

4SPORTS

Let's take this journey together

Nov/ Dec 2016

Out every 2 months



Cycling - Athletics - Football - Swimming - Rugby - Darts - Equestrian - Tennis

Free

**Sportsmen
and women of
the future**

REFLECTION
- on 2016



**Horse
Show**

London
Olympia

**Rugby
Union**

Twickenham
Stadium

The
Tennis
Championships
Royal Albert
Hall

Veteran
Car Run
Bonhams London
to Brighton



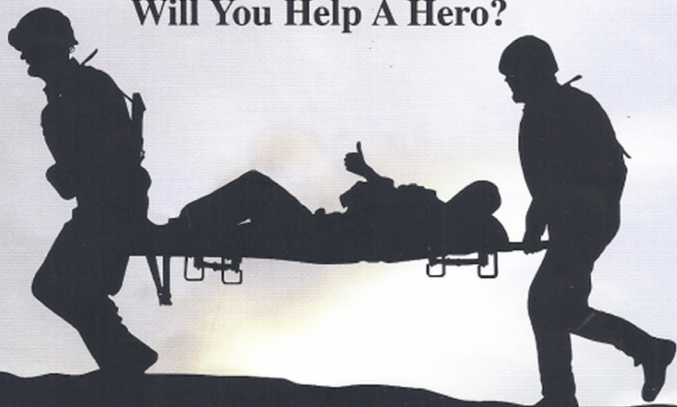
HELP *for* HEROES

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

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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London International Horse Show, Olympia

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The Tennis Championships

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Main Feature of the Month



INTERVIEW - WITH:

Lucas Sithole

A Wheelchair Tennis Player

He is the reigning US Open champion

Photography by Eileen Jacas

L

ucas a 29 years old, young man from South Africa, who was the first from his country to be the reigning 2013 US Open Champion. He beat the world No. 1 David Wagner in the men's quad final in New York. What makes him so remarkable is he has no legs and one arm but Lucas is an amazing inspiration to many, for it's from a tragic situation the has triumphed to glory. He lost both his legs and most of his right arm when he fell under a train aged 12.

The South Africa's president, Jacob Zuma, sent Sithole a message of congratulations for his achievement. "It was no small feat," Zuma said in a statement. "He has made both the government and the people of South Africa immensely proud."





How do you feel about coming second at the NEC Wheelchair Tennis Masters 2015, against the world No. 1 David Wagner?

I feel good, I think I played really well on the day, and I'm looking forward to next year.

Could you tell me a little about your back ground?

I come from South Africa, and I am staying in Johannesburg.

What inspired you to take up Wheelchair tennis?

Tennis is more of an individual sport, and I like to be independent, so I started to play, leading up to now.



What motivates you?

Well, I think it's my goal in life, so I think that's the thing that keeps me going.

What were your best moments and your worst moments in your sporting career?

My best moments were in 2011, when I won the SA Sports Disable Event and my worst moment was 2014 in the US Open, I lost and it was painful.

What would you say or what advice would you give to someone who wanted to take up a sporting career?

Sports is life and you must be fit in whatever sports you are doing. Also it makes your mind strong, physically and mentally strong. So I would say those are the things I'd say, should be applied when getting into high level sports.

Left picture: Lucas coming second at the 2015 NEC Wheelchair Tennis event and Right picture: Lucas and former British decathlete Daly Thompson.

**NEC Wheelchair Tennis Masters
Lee Valley Hockey and Tennis Centre
Queen Elizabeth Olympic Park
30 November - 4 December 2016**



Spanish Riding School

The SSE Arena, Wembley Arena

The Spanish Riding School returns from Vienna, Austria

11th - 13th Nov 2016

The school is called "Spanish" because of the Spanish horses, which performed in the early days of the riding school.

Now it returns to London, so just come and see the dazzling acrobatics of the Lipizzan horses for they will amaze you, for over time, they have been transformed into a living art form of balletic grace and

precision, celebrating the accomplishments of some of the most remarkable horses on the planet.

