



ABBA Tribute Night

Friday 23rd October

Book Now!



visit www.vauxhallrecreation.co.uk/news.php

The Best Football Playing Surfaces in Luton!



Pro Zones 2 and 3 follow quickly in the footsteps of Pro Zone 1 by also receiving brand new state-of-the-art surfaces....

As part of our aim to continually keep ahead of the competition and to give our members the very best of everything, we have now completed the re-surfacing of our Pro Zone 2 and 3 arenas.

Pitch installers Support in Sport (UK) have completely removed the existing surface, improved the drainage system to ensure the porosity and drainage is working optimally, added a layer of tarmac and installed a 3G superior 50mm

ff Early feedback from users has been excellent and we are delighted with the new surfaces. With all three pro-zones now practically new, we can confidently boast to having the best playing surfaces in the area - **Martin Caruana, Facilities Manager**

advanced long pile surface. The surface offers increased longevity and outstanding playing characteristics with a sand/rubber infill. The exact same surface is currently used for training on a daily basis by some of Europe's biggest football clubs.

New Seniors Conditioning Class

to Enhance our over 50's Activity Programme

Over the summer our Over 50's sports sessions relocated to the Riverside suite, from Tues 1st Sept these sessions will return to full capacity and the sports hall. The sessions are very friendly and relaxed enabling the participants to play non-competitive sport. They are suitable for players of any level so if you have only just started playing the sport or have been playing for years, everyone is welcome. The sessions are a great opportunity to do some gentle activity whilst socialising with people who enjoy sport as much as you do.

The sessions are flexible and you can come and go as you want. If you feel up to playing for the full session you are welcome to, however you can come along any time during the 2 hour period. If you can't make a week then no problem, we'll just look forward to seeing you again when you can make it.

NEW!! From 4th September we are launching a brand new Seniors Conditioning class on Thursdays at 11am. The group exercise class will feature a range of gentle exercises to help tone and maintain mobility for all levels of fitness. If you are looking to start exercising for the first time or you are already exercising regularly the class is suitable for you. The classes will initially be run on a trial basis.

Over 50's Timetable

Badminton Tues 9:30- 11:30am

Table Tennis Tues 9:30- 11:30am

Seniors Conditioning Class

Thurs 11am- 12pm

Tennis Fri 10am- 12pm

For more information please contact Reception on 01582 418873.

The sessions cost £2.50 per week for non-members and £2 for members. Gym members will be able to attend the Seniors Conditioning class for free.



Mandip Mudhar Memorial Tournament

Vauxhall Recreation Club was once again the venue for the Mandip Mudhar Memorial tournament on Sat 1st August. This year saw its biggest turnout yet with over 300 in attendance including 20 teams competing to be crowned champions for 2009.

Over £1000 was raised, with funds being donated to "Friends of Bright Eyes Charity" and the tournament also helped raise awareness for organ donation through ethnic minorities. This year the Foundation linked up with Grassroots and the Luton Council of Faiths and also turned their attention to the promotion of fair trade products. The tournament's eventual winners were Penman's Pirates who beat Broadwalk A 2-1 in an entertaining final. Broadwalk AA were crowned Plate winners. Well done to all those who took part.

Live Action on the Big Screen

August saw the start of the new sports season, including the ever popular English Premier League. The Balcony will be showing all the top European football matches as well as the English fixtures. Dates for your diaries:

Football			Kick off
Wed 9 Sept	International	England v Croatia	8:00pm
Sat 12th Sept	Premiership	Tottenham v Man Utd	5:15pm
Sun 13th Sept	Premiership	Birmingham v Aston Villa	12:00pm
Tues 15th Sept	UEFA Champions League	Group Stages	7:45pm
Weds 16th Sept	Premiership	West Ham v Liverpool	5:15pm
Sat 19th Sept	Premiership	Man Utd v Man City	1:30pm
Sun 20th Sept	Premiership	Chelsea v Tottenham	4:00pm
Sat 26th Sept	Premiership	Fulham v Arsenal	5:15pm
Formula One			
Sunday 13th Sept	Formula One	Italian GP	1:00pm



Pre Season 11 a Side Football Tournament 2009

On Sunday 16th August we hosted our first ever pre season 11-a-Side football tournament on the grass pitches. Six teams in total entered the tournament from the North Home Counties and South Beds Sunday leagues. AC Cadoza ran out eventual winners beating Luton Central 2-0 in the final. Thanks to all the teams who entered and we hope to see you again next year.

