

4SPORTS

Let's take this journey together

May/ Jun 2017

Out every 2 months



Cycling - Athletics - Swimming - Football - Tennis - Equestrian - Golf - Triathlon

Free



Sportsmen and women of the future

ITU
World
Triathlon
Series

The
British
Athletics
Championships

Royal
Windsor
Horse
Show

SSE Women's
Football
FA Cup
Final



Get active.
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October 2017
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HALF MARATHON
2017

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Sign up now

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SC043677 (Scotland)



unicef UNITED KINGDOM

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.



p13

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

The Royal Windsor Horse Show p12

The Royal Windsor Horse Show, will again, be held in the beautiful private grounds of Windsor Castle.

The BMW PGA Champs p13

Rory McIlroy is to set the headline by participating in the 2017 BMW PGA Championship.

The ITU World Triathlon Series p24

The ITU World Triathlon Series, will be held in the historical city of Leeds, in North Yorkshire.



p24



INTERVIEW WITH:

Nick Dempsey



Nick Dempsey is a 36 year old, Windsurfer - Men's RS:X class.

He became the first man to win three Olympics medals in windsurfing when he won silver in the Olympics Rio 2016, adding to a silver won in the 2012 London Olympics and a bronze from the 2004 Athens Olympics.

Q: What person or people got you into Windsurfing?

Well, my dad, he had an old Windsurfer back in the 80's, we'd go to Peterborough and there'd be a small lake, being on the water is great as a kid, yes, it's just was so great to be having fun.

Well, I just wanted to have fun, I started Windsurfing when I was seven, so if you're anything like my sons, I have two boys, if it's enjoyable and it's fun then you'll go back to it. I fell in love with it and still as an old man, I still enjoy it and I'm still doing it.

Q: What inspired you to get involved into Windsurfing and take it to the next level?

Q: Are there any high points and low points in your career?

Well, the 2012 Olympics was the high point, I wanted to win but I came





second, I just was beaten by somebody who was just better than me and finishing 4th in the 2008 Olympics in Beijing, was the low point.

Q: What advice would you give to anyone who would like to get involved in this kind of sports?

Often, it's quite hard to get involved in a lot of sports, but we do have a good governing body, and what I see in Weymouth and Portland we have some really great organisations, such as the Andrew Simpson Sailing Foundation, which operates as a not-for-profit centre. As well as the usual sailing courses, the Foundation uses the Centre to develop specific sailing programmes, and it's really easy for

kids to get into sailing, for they have lots of things going on there. So you just need to get into a club, and if you enjoy it, you should just go for it. But I think in many of the sports, I think there are really good grassroots programmes. So just start off with governing bodies, get down to your local club and do what you love.

Q: What kind of skills or attitudes do you have to have, to take on a sport like this?

You have to be very determined, slightly selfish and incredibly driven. Otherwise, you won't do what's required, for it's not easy.. same as anything, for if you want to succeed in anything you have to put the work in.



The Aviva Premiership Rugby Final

27th May - 2017

at the Twickenham Stadium

After an epic season, the 12 best teams in England are reduced to just two finalists who will battle it out for the right to be called Aviva Premiership Rugby Champions 2017 on 27 May. Twickenham Stadium, the Home of England Rugby, will play host to a sensational day of glorious, high-class rugby and celebration.

The Emirates FA Cup Final - Held at the Wembley Stadium - Saturday on the 27th May 2017

10th-14th May 2017



25th - 28th May 2017

MAJOR EVENTS

Golf BMW PGA Championship

'Wentworth Club' Virginia Water



The BMW PGA Championship has earned an enviable reputation for delivering a blend of world class golf.

The Northern Irishman Rory McIlroy is to set the headline by participating in the 2017 BMW PGA Championship, the first tournament in The European Tour. The beautiful surroundings of the Wentworth Club are already looking forward to welcoming back the world's leading players, for six sensational days of golf.

