back stronger, this what



Paralympics is like and I'll just give it another go and let's see what happens.

Why did you decide to have Jenny (Jenny Archer) as a coach?

I think because she's not frighten in telling you what she thinks and she gets the best out of you, and I think that's what I needed years and years ago. I was talented but to get the best out of me I needed someone to push me and push me. It's not so bad now, she's pretty much more relaxed on training now. I might say can we do this, and she might say, yes alright, let's do it.

How far can you go, it's hard to get to a higher level?

Yes, it is hard, I don't know if there is another level. Maybe there isn't one.

What makes you relaxed and happy, I know you are close to your family, are they the ones that keep you going?

When I was on holiday in the South of France for a month, that was nice. No phone calls, no internet, no calls about racing or nothing. It was just quality time with my family, I enjoyed that and I don't know when I'm going to do that again. I hope to go on many more.

And your thought on Rio?

Like everyone else who is going to Rio, I just want to win and make my country and family proud.



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

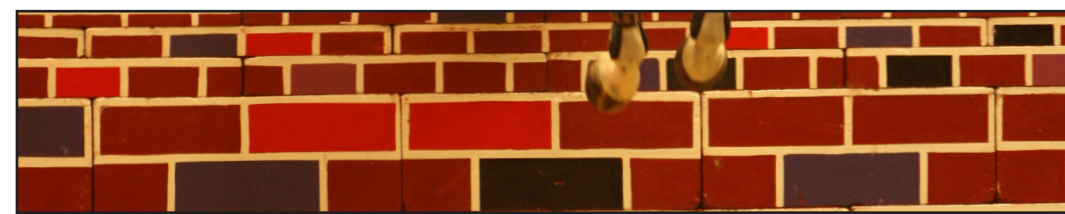
**Horse of the year show
Birmingham NEC
5th - 9th October 2016**

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

The Horse of the year show Birmingham NEC is one of the World's Most Famous Horse Show in England.

Whether you are a competitive rider, horse enthusiast or simply want to enjoy an exciting day out, with all the family.

There will be high-class entertainment such as jumping, riding and driving, just breathtaking displays of horsemanship.





Photography by Eileen Jacas



Athlete of the Future

Courtney Tulloch

Words by
Richard Bates

Courtney Tulloch
20,
from Maidenhead
Artistic Gymnast

Still only 20 years of age, Courtney is currently the Youth Olympic Champion in Artistic Gymnastics and The Albatross Group has been proud to sponsor and support him since 2010.

He is on the Team GB shortlist of 8 elite gymnasts to travel to Brazil for the 2016 Olympics was chosen to carry the Olympic Torch through Maidstone, his home town, in advance of the London 2012 Olympic Games.

The Albatross Group helps to fund his travel costs, along with those of his trainer and mother. We have also provided Courtney with a laptop to help him to continue studying for his exams whilst away training or competing and everyone at Albatross takes a keen interest in his continuing success.

During his Junior Career he was a two time All Around Champion at the UK School Games and won several titles on Still Rings. He also helped the Junior British team win the European title at the 2012 European Championships in Montpellier, as well as winning a Gold medal on the Still Rings.

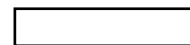
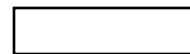
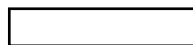
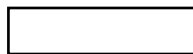
In 2013 he won a Silver medal at the World Cup in Ljubljana on the Still Rings.

In 2014 he was chosen to represent Great Britain at the 2014 World Artistic Gymnastics Championships in Nanning, China where he helped the men's team qualify to the team final with performances on Pommel Horse, Still Rings and Parallel Bars. He also qualified in 5th place for the Still Rings final with a score of 15.700.

Courtney is a hugely talented and motivated young man who displays a passion for winning combined with a fantastic personality and a real appetite for hard work.



