et's take this journey together

RI

Mar/ Apr 2018

Out every 2 months



Cycling - Athletics - Basketball - Football - Swimming - Rugby - Netball - Fencing



2018 The London Marathon

RBS Rugby Six Nations

UCI TRACK CYCLING WORLD CHAMPIONSHIPS

Athletics - World Indoor Championships



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.

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unicef

UNITED KINGDOM

p26



Welcome These are going to be exciting times in Sports for 2018.

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.



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

The London Marathon

p26 The London Marathon in 2017 was an amazing year, hope-fully 2018 will be just as good.

UCI Track Cycling p12

The UCI Track Cycling World Championships will be held at the National Cycling Centre, in Manchester.

The World Indoor Athletics Champions p18

This intensive competition will be held this year in Birmingham city, at the Arena Birmingham.







Main Feature of the Month



J has the firm support from his family, and with hard work and determination, he hasn't looked back, for he is now part of the men's sabre squad, training full-time at the Elite Training Centre in London, with the Tokyo Olympics 2020 Games in his sights.

Q: What made you decided to take up fencing?

I decided to take up fencing purely because it was something new. when I was 11 (and even now) I was always up for a new challenge and when I saw a fencing demo at school it was clear to be my next adventure!

Q: What were your worse moments in your sporting career so far? And what were your high-lights?

Any sport comes with high and lows and my lowest has to be when I ruptured a ligament in my ankle at the 1st qualifier for Rio 2016. luckily my team got me back on my feet (literally) in only 5 and a half weeks allowing me to compete the senior world championships in 2015, and to be honest overcoming that injury in the time that I did and then attending the world my 1st senior major championships is probably one of the highlights so far because I learnt a lot about what I could do when I put my mind to it and focused all my energy into it (which makes me quite excited about my future)!

Q: What would you need, in order to become a top contender, the way you are? Would you need quick reflexes and flexibility, ...certain strengths?

If there is one thing I have a learnt about fencing, it is that you can have the best technical ability, the highest fitness levels and strength and even the best



tactical sheet in the world but if you haven't got the self belief and fight in you then it cant work - because at the end of the day, you are in a fight.

Q: What is your short term goal this year?

My goals for this year are to take medals at the junior European and world championships as well as earn selection for senior team world championships in Rio just before the Olympic games. any more than that is a bonus!

Q: What advice would you give to anyone who wanted to take up this kind of sport?

My advice would simply be, GO FOR IT! I have learnt so much about myself through this sport and I have made some lifelong friends... not to mention I have an Olympic journey ahead of me... which 8 years ago would have sounded crazy!



1st - 5th March 2018

DARTS UK OPEN FINALS Held at Butlin's Minehead

In Butlins you'll see some of the biggest names in darts battle it out for the PDC Players Championship and the PDC Darts UK Open Finals, and many others, battling it out to win the title. There will be six sessions of darts over 3 days, and if you come you'll be lucky to see the likes of Phil "The Power" Taylor and Michael "Mighty Mike" Van Gerwen.





Netball London Live 2018, - 5th June 2018, At the Copperbox Arena, in the Olympic Park

The Copper Box Arena has played host to Netball London Live, since it's inception in 2014 and has welcomed over 15,000 netball fans for the event in it's 4 year history, including 2 sell-out crowds.

On Saturday, 11 March 2017 Netball London Live returned for a fourth year at the Copper Box Arena.. now it will to back later, in June (so put it in your diary). Surrey Storm's ground-breaking Netball London Live event will see more than 6000 fans from across the country come together to watch the duck egg blue army host 2017 Superleague finalists Loughborough Lightning in the capital, with the sides set to meet on Saturday 23th June 2018 at the Copper Box Arena.

The Copper Box Arena was the first Olympic venue to open its doors on the Queen Elizabeth Olympic Park post London 2012. Since then the all-seated venue has hosted a vast array of sporting and musical events.

Athlete of the Future

Millie Knight **Para** Alpine Skier

PORTS

A 18 year old, from Canterbury, England

Para alpine skiers Mille Knight, Menna Fitzpatrick, James Whitley and Chris Lloyd will fly the flag for Great Britain at the Pyeong-Chang 2018 Winter Paralympic Games having been selected to represent ParalympicsGB in March. The four athletes, all of whom have been supported by SportsAid. Reigning downhill world champion Millie, 18, is set to compete in the women's visually impaired classification alongside her guide Brett Wild. She has been a beneficiary of SportsAid's help over a number of years and attended the charity's annual SportsBall prior to Christmas. The PyeongChang Games will be Millie's second Paralympics

Words by

Richard Bates



after two fifth-placed finishes in Sochi at just 15-years-old.