The equine military training over the years has developed strength, agility, balance, concentration and focus on the rider's demands.

This is an absolute must for any equestrians or horse lovers, or any one who wants to watch this stunning display of horsemanship.





Athlete of the Future

TIN TIN HO

Words by
Richard Bates

Tin Tin HO
17,
from Paddington
Table Tennis

It's easy to forget table tennis star Tin-Tin Ho is just 17. Less than two years ago she burst onto the scene by winning a silver medal at the Glasgow 2014 Commonwealth Games in the mixed doubles, and earlier this month, she was crowned women's national singles champion after performing a stunning comeback against Kelly Sibley live on ITV4. SportsAid athlete Tin-Tin, from Paddington in London, was born into the sport.

SportsAid athlete Tin-Tin, from Paddington in London, was born into the sport. Her



father Charles was a talented young player when growing up in Hong Kong and chose Tin-Tin's name from the initials 'TT' for table tennis. Tin-Tin's brother Ping, 22, used to play for England at youth level and was also supported by SportsAid.

The silver she secured in Glasgow with her doubles partner Liam Pitchford was an incredible achievement for an athlete so young yet it only served to whet her appetite for success. A fortnight prior to winning the national singles title at the PG Mutual National Championships in Hatfield, Tin-Tin was taking the Italian Youth Open by storm. She secured a bronze medal in the singles before winning gold in the women's team event with fellow SportsAid athletes Emily Bolton and Kate Cheer as they edged out Japan in the final. She also teamed up with Kate

to claim silver in the women's doubles. The competition acted as a perfect warm-up for the PG Mutual National Championships.

Her singles finals clash with number one seed Kelly, shortly after Tin-Tin had retained the women's doubles and mixed doubles titles earlier in the day, was a gripping encounter. Tin-Tin came from behind twice to win 4-2 (5-11, 11-9, 3-11, 11-9, 11-9, 11-6) as she triumphed over an opponent she'd never previously beaten in training let alone a competition.

"Winning the National Championships has been a goal since day one," said Tin-Tin. "I've always believed I could but I had lost to Kelly a few times this year so I wasn't feeling the most confident. I found a way to stay in the match and eventually win it. I tried to focus more on being aggressive and relaxing to give myself the best chance."

The day before Tin-Tin had missed out on winning the women's Under-21s title as she lost to her women's doubles partner and good friend Maria Tsaptsinos in a dramatic final. Tin-Tin did beat Maria, who is also a beneficiary of SportsAid support, when they met again in the semi-final of the women's singles in what she described as 'always a tough match'.

Tin-Tin and Maria teamed up to win the women's doubles title, and she won the mixed doubles for the third consecutive year with SportsAid athlete Sam Walker. Tin-Tin felt the atmosphere at the PG Mutual National Championships, with the live television cameras, was the best she'd experienced. She was even spotted by her channel-hopping friends!

"The atmosphere was the best it has ever been since I have played," said Tin-Tin. "The audience seemed really enthusiastic which helped boost the performances. I think it's vital that table tennis is getting more exposure

in England for future development. Even a few of my school friends saw the matches by chance on TV!"

Tin-Tin has now set her sights on the 2016 European Youth Table Tennis Championships in Zagreb this summer with representing Team GB at the Tokyo 2020 Olympics her long-term aim. Tin-Tin, who received her first SportsAid Award when she was just seven years old in 2006, is grateful to the charity for the help she has received.

"I'd like to perform well at the European Youth Championships as it's my last year competing as a junior (Under-18s)," said Tin-Tin. "It would be amazing if I could get a medal. Unfortunately I can't participate in Rio this year but with more training and competitions to improve hopefully I can make Tokyo!

"SportsAid's support has been amazing," continued Tin-Tin, who helped contribute to a table tennis demonstration at the 2015 SportsBall. "Even when I am disappointed with performances they are always there to encourage me to keep going. The funding has also been essential to give me the best possible chance."

