

WADE WOWS WIMBLEDON



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Virginia Wade with the trophy posing with Betty Stöve whilst the Queen chats with a Wimbledon official in the background.

After a month of street parties and celebrations to mark HM The Queen's Silver Jubilee, the Queen made a rare appearance at Wimbledon, her first visit in 25 years, to see Virginia Wade capture the nation's mood as she became Britain's first Ladies' Singles champion since Ann Jones in 1969.

Ms Wade beat the defending champion and No.1 seed Chris Evert in the semi-finals. Betty Stöve, her finals opponent, prevented an all-English match after the Dutch player knocked out the No.4 seed Sue Barker 6-4, 2-6, 6-4, in the other semi-finals match.

An expectant Centre Court was packed on the Friday, hoping to see the 31-year-

old New York resident win the title at the 16th attempt. Ms Stöve won the first set 6-4 but Wade fought back to take the second 6-3. Roared on by the partisan crowd there were no problems in the final set as Wade stormed to a 6-1 victory, much to their delight.

Wade, who was born in Bournemouth but grew up in South Africa having moved out there at the age of one and returned to the UK when she was 15, added to her Grand Slam singles title US Open win in 1968 and Australia in 1972.

HM The Queen presented her with the trophy and the prize winner's cheque for £13,500 as the delighted crowd sang, "For she's a jolly good fellow".

The Pink Word Search:



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Can you find the names of the following international boxing legends in this grid?

Bruno
Patterson
Foreman
Spinks
Bugner
Holmes
Lewis
Cooper
Frazier
Louis
Ali
Leonard

+
three mystery names...

Test Your Sporting Knowledge With Our Quick Quiz:

Question 1: Which racing driver was known as the 'Flying Scot'?

Question 2: In which year did Seve Ballesteros first win the British Open Golf Championship?

Question 3: A famous Scottish footballer was known as "Jinky". Who was he?

Question 4: Who has been the longest-serving England national football manager to date?

Question 5: Which country did snooker originate from?

Question 6: Which was the longest athletics race run by women in the 1956 Melbourne Olympics?

Question 7: Who was the first person to sail single-handed around the world?

Question 8: Which two sports are included in the Winter Olympic Biathlon?

Question 9: Which jockey was known as the 'housewives choice'?

Question 10: What was unique about the 1969 Ryder Cup at Royal Birkdale?

Question 11: Which country won the 1975 Five Nations Rugby Championship?

Question 12: Who was the first professional player to be appointed England Cricket captain?

Question 13: In darts, what is the highest score possible with three different trebles?

Question 14: In which sport is the Commissioner's Trophy contested?

Answers to our Quick Quiz and Word Search can be found on the back page of this issue.

"I was there..."

This week, Olympic cycling medallist and sports commentator, Scott McGrory:

In 1988, I was a very lucky 18-year-old kid in the Australian cycling team for the Seoul Olympics. Before the Games we were led to believe the Soviet Union and East Germans were unbeatable, supermen in fact. Our coach's admiration had me, the team's youngest, looking at them as mythical beasts of speed and power.

A few days later the Men's Sprint was coming down to the medal rounds. Looking on the money was a legend of sprinting, East German, Lutz Hesslich – gold medallist from Moscow in 1980. Eight years on he was again the favourite and in the gold medal ride-off.

A wide-eyed kid, with a bronze medal in my pocket, I watched that final sprint from the track's infield. After yet another tactical masterpiece of sprinting, Lutz won his second Olympic title and quickly stopped right in front of where I stood. He collapsed off his bike and sat against the inner fence, and then something strange happened. He cried! Sobbing uncontrollably, no more than two metres away was the god of sprinting, this mythical character that I believed wasn't even human. Then it hit me, regardless of what the Soviet and East German programmes were up to at the time, these guys were human after all.

That's the moment I realised the number one ingredient to becoming successful in sport is passion! It was passion running down Lutz's face, and I'd witnessed it.



© Scott McGrory

Former professional racing cyclist and Olympic bronze and gold medallist, Scott McGrory.

RED RUM MAKES IT A TREBLE

The bookies 9/1 favourite Red Rum has won his third Grand National at Aintree, completing the course in 9:30.3 seconds.

The 12-year-old gelding, trained by Ginger McCain, and owned by Noel Le Mare, has had a lacklustre start to the season but proved he still has what it takes with this magnificent result which makes him the only horse in history to achieve three Grand National victories. Red Rum was second-placed in last year's Grand National and also in the 1975 Aintree race but produced wins in 1973 and 1974.