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



2nd - 4th September 2016

MAJOR EVENTS

Golf European Senior Tour

Travis Perkins Masters Duke's Course, Woburn



**Golf - European Senior Tour
'Travis Perkins Masters' Duke's Course, Woburn
2 - 4 Sept 2016.**

The Travis Perkins Masters, one of the longest-running tournaments on the European Senior Tour, will mark its 16th anniversary when it returns to the Duke's Course at Woburn Golf Club from 2nd - 4th September 2016.

**BTCC British Touring car Championship
Brands Hatch - Sat 1st - Sun 2nd
(Schedule from April to October 2016)**



11 September 2016



Athletics-Great North Run



The Great North Run half marathon will be at Newcastle-Gateshead-South Shields, on Sunday 11 September 2016

The Great North race will start in Newcastle upon Tyne the 13.1 mile route takes runners through the city centre towards the River Tyne where thousands of people will cross over the iconic Tyne Bridge. From there runners will travel through Gateshead, to South Shields, then straight down the final straight towards the finish gantry.

There will also be thousands of supporters, on route cheering the runners on.

Goodwood 'Motor Racing' Circuit Goodwood Revival Meetings

9th -11th Sept 2016

Chichester, West Sussex

The Goodwood 'Motor Racing' Circuit is a three-day September festival of roaring, fast, motor racing with the accompanying glamour, if you wish to participate, of the 1940s, '50s and '60s car event then come along.

To ascend on Goodwood will be the fastest and most raciest iconic cars and bikes you've ever see, around a track. It will be an exciting ride, and a thrilling and unforgettable experience, with the sound of burning rubber, and the smell of the engine speeding towards the line.



Q5: How many titles has the snooker player Ronnie O'Sullivan won in the 'Masters' Snooker Championship?

Q6: What does the British former athlete Rebecca Adlington do in the water, is it Swimming or Diving?

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

Q1: Do you know the surnames of the two brothers Alastair and Jonnie who are Olympians in the Triathlon?

Q2: Who won the men's tennis singles at Wimbledon in 2015?

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

Q4: Where was the 2016 hockey championships trophy held in London?

Q7: The SSE Women's FA Cup Final, that was held in Wembley Stadium, who were the teams that played against each other?

Q8: What city in Brazil are the 2016 Paralympic Games held? and when did it start?

The answers are on page 31

Quiz

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

Eating Healthy

For an easy dinner idea, top watercress leaves with cornmeal-breaded tomatoes and juicy pork tenderloin. Toss with blue cheese crumbles and sweet and sour sauce for a bold kick.

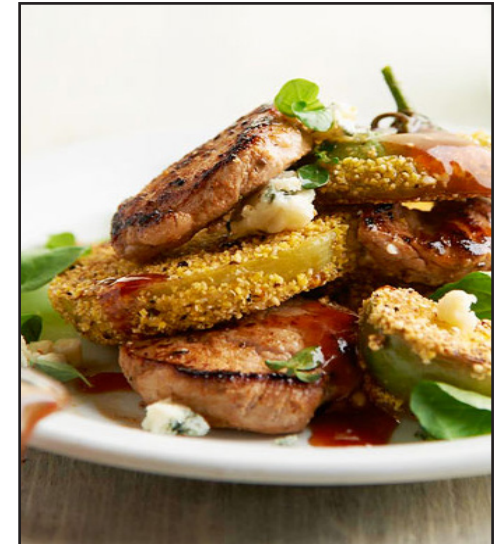
Ingredients

- 1 pound pork tenderloin
- Salt and ground black pepper
- 1/2 cup cornmeal
- 1 egg, well beaten
- 2 small green tomatoes, sliced 1/2-inch thick
- 2 tablespoons olive oil
- 1 cup watercress
- 2 ounces crumbled blue cheese
- 1/3 cup bottled sweet and sour sauce (or red pepper jelly, warmed, and mixed with 1 to 2 Tbsp. cider vinegar)

Directions

1. Slice tenderloin crosswise in 12 slices. Slightly flatten with palm of hand. Sprinkle with salt and pepper.
2. In shallow dish, combine cornmeal, 1/2 tsp. salt, and 1/2 tsp. pepper. Place beaten egg in second shallow dish. Dip tomato slices in egg, then coat in cornmeal mixture; set aside.
3. In 12-inch skillet heat 1 Tbsp. oil over medium-high heat. Cook pork for 3 minutes each side, until golden brown on outside and slightly pink inside. Transfer to platter; cover to keep warm.
4. Add 1 Tbsp. oil to skillet. Cook tomato slices for 2 to 3 minutes each side until golden, adding oil if necessary. Serve pork and tomatoes with watercress and blue cheese. Drizzle sweet and sour sauce.