Tin-Tin reserved special praise for her parents, Charles and Rita, and the support they have given her. She played in 126 matches back in 2013, more than anybody else in women's world table tennis, which helps demonstrate the

lengths Tin-Tin and her parents have gone to for her sporting career.

"No words can explain how much they have given up to support me," said Tin-Tin. "My mum has driven everywhere for training and competitions all over the country. My dad's love for the sport clearly shows as he encourages me and sees a positive out of every situation. He coaches me in domestic tournaments and always gives me support when I am abroad."

Tin-Tin attends City of London School for Girls and balances studying for her AS Levels with training and competing. Her determination to perform to a high standard on both fronts is without question, and she intends to go to university after taking a year out to pursue her table tennis ambitions when finishing school.

"It's difficult combining studying with table tennis. My school has been incredible with allowing me to have time off and helping me catch up. I am going to take my AS levels this summer in chemistry, biology, maths and economics. After taking a gap year for the sport, I would like to go to university and study something science and medical based."



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

Swimming-World Short Course Championships - 6th-11th December 2016 Held in Windsor, in Ontario, Canada



Bonhams London to Brighton (Veteran Car Run)

6th November 2016



The Bonhams London to Brighton Veteran Car Run is such a great annual Run event, it's the world's longest running motoring celebration.

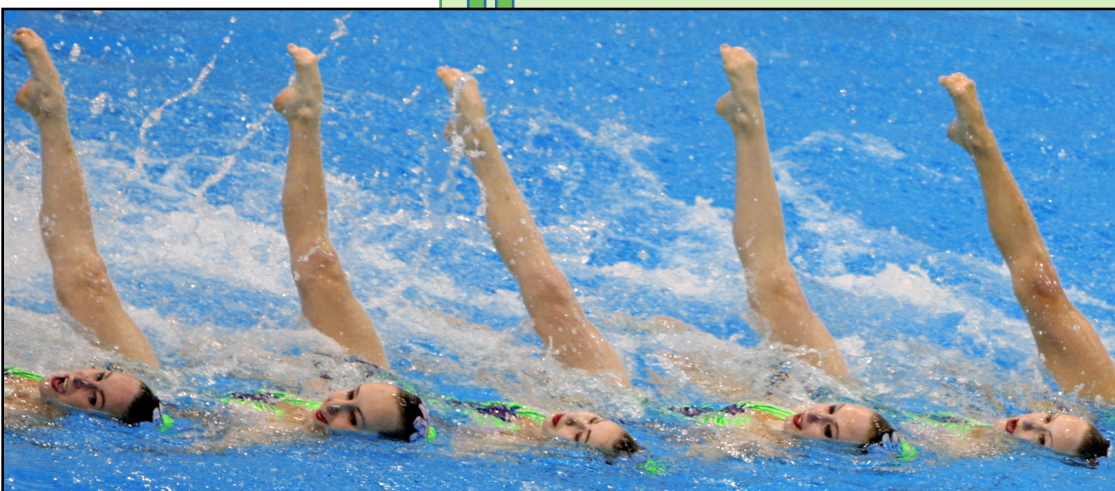
In 2016, it will be celebrating the 120th anniversary of the very first Run, for now it has gone on from strength to strength, for there are at least 400 fine examples of pre-1905 manufactured vehicles taking part, with show stopping motoring nostalgia on London's streets..

This represents a rare opportunity for participants to take their extraordinary automobiles on this historic 60-mile journey from Hyde Park in central London to the seafront in the Sussex resort of Brighton.

2-4 December 2016



ASA National Synchronised Championships



The ASA National Synchronised Swimming Championships 2016 will take place at Harvey Hadden Sports Complex.

The ASA National Synchronised Swimming Championships 2016 will take place in Bilborough, Nottingham.

And the recently redeveloped Harvey Hadden sports centre with state-of-the-art facilities and a brand new 50m swimming pool, will be perfect for a spectacular exhibition of artistic flair and water acrobatic skills.

