

4SPORTS

Let's take this journey together

Jan/ Feb 2017

Out every 2 months



Cycling - Athletics - Snooker - Football - Ping-Pong - Ice Hockey - Darts - Gymnastics

Free



Sportsmen
and women of
the future

TABLE
TENNIS/
PING PONG,
WORLD
CHAMPIONSHIP

The
'Revolution'
Track
Cycling

The
WORLD
DARTS
CHAMPIONSHIPS

World
Snooker
'The
Masters'

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Contents



Welcome

These are going to be exciting times in Sports for 2017.

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 Leisure Centres in the East London area.



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

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INTERVIEW WITH:

Greg Rutherford



Gregory Rutherford, is a British track and field athlete who specialises in long jump. He won the long jump gold medal at the 2012 Summer Olympics, 2014 Commonwealth Games, 2014 and 2016 European Athletics Championships and 2015 World Athletics Championships.

Have you changed in your outlook on life?

Having my son Milo has changed me, I care the same but I don't care about the little things, which I would have done in previous years. You alleviate some of the stresses and the problems you possibly had with other people, or other things, you have an easier mind. And hopefully, that will transfer to good jumping and more titles.

Do you study the progress of your competitors?

I'm always interested in results, where people are at certain times, so I always keep an idea on that. You've got new people like Jeff Henderson from the USA, won the 2014 Outdoor Championships in long jump. And there's are others I'll be looking out

for. An 18 year old American could jump something massive or a Chinese person could do the same. Every year someone else comes along, so I'm always interested, it's what I have to do to win.

Is winning really important to you?

Photography taken by: Eileen Jacas



I compete to win, I've always said that. I expect to win, and expect to go to competitions and do well. I don't do the sport, just to sort of part-take. To me the aim is to win.

If you were in charge of the world track and field for one day, what would you do?

There's a lot I would change if I'm honest, I'd try and promote the Long Jump I'm a fan of 'Street Meets' - go to many streets as possible, built up areas, stick a long jump pitch somewhere, and show people what it's all about Athletics isn't a hugely popular sports, we all know that now, in my opinion it's on the decline, which is a terrible thing, cause it's such a

great showcase of the human ability.

But if you take it out to people and show them, not many people want to travel to a stadium event and not a lot of people can. Put it on like we do in Newcastle and Manchester, people come and see it and actually go, wow that's what 11.3 metres looks like when someone is running down the track. That's how you get people to want to do it, show them what it's like at a higher level, excite them about it, I don't think people are excited over athletics anymore.

You've got to show people the good side of athletics, not just focus on controversy, and make it accessible to people.

