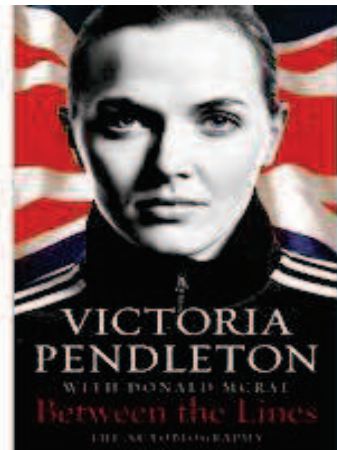
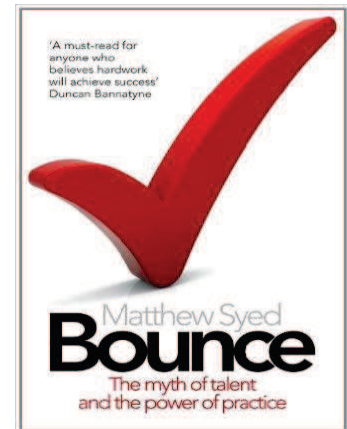


## Book Recommendations

Kick back this summer with a good read. The books below are all popular sport books and great for extending your understanding of Sport.

### Matthew Syed, Bounce

If you've ever wondered what makes a champion, Bounce has the answer. What are the real secrets of sporting success, and what lessons do they offer about life? Two-time Olympian and sports writer and broadcaster Matthew Syed draws on the latest in neuroscience and psychology to uncover the secrets of our top athletes and introduces us to an extraordinary cast of characters, including the East German athlete who became a man, and her husband – and the three Hungarian sisters who are all chess grandmasters. Bounce is crammed with fascinating stories and statistics. Looking at controversial questions such as whether talent is more important than practice, drugs in sport (and life) and whether black people really are faster runners, the mind-bending Bounce is a must-read for the hardened sports nut or brand new convert.

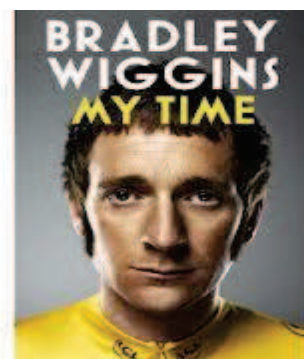


### Victoria Pendleton, Between the Lines: MY Autobiography

The Golden Girl of British cycling opens up, for the first time, in searingly honest detail about what drives her to compete in a sport she no longer loves. Written with Donald McRae, 2 time winner of the William Hill Award, "Between the Lines" is THE Olympic autobiography. Victoria Pendleton MBE is not your typical female athlete. Admired as much by the weekly glossies as she is the newspaper back pages, she transcends her sport.

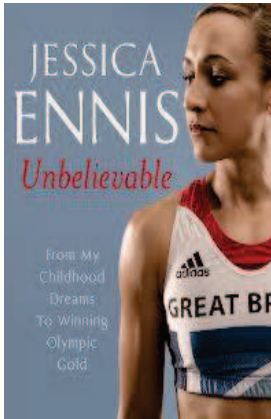
### Bradley Wiggins, My Time

On 22 July 2012 Bradley Wiggins made history as the first British cyclist to win the Tour de France. Ten days later at the London Olympic Games he won the time trial to become his country's most decorated Olympian. In an instant 'Wiggo', the kid from Kilburn was a national hero.



### Richard Fitzpatrick, El Clásico – Barcelona v Madrid, Footballs Greatest Rivalry

Barcelona and Real Madrid: two of the most powerful and popular clubs in world football, and one of the world's most bitter sporting rivalries. Going far beyond the boundaries of just sport alone, this is a rivalry at the heart of Spanish life, taking in politics and culture and splitting a country in two. This is a story with resonance around the sporting world, with many instantly recognisable figures to an international audience such as Jose Mourinho. But it is also a tale of a country divided by a bitter rivalry.

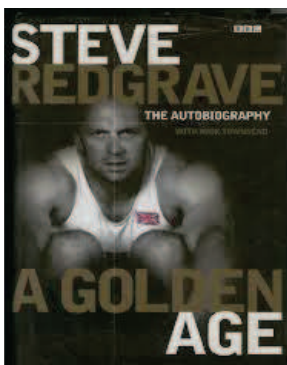


### **Jessica Ennis, Unbelievable; From my childhood dreams to Winning Olympic Gold** **What drives Jessica Ennis?**

On 4 August 2012 Jessica Ennis kicked off what some described as the greatest night in British sporting history. For her it was the end of a long, winding, and sometimes harrowing road. Hers is an inspiring tale of following your dreams no matter what life throws at you.