Royal Windsor Horse Show 2017

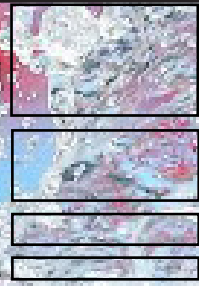
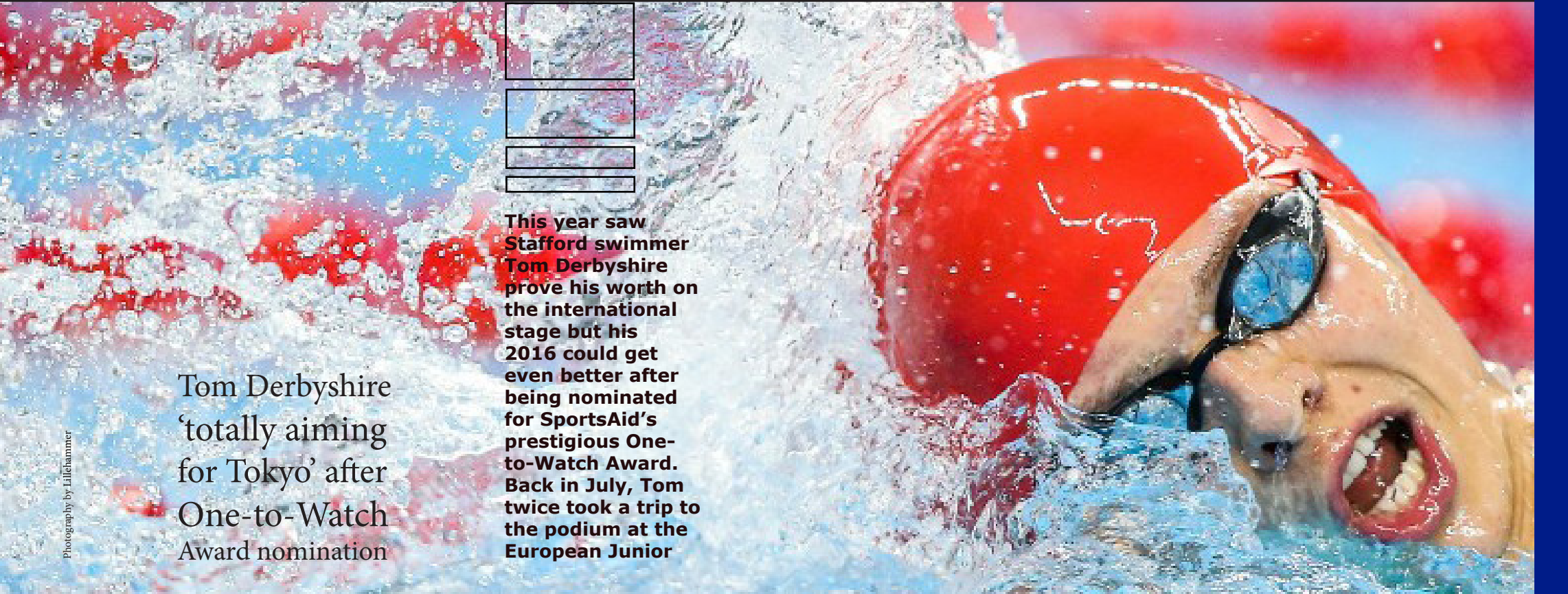
The Royal Windsor Horse Show 2017 will again, be held in the beautiful private grounds of Windsor Castle. This will host the International Jumping, Driving, Endurance and Dressage, Horse Show event.

The Endurance driving will have riders competing throughout the park, it's a fabulous display of horsemanship. Also in the park, there will be competitions, displays and entertainment.

So there will be 5 days of top class sporting equestrian action. And if you are lucky you may even see **the queen**.



Royal Ascot Horse Racecourse Berkshire - Ascot - 5 Day Event 20th June 2017 - 24th June 2017



This year saw Stafford swimmer Tom Derbyshire prove his worth on the international stage but his 2016 could get even better after being nominated for SportsAid's prestigious One-to-Watch Award. Back in July, Tom twice took a trip to the podium at the European Junior

Tom Derbyshire 'totally aiming for Tokyo' after One-to-Watch Award nomination

Photography by Lillehammer

Tom Derbyshire

Words by Richard Bates

Athlete of the Future

Tom Derbyshire
Stafford
18,
from West Midlands
Swimmer

Championships, winning the 1500m freestyle and finishing in silver position in the 400m freestyle.

