

**Children's Summer Activity Programme 23rd July - 28th August**  
bookings now being taken! Ask at Reception or visit [www.vauxrec.co.uk](http://www.vauxrec.co.uk) for more details

## And the Winner is ...

June saw the launch of our fabulous new website which has gained many a glowing review from our members and visitors.

As part of the launch we offered a free prize draw simply in exchange

for you visiting the new site and signing up to our brand new e-zine newsletter.

The draw attracted plenty of interest and we are delighted to announce that the winners were as follows:

### 1st Prize – £400 Laptop

– Lifelines member, Ian Letting (pictured receiving his prize from Lifelines Assistant Manager Michael Kell)

### 2nd Prize – 6 Months Full Lifelines membership

– Balcony bar member, Siobhan Creaven

### 3rd Prize – A Signed England U'21 Shirt

– Lifelines member, Mike Carlin  
Mike's prize proved to be a bit of a booby prize where he is concerned as he is Scottish! (see Mike right)

Mike was very sporting in accepting his prize and whilst it is not exactly going to take pride of place in his home, Mike is very kindly going to donate it to [www.aspire.org.uk](http://www.aspire.org.uk) a spinal chord injury charity.

They host fund raising Sports Quiz Dinners in London, Manchester and Glasgow, where sports memorabilia are auctioned off. He is hoping it will raise at least £100 for charity.



## Club Open Day

On 28th June we hosted our 2nd annual club open day. The day was aimed at getting everyone involved with the different sporting and fitness activities we have available at VRC. We also used the day to raise money for a very good cause, The Pasque Hospice charity.

On the day we couldn't have asked for better weather, after a slightly gloomy start, the sun shone all day. This helped make tennis one of the most popular activities with both adults and the children. Danny Pymont and his brilliant team of coaches were inundated with people wanting to have a go at the sport on our fantastic facilities. The coaching team and members of the tennis club led people through various activities such as Beat the Coach, Target Tennis, Mini and Junior coaching sessions, while longstanding tennis members Nick, Mal and colleagues kept everyone fed with the queue for the BBQ almost reaching ProZone 1 at one point!

Vauxhall Photographic Club, Vauxhall Badminton Club and Vauxhall Motors RFC all contributed on the day offering their skills and activities for everyone to enjoy. Receptionist, Natalie, showed she's a very talented young lady with some very artistic face



painting for the children. Our Bouncy castle, mini movers and kids football sessions also all went down a storm.

Lifelines had everyone grappling for a minute, challenging people to pull as many metres as they could although a few people donated money to charity in order to not take part in the challenge! Well done though to everyone who did have a go in the sweltering temperatures!

Lifelines also ran a Spinathon where the 25 people who participated in the exercise class were asked to make a donation to charity for the privilege of being but through a gruelling workout! David and Jamie Dickinson from the recent ITV Biggest losers show were great sports and took part in a triathlon gym competition. The Triathlon consisted of 10 kilometers on the Rowing machine, 22 kilometres on the Bike and 10 kilometres on the treadmill! They both did fantastically well and gained very respectable times. David completed the triathlon in 2 hours and 43 minutes followed by Jamie who finished after 3 hours and 14 minutes.

The day was a huge success and we managed to raise £250 through our fundraising activities for the Pasque Charity. Thank you to all the staff and members who helped on the day.



The Riverside ...