"I'm so happy to be selected to compete at my second Winter Paralympic Games for Great Britain," said Millie – who was the flagbearer for ParalympicsGB at the opening ceremony in the Fisht Olympic Stadium back in 2014. "Four years ago in Sochi was a really fantastic experience and I learned a lot, but competing in Pyeongchang has always been my main goal.

"Since Sochi I've been working really hard and have built a strong partnership with my guide, Brett Wild. We know the competition will be tough in South Korea, but we're excited for the games and look forward to the



challenge ahead. It's awesome that my sport is getting the profile at the Paralympic Winter Games and I feel honoured to be among the first British athletes competing in snowboard."

Menna Fitzpatrick, 19, with her guide Jennifer Kehoe, will also compete in the women's visually impaired classification. She received a SportsAid award shortly after the Sochi Games with her own aspirations of reaching South Korea. Menna and Jennie became the first Brits to win the overall VI World Cup title in 2016. They also finished 2017 with four medals at the first World Cup of the season.

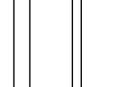
Skier James, 20, who was supported by SportsAid between 2009 and 2014, returns after making his Paralympic debut in Sochi. He recorded a seventh-placed slalom finish at last year's World Championships. Chris, 43, had help from SportsAid in 2014 and is set for his Games debut after gaining valuable experience with the Paralympic Inspiration Programme in Russia four years ago.

Penny Briscoe OBE, Chef de Mission for ParalympicsGB, said: "It is very exciting to start the year by announcing the first athletes who will represent ParalympicsGB at PyeongChang 2018. Sochi 2014 was an historic Games for us, but the incredible performances of these athletes throughout this cycle shows that there is so much to look forward to when the Games begin in March."

What will you do to #Support The Next generation of British sporting heroes? SportsAid needs your help to ensure talented athletes like Millie can continue receiving the support they rely on. To donate text `NEXT01 £5', `NEXT01 £10' or as much as you can give to 70070.







Patron: Her Royal Highness The Duchess of Cambridge Charity: 1111612 I Website: www.sportsaid.org.uk



National Cycling Centre in Manchester

28th February to 4th March 2018 2018 UCI TRACK CYCLING WORLD CHAMPIONSHIPS

The UCI Track Cycling World Championships will host the 2nd round of the 2017-18 Tissot UCI Track World Cup in Manchester. Experience the iconic venue of the Velodrome hosting Britain's top track stars competing against the world's best.

-SWIMMING **ARA** d BRITISH



To be held at The Ponds Forge

International Swimming Centre in Sheffield

The British Para-Swimming International Meet 2018 will take place from the 31st May – 3rd June at the Ponds Forge International Sports Centre in Sheffield.

The fifth leg of the 2018 World Series will see the Para-Swimming elite converge on the city of Sheffield for four days of world class action and also the British team selected for the European Championships in Dublin later in 2018.

2018 World Series Legs:

STARTS in March

Denmark: 2-4 March

USA: 19-21 April

Brazil: 26-28 April

Italy: 24-27 May

Great Britain: 31 May -3 June

Germany: 7-10 June



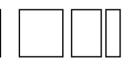
The answers are on page 30

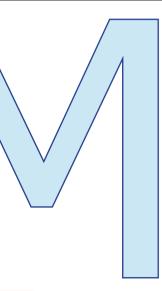
Matthew Hudson-Smith

He is a British 400m Sprinter

He won Silver at the 2014 European Championships







SPORTS

Matthew Hudson-Smith, was born in Wolverhampton, he is a British track and field sprinter who specialises in the 400 metres. He holds a personal best of 44.48 seconds for the distance set at the 2016 Olympic Games.

He was a gold medallist in the 4×400 metres relay at the 2014 Commonwealth Games, and a silver medallist in 400 metres at the 2014 European Athletics Championships in Zürich, Switzerland. He was also a double bronze medallist at the 2013 European Athletics Junior Championships.

He joined his local athletics club, Birchfield Harriers, in 2006, and has never looked back..











The World Indoor Athletics

Championships 2018

The event will start on 1st - 4th March 2018 in the lively, attractive, town of Birmingham city. The IAAF World Indoor Championships is held every two years and provides three action packed days of top class sport.

