

4SPORTS

Let's take this journey together

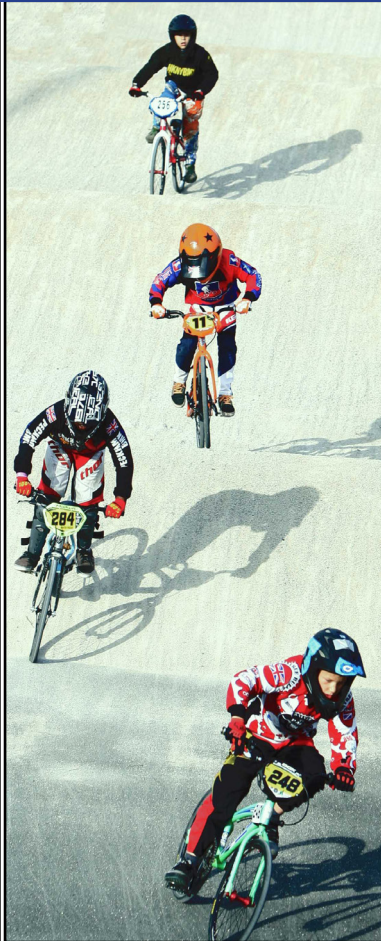


Cycling - Football - Athletics - Diving - Rugby - Equestrian - Golf - Motor-racing



Free

Sportsmen
and women
of the future



Goodwood
Motor
Racing'
Circuit

BTCC
British
Touring car
Championship

All England
Jumping
Championships
Hickstead

Athletics
Great
North
Run



Get active.
Get fit.
Get sponsored.

October 2017
ROYAL PARKS
HALF MARATHON
2017

Join Team UNICEF and run for children

Be part of this iconic 13.1 mile race through the centre of London. Starting and finishing in Hyde Park, it takes in some of the most spectacular sights of the capital and the scenic Royal Parks.

To go the distance and help the world's most vulnerable children with Team UNICEF, sign up now.

Sign up now

-  unicef.org.uk/royalparks
-  halfmarathon@unicef.org.uk
-  020 7375 6109

unicef.org.uk

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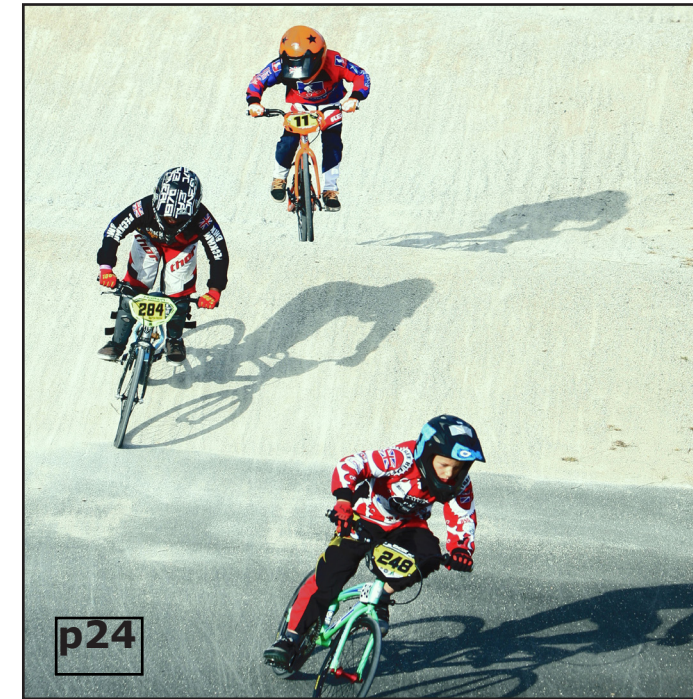
unicef UNITED KINGDOM

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 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 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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Invictus Games 2017

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Goodwood 'Motor Racing' Circuit

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



Interview with:

JENNY ARCHER

Training disabled people in Wheelchair Racing

The Coach who trains David Weir



Jenny Archer is David Weir's coach - This interview was done before David Weir (the British Paralympic Wheelchair Champion who won a total of six gold medals at the 2008 and 2012 Paralympic games) went to Rio Olympics in 2016 last year, he came back home with no medals but he showed everybody how determined he still is, when he became victorious this year by acquiring his seventh win of the London Marathon.