27 - 29 January 2017

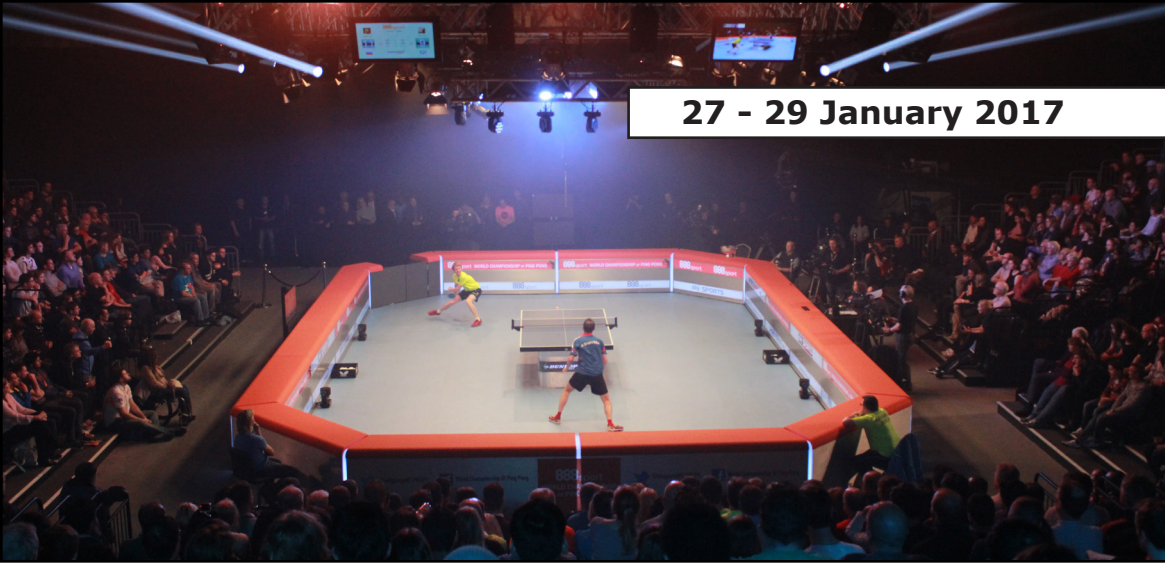


TABLE TENNIS/PING PONG, WORLD CHAMPIONSHIP OF PING PONG

It will be held at Alexandra Palace, London

The World Championship of Ping Pong returns to Alexandra Palace, London for its fifth successful year!

It's a three day event with play on the evenings of Friday, Saturday and Sunday.

The event features 64 players from all over the world, headed by defending champion Andrew Baggaley of England.





REFLECTION
ON THE
2016
OLYMPIC AND
PARALYMPIC
GAMES IN RIO
DE JANEIRO

OLYMPICS AND
PARALYMPICS 2016

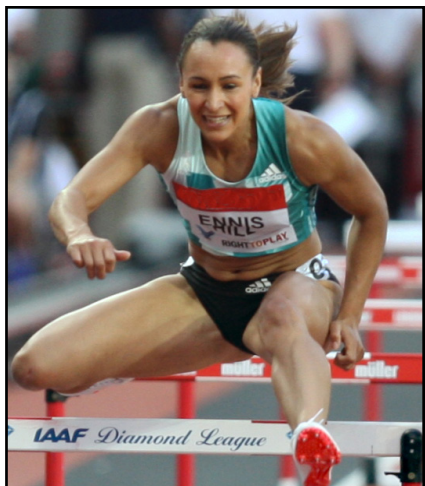
The city of Rio de Janeiro hosted the Olympic and Paralympic games, in August and September 2016. There were some memorable sporting moments in the athletics, rowing, canoeing, swimming, cycling, diving and much more.

Random Pictures: From the Olympics of David Florence and Richard Hounslow, Adam Peaty and Jessica Ennis-Hill.

And pictures of the Paralympics: Richard Whitehead and Nick Beighton and Sascha Kindred will remind you of that unforgettable time in Rio.

Photography taken by: Eileen Jacas



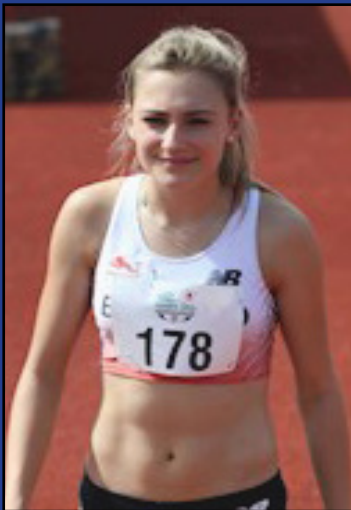


Athlete of the Future

Niamh Emerson Heptathlon

Niamh Emerson, 17, from Shirland, in Derbyshire

Words by
Simon Worsfold



Niamh Emerson has developed a healthy habit of making and breaking records. The 17 year old recently returned home from the European Youth Athletics Championships where she amassed 5,919 points to take bronze in the heptathlon, eclipsing the total of 5,815 she produced the month before to set a new British youth record.

Niamh Emerson has developed a healthy habit of making and breaking records. And that's not just her own personal bests. The 17 year old has recently returned home from the European Youth Athletics Championships in Tblisi where she amassed a total of 5,919 points to take bronze in the heptathlon. Not much more than a month before, Niamh had beaten the British youth heptathlon record previously held by Katarina Johnson-Thompson as she produced 5,815 points at the Meeting Internacional Arona Pruebas Combinadas in Tenerife.