....The Balcony Cafe Bar

# Join us for a 70's Rollercoaster with Abba & The Bee Gees Tribute Acts - 23rd October!

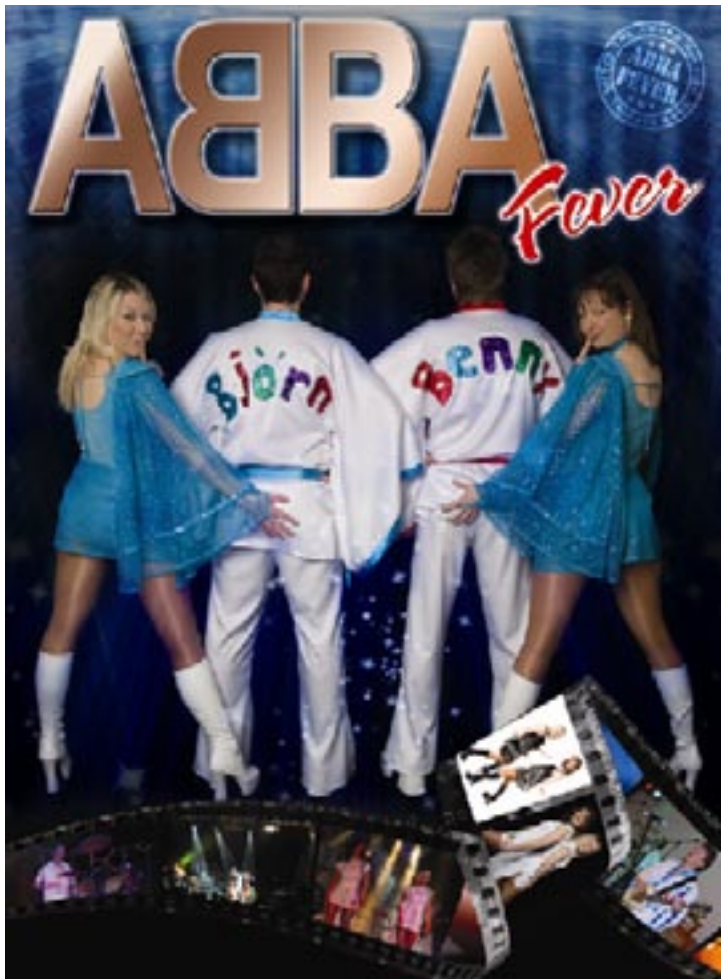
Following the tremendous success of our Queen Tribute act in May, we are now laying on an even bigger party night to remember! We have booked three acts to keep you entertained and get you boogie-ing through the evening.

Abba and the Bee Gee's are 5 piece and 6 piece live bands with 5 part harmonies. The show will transport you back to the 70's and through the biggest hits of the world's favorite bands. Classics such as 'Waterloo', 'Money, Money, Money', 'Knowing Me, Knowing You' and 'Dancing Queen' from Abba and 'Stayin' Alive', 'Night Fever', 'Jive Talkin' and 'How Deep is your Love?' are guaranteed to get you up and out your seats at this spectacular show. The live vocals, stunning musicianship, authentic costumes and exciting choreography all contribute to an amazing musical show which has had audiences up on their feet night after night.

To finish off this fantastic line up, Mr Murray Mint will be your DJ for the night. Accompanied by his loyal dancers, his highly contagious stage show "LUV BUG" / "SAN FRAN DISCO" is pulling in crowds all over the world. Murray, together with his group of female dancers, offer an insight into the magical days of DISCO!!!

Tickets are priced at £14.95 per person and doors will open from 7pm. Basket meals available from 7.30pm and the bar is open until late.

This night will sell out, so to secure your place, contact Nora Donohoe on 01582 748225 to book your tickets.



## Cricket – England v Australia

After a fantastic winning performance by Freddie Flintoff and co. in the second test at Lords, this five test series is now well and truly poised for England to try and regain the ashes. So why not join us and catch some of the action on our big screens in the Balcony Bar.



- 3rd Test = 30th July – 3rd August
- 4th Test = 7th -11th August
- 5th Test = 20th -24th August



## Two Brewers Ale

The Balcony has always offered top of the range real ales. London Pride and Bombardier have been served in the bar for many years due to the popularity. Not so long ago we were offering Two Brewers from the Banks and Taylor range. This year we have trialed Golden Fox and most recently Born Free from the same brewer but have now gone back to Two Brewers due to customer demand.