5 - 26 Nov 2016 - 3 Dec 2016

RUGBY UNION

Autumn International rugby matches

Saturday 5th November 2016

Wales v Australia at Principality Stadium, Cardiff 2:30pm
 Barbarians v South Africa at Wembley Stadium, London 3:00pm
 New Zealand v Ireland at Soldier Field, Chicago 8:00pm (GMT)

Friday 11th November 2016

Barbarians v Fiji at Kingspan Stadium, Belfast 7:30pm

Saturday 12th November 2016

Italy v New Zealand at Stadio Olimpico, Rome 2:00pm (GMT)
 England v South Africa at Twickenham Stadium, London 2:30pm
 Scotland v Australia at BT Murrayfield Stadium, Edinburgh 2:30pm
 France v Samoa at Stadium Municipal, Toulouse 4:45pm (GMT)
 Ireland v Canada at Aviva Stadium, Dublin 5:00pm
 Wales v Argentina at Principality Stadium, Cardiff 5:30pm

Saturday 19th November 2016

Italy v South Africa at Stadio Artemio Franchi, Florence 2:00pm (GMT)
 England v Fiji at Twickenham Stadium, London 2:30pm
 Wales v Japan at Principality Stadium, Cardiff 2:30pm
 Ireland v New Zealand at Aviva Stadium, Dublin 5:00pm
 Scotland v Argentina at BT Murrayfield Stadium, Edinburgh 5:00pm
 France v Australia at Stade de France, Paris 8:00pm (GMT)

Saturday 26th November 2016

Italy v Tonga at Stadio Euganeo, Padova 2:00pm (GMT)
 England v Argentina at Twickenham Stadium, London 2:30pm
 Scotland v Georgia at Venue TBC 2:30pm
 Ireland v Australia at Aviva Stadium, Dublin 5:00pm
 Wales v South Africa at Principality Stadium, Cardiff 5:30pm
 France v New Zealand at Stade de France, Paris 8:00pm (GMT)

Saturday 3rd December 2016

England v Australia at Twickenham Stadium, London 2:30pm



Here are the schedule/ fixtures.

The rugby will return in November 2016. And fans of the four home unions – England, Ireland, Scotland and Wales – will relish the opportunity to see their teams take on the southern hemisphere's best teams.

Q5: What month is the Olympic Games.. is it in the month of July or August?

Q6: What does the British former athlete Mark Foster do in the water, is it Swimming, Diving or Water Polo?

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

Q1: Who won the Wheel-chair racing nick named the silver bullet to beat David Weir at the London Marathon in 2016?

Q2: Who won the men's tennis singles at Wimbledon in 2016?

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

Q4: Where was the Hockey Championships Trophy held in London?

Q7: Who is the current IBF heavyweight boxing champion, having previously held the British, Commonwealth and WBC International heavyweight titles?

Q8: What team did England play and loose against which stopped them getting into the quarter's of the 2016 Football European Championships in France?

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-Broccoli Mac and Cheese

A simple cheese sauce seasons the pasta, chicken, and broccoli in this quick dinner. Even kids love it!

Ingredients

8 ounces dried rigatoni
2 cups fresh broccoli florets
1 - 2 pound whole roasted chicken
1 - 5.2 ounce package semisoft cheese with garlic and fine herbs
3/4 cup milk
1/4 cup oil-packed dried tomatoes, drained and snipped
1/4 teaspoon freshly ground black pepper
fresh Italian (flat-leaf) parsley, optional

Makes: 4 servings

Start to Finish: 21 mins

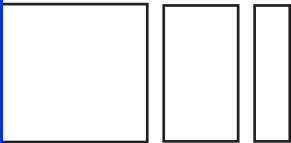


BHG.com

Directions

In large saucepan cook pasta according to package directions, adding broccoli florets during the last 3 minutes of cooking time. While pasta is cooking, remove meat from roasted chicken. Coarsely chop chicken. Drain pasta and broccoli; set aside. In same saucepan combine cheese, the 3/4 cup milk, tomatoes, and 1/4 teaspoon freshly ground black pepper. Cook and stir until cheese is melted. Add pasta mixture and chicken. Heat through. If necessary, thin with additional milk. Sprinkle fresh parsley. Makes 4 servings.