"You don't really think about records,"



said Niamh – who received her SportsAid award from Stuart Cross in 2016. “You just focus on your points and winning a medal in the competition. I didn’t even know about the record until I was in Spain and halfway through day two somebody said to me that you could have a British record and I thought ‘Oh my God!’. I didn’t expect that. I was obviously more aware in Georgia but I just tried to beat my score in every individual event in the heptathlon and then it kind of just happened.”

Niamh was beaten to gold and silver at the European Youth Athletics Championships by Alina Shukh of Ukraine, who

set a new world best at Under-18s level with 6,186 points, and Sarah Lager of Austria (6,175 points). Niamh was handed the additional responsibility of being one of the elected captains the British Athletics team and she led by example as she managed to set new personal bests in the 100m hurdles (14.17 seconds), shot put (12.81m), javelin (35.44m) and the 200m (25.19 secs).

“It was so great to be selected [for the Championships] in the first place so to be chosen as one of the team captains was really good. I was very enthusiastic, cheered on everybody and spoke to those who maybe weren’t as happy with their performances,” said Niamh.

“I tried to show them how much of a difference a year can make and encouraged them to use it as an experience. I know I’ve changed a lot in the last year, not just physically and in my performances, but in my approach, and that’s what the youth competitions can do for you.

“Going to the Championships was an amazing experience. The standard was very high and it drove me on the whole way. I was ranked third in Europe at Under-18s level going into it so I just wanted to ensure I secured third place. It’s one thing having it down on paper but it’s completely different to the actual competition so when I did that and

managed to achieve those personal bests it made me feel even better. There was a lot of support out there and it really helped especially as the leaderboard kept changing all the time!"

Upon her return from Tenerife, Niamh made a big impression at the British Athletics Championships in Birmingham where she came third in the high jump with 1.82m. Last summer, she came 13th at the IAAF World Youth Championships in Columbia with a personal best of 5,384 points and won a gold medal in the high jump at the Commonwealth Youth Games in Samoa. She feels the experience she is gaining from being on the bigger stages, especially internationally and at senior level in England, will stand her in good stead.

"The Worlds [Columbia] and Commonwealths [Samoa] were both completely different to anything I'd ever done – they helped take me out of my comfort zone," said Niamh. "You're part of a team but you're in a new country and it's those types of competitions which help to set you up. There were lots of people around and a bigger crowd at the Europeans [Georgia]. It makes you perform better, especially in the field events. For the high jump, it helps to spur you on because of the atmosphere and having people cheering you on."

Niamh is a member of Amber Valley and Erewash Athletics Club where she is coached by Scottish international decathlete David Feeney. She has trained at Amber Valley since she was a child and credits the club for giving her opportunity to try out different events when she had initially been an 800m runner. Juggling a busy training schedule - where she has to make time for all the different disciplines - is a challenge for Niamh who has just completed her first year of sixth form at Belper School.

"It's quite hard as I'm still at school so I have to train after my studies," said Niamh. "It's time consuming as you have

to do every event at least once a week. I try to spread it out so one day I'll do javelin and then another I'll do hurdles and long jump so I can double up as well. My training changes all the time as we swap things round to make sure we squeeze things in. If I have a bad session I don't have too much time to dwell on it so I just move onto the next event. It works out better that way as it doesn't allow me to overthink it."

The Commonwealth Games take place on the Gold Coast in 2018 and Niamh sees this as a 'reachable' goal based on her current trajectory. She praises her parents Michael and Deana for their support, both travelling far and wide to watch her compete, and has also felt the benefit of the help provided by SportsAid this year. Niamh often trains in Loughborough, around 35 minutes drive from her home, and her trips away mean overnight stays can be a regular occurrence. The SportsAid award she received has helped cover certain costs.

"You can't underestimate the support of your parents, they take me to and from training, sort my food before I go, and they've followed me to every competition from when I started as a nine year old to now. When I went to the Commonwealth Youth Games in Samoa they came out and got a mini holiday out of it! SportsAid's support has been a massive help too from the financial side of things. But it's also inspiring because people are investing time and money in you and it encourages you to keep training hard."



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



Barnardo's

GIVING CHILDREN BACK THEIR FUTURE



Q5: Who won the silver medal in the gymnastics event on the Pommel Horse in the 2012 Olympics?