Christmas
at the Riverside and Balcony

Bookings now being taken, pick up a brochure from Reception

visit www.vauxhallrecreation.co.uk/news.php

Lifelines News & Information



Thorpe Park Trip

Thorpe Park was a small trip this year. Charlotte and Tom Dunham, Terry Halifax and Lifelines instructors Anna and Kym all attended. Being extremely keen we were in the park when it opened. We decided to tackle the fastest ride, Stealth, straight away. This goes from 0-80miles per hour in a body shaking 3 seconds, heading straight up in to the air and back down again. After the nerve jangling experience of Stealth we carried on the momentum, going on most of the main rides before lunch, however we decided to save the extreme terror of 'the Saw' for after lunch.

Terry was very generous and treated us to an all you can eat Pizza Hut. Given that we still had several rides to face this maybe wasn't a great idea but against all odds we all managed to keep it down!

Unfortunately Anna was feeling a little worse for wear so couldn't face the Saw ride, but definitely enjoyed watching the rest of us wobble down after we had braved the awesome ride! Sensibly we left the Loggers Leap until last and got soaked through.

At the end of the day we made the obligatory visit to the gift shop where Anna and Kym bought a well deserved bucket of pick & mix for us to share on the way home. Terry also got a little present, a Stealth survivor medal, as he was probably the only 61 year old in the park and quite possibly the only one to come through Stealth unscathed! We were very proud of him and glad to be taking him home in one piece!

If you would like to join us for one of our Lifelines social events keep an eye on the notice boards or chat to one of the instructors to find out what is coming up!

Legs, Bums n Tums

Why not come along to our Legs, Bums n Tums session - a body conditioning class is the fastest way to shape, sculpt and tone every part of your body, the class will target those problem areas in a fun and effective way.

The class is suitable for people of all abilities as the instructor will guide you through alternative variations of the exercises dependant on your own personal level of fitness. Although you can work at your own pace and rest if you need to, the class instructor and those around you will encourage and motivate you to keep going, you wont even notice the time fly by!



	Non-members	VRC members	Lifelines Members
Lunchtime Classes	£3.60	£2.85	FREE
Evening Classes	£4.25	£3.60	FREE

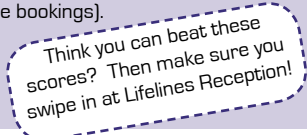
Timetable : Tuesday 12.15-1pm
 Thursday 12.15-1pm
 Weds 6-7pm (starting Sept)
 Thursday 6-7pm

Classes Booking Line
01582 418873

Top Attenders

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

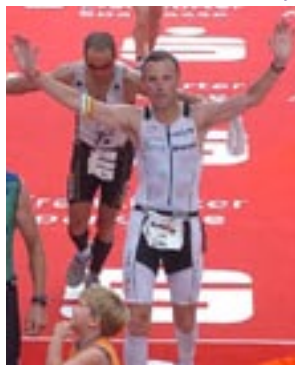
New Members [joined since 1/5/09]
 James Cunliffe 22 attendances
 Karen Loft 12 attendances



The Lifelines Ironmen!

Two Lifelines members have recently put themselves through one of the most physically toughest challenges possible - the Ironman competition.

Les Turton and Partha Dey tell us about their experiences



Les says ...

In July 2009 I took part in my 3rd Ironman competition, as part of a group of 16 'athletes' from Team MK. I've not been able to run much this year due to sciatica, so I was unsure as to how the run section was going to go and believed sub 12hrs would be a miracle. The weather was hot and humid reaching 33°.