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



REFLECTIONS ON MAJOR EVENTS IN 2016

PRUDENTIAL RIDELONDON

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.

LONDON TRIATHLON

Each year welcomes over 13,000 triathletes to participate in the London Triathlon held at the Excel Centre, Custom House. Spectators runners, cyclists and swimmers who have different reasons for participating in the event. You have to be very competent in each of the three disciplines to take part. Looking forward to next year.



THE HENLEY ROYAL REGATTA

The Henley Royal Regatta, attracts thousands of visitors over a 5-day period. The spectators, on those days enjoyed 200 races of an international standard, including Olympians and crews new to the event. The event is a beautiful Spectacle of lazy summers and oarmanship on the river.



SSE WOMEN'S FOOTBALL FA CUP FINAL

SSE Women's FA Cup Final will be staged at Wembley Stadium. best, once again.

There was a record of 30,000 supporters who flocked to the national stadium to see Arsenal win against defending Champions Chelsea, the result was 1-0.



LONDON MARATHON

The London Marathon took to the London streets again, there was the elite runners and both UK and overseas runners on the day.

There was also memorable moments, such as the British ESA astronaut Tim Peake who became the first man to run a marathon in space.



24-27 November 2016



WINMAU WORLD MASTERS



British Darts 'The Winmau' World Masters

The 43rd Winmau World Masters in 2016 is the world's oldest major darts tournament, and will be staged this year at the Copper Box Arena in the Queen Elizabeth Olympic Park on the 24th - 27th November.

The Winmau World Masters will be the end-of-year marquee event for BDO and the highlight of the three new 'Majors' that complement the iconic BDO Lakeside World Championships.

Created as part of a 'new era' for British darts, the Winmau World Masters will also incorporate the new end of season player's awards.



A black and white portrait of a woman with dark, curly hair, looking slightly to the left. The image is the background for the entire poster.

BLACK STAR

OCTOBER – DECEMBER 2016

A SEASON OF FILM, TV AND SPECIAL EVENTS
IN CINEMAS NATIONWIDE | ON BFI PLAYER | AT BFI SOUTHBANK | ON DVD

bfi.org.uk/blackstar #BFIBlackStar

5th November 2016



BARBARIANS vs SOUTH AFRICA

WEMBLEY STADIUM THE KILLIK CUP - SAT 5 NOV KO 3PM
ADULT TICKETS FROM £40 CONC £20



Barbarians vs South Africa

Held at Wembley Stadium, London

The Barbarians will take on South Africa at Wembley Stadium, they will again bring together the world's leading players to build on the success of their matches against Samoa and Argentina at the Olympic Stadium and Twickenham this season.

5th - 6th November 2016



World Series of Darts Finals

Held at Braehead Arena, Glasgow

The World Series of Darts events is held around the world throughout the year. The PDC tournaments feature the leading players including Phil Taylor, Michael van Gerwen, Adrian Lewis, Simon Whitlock, Peter Wright, Dave Chisnall, James Wade, Gary Anderson and Raymond van Barneveld.



THE PARALYMPIC 2016 IN RIO DE JANEIRO

And the Paralympic games were held in Rio de Janeiro and was a huge success also.

The British Para-athletes perform to the highest level and made England proud.

Athletes such as Jonnie Peacock, Richard Whitehead and Hannah Cockroft, were all happy to win gold medals. The Women's 4x100m Relay - T35-38 got silver. But sadly, David Weir didn't win any medals in Rio but he will be always remembered as an amazing athlete of his time.





REFLECTIONS ON EVENTS IN 2016:

Reflection on some of the major events that took place in 2016.