Q6: What did former the British athlete Rebecca Adlington 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.

Quiz

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

Q1: Who was the name of the male swimmer who won the first gold medal, for the 100m breaststroke at the 2016 Olympic games in Rio Janeiro?

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

Q7: How many times has Christopher Froome the British professional road racing cyclist won the 'Tour de France'?

Q3: How many Olympic gold medals has cyclist Sir Bradley Wiggins won?

Q8: What's the name of the British athlete who won the gold in the Men's 100m - T44 Final at the 2016 Paralympic games in Rio de Janeiro?

Q4: How many gold medals did British Wheelchair racer Hannah Cockcroft win at the 2016 Paralympic games in Rio de Janeiro?

The answers are on page 31

Eating Healthy

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

White Bean-Turkey Chili with Corn Bread Dumplings

Chili and corn bread in less than 30 minutes? Believe it! Leftover turkey and corn bread mix makes quick work of the comfort food classic.



Directions

1. Chop turkey. In a Dutch oven combine turkey, salsa, beans, chili powder, and the 2/3 cup water. Bring to boiling.
2. Meanwhile, for dumplings, in a medium bowl mix together corn bread mix, egg, and the 1/4 cup water. Drop batter by large spoonfuls onto boiling chili.
3. Cover; reduce heat and simmer for 10 to 15 minutes or until a wooden pick inserted into a dumpling comes out clean. To serve, top chili and dumplings with cheese, green onions, and chili powder, if desired.

BHG.com

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



INTERVIEW WITH:

Natasha Coates

I met an amazing 21 year old young lady called Natasha Coates at the British Championships in Liverpool, she is a British Disability Gymnast, who has won 15 major titles, and does her training at The Wire Gymnastics Club in Warrington, in Cheshire. She was happy to share her inspirational story about her love for gymnastics and a rare health condition which nearly took her life.

Q: How important is it for disability gymnasts to be showcased alongside the able bodied gymnastics?

It's really important for we work just as hard as the main stream athletes so we should compete in the same Arena's, for it's really nice to perform in front of a huge crowd, it's great experience, for me to learn through the years of competing, I've never been and perform to a large crowd, so it's a great learning experience.



Photography and Interview by: Eileen Jacas

A British Disabled Gymnast

Q: Could you tell us about your floor routine?

I love doing my floor routine, I choreographed it myself and picked the music, it kind of tells a story, I can put my emotion in to it, and as soon as the music starts, I don't even remember performing it, I just kind it go with the music and then before I know it, it's over.

Q: Who inspired you, to take up gymnastics?

I started gymnastics when I was eight, so Beth Tweddle, she really did

inspired me to take up the sports. I only got this disability three years ago, so disability gymnastics is fairly new to me, I only did my first competition in November 2014, so it's very new but I'm so happy that I get the opportunity to compete, like everybody else but I can take it at my pace and it puts my health condition first.

Q: Could you tell me a little bit about your health condition?

My condition is called Mast Cell Activation Disorder, so it's the cells



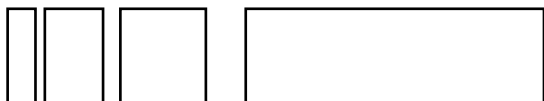
that are related to your immune system, so I am pretty much allergic to everything, including exercise, so that makes gymnastics quite hard, if I get too hot or too cold, I could suffer an allergic re-action, but I competed at the British Championships back in September and I came first in all 4 pieces.

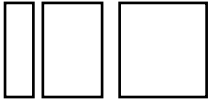
Q: What can you do to make sure that your health is under control?

I work with my team at the hospital and they know what I do and they know I like gymnastics, we work round it, and we have planned and prepared, we are aware of what triggers to look out for in competitions but at the end of the day, if I go to a competition and I don't feel well, I won't compete because my health does come first.

Q: What gives you that motivation, to carry on regardless?

I'm quite self motivated, but because of everything that happened. In September 2015 I stopped breathing twice, I had 55 reactions and lost all my hair, and just knowing that.. it's makes it worth it, by going through those bad times and coming out on top, when you win a medal or two. You have to focus on the positive things, things do happen and you can't always prevent it, it's the way you deal with it that counts. I'm not saying that everything bad that happens to you, you say it's fine. But you have good days and bad days, but you need to allow those bad days, for something good to happen.