This 3.6% beer is brewed using Pearl Pale Malt, Crystal Malt, Wheat Malt and Cascade Hops. A pint only costs £2.50.

## Bouncy Castle

The weather is thankfully looking more promising for the rest of this summer and this is good news for regulars at the Balcony who like to enjoy the fantastic outside facilities that the club offers. As well as a large playground area for the children, a bouncy castle can be found every Sunday 12-5pm in the beer garden right next to the playground. This is free to use for all children, so why not come down and enjoy a relaxing experience with a meal for all the family and treat the kids to some fun.



## RACE NIGHT!



On Friday 14th August we are inviting everybody down for a race night. This fun night is free to enter and you certainly do not need to be an expert to have a

chance of winning the cash prizes on the night.

Stella and Becks pints will be only £2.30 and we are selling bottles of wine for only £8.00. The entertainment begins from 8pm but the drinks specials start from 7pm and we are serving food all evening until 9.15pm.

## Live Action on the Big Screen

Football			Kick off
Sat 1st August	Emirates Cup	Arsenal v Atletico Madrid	4:15pm
Sun 9th August	Community Shield	Man Utd v Chelsea	4:00pm
Wed 12th August	International	Holland v England	7:45pm
Sat 15th August	Premiership	Chelsea v Hull	12:45pm
Sun 16th August	Premiership	Man Utd v Birmingham	1:30pm
Sun 16th August	Premiership	Tottenham v Liverpool	4:00pm
Rugby League			
Friday 31st July	Super League	St Helens v Wigan	8:00pm
Sat 1st August	Super League	Leeds v Warrington	6:30pm

## Lifelines News &amp; Information

# LIFELINES Fitness Studio

## London to Brighton 2009

Six Lifelines members and Lifelines fitness instructor, Chris Jenkins, took part in the annual 54 mile bike ride to Brighton in aid of the British Heart Foundation.

After several months of training with Chris, come rain, wind or shine, the day finally arrived. The participants had a bit of a shock to the system with a nice and early 4am start from Griffin House to make their way down to London. The idea of this was to get a good start on the ride while the roads are quiet. This said the team still encountered a pretty busy first few miles from Clapham Common.

The team got lucky and the weather was quite pleasant and made for ideal riding conditions.

GM academy students Lisa Kenny, Laura Jones and Kate Palmer and gym members Ian Bywaters and Chris Northwood took the 54 mile ride at a slightly more leisurely ride allowing them to savour every moment of the massive challenge. Chris however took a more aggressive ride to arrive in Brighton well before 10am. He obviously wanted the best spot on the beach to recover! The beach barbeque afterwards was also a great incentive.

A massive thanks to Gym member Marc Eden who arranged all transport to and from the ride in conjunction with GM. Not a small job considering there was a grand total of 98 riders from GM and Lifelines who took part.

If you are training for a challenge why not come and see one of our team of instructors in Lifelines and we can help set you on your way with a specifically designed training programme.

## Top Attenders

Well done to the members listed below who notched up the most attendances in the gym during June 09. All four win a club fiver to spend anywhere in the club (with the exception of non-VRC tennis and Renaissance bookings).

Paul Kumar 23 attendances  
Jen Amadio 26 attendances

**New Members (joined since 1/4/09)**  
Asrar Sadiq 22 attendances  
Sharda Latchmonsingh 16 attendances

Think you can beat these scores? Then make sure you swipe in at Lifelines Reception!

## Muscle of the Month

### Gastrocnemius

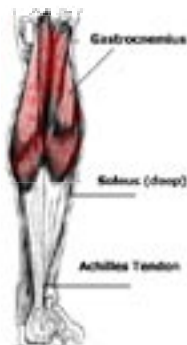
The Gastrocnemius is the calf muscle that is visible from the outside of the body. It attaches to the heel with the Achilles Tendon and originates behind the knee on the femur, crossing two joints.