Pan-Seared Pork & Fried Green Tomato Salad



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.

Editor's Choice of the Month

TOM DALEY

He is a British 10m Platform Diver



Photography by Eileen Jacas

10m Platform title in Rome. Daley continued to progress in 2010, scooping double gold for 10m Platform and 10m Synchro at the Commonwealth Games in Delhi. In 2012, he won the overall FINA World Series title as well as his second European gold before qualifying for London 2012 with gold at the British Gas Diving Championships in Sheffield. It was at the London Olympics where Daley won the hearts of the British public, winning an emotional, last-gasp

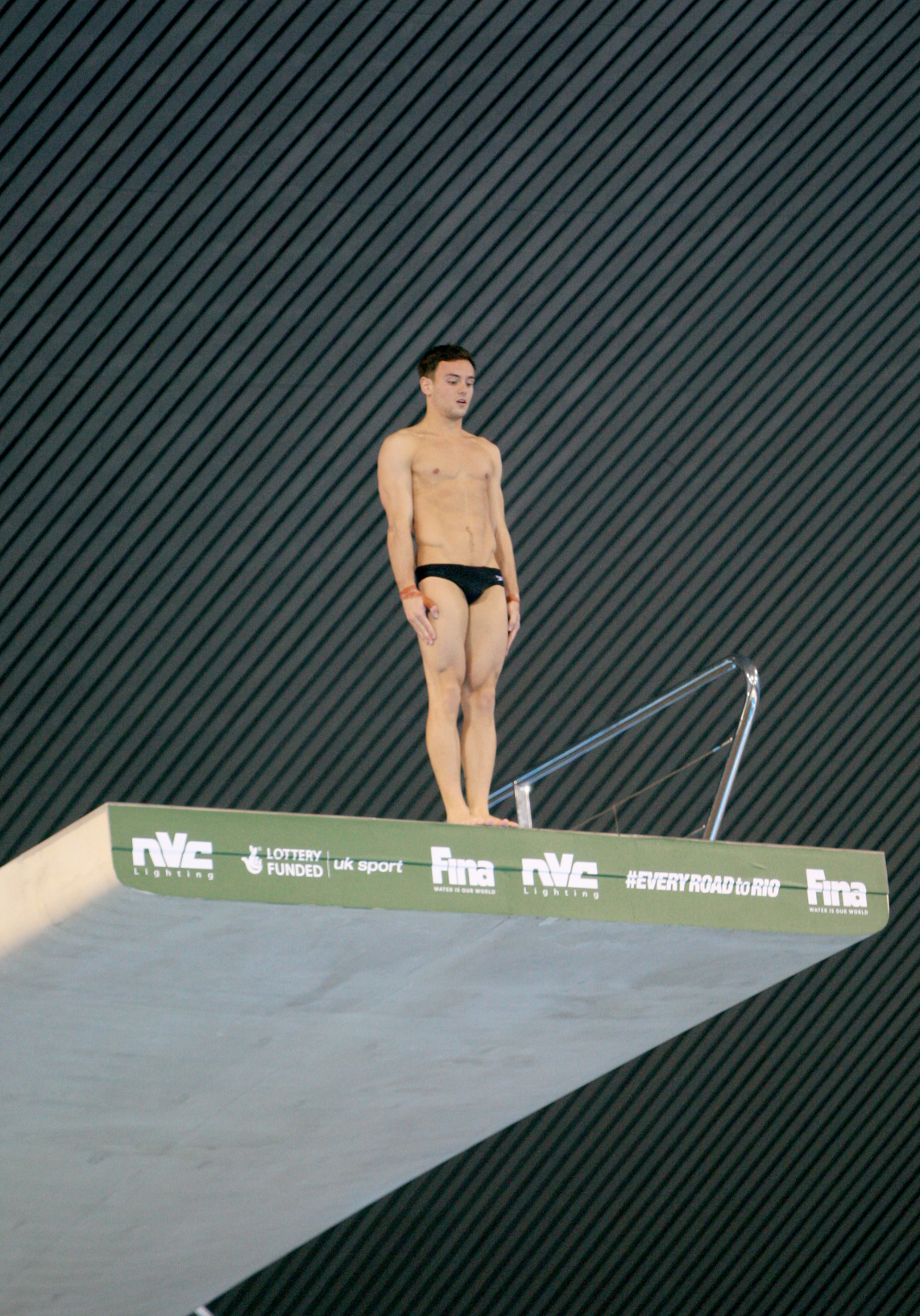
bronze medal in the 10m Platform event.