The swimming section was 2.4 miles and I completed this in 1hr 18 mins. Two loops of the lake - the first longer than the other with a 30min 'walk' across a stretch of beach to join the two laps together.

This bike race was 112 miles and I knew that it was a fast course with some short sharp climbs followed by some long gradual downhill. My final time was only 9mins outside my best bike split, completing the race in 6hrs 6mins.

The last part of the race was a 26.2 mile run which was a 4 loop, each one involved crossing the river twice, otherwise it was pancake flat. I was so pleased to turn off after the 4th lap and run up the funnel to the finish, high fiving the spectators, acknowledging the Team MK supporters and hearing for the 3rd time 'Les Turton, YOU ARE AN IRONMAN'. I completed the run in 3hrs 51mins.

The total course took me 11hrs 26 mins. The fastest male pro finished in 7hrs 59mins. Ironman is a very complicated race - you can never take anything for granted. The weather, food, hydration all have a part to play on top of any fitness levels you think you have. Other than my swim, which I was disappointed with, the rest of the race exceeded my expectations. I was 1/2hr inside my expected time and even on the last lap of the run when I was on the edge of a very dark place I found the determination to keep on running, no matter what. I've heard it said that Ironman is character building, although in my opinion it is more about character revealing than building. It's at moments when your nutrition plan isn't working or your legs want to give up that you have to search inside and find the answer. Ironman is also about meeting incredible people who are willing to help another individual who they have never met before. These are the reasons, rather than my finish times, that I'm proud to be an Ironman.



Partha says...

After a 3am wakeup call we all went down to the Reebok Stadium where coaches awaited. They ferried all competitors to the start point at Rivington Reservoir. We got into the water for our swim which was, surprisingly, not as freezing as I had expected. The gun went off at 6:10am signalling the start of a very long day.

I took the swim as easy as possible trying to conserve as much energy for the bike and run sections. The swim seemed to go on forever. Half way through I was punched in the head by another competitor who had veered across the centre line. It was very easy to get disorientated as the reservoir was very choppy.

After 1 hour 50 mins I was glad to be back on land. A quick change into my bike gear and onto the first 60km cycle loop. There were some really steep hills to contend with in the first 20 minutes but then the course flattened out for a while. I remember drinking loads of water to keep hydrated, as a result I stopped five times to spend a penny in the first loop.

From 120km to 180km I rode as fast as possible. I was spurred on by the fact that it was my last loop. After 7 hours 58 mins I had completed the 112 miles of the bike course and was ready for the marathon.

I jumped off the bike and put my trainers on. I didn't feel too bad. I had been snacking on energy bars and gels throughout the bike ride which kept me nutritioned up.

Approximately 2.5 miles into the run I felt a sharp pain on the side in my left knee. I was very worried about this as if it became too painful to run then my Ironman dream would be up in smoke.

I had a Garmin watch on that beeped every time a clocked up a kilometre. I couldn't wait for the watch to beep soon enough. When I got to the 12km mark I was really happy as I knew I only had another 30km to go! On certain kms I would count down every 100m! The next major bench mark was when I got to the half way point. The pain was unbearable at this stage and I could hardly move my left knee. I decided not to walk as the pain would be drawn out over a longer period of time so I gently ran all the way. 5 hours 27 mins later the run was over.

After 15 hours and 41 minutes I could see the end of the course. Just for a moment I forgot the pain and sprinted to the finish line where I was greeted with a finishers t-shirt and a medal.

Lifelines News & Information

Lifelines Football Tournament

On a blazing hot June afternoon Lifelines held a football tournament for members and staff. Twenty keen players turned up and were split into 3 teams, The Red Necks, The Yellow Fellows and The Blues Brothers. Each 10 minute game was very tough, competitive and considering the heat everyone played well.