World Snooker, **The Masters** at Alexandra Palace, Wood Green London, on the 15 - 22 January 2017



The Snooker 'Masters' is BACK!

Making another return to the iconic Alexandra Palace for 8 days only in January 2017. You should be looking forward to seeing the likes of Mark Selby, John Higgins, Ronnie O'Sullivan



(Picture above) and many more top level snooker players who will battling relentlessly for the title.

All matches up to and including the Semi Finals will be best of 11 frames and the Final will be best of 19 frames.

7th January 2017

The Monster Energy

ArenaCross Tour

at the Manchester Arena - £14.00 - £92.00

The Monster Energy Arenacross Tour is back for 2017 and once again high-flying Freestyle Motocross, intoxicating world-class action will be kicking off right here in Manchester!



11th - 12th February 2017

Indoor British Athletics Championships Trials

The English Institute of Sport in Sheffield once again will host a fantastic weekend of athletics, which will see the athletes compete at the Indoor British Athletics Championships Trials in their respective events.



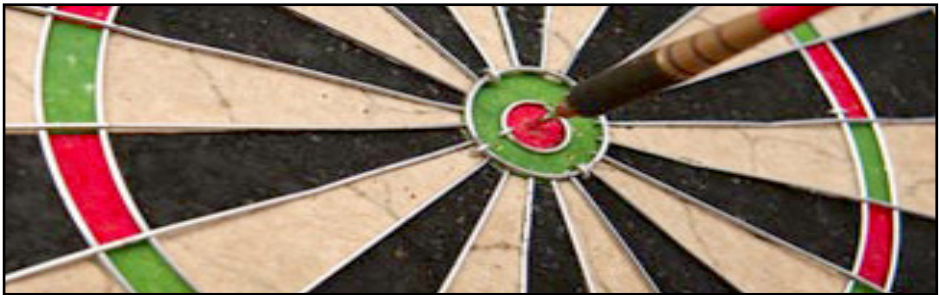
20th December 2016 - 2nd January 2017

William Hill

WORLD DARTS CHAMPIONSHIPS

at Alexandra Palace, Wood Green, London,

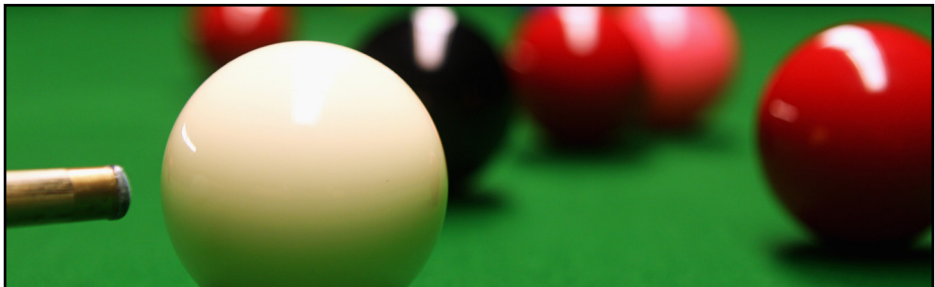
The world's greatest darts tournament is back. Over the Christmas and New Year period, 72 players from around the world will be competing for the £1.5M prize fund and the prestigious Sid Waddell Trophy.



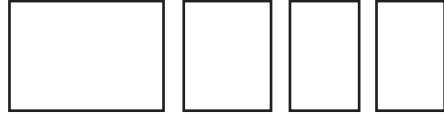
Thursday - 23rd February 2017

Snooker 'Coral Snooker Shoot Out'

The Coral Shoot Out is snooker's fast and furious one-frame knock-out event. Each match last a maximum of ten minutes and features a shot clock of 15 seconds for the first five minutes and 10 seconds for the last five.