Q: How long have you known David Weir? and how did you meet?

I met David when he was eight, we was looking for disabled athletes for the London Youth Games, and got three or four of them and then got them involved, he did the London youth games, and I said, to his parents then, that your boy is really talented, you need to get him into a club or find somewhere, where he can learn and train.

Then David came back to me before Athens in Greece and asked for help.. he said, I am going to Athens, and the coach I've got at the moment, if it's raining we don't train, he only comes out when it's warm weather. So I said, okay.. I think, we had about over a year, then when he went to Athens he got a silver and a bronze medal.

Q: Then when did the partnership really start?

Well, when he got back, he said, can I meet you, and I said yes, and we met at Kingston, and he said, to me I'd like you to coach me. I said, well.. what do you want from me and I'll tell you what I want from you.

He said, I want you to coach me, I want world records, I want gold medals. I don't want anybody else but you, I want you to coach me.. Yes, okay, I'll take you there, then I went home that night and I thought to myself, oh my God what have I just said. I thought, okay.. this is a new challenge in my life, I'm going to go with it, and

Interviewed and photographed by Eileen Jacas





we've been together ever since.. it's been 11 years now. And he's nearly achieved everything, he's wanted to achieve.

What I do, what we both do is take everything as it comes. There's still a lot in him, a lot of potential there. He's still got that desire.

Q: Tell me about your Academy, you've developed with David?

The Weir Archer Academy, yes well.. I coach all of the young people who want to try Wheelchair racing, the academy is in Kingston athletics track and I use Richmond Park a lot and I do a lot of work on the roads, and that's where David trains too. We use St Mary's for sports science before London. I said to David, I'm not happy with what's going on, I want to go back to St Mary's because we have sports science there, we had a great Physiotherapist there called Paul Martin and so I built up a team of people, so we had the cyclists in Richmond Park, so it's like a little triangle. We had the Kingston track, St Mary's, so

it was all in the pace of twenty minutes, where we had to go, and that team I've kept, and I've kept it all together, and that's what's working, having that team of people around him.

Q: What are you hoping to do.. I'm assuming that you and David's legacy, will be to support up and coming young people, is that's why you've got the academy going?

We get young kids every week, they are there, they are taking part in sports which is the important thing. I lay down this straightaway, if you want to take this seriously, then it will be hard work from day one. David will come in and give everyone one of those kids one on one time.

Q: What is David like?

David is a family man, he loves going home to his kids, that family time is important but when he's training he is 150 per cent devoted to what he is doing.

The Show has been running since 1949 making it one of the longest standing horse shows in history

Horse of the year show Birmingham NEC

4th - 8th October 2017

This is the world's most famous Hores Show, it is a place which all horse owners and riders aspire to be a part of.

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 supplied by Ellie Scotney

Athlete of the Future

Ellie Scotney

Words by
Richard Bates

Ellie Scotney
19,
from Catford
Boxing

England Boxing's Ellie Scotney is taking everything 'step-by-step' as she looks to fulfil her long-term ambition of representing Team GB. The 19-year-old competes in the women's featherweight division (57kg) and was crowned senior elite national champion at the 130th England Boxing Elite National Championships after what she described as 'three very tough fights' in Rotherham last weekend.

Ellie, who boxes for Nemesis ABC having followed trainer Samm Mullins across from Lynn AC Boxing Club last year, overcame Chadwell St Mary's Nina Hughes in the final at the Magna Centre in Rotherham. She's been on 'cloud nine' since and has enjoyed celebrating with family, especially her nan, before turning her focus back to training and the upcoming GB Elite Three Nations in Cardiff.