After switching to a new coach and training base in 2014, Daley continued to collect international medals, winning silver and bronze on the World Series, before defending his individual Commonwealth 10m Platform title in Glasgow then winning silver in the same event at the European Championships in Berlin.



When he looks down from the 10 metre board, to view his entry, you wonder what he is thinking at that moment in time. It's high up, it's as if he is 'the king of the world', looking down on the small people looking up with wonderment, until he makes a fearless leap submerging into the water below. He is still only 22 years old,

Daley burst on to the scene by winning European 10m Platform gold as a 13-year old in 2008 then reaching the Olympic final on his debut at Beijing 2008, ultimately finishing seventh. The following season, he became Great Britain's first individual World Championship gold medallist, winning the



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>

16th - 18th September 2016



Tennis, Davis Cup semi-finals

Davis Cup a tournament between nations

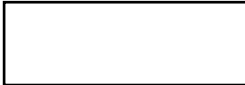
The 2016 Davis Cup is the 105th edition of the Davis Cup, a tournament between national teams in men's tennis.



At this season's tournament the deciding set of each match will be settled by a tiebreak at 6 games all, rather than playing an advantage set until a player or a team are two games clear.

Great Britain's Andy Murray and team-mates impressive win of the Davis Cup last year was an historical moment, so defending their title will be even more magical. Schedule dates: Are the 16th-18th September - World Group semi-finals and the 25th-27th November - World Group final.

8th October 2016



Rugby - Super League Grand Final

Held at Old Trafford, Manchester

The Rugby Super League Grand Final will be an afternoon of excitement, with a great atmosphere in the iconic Old Trafford stadium, where two rugby club's battle for the title of Champions. There will be live music, fireworks, DJ sets and cheer-leaders and many more fun activities.

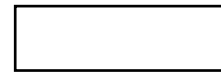
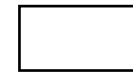


7th September 2016

Cricket - England v Pakistan twenty20

Held at Old Trafford, Manchester

ICC World Cup Finalists England take on Pakistan in this one-off NatWest International T20 at Emirates Old Trafford on Wednesday 7 September 2016. The Three Lions are unbeaten in International T20 cricket in Manchester and will be looking to make amends from their World Cup Final defeat.



17th September 2016

Cricket - One-Day Cup Final

Held at Lord's Grounds

The Royal London One-Day Cup began in June 5th, with a group stage that lead into the quarter-finals, semi-finals and Lord's on the 17th Sept.

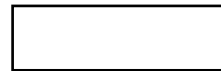
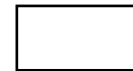


27th -30th September 2016

Motorsport - Wales Rally GB

The Rally of Legends

It's the final European round of the FIA World Rally Championship. You'll see top class rallying at one of the world's most powerful, dramatic and fast growing sports.