This intensive competition will be held this year in Birmingham city, at the Arena Birmingham, which is one of the busiest, large-scale indoor sporting and entertainment venues in the world.

The fans will be able to see many of the top athletes compete against one another at close range. 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

14 -18th March 2018

ALL England, Open Badminton Champs

Held in Barclaycard Arena, Birmingham

It will be the 107th Championships, and will still produce the best players around, they will be thrashing, jumping and slamming through to victory.



The All England Open Badminton Championships is the world's oldest and most prestigious badminton tournament, now in its 108th year.

It will present the world's best athletes within the sport since 1899, including many outstanding performances and rivalries.

11th March 2018

North London Half Marathon

North London - to Wembley Stadium

This year the route is reversing for this unforgettable running event, for you will be finishing your 13.1 mile journey inside the amazing Wembley Stadium, instead of the other way round. It will be the greatest finish ever as you run towards the Wembley Stadium finishing line, with your hands raised high.

The North London Half Marathon welcomes elite runners and those who have never done it before, to join in and have a go.

Rugby - Saracens Vs Harlequins

Held at Wembley Stadium

The Saracens and Harlequins will attract world record crowds, as in 2012, 2014 & to2017, so there'll be a great day again of rugby in North London.



The English rugby union champions Saracens will once again face Harlequins at the iconic London Stadium in March 2018.

This will be a fantastic family day out offering great rugby and great entertainment at a great venue.

10th March 2018

24h March 2018

The Athletics Cross Challenge

Held at Crofton Park, Birmingham

The Cross Challenge events series will be held in Cardiff, Milton Keynes, Liverpool, Antrim, and Loughborough.

This event gives up-and-coming athletes the opportunity to match themselves against established cross country stars with competitive fields catering for all age-groups: senior, under-20, under-17, under-15 and under-13.

In order to be eligible for prizes at the Final, athletes must have competed in two of the previous four cross challenge fixtures.

SPORT RELIEF GAMES 2018





Running, swimming and cycling events for everyone - Sport Relief Games. **Sport Relief Swimathon**, you have a choice of 1.5, 2.5 or 5k. **Sport Relief Cycle**, where you get your bike out and do a distance you choose. The Sport Relief Games in 2018, will be amazing and inspiring.

Sport Relief is when the British public comes together to get active, raise money and change lives. This time, it's bigger than ever and we've got a whole week of epic activity lined up for you from **17th to 23rd March 2018**.

As part of Comic Relief, Sport Relief takes place every two years, alternating with Red Nose Day.



England Football

England Verses Italy

will be held at the **Wembley Stadium** March 27th 2018

England will face Italy on 27 March 2018 as the Three Lions' 2018 FIFA World Cup preparations step up.

Gareth Southgate's squad will host the Italians at Wembley Stadium connected by EE for an 8pm kick off. The fixture against the 2006 World Champions will provide a stiff test less than three months before the start of next summer's showpiece in Russia.

Ticket Prices available from: £70, £55, £45 & £35 (FAMILY ENCLOSURE - £20 Adults/£10 Children under 16).

Horse Racing - Grand National

12 - 14 April 2018

Held at Aintree Racecourse in Liverpool

Once more the Horse Racing - Grand National at Aintree Racecourse in Liverpool will be so much more than a few days at the races.

The event will cover 3 days of racing, there'll be the Grand Opening Day, Ladies Day, and The Grand National Day. It will be elegant and exciting, whether you win, lose or just enjoy the day.



The Gymnastics British Championships 2018

March 8 – 11 2018

Watch amazing Olympic, World and European stars fight for prestigious titles at the 2018 Gymnastics British Championships at Echo Arena, 8-11 March 2018.

Prepare to be amazed by gymnasts with super-human abilities competing on a

range of exciting apparatus. From the powerhouses on the rings to the grace and beauty of the floor routines, the explosive power of a vault to the nervewracking routines on the beam, you'll be treated to a great exhibition of inspiring performances from Britain's most talented aymnasts.

Rowing - Head of the River - River Thames, London

11th March 2018 - Starts: 1.30pm

The Head of the River Race is rowed annually in March from Mortlake to Putney on the Tideway in London. Over 400 crews of eights take part, making it one of the highest participation events in London. It starts at 13:30, so if you fancy it, come down to the river.