Ellie originally took up boxing after deciding to follow in the footsteps of her brother Michael. Her sporting hero is Ricky Hatton because she 'loved the way he got stuck in from the first bell and his body shots were second to none'. Ellie is being supported by the Backing The Best programme, run by SportsAid for Sport England, in 2017 having been part of the very first cohort of athletes in 2016.

Q: You've recently been crowned the senior elite national champion! What does this mean to you? What were your first thoughts upon winning the final?

"I don't think there's any words to explain what this means to me. I'm still expecting to wake up and the championships to be a week away! I'm honestly on cloud nine. I've put myself through hell and back for months [in training]. There's been tears - a lot of them too! I've got to keep the momentum going and train even harder."

Q: How did you find the Championships? Were you confident of winning beforehand?

"I had three very tough fights, especially my semi-final as it was non-stop for three rounds! This weekend I had to take myself to a place I've never been to before [to win]. I have so much respect for all my opponents. I knew it was a very, very hard road, but I knew with the work I'd done in the gym I couldn't do any more."

Q: What has been the reaction like since you were crowned champion?

"It's been overwhelming to say the least. I've never been so popular, normally it's only my mum texting me! I really appreciate all the messages I've received. I went to visit my nan and her face when she opened the door was priceless! She cried when she heard the news and to me that means more than the belt. She didn't stop telling me how proud she was, and my nan is quite a hard type! So that was something. She's 94 this year and I promised her I would do it. It meant a lot to us all."

Q: What else is coming up for you this year? Do you have any key targets?

"I have the Three Nations next month,



"An average week day-to-day consists of a morning run - which is always before breakfast! - then I will go training with Samm around 7pm and see what he has up his sleeve to kill us off! I get home at around 10pm. I train six days a week twice a day - sometimes three if he is feeling mean! I'm very lucky to have the support of my family that I can concentrate fully on my boxing. I do a few days up the garden centre to help me get by."

Q: A number of women boxers have turned professional in recent times. What kind of impact do you think this will have on the sport?

"I think the likes of Nicola Adams, Katie Taylor and Claressa Shields really are the names of women's boxing. With the publicity they are getting people aren't looking at them as women boxers - they are just looking at them as boxers. That is enough to inspire anyone."

Q: How important has the support been that you've received from SportsAid and Sport England through the Backing The Best programme?

"I can't thank Sport England and SportsAid enough for the continued support they give me. It helps take the stress away financially allowing me to focus on boxing. Thank you so much. It helps get me to and from the gym every night, covers my subs, equipment, and allows me to get the right nutrition. That makes a big difference."



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

so everything is now working towards them. It's going to be a very hard tournament again but hopefully it all goes well. Other than that, whatever my coach Samm [Mullins] says I'll be there. I know the Haringey Box Cup is in June so I'm really looking forward to entering that! Terri Kelly and Brian John do an unreal job organising it."

Q: What is your long-term ambition in boxing? Would Tokyo 2020 be an aim?

"My long-term goal is to hopefully get on to Team GB and look towards representing my country at big tournaments. But there is so much work that I have to do to get there, so step by step hopefully. That [Tokyo 2020] would be a dream! No running before you can walk though. I've got so much learning to do, so I've just got to keep my head down and work hard."

Q: Give us an insight into an average week for you - how long do you spend on each aspect of your training? What's your training set-up like?



1st - 3rd September 2017

MAJOR EVENTS

Golf European Senior Tour

Travis Perkins Masters Duke's Course, Woburn



Golf - European Senior Tour 'Travis Perkins Masters' Duke's Course, Woburn 1 - 3 Sept 2017.

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 1st - 3th September 2017.

BTCC British Touring car Championship Brands Hatch - 30th Sept-1st Oct (Schedule from April to October 2017)

17 September 2017



Athletics-Great North Run



The Great North Run half marathon will be at Newcastle-Gateshead-South Shields, on Sunday 17 September 2017

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.