### **Tyler Hamilton, The Secret Race**

WINNER OF THE WILLIAM HILL SPORTS BOOK OF THE YEAR AWARD 2012  
On a fateful night in 2009, Tyler Hamilton and Daniel Coyle met for dinner in Boulder, Colorado. The two had met five years before while Coyle was writing his bestselling book, *Lance Armstrong: Tour de Force*. But this time, Tyler had something else on his mind. He finally wanted to come clean, about everything: the doping, the lying, his years as Lance Armstrong's teammate on U.S. Postal, his decade spent running from the truth. 'I'm sorry,' he told Coyle. 'It just feels so good to be able to talk about this. I've been quiet for so many years.'

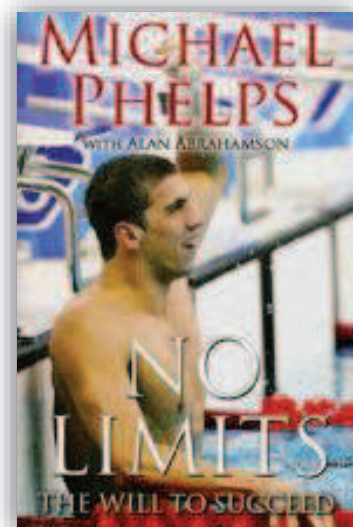


### **Steve Redgrave, A Golden Age**

Steve's fascinating autobiography tells the story of an outstanding sporting career, from his first contact with rowing as a 13-year-old schoolboy, through his battle with diabetes and colitis. He discusses his rowing partnership with Matthew Pinsent and describes the extreme pressures and emotional conflicts that can cement or destroy a team. He speaks too of his struggle to preserve a balanced family life in the face of an extraordinarily intensive training programme and reveals both the mental and physical pain that go hand in hand with being a world champion.

### **Michael Phelps, No limits**

Michael Phelps is one of the greatest competitors the world has ever seen. From teen sensation in Sydney, to bona fide phenomenon in Athens, he is now - after the Beijing Games - a living Olympic legend. With an unprecedented eight gold medals and seven world-record times, his performance at the 2008 Games set a new standard for success. In *No Limits*, Phelps reveals the secrets to his remarkable success, from his training regimen to his mental preparation and, finally, to his performance in the pool. Having been raised by a single mother and diagnosed with ADHD, Phelps's success is imbued with defeating obstacles and earning one's way and *No Limits* explores the hard work, commitment, and sacrifice that go into reaching any goal. Filled with anecdotes from family members, friends, team mates, and his coach, *No Limits* gives a behind-the-scenes look at the makings of a real champion, and reveals a step-by-step guide to realizing one's dream.

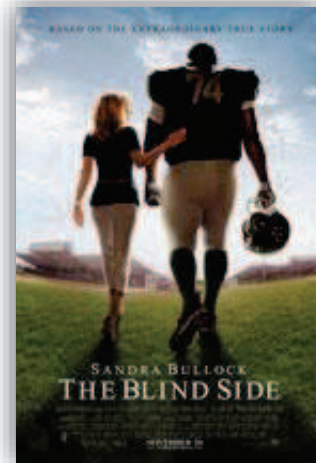


## Movie Recommendations

Everyone loves a good story and everyone loves some great science. Here are some of the picks of the best films based on real life scientists and discoveries. You won't find Jurassic Park on this list, we've looked back over the last 50 years to give you our top 5 films you might not have seen before. Great watching for a rainy day.

### The Blind Side

"The Blind Side" depicts the story of Michael Oher, a homeless African-American youngster from a broken home, taken in by the Touhys, a well-to-do white family who help him fulfill his potential. At the same time, Oher's presence in the Touhys' lives leads them to some insightful self-discoveries of their own. Living in his new environment, the teen faces a completely different set of challenges to overcome. As a football player and student, Oher works hard and, with the help of his coaches and adopted family, becomes an All-American offensive left tackle.



### Invictus

On 11 February 1990, Nelson Mandela is released after twenty-seven years imprisoned in Robben Island. In 1994, he is elected President of South Africa and he tries to unite his nation that is divided by the apartheid. Around the time of the Rugby World Cup in 1995, held in South Africa, Nelson Mandela invites the captain of the Springboks François Pienaar to come to the government palace for a tea and inspires François to win the championship with his team.

### Bend it like Beckham

Jess Bhamra is a teenager with only one real passion her life: football. She daydreams of being a great soccer star and her hero is David Beckham. She soon strikes up a friendship with Juliette Paxton, Jules to her friends, and joins a girls team coached by the rather handsome Joe. She comes from a traditional, close-knit and loving Sikh family. Her parents only want the best for both of their daughters but Jess' fascination with sports doesn't fit into their idea of a young woman's future. Jess isn't comfortable sneaking about and she and Jules fall out when they both take an amorous interest in Joe. With her sister's wedding on the same day as the football final, where a US College scout will be present to assess her performance, Jess must decide if she will support her family or her friends.