9th - 11th March 2018

RBS Rugby Six Nations Held at Twickenham Stadium

(England Verses France)

3/4 February

Wales v Scotland, Saturday 2.15pm France v Ireland, Saturday 4.45pm Italy v England, Sunday 3.00pm

10/11 February Ireland v Italy, Saturday 2.15pm England v Wales, Saturday 4.45pm Scotland v France, Sunday 3.00pm

23/24 February

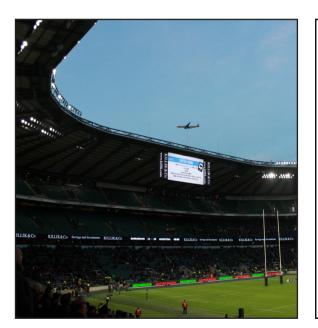
France v Italy, Friday 8.00pm* Ireland v Wales, Saturday 2.15pm Scotland v England, Saturday 4.45pm

10/11 March

Ireland v Scotland, Saturday 2.15pm France v England, Saturday 4.45pm Wales v Italy, Sunday 3.00pm

17 March

Italy v Scotland, Saturday 12.30pm England v Ireland, Saturday 2.45pm Wales v France, Saturday 5.00pm



A Night Of Championship Professional Boxing
- Sat 3rd March 2018 - York Hall London - Starts at 4pm - VENOM



LONDON'S PROFESSIONAL BASKETBALL TEAM

MAJOR EVENTS

PORT

www.londonlionsbasketball.com

Major Events coming up: Basketball

www.londonlionsbasketball.com

London's Only Professional Basketball Team



London Lions Vs Worchester Wolves

The London Marathon

The London Marathon will take to the London streets again, where there will be the elite and both UK and overseas runners on the day.

Every year, thousands of people take part.

There will be memoriable moments, such as Olympic champion Eliud Kipchoge who will return to the Virgin Money London Marathon looking to make it a hat-trick of wins in the capital.

In 2015, the late John Disley, cofounder of the London Marathon gave Paula Radcliffe her lifetime achievement award when she made an appearance, running for the last time, (right, picture), with Prince Harry.



JOHN IVOR DISLEY CBE - 20 November 1928 - 8 February 2016

At the **Copperbox Arena** 15/04/2018 16.00pm

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

The Copperbox is their home venue, and they will now play the Worcester Wolves on the 15th of April.

So come down and show your support in 2018.



Exercises and physical fitness



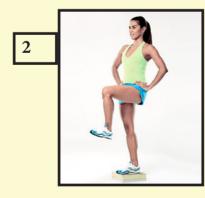
Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons, including the strengthening of muscles and the

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. You're going to start off with your feet shoulder width apart. Squatting down, make sure your knees are aligned with your ankles. You're going to stay at this height the entire time, so you're not going to pop up and down. Stay like this for 5 counts, then sit down again. And repeat for at least 6 times.



2. Start off with your feet shoulder width apart. Then put both hands up on to your hips keeping your back straight. Slowly raise your right leg, so the knee is parallel to your hips, hold for 5 secs then lower your leg, whilst keeping the left leg down and straight. Repeat on the other leg.

Football

The Barclays Premier League | Fixtures Dated: 01 March - 14 April 2018

Thursday 01 March 2018 Arsenal 19:45 Manchester City

Saturday 03 March 2018

Burnley 12:30 Everton Leicester City 15:00 AFC Bournemouth Southampton 15:00 Stoke City Swansea City 15:00 West Ham United Tottenham Hotspur 15:00 Huddersfield Town Watford 15:00 West Bromwich Albion Liverpool 17:30 Newcastle United

Sunday 04 March 2018

Brighton & Hove Albion 13:30 Arsenal Manchester City 16:00 Chelsea

Monday 05 March 2018 Crystal Palace 20:00 Manchester United

Saturday 10 March 2018

Manchester United 12:30 Liverpool Everton 15:00 Brighton & Hove Albion Huddersfield Town 15:00 Swansea City Newcastle United 15:00 Southampton West Bromwich Albion 15:00 Leicester City West Ham United 15:00 Burnley Chelsea 17:30 Crystal Palace

Sunday 11 March 2018

Arsenal 13:30 Watford AFC Bournemouth 16:00 Tottenham Hotspur

Monday 12 March 2018 Stoke City 20:00 Manchester City

Friday 16 March 2018 Tottenham Hotspur 20:00 Newcastle United

Saturday 17 March 2018

Burnley 12:30 Chelsea AFC Bournemouth 15:00 West Bromwich Albion Huddersfield Town 15:00 Crystal Palace Leicester City 15:00 Arsenal Stoke City 15:00 Everton Swansea City 15:00 Southampton Liverpool 17:30 Watford