This year saw Stafford swimmer Tom Derbyshire prove his worth on the international stage but his 2016 could get even better after being nominated for SportsAid's prestigious One-to-Watch Award.

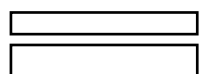
Back in July, former Royal Wolverhampton School pupil Tom twice took a trip to the podium at the European Junior Championships in Hungary, winning the 1500m freestyle and finishing in silver position in the 400m freestyle. The former was in a massive new personal best and, according to the 18-year-old, went some way to soothing the disappointment of missing out on a medal at the 2015 European Games in Baku where illness had disrupted his preparations.

Stafford Apex Swimming Club's Tom also won gold in the same events at the Energy Standard Cup in 2016 in a season which saw him sign off his junior career in style and gain plenty of plaudits along the way, including

his latest nomination. SportsAid's One-to-Watch Award was launched in 2006 with double Olympic medallist Tom Daley the inaugural winner, with six of the 10 recipients competing at the Rio Games this summer.

Tom is now in line to join such illustrious company as one of 10 nominees selected from over 1,100 rising British stars supported by SportsAid across more than 60 different sports. The winner will be presented at the charity's annual SportsBall on November 24 and Tom admitted taking the gong home would be the perfect end to a dream season.

"I was very surprised to be nominated, I was not expecting it



when you think about all the other athletes supported by SportsAid," said the 18-year-old. "It's quite an honour to be chosen and I'm very grateful to even be considered, let alone think of the idea of winning. It just makes all the hard work worthwhile.

"During the Olympics and Paralympics you could see so many athletes winning medals who had been supported by SportsAid and that really drives you on knowing what people have gone on to achieve.

"It gives you belief that you are on the right path. Swimming is not the cheapest sport with all the competitions so that's been really helpful but it's also the psychological aspect of knowing that you've got somebody supporting you, and that is really motivational.

"The highlight for me this year has got to be the European Junior Championships in Hungary, it was the competition I had been working towards and I managed to become 1500m champion.

"At last year's European Games I was the only one of my teammates not to come away with a medal, I had been struggling a bit with illness beforehand. So the gold and my two medals at this year's European Junior Championships were so much more meaningful for me."

Since the Championships this summer, Tom has moved away from home and relocated to the University of Bath, where he is

studying sports and exercise science. The youngster is also training alongside the likes of Rio 2016 silver medallists Jazz Carlin and Siobhan-Marie O'Connor.



But, far from being overawed, Tom insists it is only serving to drive him on to keep reaching for the highest level, especially having also seen his close friends do likewise this summer. "I was watching the Olympic Games, I made sure to get up in the early hours to catch the swimming," he said. "I actually went to the European Games with Duncan Scott and Cameron Kurle and they were both in Rio, with Duncan doing especially well with two relay silver medals. It shows that it's not too far off for me, I'm totally aiming for Tokyo.

"I'm really enjoying being at the national centre here at Bath and training with the likes of Jazz and Siobhan, my next aim is trying to make the World Championships team next year."

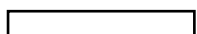
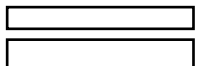


Patron: Her Royal Highness
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Charity: 11116121
Website: www.sportsaid.org.uk



Barnardo's

GIVING CHILDREN BACK THEIR FUTURE



Q5: Is HUUB an Ultimate performance Wetsuit, Cycling shoes or running shorts?

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.

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 is the women's record holder, for the London Marathon?

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

Q4: Can you remember English former athlete, who ran the first sub-four-minute mile in 1954?

Q7: What was the name of the champion Thoroughbred racehorse who won the Grand National in 1973, 1974 and 1977?

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?

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.