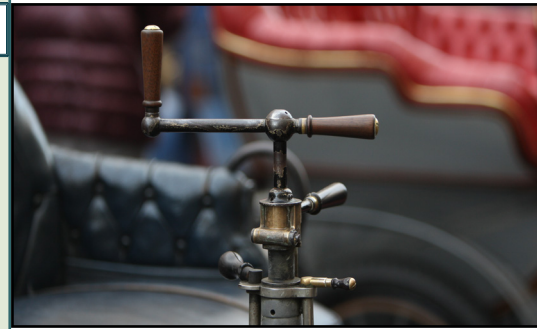
Goodwood 'Motor Racing' Circuit Goodwood Revival Meetings

8th -10th Sept 2017

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 2017?

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

Q4: Where was the IAAF 2017 World championships held, in London? and what stadium?

Q7: The 2017 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 was the 2016 Paralympic Games held? and when did it start?

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

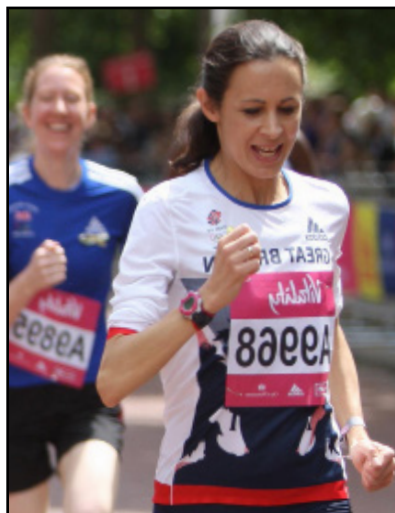
Directions

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.

Editor's Choice of the Month

She is a British long-distance runner



Jo Pavey

Photography by Eileen Jacas

As a youngster, In July 1988 she won the English Schools 1500m title in a British record (under 15). Running for Devon, she finished eight places and 13 seconds ahead of Paula Radcliffe, running for Bedfordshire. Jo then won many titles after that and made her Great Britain & NI debut in Athens in 1989.

At global level, her best results include crossing the line fourth in the 10,000m at the 2007 World Championships and fifth in the 5000 m at the 2004 Olympic Games.

And recently, at the London 2017 World Championships she was

finally awarded her bronze medal for the Osaka World Championships 10000m, because it was reported that in 2007 silver medalist Elvan Abeylegesse had been found, on retesting, to have taken a prohibited substance, and suspended by IAAF.

And in 2016 Rio Olympic Games, this wasn't a great time for Jo, because she finished in 15th place but this result didn't stopped her, for she still continues to compete at the age of 43. She is still running, whether she will retire or not only Jo can answer that question, but I don't think it will be anytime soon.

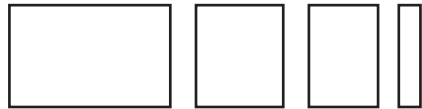
Jo Pavey, was born in Honiton, Devon, and is a British long-distance runner and a World, European and Commonwealth medallist. She is remembered by winning the 10,000m gold medal at the 2014 European Championships in Zürich, ten months after giving birth to her second child, to become the oldest female European champion in history at the age of 40 years old.

She is the only British runner and track event athlete to have competed in five Olympic games, representing Great Britain from 2000 to 2016.





AN EVERLASTING FRIENDSHIP



Bradley Lowery - 2011 - 2017



Germaine Defoe

Germaine Defoe 34, struck up his friendship with six year old Bradley Lowery who was battling with neuroblastoma - a form of cancer back in September when the youngster led out his beloved Sunderland against Everton at the Stadium of Light. The England striker opened up on his 'special' relationship with the Sunderland lad, who touched the nation. Defoe texted every day for updates on the brave lad, but sadly on 7th July 2017, Bradley passed away.

A statement tweeted by Defoe, reads, "Goodbye my friend gonna miss u lots"

"I feel so blessed God brought u into my life and had some amazing moments with u and for that I'm so grateful.

"I'll never ever forget the way u looked at me wen I met u for the first time, the genuine love in those cute eyes.

"Really finding it hard to find words to express what u mean to me. The way u say my name, ur smiles wen the cameras come out like a little superstar and the love I felt wen I was with u".