THE OLYMPIC 2016 IN RIO DE JANEIRO

The city of Rio de Janeiro hosted the Olympic games from the 5th -21st August 2016. And it was amazing, for Rio has a rich and colourful history, and this was expressed fully during the games. (Top pictures) Usain Bolt (3 gold medals), Adam Peaty (first gold medal) and Laura Trott (2 gold medals).

Photography taken by: Eileen Jacas



'Canoe Slalom' White Water Centre



Photography by Eileen Jacas



Interviewing Simon Ricketts - the Centre Manager at the Lee Valley White Water Centre.

Q: When was the Lee Valley White Water Centre built?

Well, it was built for the Olympics, prior to the 2012 Olympics, it was a car park and had a small dilapidated toilet on it, so the whole area was rejuvenated. The build started in 2009, and we had the keys at the end of 2010, we operated a year prior to the 2012 Olympics, then it was 2012 Olympic year, and then 2013 we did some extension works.

Now the GB Team are based on site here, they are downstairs, they have their own gym, their own physiotherapists and message rooms, their coaches have got all their video play back equipment downstairs, so for the athletes it's a fantastic environment

for them to be in. Also literally within 10 minutes of getting off the water, they are changed and watching their video play back about technique and how they can improve on going forward. It's great for them.

Q: When did you start your courses?

Well, in 2014, was the first year we really, since 2009 that there had not been any building work on site, so it was a really good year, last year. We started off in 2011, with just 'White Water Rafting' only, and then from a canoeing and kayaking perspective, paddlers who were already competent could paddle here, and the GB Team were paddling here too, (pre-Olympics).

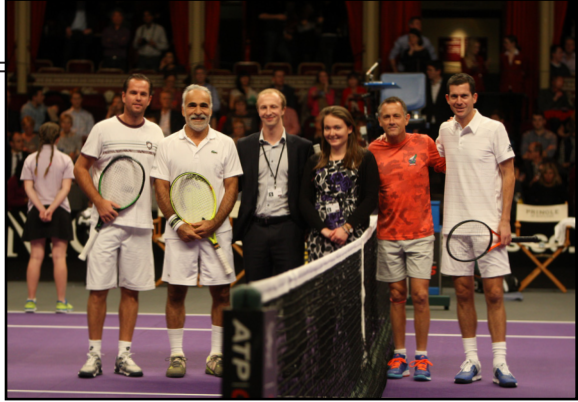
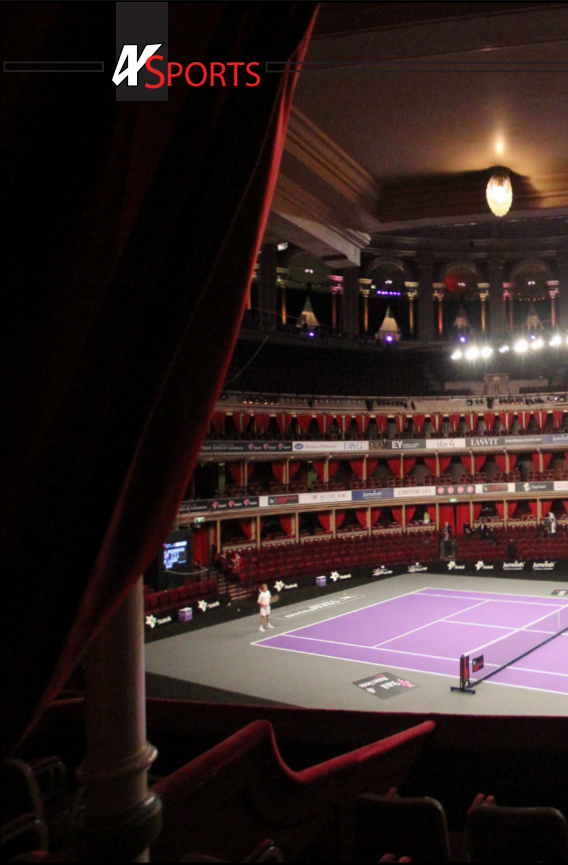
So we weren't running our coaching courses at the time because we knew we were going to stop for a year in 2012, so there was no point to get people started, for they would have to stop for a year then start again... so we only started Kayaking courses in 2013, and they have absolutely taken off now. We did 1 day a week to start with, now we are doing 4 days a week, with full courses, and off season we are doing 2 days a week.