Sunday 18 March 2018

West Ham United 13:30 Manchester United Manchester City 16:00 Brighton & Hove Albion

Saturday 31 March 2018

Crystal Palace 12:30 Liverpool Brighton & Hove Albion 15:00 Leicester City Manchester United 15:00 Swansea City Newcastle United 15:00 Huddersfield Town Watford 15:00 AFC Bournemouth West Bromwich Albion 15:00 Burnley West Ham United 15:00 Southampton Everton 17:30 Manchester City

Sunday 01 April 2018

Arsenal 13:30 Stoke City Chelsea 16:00 Tottenham Hotspur

Saturday 07 April 2018

Arsenal 15:00 Southampton AFC Bournemouth 15:00 Crystal Palace Brighton & Hove Albion 15:00 Huddersfield Town Chelsea 15:00 West Ham United Everton 15:00 Liverpool Leicester City 15:00 Newcastle United Manchester City 15:00 Nanchester United Stoke City 15:00 Tottenham Hotspur Watford 15:00 Burnley West Bromwich Albion 15:00 Swansea City

Saturday 14 April 2018

Burnley 15:00 Leicester City Crystal Palace 15:00 Brighton & Hove Albion Huddersfield Town 15:00 Watford Liverpool 15:00 AFC Bournemouth Manchester United 15:00 West Bromwich Albion Newcastle United 15:00 Arsenal Southampton 15:00 Chelsea Swansea City 15:00 Everton Tottenham Hotspur 15:00 Manchester City West Ham United 15:00 Stoke City



Don't Miss

The films will be shown at the BFI Film Festival, Southbank.

BFI Flare: London LGBT Film Festival 2018

21st March to 1st April 2018

BFI Flare: London LGBT Film Festival, formerly known as the London Lesbian and Gay Film Festival (LLGFF), is the biggest LGBT film festival in Europe. It takes place every spring in London, England. **Below are films screened at the LGBT Film Festival in 2017**.



Centre Of My World: is a sweet and charming gay teen romance, that also keeps you intrigued about the dark family secrets. With stunning visuals and sublimely constructed character depth, Centre Of My World (Die Mitte der Welt) will immerse you in a dreamlike whirlwind of emotions.



The Ornithologist: a solitary ornithologist, is looking for endangered black storks along a remote river in northern Portugal when he is swept away by the rapids. Rescued by a couple of Chinese pilgrim girls, he plunges into a dark, eerie forest, trying to get back on track.



Moonlight: The film presents three stages in the life of the

main character; his youth, adolescence, and early adult life.

It explores the difficulties he faces with his sexuality and

identity, including the physical and emotional abuse he

Untamed: A couple in a troubled marriage locate a meteorite, initiating an encounter with a mysterious a creature. Their lives are turned upside down by the discovery of the creature, which is a source of both pleasure and destruction.



THE ENERGY WITHIN (Real-life Story of Stefanie Reid)

The Film will be released on: 23rd March 2018

THE ENERGY WITHIN is the truthful and inspiring story of a woman's journey to find the strength to follow her dream of becoming a pro athlete. Featuring World Champion and 3 time Paralympian Stefanie Reid (centred in picture on the left).

Answers from Quiz Questions on page 14: Q1: The Brownlee Brothers, Q2: Roger Federer, Q3: Alexandra Palace, Q4: The Lee Valley, Hockey and Tennis Centre, Q5: 6 times, Q6: Swimming, Q7: Christopher Froome, Q8: Tiffany Porter

Snooker - World Championship 2018



21st April 2018 - 7th May 2018

SPORTS⁻

The Crucible Theatre, Sheffield

Many of snooker's most famous names will return to The Crucible Theatre, in Sheffield, for the 2018 Snooker World Championships. Players such as Ronnie O'Sullivan, John Higgins, Stuart Bingham, Shaun Murphy, Neil Robinson, Ali Carter, and many others, will be battling it out to win the title.



Look out! for the next publication of 2018

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 maq' 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.



Commonwealth Games, Gold Coast, Australia: 4th-15th April 2018

12 action-packed days of free culture celebrating the Gold Coast 2018 Commonwealth Games. Experience music, theatre, circus, dance, ideas, visual arts and film from the Gold Coast, Australia and across the globe.

Dire

E. J Sim

Editor: I