In a second 'first' for a Grand National, 21-year-old jockey Charlotte Brew became the first female rider to compete in the race, although she finished a long way back behind the leaders after a refusal at the 27th fence.

The Return Of Spot The Ball

Place 20 X's where you think the ball is in the photo below. The solution is on the back page of this issue.



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Wimbledon Tennis Championships 1959. Rod Laver in action against Jean-Claude Molinari.

AUSSIES CELEBRATE CENTENARY TEST WIN

Australia enjoyed a magnificent victory in the Centenary Test match against England in a five-day series at the MCG between 12-17th March, astonishingly finishing with exactly the same 45 runs margin that marked their first England-Australia Test win 100 years previously.

Attending the match were many veterans of Test cricket including Jack

Ryder, the oldest past player at 87, Harold Larwood, Peter Loader and Tony Lock.

Australia's Dennis Lillee produced a remarkable display of top-quality bowling, taking 6/26 on day two and England were all out for 95 in just 34.3 eight-ball overs. Lillee's 11/165 proved to be the decisive performance of Australia's victory in this celebration of Test match cricket.

Staying Active at Home

During Lockdown

It has been a challenge going back into 'lockdown' and adhering to the stay-at-home message. We have had some very specific rules to follow but we hope you have managed to keep moving everyday at home with the fun exercises we have suggested! And we know things are going to change again in the coming weeks and months as 'normal' life slowly returns, so we want to offer plenty of encouragement and support to help you get back out there with confidence.

We have been chatting to some of the Sporting Memories staff about their experiences of shielding and how they kept active at home. Using that experience they have offered some wise words on how we can start to think about life after lockdown.



Have a plan... **a routine vs being spontaneous?** Both are useful in different ways – a routine is great, but why not take advantage of a break in the weather or a quieter time once the schools go back to go for a walk? As a shielder, my 'routine' is to do something, it doesn't have to be the same thing or same time – just something!



Switch up the time of day you go out for a walk. You might see your surroundings differently, or maybe do that regular walk the opposite way round?



On a practical note – ditch the slippers and get changed to go out. Or simply put on your shoes to walk down the garden – it feels more like 'going out!'

Staying Active at Home

Stay safe whilst exercising at home...

- Make sure you are wearing suitable clothing (flat, comfortable shoes and loose-fitting clothing);
- Make sure activities are set up in a suitable/safe environment – if using a chair, make sure it has a flat seat and is not on wheels;
- Take it steady to start with. If you need to take a rest in the middle of the routine that's fine as you build your fitness and confidence;
- However, feeling your muscles working or slight muscle soreness the next day after activity is normal and shows that the activities are working;
- Always have a cool drink available, remember to rehydrate either after the workout, or drink small amounts during the session.

If you have been forwarded this Sporting Pink but would like to receive it yourself, please [click here](#) to sign up for your own copy.

Spot The Ball Solution

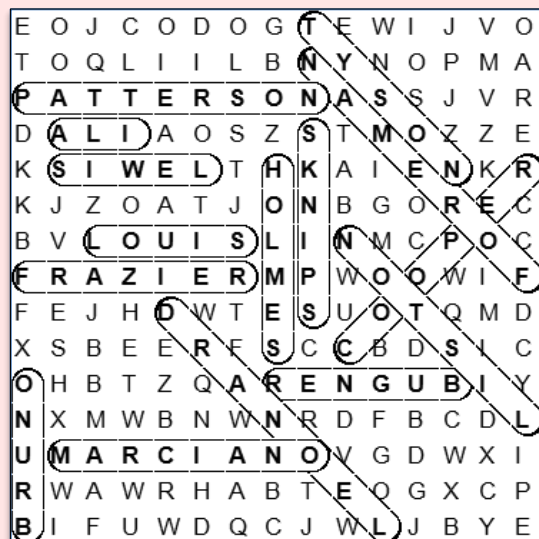


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Word Search & Quick Quiz Solutions:

Word Search: Mystery names: Tyson, Liston, Marciano

Quick Quiz: Q1: Jackie Stewart Q2: 1979
Q3: Jimmy Johnstone of Celtic
Q4: Walter Winterbottom (1946-1962)
Q5: India Q6: 200m Q7: Francis Chichester 1967
Q8: Skiing and shooting Q9: Lester Piggott
Q10: It ended in a draw between GB and USA
Q11: Wales Q12: Len Hutton 1952
Q13: 171 (treble 20=60, treble 19=57 and treble 18=54) Q14: Baseball



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