"Your courage and bravery will continue to inspire me for the rest of my life. You will never know what a difference you made to me as a person. God has you in his arms and I will always carry you in my heart. Sleep tight little one. My best friend."

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>

15th - 17th September 2017

Tennis, Davis Cup semi-finals

Davis Cup a tournament between nations

The 2017 Davis Cup is the 106th edition of the Davis Cup, a tournament between national teams in men's tennis.



The teams playing in the quarter-finals of the Davis Cup 2017

Italy v Belgium
Australia v USA
France v Great Britain
Serbia v Spain

Then the Semi-finals: Friday September 15 to Sunday September 17
And the Final: Friday November 24 to Sunday November 26

26th - 29th September 2017

Motorsport - Wales Rally GB

The Rally of Legends

It's the penultimate 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.



07 - 29 September 2017

Cricket - England v West Indies

September's England Verses West Indies Schedule:

Thursday 07 September - Mondy 11 September - Lord's, London
Saturday 16 September - Emirates Riverside, Chester-le-Street
Tuesday 19 September - Emirates Old Trafford, Manchester
Thursday 21 September - Trent Bridge, Nottingham
Sunday 24 September - Bristol County Ground, Bristol
Wednesday 27 September - The Kia Oval, London
Friday 29 September - The Ageas Bowl, Southampton



31st Aug - 3rd Sept 2017

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.



BFI LONDON FILM FESTIVAL

2017

BFI London Film Festival
will begin on:
Wednesday, 4th October
and ends on
Sunday, 15th October

7 October 2017

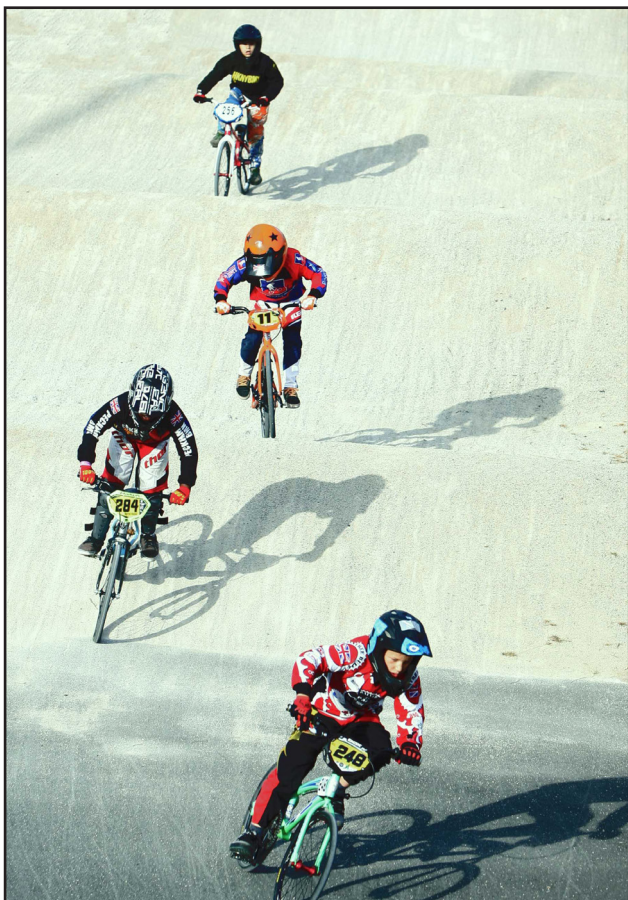
London BMX Series - 2017

VeloPark Park

It will be held at the Queen Elizabeth Olympic Park

Launched at the end of the 2013 season this is 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 whilst also providing an opportunity for more experienced riders. For the 2017 series riders will need to compete in 4 from 6 rounds to be eligible for the overall series ranking and trophy.