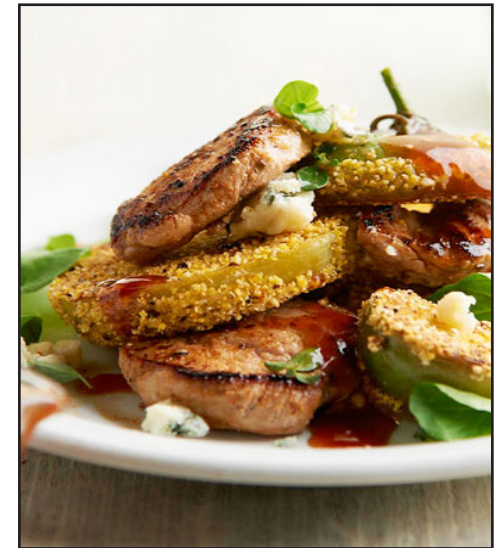
Ingredients

- 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.bbq.com

Interview with:

AYAZ BHUTA

British Wheelchair Rugby Player - Number 10

GOAL SCORER from **BOLTON**



Q: Who inspired you to take up Wheelchair Rugby? And how long have you been with the team?

My current coach, he's been my mentor all the way. And I have been with the British rugby team for 3 years now.

Q: You wasn't playing Wheelchair Rugby at London 2012, you were watching on the side lines, how did you feel about that?

I was just watching the British rugby team finished fifth with Australia winning the gold. I just wanted to get out there and play, and now I'm here, it's amazing.

Q: Have you always played Wheelchair Rugby?

No, I switched from Wheelchair Basketball to wheelchair rugby because the physical elements of the sport suited me more. Over the years I have put in hundreds of hours of training and I'm proud to now be competing as part of the BT GB team.

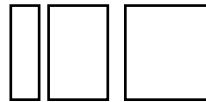
Q: Have you found it really different to Basketball?

Yes, for it's a really fast-paced game,

The number 10 Goal scorer, Ayaz Bhuta 25, from Bolton might be only 3 feet and 7 inches tall and weighing 6 stone but he is a quick, fast and a feisty young man with so much determination and skill. He is a British Wheelchair Rugby player with so much stamina, and a dream to go all the way. I did a short interview with him at the Copperbox in the Queen Elizabeth Olympic Park.

Interviewed and photographed by Eileen Jacas





29th May 2017

Vitality 'London 10,000 Marathon'



Wheelchair Rugby Player

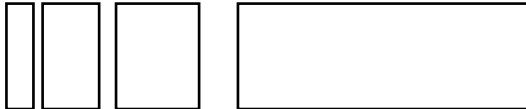
but it's an exciting and challenging sport. Our wheelchairs are made of reinforced metal because there are so many smashes and front-on collisions.

Q: How is the team at the moment, and how did it feel to qualified for Rio?

Well, we came back from the European Championships in 2016 with a gold medal and we had a place booked for Rio 2016 Paralympic Games, so the team felt really confident and energised.

Q: And finally what would you like to say to any young person who wanted to take up the sport?

Don't be afraid to try it out no matter what life throws at you or what doubts you have. I had many doubts in my career but if you just keep working at it, you could make it to the top.



Every year millions of Londoners and tourists visit St James's Park, the oldest of the capital's eight Royal Parks. The park includes The Mall and Horse Guards Parade and is at the heart of ceremonial London, providing the setting for spectacular pageants including the annual Trooping the Colour.

This is the perfect setting to have the Vitality London 10,000 which has become one of the most popular, mass participation 10K runs in the United Kingdom. In 2016, over 10,000 runners completed the course, and welcomed former celebs, former athletes, families and friends, to join in, making this event a fun day out to remember.



3rd July - 7th July 2017

Wimbledon, Lawn Tennis Championships

Held in Wimbledon, London

Wimbledon is one of four annual Grand Slam tennis tournaments held around the world. It's the world's longest-running and most prestigious tennis tournament.



The world of tennis descends on Wimbledon in South West London every summer for two weeks of tennis, strawberries and cream, and good-queuing manners, at the Wimbledon Lawn Tennis Championships.. There will be 500,000 spectators watching the Singles and Doubles matches played, with the top seeds playing on Centre Court and Courts 1 and 2.

27th - 30th June 2017

BNP Paribas Fortis Tennis Classic

Held at the Hurlingham Club, Fulham

The BNP Paribas Fortis Tennis Classic welcomes some of the current top ATP Tour players, they will play in a series of singles exhibition matches as they prepare ahead of The Wimbledon Championships. There are up to three matches on Centre Court each day, with also entertainment from retired tennis legends.