1 - 4 September 2016

MotoGp - Silverstone

Held at Silverstone

The British MotoGP™ is heading for Silverstone this year. There will be British superstars such as Cal Crutchlow, Bradley Smith and Scott Redding racing for glory in front of their home crowd,



1st - 4th Sept 2016

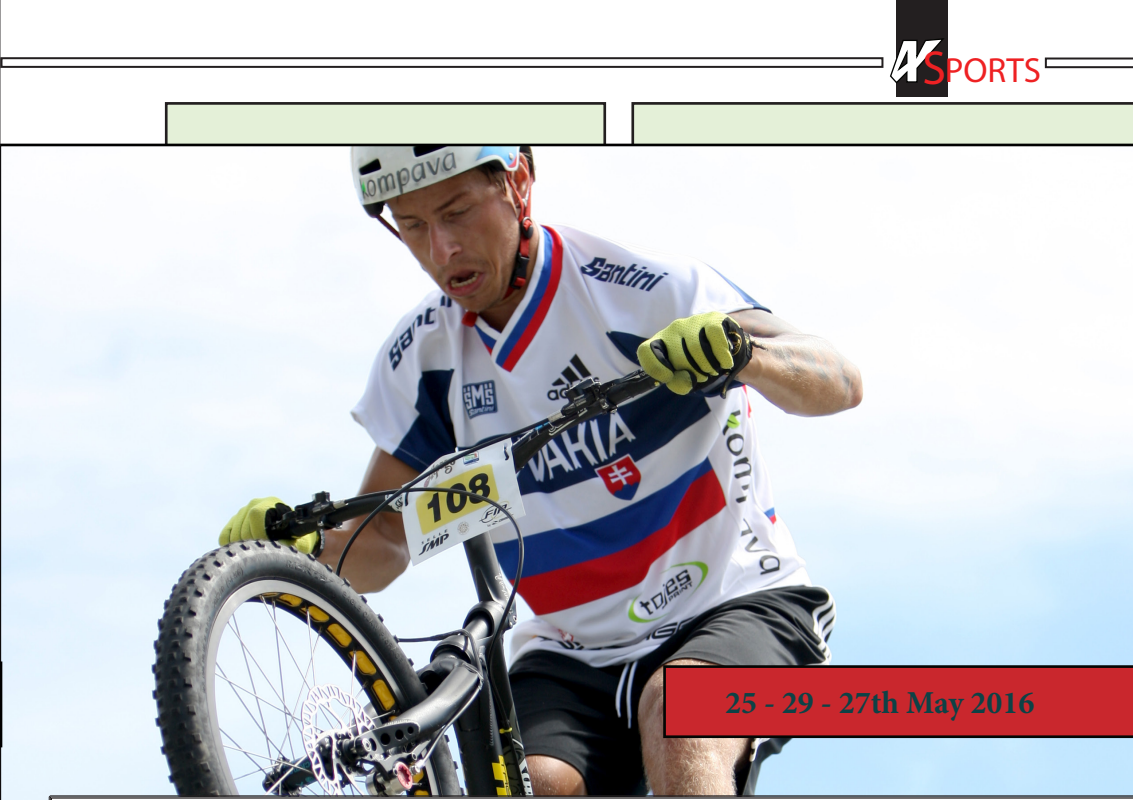
All England Jumping Championships

Hickstead

Hickstead introduced a brand new national competition, the All England Jumping Championships, in 2011, and since then the show has gone from strength to strength.

Along with two different sections for amateur riders, there is something for every calibre of national rider.

It's a great 4 days, for all the family, to enjoy.



25 - 29 - 27th May 2016

London BMX Series 2016 - London BMX RD1

VeloPark, Olympic Park - Round 5, 8th Oct 16



The London BMX Series was launched at the end of the 2013, and now it's an annual club series hosted by the BMX racing clubs of London.

The series aims to provide a platform for novice riders to get a taste of BMX racing within easy reach of central London

The races are held in Peckham Rd 1, Greenwich Rd 2, Merton Rd 3, Hayes Hawks Rd 4 and Hackney BMX @ Velo Park - 8/10/2016 Rd 5 (London Champs).