The function of the Gastrocnemius is to elevate the heel (known as plantar flexion).

### So why exercise the calf muscle?

The main benefits are:

- To assist in normal standing position, as they keep the feet in the same position when standing, stronger calf muscles will help your balance in general and help endurance when standing for long periods of time.
- Weight training helps to increase the size of the muscle, to bring it in proportion to the other leg muscles.



- Resistance training helps to increase the tone and definition of the muscle for appearance purposes.
- Weight training helps to strengthen the muscle to be more resilient against injury for sports specific reasons i.e. running or playing football.
- They can also become too tight if worked too much or if you wear heels too often, so strengthening and stretching the muscle will alleviate that.
- The calf muscles can play a major role in vascular function of the lower limb, pumping used blood away from cells and back to the lungs/heart.

### An Exercise to try - The Calf Push

Rest your shoulders and head on a suitable sized Swiss Ball that enables your thighs to be horizontal to the floor, with both feet flat on the floor.

Smoothly raise your heels off the floor, keeping your abdominal and buttock muscles contracted throughout, holding in this position for 2 - 3 seconds prior to lowering and repeating.

You may decide to make this exercise harder by performing with only one foot on the floor, keeping the other leg extended out straight, however this should only be done by persons with good balance. Care should be taken that the Swiss Ball doesn't roll from underneath you.

The firmer the Swiss ball, the harder the exercise will be, especially if you have poor balance. You may decide to take some air out of the Swiss ball (make sure you have a pump) or use a larger Swiss ball, as this will also make balance easier.



Keeping your arms out by your sides will also aid balance, however aim to work on gradually bringing your arms by your sides so that you can also improve your balance and core strength.

## You Are What You Eat (& Drink)

You've often heard 'you are what you eat' but what you may not know, from an exercise perspective is that when you eat as well as what you eat, can play a pivotal role in how well you perform.

If your diet consists of healthy food, proper timing of food/nutrients will allow you to exercise with less fatigue and soreness and also prepare you for the next day's exercise. We all know a good healthy breakfast is important (because between morning & noon is when you'll burn a lot of your calorific intake), but what if your going to exercise at noon and don't have time for lunch - that's a big mistake as you run the risk of low blood sugar (weak feeling). So, make sure you've had a good healthy snack 30 minutes to an hour before your noon exercise.

### WINDOW OF OPPORTUNITY

Generally speaking, say you run yesterday and posted your personal best. Now, today ready to impress your friend on the squash court with your new found speed, but early on into the match, you feel extra tired - you need only look at what you ate after your run yesterday to see the cause of your fatigue.

Although fat is a great source of energy for aerobic exercises, e.g. a slow jog pace, it's mostly carbs you'll burn during anaerobic exercise. E.g. when posting personal best. Thus your body taps into its resource of quick supply carbohydrate energy which is stored in your muscles & liver in the form of glycogen. Glycogen is greatly depleted in an hour or so after exercise (e.g. muscle fatigue).

This is the time when you have to think smart as to what & when to eat, or shall we say "the window of opportunity". For about two hours after anaerobic exercise, for the average person, you should be taking approximately 60 grams of carbohydrates per hour for the first few hours - a sports drink has approximately 66 grams per litre, while an energy bar has about 30 grams. There is also great food on the market called a "banana" that has approximately 27 grams of carbs after this time window. Then shift to taking in more complex carbs (low glycemic index) targeting some 400 to 600 grams over the next 24 hours (this is based on your body size and that 57% of your daily caloric intake should be carbs).

Should you miss the window because you feel too exhausted to eat or drink, the overall time your body takes to restore your glycogen levels will be greatly decreased. So instead of replenishing the body's stores in 24 hours, it might take 48 hours.

So top tips are to eat as soon as you can after exercise and eating good carbohydrates and a balanced diet for the rest of the day will ensure you maintain optimum energy and to help you keep that feel-good factor.