The red necks won the tournament with only one defeat in eight games, this was down to Neil McEvoy's terrible dodgy back pass which he blamed on keeper Ken Dixon. Once again the worst shot of the Tournament went to Ian 'Sweetfoot' Sweeney for a second year in a row, let's just say lucky we have nets covering the top of the Pro Zones!

The yellows played very well and came in a close second. Man of the tournament was Alex Farr who gave a solid performance throughout.

The only sore point of the day was Blues Brother and VRC Reccie Aaron Galvani injuring his ankle in a challenge with Ryan O' Toole. He took it in good spirits though as while Aaron laid on the floor waiting for an ambulance we decided to take a team photo to make sure he was in it, he couldn't help but laugh whilst being in agony! Many thanks to all players and members who took part and made it a great day.



Muscle of the Month

The **Biceps Brachii** is attached to the forearm



bone 'the radius' and originates at the scapula in two places (the Bicep gets its name from these two heads - called the short head and the long head). The Biceps runs down the front side of the humerus and makes up approx a third of the muscle mass of the upper arm.



When training these muscles, it's essential that you don't just start swinging heavy weights up and down to try and develop stronger arms - your biceps may become huge straight away, simply due to a torn muscle.

As with any muscle, growth will depend upon a number of factors including the exercise you do, your diet, and appropriate rest. To achieve great looking biceps, vary your reps - your weights - method of lifting and your exercises used. Its essential that you give your muscles adequate time to rest, as the rest period is where the muscles are rebuilt by your body - over training can lead to muscle weakness and risk of injury.

Benefits of training the Biceps:

The biceps muscle helps you lift objects ie your grocery bags, they assist you in playing sports like badminton, tennis and squash. Most people like to have tone and definition in their arms as its an area of the body that we see most of the year round.

Hammer Curl with Dumbbells



Start



Finish

Swiss Ball Bicep Curl



Start



Finish

The Benefits of Resistance Training

Sometimes known as strength training or weight lifting, many people believe that this form of training will make them hairy, muscular and in need of a beard trimmer! However, asking someone to choose between resistance training or cardio work is like having to choose between having no food or no water as both are essential for a healthy toned you.

Resistance training is a type of exercise where the muscles apply force to an external resistance. It doesn't necessarily involve lifting heavy weights, as resistance can be provided by a variety of things. Your own body weight, elastic bands, bottles of water and even bags of sugar can all be used to provide an effective work out.

Women and Weight Training

Most women who lift weights do NOT develop bulky muscles, muscle growth is largely dependant on the male growth hormone testosterone, so men are much more likely to bulk up. In women exercising in the correct range will enhance muscle tone, giving a firmer shapelier figure.

Will Weight Training Make Me Cumbersome?

Weight training will NOT make you slow and cumbersome. Increased muscle tone improves speed, co-ordination and agility, with training institutes around the world using resistance work to get the best speed power and agility out of their athletes. Sprinters are some of the most muscular athletes around and they are certainly not slow.

It will NOT take long to see the results. Studies have shown that high quality workouts lasting just 20 mins x 2 times a week can bring substantial improvements in your strength, muscle tone and bone density. By using good technique and the right number of sets and reps you will get results in no time at all.

Burning Fat

You cannot target specific areas to burn off unwanted fat. Its a myth to believe that if you do 100 sit-ups a day you will have a flat tummy. The body works as a whole system, and only by addressing the whole system (nutrition, lean muscle mass, energy output, and metabolism) will improvements come. The body burns fat from all over, so resistance training all body areas will start to tone and increase overall lean muscle mass and burn fat from all over.

Muscles Help Burn Fat

Muscles that are toned are on standby all day, and burn more energy. By resistance training you will begin to increase your muscle mass and so are starting up an engine that will be using fat all day.

Resistance Training and Bone Density

There are even more benefits to resistance training as we age. Gradually our bones become more brittle and porous, but weight training reverses this process and makes the bones adapt to stimulus. This ensures your bones retain their vital strength. The earlier you start the better, but even at the age of 90, resistance training can give dramatic improvements in bone density.