Brixton - 3/09/2017 Rd 5
Velopark - 7/10/2017 Rd 6



FOOTBALL

FIFA World Cup Qualifier

4th Sept 2017



Kick off: 7.45

England Vs Slovakia

At Wembley Stadium

London, HA9 0WS

England continue their FIFA World Cup Qualifying campaign at home to Slovakia on 4 September 2017. It will be a year to the day since the Three Lions faced Jan Kozak's team in the return fixture, a match they won 1-0 courtesy of a last gasp Adam Lallana strike. Another such victory would be a big step toward Russia 2018.

Tickets Ticket Prices: £65, £55, £45 & £35 (FAMILY ENCLOSURE - £20 Adults/£10 Children under 16)



23rd - 30th September 2017

The Invictus Games 2017

Held in the city of Toronto, in Canada

“Invictus” is a latin word meaning unconquered or invincible, a suitable name for a new major event. The Invictus Games is a multi-sport event intended for wounded soldiers. It is held in annually in locations around the world. Sports included in the games are wheelchair basketball, sitting volleyball, indoor rowing and many more.



7th October 2017



Super League Grand Final 2017

Held at the Old Trafford Football Stadium

(In Greater Manchester)

The biggest night in Super League, the Betfred Super League Grand Final takes place at the Theatre of Dreams, Old Trafford on Saturday, 7 October. This amazing event is more than 80 minutes of action with top class entertainment off the pitch with celebrity DJ and headline band, with the likes of Charlatans, James and Feeder performing in recent years.



British Rowing Championship
the Senior British Championships
Nottingham | 21 - 22 October 2017

Football

FOOTBALL

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, though to 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

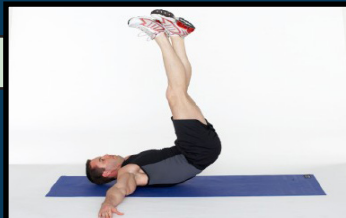
Abdominal exercises: Using proper form when you do abdominal exercises can make the difference between a flabby middle and a slim, trim waistline. Here are two simple exercises to keep your stomach nice and flat.

1



The oblique curl enhances your figure, since it isolates and focuses on those ab muscles that shape the waistline. Keeping hips squared and lower body motionless, lift and rotate upper body, aiming left shoulder to right knee. Repeat eight times. Repeat with the other side.

2



The reverse hip lift very effectively isolates and focuses on the lower part of the abdominal muscles. Cross the legs at the ankles and slowly and gently lift up with the hips, imagining that the legs are flush against a wall and the only direction they can go is straight up.

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The UEFA Euro Football | Schedule

Dated: 1st Sept - 28th Oct 2017

September

- 1 September: UEFA Women's Champions League round of 32 draw, Nyon
- 8 September–31 October: UEFA European Women's Under-19 Championship qualifying round
- 10–13 September: UEFA Futsal EURO 2018 play-offs, first legs
- 12/13 September: UEFA Champions League group stage, matchday one
- 14 September: UEFA Europa League group stage, matchday one
- 14–19 September: 2019 FIFA Women's World Cup qualifiers
- 20 September: UEFA Congress, Geneva
- 21 September: UEFA Executive Committee meeting, Nyon
- 22 September–29 October: UEFA European Women's Under-17 Championship qualifying round
- 24–27 September: UEFA Futsal EURO 2018 play-offs, second legs
- 26/27 September: UEFA Champions League group stage, matchday two
- 27 September–1 November: UEFA European Under-17 Championship qualifying round
- 28 September: UEFA Europa League group stage, matchday two

