Other news is of the meeting at Nottingham on the 3 of September between both Queens, for which great preparation is made on both sides, as are likely to do in such cases. Tilts are set up and warning given to all lusty knights that mean or may show feats or arms.

[Tilts are the places where the jousting is done.]
Part of a speech at a joust by the Earl of Essex, 1595 (The National Archives: SP 12/254 f67)

Transcript in Modern English [with explanations]

Line 1  Seated between the old world and the new
2  A land there is no other land may touch
3  Where reigns a Queen in peace and honour true
4  Stories or fables do describe no such
5  Never did Atlas such a burden bear
6  As she, in holding up the world oppressed
7  Supplying with her virtue everywhere
8  Weakness of friends, errors of servants best
9  No nation breeds a warmer blood for war
10  And yet she calms them with her majesty
11 No age have ever wit refined so far
12 And yet she calms them by her policy
13 To her thy son must make his sacrifice
14 If he will have the morning of his eyes

[Line 1 and 2: The land is England.
Line 3: The queen who rules in peace and honour is Elizabeth.
Line 5 and 6: Atlas was a character from a Greek myth who held the heavens up on his shoulders. Here the queen also carries a great load 'in holding up the world oppressed'.
Line 7 and 8: The queen's good qualities make up for any weakness of her friends and mistakes of her servants.
Line 9 and 10: The English are warlike but she keeps them calm.
Line 11 and 12: They are very smart but she keeps them under control.
Line 13 and 14: Your son must make his sacrifice to her. To make a sacrifice means to give something in order to show thanks or get a favour or say sorry. A sacrifice is often made to a god, so the author of the poem is saying that the status of Elizabeth is very high.]