7 - 18 September 2016

7 - 18 September 2016

PARALYMPIC GAMES - 2016

PARALYMPIC GAMES - 2016

RIO DE JANEIRO

RIO DE JANEIRO

Land: running-jumping-throwing-peddalling-firing

Water: sailing-swimming-canoeing-rowing

The Paralympics games will be held 2 weeks after the Olympic games, in Rio. The Torch will make its appearance, and will look the same as the Olympic Torch closed, but when opened its soul will be revealed, for although there will be high points and low points in a Paralympic athlete, the emphasis will be based on courage, determination and achievement of the athletes.

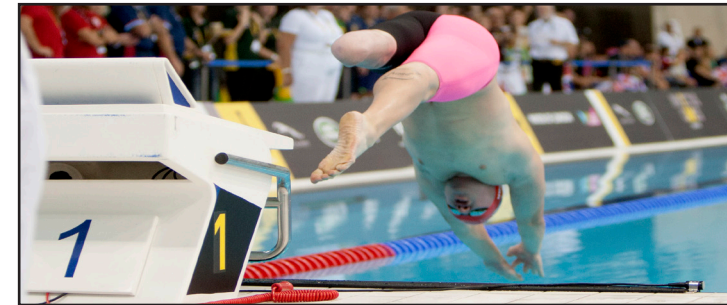
There will be 4,350 athletes from all over the world competing, from 176 countries taking part in this remarkable sporting event. There will be 32 competition venues, spread across 4 regions of the city, Deodoro, Maracana, Barra and Copacabana, and 23 sports to support.

THE SPIRIT OF MOTION



The Paralympic athletes will be competing at the Aquatic swimming pool in Rio. It will be overflowing with world-class stars, such as from the GB team Ellie Simmons and Bethany Firth, Brazilian Andre Brasil and many more. The sailing venue will be at the Marina da Gloria, with the beautiful back drop of the city.

THE SPIRIT OF MOTION





1st- 8th October 2016

Held at Manchester Velodrome
at the National Cycling Centre

The 2016 UCI Track Cycling World Masters Championship will be held in Manchester but this year will be the last time. For a while the championships are being held in the Manchester Velodrome at the National Cycling Centre but now the event will move to Los Angeles in the USA for 2017 and 2018.

The Team Sprint and Team Pursuit, and other races will be exciting, so take a chance, while it's close by.



28th Oct to 20th Nov 2016



FOUR NATIONS 2016
 Held at six main venues in England
(The International Rugby League)

The 2016 Four Nations tournament is the second biggest international Rugby League tournament to come to the UK in five years which features host nation England, World Cup holders Australia, No.1 ranked team in the world New Zealand and Scotland.

Six venues will be used during this year's Four Nations including KC Lightstream Stadium, Hull, The John Smith's Stadium, Huddersfield, Ricoh Arena, Coventry, Zebra Claims Stadium, Workington, **Queen Elizabeth Olympic Park, London** – with the final being played at one of the most iconic stadiums in world sport, Anfield. (See page 29, for schedule of play).



British Rowing Championship
 the Senior British Championships
Nottingham | 22 - 23 October 2016

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

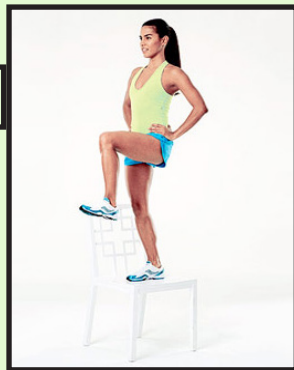


1. Lateral Step-Up

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.