17th - 25th June 2017

WTA, 'Tennis' Aegon Classic

Held at Edgbaston Priory Club, Birmingham

The WTA Premier event will witness many of the world's best players in the lead up to The Championships, Wimbledon. Martina Navratilova, Billie Jean King and, Maria Sharapova are some of the great champions who played there.

19th - 25h June 2017

'Tennis' Aegon Championships

Held at The Queen's Club, Baron's Court

The Queen's Club welcomes the best level of grass court tennis. And players like our greatest champion Andy Murray has committed to compete in the Aegon Championships at The Queen's Club for the duration of his career.

23rd June - 1st July 2017

'Tennis' Aegon International

Held at Devonshire Park, Eastbourne

The Tennis Aegon International is the top women's grass-court tennis event, it gives you a chance to see the best female players. Last year Slovakia's Dominika Cibulkova claimed the WTA title, beating Karolina Pliskova 7-5, 6-3.

10th - 18th June 2017

'Tennis' Aegon Nottingham Open

Held at the Nottingham Centre, Nottingham

2016 sees the return of the 'Tennis' Aegon Nottingham Open, with a strong combination of men and women tennis players. You'll be witnessing world-class tennis, where the tournament will be played on outdoors grass courts.



15- 25 June 2017

13th May 2017



SSE Women's FOOTBALL

'FA CUP FINAL'

Wembley Stadium - (kick-off 2pm)

The Hockey World League 2017

Lee Valley Hockey and Tennis Centre

The Hockey World League London 2017, which sees the world's best players compete in the capital.

From June 15th to 25th 2017, England's men will take on the world's best sides at the £30million Olympic legacy venue Lee Valley Hockey & Tennis Centre on Queen Elizabeth Olympic Park in Stratford. Our Great Britain counterparts Scotland and Wales will also be aiming to take part.



SSE Women's FA Cup Final will be staged at the stunning venue, Wembley Stadium again.

You saw Chelsea lifting the trophy in 2015 before Arsenal defeated the holders to win in 2016. It was an amazing strike from Danielle Carter, (top and middle picture, holding the trophy) which allowed Arsenal to raise the cup for the 14th time.



There skill and speed was amazing to watch, so this year, will Chelsea smell victory or will the defending champions keep hold the trophy once more.



Watch this space.



British Athletics Championships

Birmingham Alexander Stadium

24 -25 -26th June 2017

The best of Britain will descend on the city of Birmingham at the Birmingham Alexander Stadium from 24-26 June. They will be competing for the prestigious honour of being crowned British champion.

There will be female 100m runner Dina Asher-Smith, male 100m runner Chijindu Ujah, Olympic long jump champion Greg Rutherford, Mo Farah and more hopefuls.



Triathlon

10 - 11 June 2017

‘ITU World Triathlon Series’ The ITU Triathlon will be held **in Leeds, again** this year in 2017

The ITU World Triathlon Series, will be held in the historical city of Leeds in West Yorkshire again following the success of the event last year. It will involve the world’s fastest triathletes such as British stars Alistair and Jonathan Brownlee, as they all compete against each other to be eventually crowned World Champion.

Born in Bermuda Flora Duffy became the female elite winner in 2016, and Spaniard

Mario Mola became the male elite 2016 World Champion.

And a side from the elite races, more than 6,000 people will also be taking part, for this mass-participation triathlon events will across the whole weekend.

Whether you are a first time athlete or a seasoned veteran, join in, for it’s for everyone who wishes to have a go.



'Chestertons' Polo
In The Park
Horse-riding Event

9th - 11th
June 2017

at the Hurlington Club, London



The Hurlingham Park in Fulham, hosts the largest and certainly most fun polo tournament in Europe. We have teams representing six different Cities from around the world competing over three days. You will get to see a minimum of three games of polo a day. Of particular excitement this year is that on Friday 9th June, we are hosting an England International match at Hurlingham again, competing under our newly ratified City Polo Series Rules.