## Tennis Success

### Harry Reaches Wimbledon!



The Road to Wimbledon is an annual tennis event for 14 year olds and under. The tournament was first started in 2002 giving junior players the opportunity to compete against players at local, county and national level, with the finals taking place at the home of British Tennis, on the grass courts of Wimbledon.

This is a progressive event whereby the winners of the club

tournament go on to play in the county event and then if they succeed there will go on to the National level playing at Wimbledon, and for many juniors fulfilling an ambition.

Luton and Vauxhall Tennis Club held its finals day on 16th May, where Harry Mabbitt, Sean Gilmartin and Jacob Hamilton each played each other. Harry was in a defiant mood, beating both his peers without dropping a game.

In the county finals Harry continued to impress. Harry cruised through both his first 2 matches comfortably on the Saturday to go into the Semi-Final on Sunday. His semi-final opponent was Lewis English from the Riverside Club in Bedford.

Harry was leading convincingly 6-2, 4-1 before his opponent was disqualified. The final was between Harry Mabbitt and fellow county player Alex

Ciuro. Harry's strength and determination overpowered and out-served Alex to win 6-3, 6-0.

This awesome win qualified Harry to play at Wimbledon on 16th August - 22nd August in the National Finals. A fantastic achievement! Well Done Harry!!!

If the honour of competing at Wimbledon wasn't enough, Harry will also be coached by Tim Henman whilst he is there.

## Exciting Football Opportunities

### Take on our Team

Looking for a challenge? Test your skills against a team of VRC staff in an 11 a side football match on our astro turf pitch. Pitches are available between 5-8pm on Fridays. **Great for pre-season!**

£5 per head includes pitch hire and a drinks voucher for after the game in the Balcony Cafe Bar (selected drinks only)

### Pre Season 11 a side Football Tournament

Sunday 16th August 10.30am - 4.00pm.  
FA Affiliated. £65 per team.  
All played on our superb grass pitches

### Pro Zone Tournament

Saturday 22nd August 10.00am - 3.00pm  
£50.00 per team

To celebrate the opening of the brand new surfaces, Vauxhall Recreation Club will be hosting it's first ever open 6 a side tournament on Pro Zones 2+3.

### Corporate 5 a Side Tournament

Friday 4th September 4.00 - 7.00pm  
£45.00 per team

Test your skills against other companies in a round robin tournament.

Why not make a evening of it and attend a sportsman's dinner with Neil Razor Ruddock in our Riverside suite afterwards?

This is in association with AC Sportsman FC, for further enquiries please email: [events@acsportsman.co.uk](mailto:events@acsportsman.co.uk)



For more details on all of the above please contact Marc Carter on 01582 748232 or email [m.carter@vauxclub.co.uk](mailto:m.carter@vauxclub.co.uk)

## Vauxhall Table Tennis Club Taste Success



In the 2008/2009 season, Vauxhall Table Tennis Club managed to enter 6 teams in the local leagues. The club have worked hard in recent years to expand and develop the club, encouraging people from the local area to come and pick up a bat.

They managed to get one of their teams into the Premier division, one into division one and four teams into division two.

Vauxhall D Team played their socks off all season and managed to win The Cunningham cup and

finished as runners up in division two. This was an outstanding achievement given that many of this team had not previously played league table tennis prior to this season.

The club would like to congratulate James Coy of the Vauxhall D team, who won the Mark Andrews trophy. This award is presented to the most improved player over the course of the season.

Due to the continuous growth and interest in the sport the table tennis club managed to obtain two new tables to accommodate new people to the club.

## Meet the Team!

Our Children's Activity Team are looking forward to making the long summer holidays enjoyable for both children and their parents! The team recently attended an intensive fun packed training day and are pictured here still smiling at the end of the day! Spaces are going fast so book your children onto one of our camps now - call 01582 418873 or visit [www.vauxrec.co.uk](http://www.vauxrec.co.uk) for a downloadable programme of events.