Q: Someone who hasn't done 'White Water Rafting' if they come here, what is the procedure?

White water rafting is an experienced for people who have never experienced

'White Water' before and the whole experience is 2 hours contact time with an instructor but we do ask people to arrive half an hour before their session starts to make sure they are here on time and we can get everything sorted for them. We supply, the wetsuit boots, the wetsuit, the helmet, the buoyancy aid and the paddling equipment to allow them to have their experience. There will be nine people into one boat with a instructor, they could be people that have booked individually.. it's a great experience to have whether it's a birthday party, corporate activities and things like that, really good team building activities for people to come together.
[Interview to be continued..](#)





Royal Albert Hall West Kensington

30 November -
4th December 2016

The 'Tennis' Championships

The Champions Tennis is now in its 20th year, and still going strong, held at the Royal Albert Hall, it still attracts Grand Slam Champions, former World Number 1s and national icons to play a dazzling display of high quality tennis and entertainment during the festive season.

Legends such as Pete Sampras, John McEnroe, Pat Rafter, Goran Ivanisevic, Tim Henman, Pat Cash, Andy Roddick and many more have all competed there.

The London International 'Horse Show' Olympia

13-19 December 2016



The Olympia Horse Show will host all three FEI World Cup™ Qualifiers in Dressage, Show Jumping and Driving.

There will be a combination of world class equestrian competitions, The Shetland Pony Grad National, breath-taking international displays and always at the Olympia, a special entertainment of Christmas magic.

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

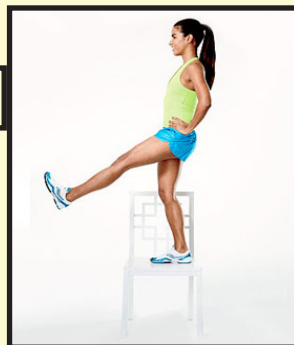


1. Alternating Lateral Jump

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

Stand with feet shoulder-width apart, knees slightly bent. Lunge to right, keeping right knee behind toes and left leg straight. Jump up, landing with left knee bent and right leg straight. Do 15 reps.

2



2. Step-Up Plus Hip Flexion/Extension

Targets: Hip flexors, glutes, quads, hamstrings, calves

Stand beside chair, feet hip-width apart. Step up with right foot, knee slightly bent. Raise left leg and kick it forward. Step back down with left foot, then right. Step up again and kick left leg behind you. Step down. Do 10 reps.

Football

FOOTBALL

The Barclays Premier League | Fixtures

Dated: 5th November 2016 - 17th December 2016

**Saturday 5th November 2016**

Arsenal V Tottenham 15:00
 Bournemouth V Sunderland 15:00
 Burnley V Crystal Palace 15:00
 Chelsea V Everton 15:00
 Hull V Southampton 15:00
 Leicester V West Brom 15:00
 Liverpool V Watford 15:00
 Man City V Middlesbrough 15:00
 Swansea V Man Utd 15:00
 West Ham V Stoke 15:00

Saturday 19th November 2016

Crystal Palace V Man City 15:00
 Everton V Swansea 15:00
 Man Utd V Arsenal 15:00
 Middlesbrough V Chelsea 15:00
 Southampton V Liverpool 15:00
 Stoke V Bournemouth 15:00

Saturday 26th November 2016

Arsenal V Bournemouth 15:00
 Burnley V Man City 15:00
 Chelsea V Tottenham 15:00
 Hull V West Brom 15:00
 Leicester V Middlesbrough 15:00
 Liverpool V Sunderland 15:00
 Man Utd V West Ham 15:00
 Southampton V Everton 15:00
 Swansea V Crystal Palace 15:00
 Watford V Stoke 15:00