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 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

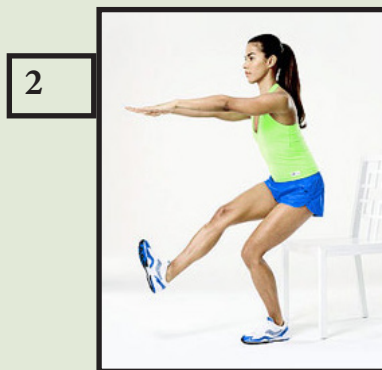
This month we will be focusing on the thighs



1. Standing Hip Abduction

Targets: Hips, glutes, quads

You're going to stand with right foot on a phone book, whilst keeping the left foot above the floor and right knee slightly bent. Lift left leg to the side as high as possible; lower. Do 10 to 15 reps. Switch sides; repeat.



2. Seated One-Legged Squat

Targets: Hips, glutes, quads

Sit on chair, with left foot on floor and right foot elevated. Pressing through left heel, lean body slightly forward and stand up, squeezing glutes. Sit down, keeping right foot lifted the entire time. Do 8 to 10 reps. Switch legs; repeat.

www.fitnessmagazine.com

Football

FOOTBALL

The Barclays Premier League | Fixtures

Dated: 1st - 15th May 2017

Monday 1 May 2017

- Watford 20:00 Liverpool

Friday 5 May 2017

- West Ham 20:00 Spurs

Saturday 6 May 2017

- Man City 12:30 Crystal Palace
- Bournemouth 15:00 Stoke
- Burnley 15:00 West Brom
- Hull 15:00 Sunderland
- Leicester 15:00 Watford
- Swansea 17:30 Everton

Sunday 7 May 2017

- Liverpool 13:30 Southampton
- Arsenal 16:00 Man Utd

Monday 8 May 2017

- Chelsea 20:00 Middlesbrough

Wednesday 10 May 2017

- Southampton 19:45 Arsenal

Friday 12 May 2017

- Everton 19:45 Watford
- West Brom 20:00

Saturday 13 May 2017

- Man City 12:30 Leicester
- Bournemouth 15:00 Burnley
- Middlesbrough 15:00 Southampton
- Sunderland 15:00 Swansea
- Stoke 17:30 Arsenal

Sunday 14 May 2017

- Crystal Palace 12:00 Hull
- West Ham 14:15 Liverpool
- Spurs 16:30 Man Utd

Monday 15 May 2017

- Chelsea 20:00 Watford

Tuesday 16 May 2017

- Arsenal 19:45 Sunderland
- Man City 20:00 West

Wednesday 17 May 2017

- Southampton 19:45 Man Utd

Thursday 18 May 2017

- Leicester 19:45 Spur

Sunday 21 May 2017

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



The America's Cup World Series

26th of May 2017

Bermuda will host the 35th America's Cup. The eyes of the world will witness the best sailors on the fastest boats, battle for the oldest trophy in international sport.

Racing starts with the Louis Vuitton America's Cup Qualifiers on 26th May and the top Challenger will meet Defending Champions ORACLE TEAM USA in the 35th America's Cup Match presented by Louis Vuitton beginning on 17th June, 2017.

Don't Miss

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

ISAF SAILING WORLD CUP SERIES FINAL - SANTANDER, SPAIN

The Royal Regatta Club in Spain | 4th June to 11th June 2017

Investec Derby Day

3rd June 2017 - Time 11.00

The Investec Derby Day, is ranked the greatest flat race in the world and one of Great Britain's most traditional days out.

Answers from Quiz Questions on page 14: Q1: Adam Peaty, Q2: Paula Radcliffe, Q3: 5 gold medals, Q4: Roger Gilbert Bannister, Q5: Wetsuit, Q6: Swimming, Q7: Red Rum, Q8: Jonnie Peacock

Look out! for the next 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.

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



Jenny Archer is a coach for six-time Paralympic champion David Weir, will feature in the next edition.

Goodwood RACE Course

A Festival of Power' Speed and Flair

Start date: 6th May 2017

IN FULL FORCE

Spring into the start of the horseracing season with Opening Saturday: Explore. Experience. Discover. Celebrate the opening day of the 'sport of kings' with an intoxicating mix of high quality racing at the most beautiful racecourse in the country.



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