You will also stabilize the joints, improving your balance and co-ordination. All the joints are held together and supported by the muscles, the stronger they are then the stronger and more stable your joints are. Weights also improve the way your brain communicates with your muscles, making you more co-ordinated. They similarly improve the fast twitch fibres that you use when reacting quickly.

Resistance Training Improves Functional Strength

Functional just means something you would do in everyday life. Whether lifting shopping, playing football, or fixing the sink, functional strength translates into all aspects of your life. This has a tremendous impact on your overall well being and also reduces the risk of an injury at work or at play by up to 30%.

Other proven benefits...

- Reduces and controls osteoarthritis
- Lowers unhealthy LDL cholesterol levels
- Manages and reduces negative stress
- Prevents back pain
- Reduces effects of diabetes
- Enhances confidence and self-esteem

Hot tips...

- Always use good form and technique
- Train 1-3 times a week
- Always allow a day for recovery. During resistance training you are actually damaging some of your muscle fibres, these need a day or so to repair so always train on alternate days for the best results
- Have realistic expectations when you start, be willing to put in some effort and time and you will get the results you want!
- To get the muscles to adapt and improve you must go into overload - don't worry, this doesn't mean bursting at the seams, just that the last few reps have to be hard.
- Breathe out with the effort, breathe in when returning to the start position
- Sip plenty of water during your session

For more information about this or to organize a new program, call Lifelines today on 01582 748238

Squash News

Vauxhall Squash Club Tournament

In the trophy final, Grant Kleiner met fierce opposition in relative new boy Kachinga Kwabe. Grant came into the final having played extremely well in all the rounds. However Kachinga was well prepared and worked hard to wear his opponent down with quick pick ups. This was always the way



Kachinga recovering after the match!

to beat Grant as he tried in despair to return the shots, however Kachinga made very few mistakes and just kept the rallies going. Kachinga ended up beating Grant 3-1 and retains the trophy for the second year running.

Vauxhall Plate Final

In the final of the plate Tulio Lanni met Garry Winn. After a very cagey start, with Gary and Tulio playing some tight balls and good length, Gary took an early lead. Tulio was slow to warm up, even though it was extremely hot on court, but he eventually pulled away and won the first game 9-6. In the 2nd and 3rd

games both players went through mini crisis with Gary at one point looking rather unwell and the Tulio going slightly off colour, however he managed to go into the last fourth game 2 games up.

In the fourth game, Gary fought back and flew into a 5 nil lead, with Tulio wondering where his next point was coming from and the match was looking as if it would go into a fifth game. Tulio then got his squash head back on and won the next 9 points too clinch the victory by 3 games to 1. The match was a very hard fought and played in good spirit that could have gone either way

Tennis News

Luton & Vauxhall Tennis Club will host two finals days as follows; South Beds Championship Finals - Sat 5th Sept from 12.30pm / Luton & Vauxhall Club Championship Finals - Sun 6th Sept from 10am

Charity Tennis Tournament

On Saturday 26th September Luton and Vauxhall Tennis Club are running a charity tennis tournament. The tournament is in aid of Marie Curie Cancer Care. The tournament is open to anyone over the age of 16 who plays tennis, whether you are a member of our club, another local club or just a casual tennis player, the more the merrier! There is however a twist.... The tournament will be an American style tournament! Everyone who enters will have their name put in a hat, on the day they will be drawn from the hat with another name and the names drawn together will form a doubles partnership, and then after each round a new partner would be chosen. The winner would be the people who have won the most games through the afternoon. Not only will you be raising money for a great cause and getting a brilliant day of playing tennis, you will have the opportunity to make new friends! Registration will take place at 12.45pm on the day with the tournament running 1-6pm. Refreshments and drinks will be available in the Balcony Bar.

There is a £5 entry fee with all the proceeds to Marie Curie Cancer Care. To book your place please contact VRC Reception. For further information ask Tracy Wing (07957 454619) or Joe Maher on (07709 762765).