Saturday 3rd December 2016

Bournemouth V Liverpool 15:00
 Crystal Palace V Southampton 15:00
 Everton V Man Utd 15:00
 Man City V Chelsea 15:00
 Middlesbrough V Hull 15:00
 Stoke V Burnley 15:00
 Sunderland V Leicester 15:00
 Tottenham V Swansea 15:00
 West Brom V Watford 15:00
 West Ham V Arsenal 15:00

Saturday 10th December 2016

Arsenal V Stoke 15:00
 Burnley V Bournemouth 15:00
 Chelsea V West Brom 15:00
 Hull V Crystal Palace 15:00
 Leicester V Man City 15:00
 Liverpool V West Ham 15:00
 Man Utd V Tottenham 15:00
 Southampton V Middlesbrough 15:00
 Swansea V Sunderland 15:00
 Watford V Everton 15:00

Tuesday 13th December 2016

Bournemouth V Leicester 19:45
 Middlesbrough V Liverpool 19:45
 Sunderland V Chelsea 19:45
 West Ham V Burnley 19:45
 Crystal Palace V Man Utd 20:00
 West Brom V Swansea 20:00

Wednesday 14th December 2016

Everton V Arsenal 19:45
 Man City V Watford 20:00
 Stoke V Southampton 20:00
 Tottenham V Hull 20:00

Saturday 17th December 2016

Bournemouth V Southampton 15:00
 Crystal Palace V Chelsea 15:00
 Everton V Liverpool 15:00
 Man City V Arsenal 15:00
 Middlesbrough V Swansea 15:00
 Stoke V Leicester 15:00
 Sunderland V Watford 15:00
 Tottenham V Burnley 15:00
 West Brom V Man Utd 15:00
 West Ham V Hull 15:00

SportsAid Sportsball 2016

Held at the London Hilton Hotel

on the 24th Nov 2016

Don't Miss it

This will be fun
for all the family.

The SportsAid, SportsBall will be held at the London Hilton again, it is put on so it can help and support the next generation of British athletes. Attending will be Olympic and Paralympic heroes. Last year, attendees (from left to right: pictures below), were two former Olympians swimmer Duncan Goodhew, rower Steve Redgrave and the young 100m and 200m runner Dina Asher Smith and many more.

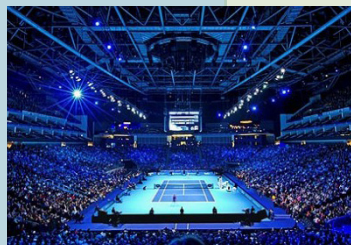


Barclays ATP World Tour Finals

Held at the London O2 Arena

on the 13th - 20th Nov 2016

November is a cold month but don't let that stop you from experiencing the splendor of Barclays ATP World Tour Finals at The O2 arena in 2016. You will see the world's greatest tennis players battle it out again for the last title of the season.



Horse Racing: King George V1 Chase

Held at Kempton Park

26th - 27th December 2016

Kempton Park is 16 miles from the city of London and is best known for its London premier racecourse. It is one of the busiest racecourses in Europe hosting quality horse racing all year round. The highlight of Kempton Park's racing calendar is the Grade 1 King George VI Chase held every Boxing Day as part of the William Hill Winter Festival.



Look out! for Jan's and Feb's Issue 2017

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.



Greg Rutherford will feature in next month's edition

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Answers from Quiz Questions on page 14: Q1: Marcel Hug, Q2: Andy Murray, Q3: Alexandra Palace, Q4: The Lee Valley, Hockey and Tennis Centre, Q5: August, Q6: Swimming, Q7: Antony Joshua, Q8: Iceland

AIBA Men's Youth Boxing Championships

Held in St Petersburg, Russia on 14th - 27th November 2016

The Youth World Amateur Boxing Championships, or AIBA Youth World Championships, is a boxing championship event organised by the AIBA for "Youth" competitors who are between the age of 17-19 years old. It is a biennially competition, and the next country it will be held in is St Petersburg, Russia.

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