Saturday 18th February 2017



Indoor Grand Prix, Birmingham

at the Barclaycard Arena



ATHLETICS/ TRACK
& FIELD
at **BIRMINGHAM,**
Barclaycard Arena

Indoor Grand Prix - Athletics

Double Olympic and five-time world champion Mo Farah, Olympic, World, European and Commonwealth long jump champion Greg Rutherford, current European record holder and 200 metre world champion Dafne Schippers and Britain's fastest ever woman Dina Asher-Smith and many more top athletes, will be heading to the Birmingham Barclaycard Arena.

The Birmingham's Barclaycard Arena will also host the Indoor Grand Prix in 2019, and the IAAF World Indoor Championships in 2018.



6th - 15th January 2017

CWM FX

London Boat Show at the Excel Centre

Attractions

- *60's Revival
- *RS Sailing Simulator
- *The Mediterranean Bay

*The Show Theatre

This line-up includes some of the world's boating experts talking on topics ranging from technology and innovations.

*Sunseeker Champagne Bar

*The Black and White Bar

*Boardwalks

There will be several dedicated boardwalks dotted around the Show for you to step onto a variety of sail and motor boats.

*On The Water

*Telegraph Cruise Show

An abundance of information and special features at the show will demonstrate the wide variety of destinations that a cruise holiday can take you.

*Telegraph Travel Show





British Track Cycling National Championships

27th - 29th January 2017

Manchester



The British Track Cycling National Championships will take place over three days at Manchester's National Cycling Centre, the home of British Cycling and the Great Britain Cycling Team.

The event will see Britain's best track cyclists going head-to-head with the next generation of emerging talent, all competing for the red, white and blue national champions' jerseys.



Ice Hockey London Raiders

London Raiders Verses
Chelmsford Chieftains

At the **Lee Valley
Ice Centre**

14th January 2017

The London Raiders will be competing at the Lee Valley Ice Centre.



The London Raiders are a competitive mens ice hockey team based in London playing out of the Lee Valley Ice Centre in the NIHL South Division 1 League. They were known as the Romford Raiders when they were based at the Romford Ice Arena.

Other dates for the London Raiders at the Lee Valley Ice Centre - Times 17:30
L R Vrs Solent Devils 07.01.17

L R Vrs Chelmsford Chieftains 14.01.17
L R Vrs Invicta Dynamos 28.01.17
L R Vrs Chelmsford Chieftains 18.02.17

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Major Events coming up: Basketball

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London Lions Vs Surrey Scorchers

At the
Copperbox Arena
14/01/2017
7.30pm

The London Lions are a professional basketball team based now in Stratford, in the Queen Elizabeth Olympic Park.

From the start of the 2013-17 season, the Lions' have played their games at the Copper Box Arena.

They now play Surrey Scorchers, Glasgow Rocks, Worcester Wolves and Bristol Flyers in January, so come down and show your support.



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>



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 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 three-count lift is an advanced form of ab crunches. Lie on your back with your knees bent, heels on the floor, hands supporting the head. Flex your feet and focus along an imaginary line drawn from your toes to the ceiling. Don't arch your back. Exhale as you lift your upper body up, hold, lift higher to a second position then slowly release.

2



The toe touch is a more advanced exercise for your abdominal muscles. Lie on your back with legs extended toward the ceiling. Place your left hand behind your head for support. Contract the upper body and reach with your right hand up to the toes. Try to reach up to your shoelaces at least once. Repeat eight times then use the left arm.

Football

FOOTBALL

The Barclays Premier League | Fixtures

Dated: 14 January - 25th February 2017



Saturday 14 January 2017

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

Saturday 21st January 2017

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

Tuesday 31st January 2017

Arsenal V Watford 19:45
 Bournemouth V Crystal Palace 19:45
 Burnley V Leicester 19:45
 Middlesbrough V West Brom 19:45
 Sunderland V Tottenham 19:45
 Swansea V Southampton 19:45
 West Ham V Man City 19:45