VRC link up with Total Racquet Sports to offer a Racquet Re-stringing Service

We are pleased to announce that we are now offering a racquet restringing service. The re-stringing will be carried out by local company Total Racquets Sports who have a wealth of experience in this field and offer very competitive prices. This will provide a convenient, no hassle service for both members and non members.

Racquets can be dropped off at Reception and will be collected by TRS every Friday and returned the following Friday. Prices below, ask at Reception for more info.

Tennis

Luxilon Alu Power 1.24	£25.30
Luxilon Power Rough 1.24	£25.30
Synthetic Gut 1.30	£20.00

Squash

Ashaway Supernick 1.30	£24.00
Synthetic Gut 1.30	£20.00

Badminton

Yonex BG65Ti .65	£20.00
Synthetic Gut .75	£19.00

A Strictly Cheap, Fun Night Out



Strictly Come Dancing will soon be back on the box to provide us all with some light hearted Saturday Night entertainment. Thank goodness because nights out in these new financially tight times maybe replaced in favour of a night in front of the TV.

With fuel, food and energy prices on the up, the belts are tightening and the need for stress busting, uplifting activities to alleviate the tension will be in more demand than ever.... but at the right price! So the question is what can you do to eradicate your worries and replace them with a feel-good-factor so great to

see you through these tough times, that's also kind to your pocket?

Dancing is an incredible way to relax, unwind and de-stress. The endorphins released through exercise, including dance, combat depression, re-vitalise ones energy and re-balance the mind to initiate a happier you.

Ceroc, the UK's largest dance organisation, run inexpensive dance nights, that don't just entail classes. Their evenings are a fun-filled and sociable, starting with classes for beginners and intermediate dancers then followed by foot-stomping, 'booty shaking' freestyle until late.

Even though Ceroc teach partner dance classes it is not necessary to bring one as everyone is moved to a different partner every couple of minutes during the class, and is then free to ask anyone else to dance in the subsequent freestyle.

As a non-dancer you may be thinking 'hang-on! I've got 2 left feet, what's fun and stress relieving about learning something I find difficult?'

Answer - Ceroc nights are not competitive, the focus is on the social aspect of the evening and you learn at your own pace. Whether you attend for the 1st time or the 10th time you will always get some dances and the confidence you feel once you've got it, is immense. Coupled with the fact that the Salsa and Swing fusion

that Ceroc teach has no complicated footwork you will be surprised how quickly you pick it up.

For 3 hours of fun, learning a new skill, getting some exercise and meeting lots of new people your evening will cost:

£5 to all VRC members only (normal price £8) plus you would need to pay a one off £2 lifetime membership - free DVD to all new members (VRC members must show their cards on entry).

Tuesday nights - 7.45pm - 10.45pm (arrive 15 mins earlier for all new members) For more information call 01234 378946 or visit www.ceroccentral.com

The Griffin Players present "Shadowlands"

"The poignant story of the love-life of the man who wrote the Narnia books - CS Lewis."

The Griffin Players are pleased to announce they will be staging the much acclaimed and award winning play 'Shadowlands' on September 9-12th 2009. Without doubt one of the most moving and emotional pieces of theatre ever staged

in the West End, and adapted into a film in 1993, winning Oscar nominations for Debra Winger (Joy Gresham) and the writer William Nicholson.

The play is set in Oxford during the 1950's and tells the moving true love story between CS Lewis and Joy Gresham, an American fan, who arrives to meet him for tea in Oxford. It is the

beginning of a love affair. Tragically Joy becomes terminally ill and their lives become complicated.

The theatrical production of Shadowlands debuted at Theatre Royal in Plymouth, England in 1989. The production later ran for approximately a year in London, winning the London Evening Standard's award

for Best Play of 1990. Its New York premiere was on November 11, 1990, at the Brooks Atkinson Theatre on Broadway. This production ran for about 180 performances.

The ticket prices are £9 (adult) and £7 (concessions) and are available through the Theatre box office on 01582 547474 or Griffins box office on 07906 075455 or email boxoffice@griffinplayers.co.uk

