

# First through the Tape!

## Olympic Gold Medallist Opens Brunel Gym and Becomes First Member

"I declare this gym open, and God bless all who train in it! There's no excuse now not to be fit..." quipped Olympic gold medallist Linford Christie as he cut the ribbon to open Brunel's refurbished health and fitness centre, before being installed as the first member of the £400,000 facility.

Linford, who lives close to the University, has been using Brunel's multi-million-pound indoor athletics centre as part of his UK Athletics High Performance Coaching Scheme since it opened in April 2005. The upgraded health and fitness suite is the latest element of Brunel's sporting provision to receive a make-over. Some £14 million has now been spent on building the best University sports facilities in the London region.

The "More Energy" Health and Fitness Centre is open to the local community as well as students and staff. The Centre has a large number of cardiovascular and resistance stations, as well as separate free weights, abdominal and stretching areas. All cardiovascular equipment have integrated AV systems, and LCD screens with a touch system, enabling the user to monitor his/hers own performance as well as watching any of the multiple digital TV screens and channels available.

A wide range of personal services are available to members, such as personal training, weight management courses designed for weight loss and toning as well as health screenings and fitness testing. There is also a large aerobic studio for the extensive class timetable. For information about how to join please contact the Brunel Sports Centre on 01895 265305 or see: [www.more-energy.co.uk](http://www.more-energy.co.uk)



## Chocks Away!

### Brunel Thanks RAF Uxbridge for Support at Royal Visits

Station Commander of RAF Uxbridge, Wing Commander Stuart Lindsey, is presented with a charitable donation from Brunel Pro-Vice-Chancellor Professor Linda Thomas as a gesture of thanks for stewarding support provided for the two Royal visits to the University. The RAF will donate the gift to St Dunstan's, a centre for blind ex-Service men and woman, and the London Air Ambulance.

## Plymouth to Africa on **£100!**

Three Brunel Graduates are taking part in a 4000-mile charity rally from Plymouth to the Gambia

Team Sanddodgers (Pete Laurie, Gareth Wallace, and Jonathon Farley) were allowed to spend £100 on a left-hand-drive car for the rally, and have a budget of £15 to keep it going over the 4000 miles: that's a third of a penny per mile! When

(if...) the car reach Banjul in the Gambia the car is then auctioned off to raise money for local charities.

The team is hoping to raise an extra £5000, which will be donated to Tearfund and Macmillan Cancer Support.

One of their fund-raising ideas was setting up a giant scalextric track during freshers week at Brunel. For more information see their website: [www.sanddodgers.co.uk](http://www.sanddodgers.co.uk)