Wednesday 1st February 2017

Liverpool V Chelsea 20:00
 Man Utd V Hull 20:00
 Stoke V Everton 20:00

Saturday 4th February 2017

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

Saturday 11th February 2017

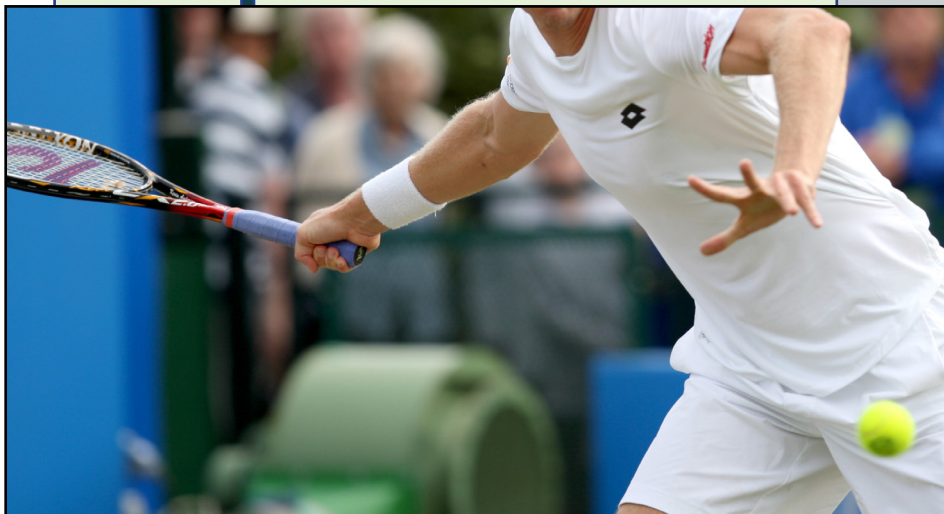
Arsenal V Hull 15:00
 Bournemouth V Man City 15:00
 Burnley V Chelsea 15:00
 Liverpool V Tottenham 15:00
 Man Utd V Watford 15:00
 Middlesbrough V Everton 15:00
 Stoke V Crystal Palace 15:00
 Sunderland V Southampton 15:00
 Swansea V Leicester 15:00
 West Ham V West Brom 15:00

Saturday 25th February 2017

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

DARTS LAKESIDE BDO WORLD PROFESSIONAL DARTS CHAMPIONSHIPS

Lakeside Country Club | Saturday 7th January to Sunday 15th January 2017



Tennis Australian Open

16th - 29th of January 2017

The Australian Open is a major tennis tournament held annually over the last fortnight of January in Melbourne, Australia.

Chronologically, it's the first of the four Grand Slam tennis events of the year, the other three being the French Open, Wimbledon, and the US Open. Novak Djokovic was the winner of the Men's Singles in 2016 and Angelique Kerber was the winner of the Women's Singles in 2016.

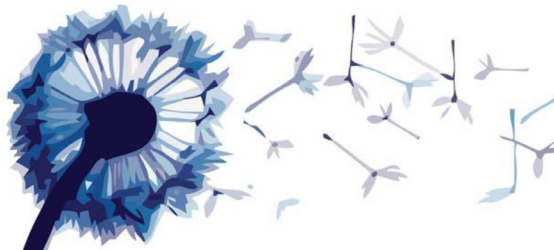
Don't Miss

Just watch it on TV, to find out who wins.

SILA

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SILA.ORG.UK REGISTERED CHARITY 1063986



The World Snooker Grand Prix Championships 2016

6th-12th February 2017

Held at Preston, Guild Hall

The Guild Hall in Preston will once again host the world's top snooker stars in February when the 2017 World Grand Prix takes place at the iconic venue. The tournament will run from February 6th to the 12th and will feature 32 of the top best players.

Answers from Quiz Questions on page 14: Q1: Adam Peaty, Q2: Andy Murray, Q3: 5 gold medals, Q4: 2 gold medals, Q5: Louis Smith, Q6: Swimming, Q7: 3 Times, Q8: Jonnie Peacock

Look out! for next month'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.



British Windsurfer Nick Dempsey will feature in next month's edition

The 2017 FIS Alpine World Ski Championships

6 - 19 February 2017

This amazing event will be held at Piz Nair in St. Moritz, Switzerland. It will be the fifth Alpine World Ski Championships at St. Moritz, after 1934, 1948, 1974, and 2003. St. Moritz is more than just a holiday resort. It was also the birthplace of Alpine winter holidays in 1864.

REFLECTION
- on 2016

