

insidetrack

THE LATEST NEWS & EVENTS FROM FORMULA ONE AUTOCENTRES



welcome

...to the summer edition of Inside Track. In this edition we bring you up to speed on the latest expansion programme developments, and how Formula One Autocentres beat off tough competition to win an award from a top tyre manufacturer - plus an insight into a fascinating form of self-defence!

Keith Lee

Inside Track Editor

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Plus five!

We are proud to introduce the five new Formula One Autocentres opened since the last issue of Inside Track



Paul Glencross CEO (far left) & Leon Glencross MD (far right) of Formula One Autocentres toast the opening of the Wolverhampton centre with Adam Cross & Philip Cartwright

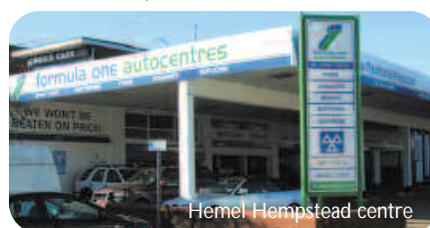
Formula for success



They say quality always shines through, and recently Formula One Autocentres beat off tough competition from a number of top retail organisations throughout the UK to win the 'Multi-branch Retailer of 2009' award from Marshall Tyres.

The award was presented to Paul Glencross, CEO of Formula One Autocentres by JS Kim, Managing Director of Kumho Tyres UK.

In the last issue of Inside Track we announced the impressive expansion programme put in place by the senior management team at Formula One Autocentres. Since then we have increased our fleet by another five state-of-the-art centres, each one contributing to the delivery of outstanding service that our customers require.



Hemel Hempstead centre

Leon Glencross Managing Director for Formula One Autocentres stated: "Due to the new management restructure, and the efforts of all involved, we are exceeding our expectations with the expansion programme and are currently on schedule to meet our target. It is thanks to the positive atmosphere that is generated from the new management team that continues to help drive the company forward at these exciting times."



Crawley centre

Currently Formula One Autocentres has 54 centres and we are pleased to announce the exchange of contracts at our latest site in Swindon, due to open later this year. Ian Barrett (Property Director) said, "Mick Thompson has risen to the challenge in his new role as Contracts and Maintenance Manager and has excelled in project managing the fitting out of five new centres during the last five months. With the continued expansion programme we will pay £1000 for introducing a new site if progressed to completion."

NEW TO THE TEAM

Wolverhampton 01902 202020

135-153 Willenhall Road, WV1 2HR

Hemel Hempstead 01442 798000

Wood Lane End, HP2 4RA

Brentwood 01277 229522

Wates Way Industrial Estate,
Ongar Road, CM15 9TB

Crawley 01293 561616

Denvale Trade Park, Haslett Avenue East,
RH10 1SS

Colchester 01206 576632

89 North Station Road, CO1 1SB



Wolverhampton centre

'Wear it pink' day

- not just for girls!



Breast Cancer Campaign uses all 'wear it pink' donations to fund innovative, world-class research throughout the UK and Ireland in understanding how breast cancer develops, leading to improved diagnosis, treatment, prevention and cure. So, at Head Office we were pleased to play our part and 'wear it pink' on October 30th last year. Everyone involved on the day made a donation and all proceeds raised went to Breast Cancer Campaign.

One of most interesting things to emerge from the day was that the majority of men at Head Office thought it was only women who were affected by the disease - but it can also affect men. It's very rare, but there are about 300 men diagnosed each year in the UK in addition to over 45,000 women and the symptoms, diagnosis and treatment are all very similar to women with breast cancer.

Last year, the national campaign raised £3.5 million; this helped to fund projects like Dr Ingunn Holen's award-winning research, which found that if two drugs were given in a particular order at specific time intervals, breast tumours were almost completely destroyed.

This discovery could ultimately lead to improved chances of survival for thousands of women and men undergoing treatment and bring us a step closer to beating breast cancer.

Breast Cancer Research has made considerable progress over the past two decades and vital work is still underway. Past research has resulted in improvements in quality of life and survival. For more information on breast cancer visit www.cancerhelp.org.uk/type/breast-cancer

incrowd



Lee Nussey (pictured right) demonstrating his skills in Balintawak Arnis

Lee (but not Bruce!)

I'm Lee Nussey and most of you know me as a Regional Manager for the North of England. You'll often see me around the centres carrying a laptop and a mobile phone, but outside work it's more likely to be a 'sword and dagger' - don't be alarmed! Let me explain.

Since I was young I've always been interested in Martial Arts and a couple of years ago I discovered a little known form called Balintawak Arnis. This is a combat system developed in the 1940's and is said to be named after a street in Cebu in the Philippines where its first club was founded.

Various forms of Arnis (Filipino martial arts) utilise long range fighting skills and are geared more towards an offensive style of fighting but Balintawak uses close range fighting exercises, applying all the known foul blows conceivable to street fighting! Its primary training tool is the single olisi

or garote (stick) - also the traditional double sticks and 'espada y daga' which translated means 'sword and dagger'. However it is not just a stick or blade fighting art, fighters are equally adept at both weapon and empty hand fighting. In Balintawak the stick is also used to enhance and train the individual for bare hand fighting and to achieve perfection in speed, timing and reflexes, harnessing natural body movement and awakening senses to move and react.

In Balintawak it doesn't matter what size or shape you are. The goal is to eliminate the natural human instincts in fighting and replace them with purposeful reflexes refined with speed and timing. It also promotes well being and good relations among practitioners.

If you would like to know more visit www.balintawakarnis.co.uk for pictures, videos, events and contact information. Or if you fancy having a go at this unique martial art, email me at lee.d.nussey@hotmail.co.uk for class information.

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Glider Club

Barry Beadsworth

01332 872507

F1 Fishing Club

Keith Lee

keith.lee@f1autocentres.com

Balintawak (Filipino Martial Arts)

Lee Nussey

lee.d.nussey@hotmail.co.uk

If you manage a club or association in your spare time and wish to feature in incrowd please contact Keith Lee on keith.lee@f1autocentres.com or 01438 746633

On your bike!

At Formula One Autocentres we are conscious of the fact that the motor industry contributes significantly towards the country's carbon footprint. As a result of this we are launching a new 'Cycle to Work' scheme, which aims to encourage employees to cycle to work, by renting them their very own bicycle. To take part in the scheme there are certain criteria that must be met, for example; you must cycle to work at least three days each week or ensure that over half of its usage is for travelling to and from work. It's a great opportunity to 'do your bit' at reducing your own carbon footprint, as well as keeping fit at the same time! To find out more information contact Keith Lee at keith.lee@f1autocentres.com

Promotions

Tony Parsons: from MOT Tester at Peterborough to Trainer for the Midlands area.

Darren Parker: from MOT Tester at Stevenage to Trainer for the east of England area.

Alan Cox: joins the company as Regional Manager. Alan is an experienced Regional Manager who has worked for other major fast-fit companies throughout Essex and the south.