October

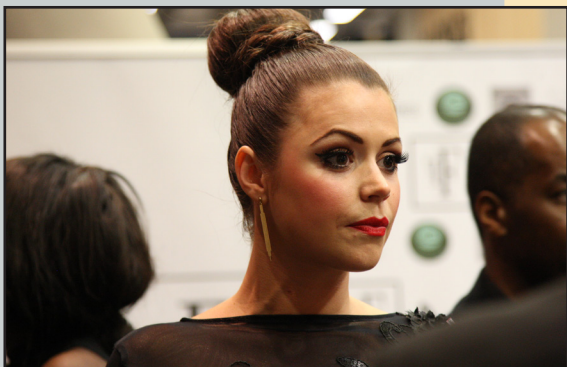
- 2–10 October: 2019 UEFA European Under-21 Championship qualifiers
- 3 October–14 November: UEFA European Under-19 Championship qualifying round
- 4/5 October: UEFA Women's Champions League round of 32, first legs
- 6–28 October: FIFA U-17 World Cup, India
- 5–10 October: European Qualifiers (2018 FIFA World Cup)
- 10–15 October: UEFA Futsal Cup main round
- 11/12 October: UEFA Women's Champions League round of 32, second legs
- 13 October: European Qualifiers (2018 FIFA World Cup) play-off draw
- 16 October: UEFA Women's Champions League round of 16 draw, Nyon
- 17/18 October: UEFA Champions League group stage, matchday three
- 19 October: UEFA Europa League group stage, matchday three
- 19 October: UEFA Futsal Cup elite round draw, Nyon
- 19–24 October: 2019 FIFA Women's World Cup qualifiers
- 31 October/1 November: UEFA Champions League group stage, matchday four

November

- 2 November: UEFA Europa League group stage, matchday four
- 6–14 November: 2019 UEFA European Under-21 Championship qualifiers
- 8/9 November: UEFA Women's Champions League round of 16, first legs
- 9–11 November: European Qualifiers (2018 FIFA World Cup) play-off first legs
- 10 November: UEFA European Women's Under-17 & U19 Championship qualifying draws
- 12–14 November: European Qualifiers (2018 FIFA World Cup) play-off second legs
- 15/16 November: UEFA Women's Champions League round of 16, second legs
- 21/22 November: UEFA Champions League group stage, matchday five
- 21–26 November: UEFA Futsal Cup elite round
- 23 November: UEFA Europa League group stage, matchday five
- 23–28 November: 2019 FIFA Women's World Cup qualifiers
- 24 November: UEFA Women's Champions League quarter-final & semi-final draw, Nyon

**Add on: + 4
Entertainment**

1. London Fashion
2. New Film Releases
3. Live Music Selection
4. Art and Theatre



London Fashion Week 2017

15 -19 September 2017

London Fashion week (LFW) is one of the highest profile fashion events in the world, and it's here again in London this year. There are 60 catwalk shows, and at least 100 designers, showcasing their work at Somerset House.

Fri Sep 1st –Sat Sep 30th 2017

**2017's riverside festival
Totally Thames:**

Previously Thames Festival, returning for another year, yet under a different name, Totally Thames will be bigger and better than the previous years, the water-side festival will take place across the whole of September, there will be arts festivals, community events, regattas, river races, foreshore archaeology and environmental activities.

The Great River Race

There will be the great boat race, which is London's annual river marathon event, will see 300 crews try to become the UK's Traditional Boat Champions. Participants range from serious athletes to recreational rowers in fancy dress, it is a wonderful sight.

The vessels are a mix of gigs, skiffs, Chinese dragon boats, Hawaiian war canoes, Viking longboats, Irish currachs, shallops, wherries and whalers.

The race starts at Millwall Slipway, E14 at 10.45am and finishes at around 1.40pm with a cannon broadside for the winners at Ham House, Richmond, TW10.

Don't Miss

Just please, pencil this date bold in your diary.



**Horse-racing British
Champions Day - ASCOT**

21st October 2017

British Champions Day, now in its seventh 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.

**BFI London Film Festival -
2017 (In central London)**

4th - 15th October 2017

The 61st BFI London Film Festival which will take place at venues across the UK capital from 4-15 October 2017.



The next issue will feature Paula Radcliffe a former English long-distance runner

Look out! for the next 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.

Answers from Quiz Questions on page 14: Q1: The Brownlee Brothers, Q2: Roger Federer, Q3: Alexandra Palace, Q4: Queen Elizabeth Olympic Park in the London Stadium, Q5: He's won 6 times, Q6: Swimming, Q7: Manchester city and Birmingham city, Q8: Rio de Janeiro, 7th September

**Skate South Club International
Lee Valley Ice Centre | 25-28 Sept 2017**



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