Football

The UEFA Euro Football | Schedule

Dated: 1st Sept - 28th Oct 2016

September

1 September: UEFA Women's Champions League round of 32 draw, Nyon
 1-6 September: UEFA European Under-21 Championship qualifiers
 4-6 September: European Qualifiers (2018 FIFA World Cup)
 10 September-1 October: FIFA Futsal World Cup, Colombia
 15-20 September: UEFA Women's EURO 2017 qualifiers (groups end)
 13/14 September: UEFA Champions League group stage, matchday one
 14 September-25 October: UEFA European Women's Under-19 Championship qualifying round
 15 September: UEFA Europa League group stage, matchday one
 15-16 September: UEFA Executive Committee meeting, tbc
 20 September-31 October: UEFA European Women's Under-17 Championship qualifying round
 20 September-1 November: UEFA Regions' Cup intermediate round
 23 September: UEFA Women's EURO 2017 play-off draw, Nyon
 23 September-6 November: UEFA European Under-17 Championship qualifying round
 27/28 September: UEFA Champions League group stage, matchday two
 29 September: UEFA Europa League group stage, matchday two
 30 September-21 October: FIFA U-17 Women's World Cup, Jordan

October

4 October-16 November: UEFA European Under-19 Championship qualifying round
 5/6 October: UEFA Women's Champions League round of 32, first legs
 5-10 October: UEFA European Under-21 Championship qualifiers (groups end)
 6-11 October: European Qualifiers (2018 FIFA World Cup)
 12/13 October: UEFA Women's Champions League round of 32, second legs
 17 October: UEFA Women's Champions League round of 16 draw, Nyon
 17-25 October: UEFA Women's EURO 2017 play-off
 18/19 October: UEFA Champions League group stage, matchday three
 20 October: UEFA Europa League group stage, matchday three
 28 October-16 November: FIFA U-20 Women's World Cup, Papua New Guinea

Rugby

The Four Nations League | Schedule

Dated: 28 October 2016 - 20 November 2016

Fri 28 Oct: Australia v Scotland, KC Lightstream Stadium, Hull, 20:00 BST
 Sat 29 Oct: England v New Zealand, John Smith's Stadium, Huddersfield, 14:30
 Sat 5 Nov: England v Scotland, Ricoh Arena, Coventry, 17:30
 Sat 5 Nov: New Zealand v Australia, Ricoh Arena, Coventry, 20:00
 Fri 11 Nov: New Zealand v Scotland, Zebra Claims Stadium, Workington, 20:00
Sun 13 Nov: England v Australia, Olympic Stadium, 15:30
 Sun 20 Nov: Final, Anfield, Liverpool, 14:30

FOOTBALL

RUGBY



SIX DAY LONDON - Track Cycling
25th - 30th October 2016

The Lee Valley VeloPark will be hosting six nights of world class track racing set against the backdrop of world class entertainment. There will be lots of fast burning rubber as the riders speed without fear around the track.



Horse-racing British Champions Day - ASCOT

15 October 2016

British Champions Day, now in its sixth year, is the finale of the European Flat racing season. It's the chance to see the World's finest horses and jockeys battle it out for their slice of history.

The Totally Thames - Festival 2016

1st - 30th September 2016

Totally Thames is an exciting month-long celebration of London's river featuring arts, music and community festivals and colourful regattas.



Next weeks issue will feature Lucas Sithole a Wheelchair Tennis player

Look out! for Nov's and Dec's Issue

The Editor: Thank you for reading 4Sports 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.

16th - 24th September 2016

Don't Miss

Just please, pencil this date bold in your diary.

Marvel Universe LIVE!

Your favourite Marvel Super Heroes, including Spider-Man, Iron Man, Hulk, Thor, Black Widow, and more, in a live, action-packed arena performance at the O2 Arena. It will be fun for the whole family.



Answers from Quiz Questions on page 14: Q1: The Brownlee Brothers, Q2: Novak Djokovic, Q3: Alexandra Palace, Q4: The Lee Valley, Hockey and Tennis Centre, Q5: He's won 6 times, Q6: Swimming, Q7: Chelsea and Arsenal, Q8: Rio de Janeiro, 7th September

Skate South Club International
Lee Valley Ice Centre | 26-29 Sept 2016



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