

British Airways Athletics Club

World Airline Road Race London 2010

Newsletter - No 2

January 2010



Welcome to the 2nd WARR London 2010 Newsletter.

Happy New Year!

I am delighted to announce the venue for WARR London 2010 will be ExCeL London.

Situated alongside the Royal Victoria Dock in London's Docklands, this wonderful location gives Warriors easy access to central London and enables us to organise the various WARR events and activities within easy reach of each other.

ExCeL is a world-renowned conference and exhibition centre, which not only hosted the G20 conference last year, but will also be a London 2012 Olympic venue.

The area is surrounded by ample hotels of varying star ratings, which I am hopeful, will meet all your tastes and budgets. Please keep reading these newsletters for information on the host hotel and available discounts.

I hope your winter training is going well and you are all injury free. The race course this summer will take you around the Royal Victoria Dock on a flat, traffic-free run and so will be easy for runners and spectators alike. It is also in close proximity to the hotels.

Looking forward to seeing you in London.

Katherine Henville

ExCeL London is located 10 minutes from Canary Wharf, in the heart of London's Royal Docks. There is easy access to the venue – by road, rail or air.

ExCeL London is easy to get to from London's five main airports - London City, Heathrow, Gatwick, Stansted and Luton - via underground and mainline rail services. London City Airport is located 5-minutes from ExCeL and has access to over 35 European & UK destinations, with 350 flights per day.

There are 3 onsite DLR (Docklands Light Railway) stations, easy access to London Underground (Jubilee Line – two stops on the DLR from Canning Town). The Jubilee Line is recommended as the quickest route to ExCeL London.

There is easy access to St Pancras International for high-speed Eurostar Services to Paris, Lille and Brussels.

Crossword Competition

We had 15 correct answers for the Crossword Competition and I am pleased to announce the winner is **Erwin Aichinger** from Canada. The prize is a pair of tickets for the 2010 WARR Gala Awards Dinner.

Please contact us for general information or suggestions on our email address:
info@warrlondon.com

Exchange Rates – 1st Jan

\$ per £ - 1.61

€ per £ - 1.12

Weather



This month famous London sightseeing attraction is:-

Tower of London

The Tower of London has been a part of British royal history



for nearly 1,000 years, and today it's a recognised UNESCO World Heritage Site. You can see Britain's most precious treasure – The Crown Jewels, stand on the execution site of 3 English queens and explore the legends of this world-famous

landmark.

The Tower of London has a colourful history dating back to the 11th century on a site originally part of Roman Londinium, William the Conqueror built Europe's first fortress there, it has been a royal palace, a prison, an execution site, an arsenal, a mint, a wild animals keep and jewel house. On your visit you'll see artefacts from every part of this remarkable history.

Look out for the famous black ravens in the grounds of the Tower. These magnificent birds have been kept here since the 1600s, and legend has it the Tower will fall, along with the Kingdom, if the ravens ever leave the site. You'll also see the Beekeepers (or Yeoman Warders) who have been guarding the tower for over 600 years. Why not enjoy a theatrical guided tour?

A visit to the Tower of London offers a millennium of British history in one day. This exceptional heritage site is a great day out and holds daily exhibitions and events throughout the summer and winter months.

Price (2009) Adult £17.00, Child (5-15) £9.50
Family £47.00
Nearest Tube: Tower Hill (Circle & District Lines)
Tower Hill is also on the Docklands
Light Railway - with direct trains from
the ExCeL stations.

Opening Times September 10.00am - 18.00pm
Website - www.hrp.org.uk/TowerOfLondon

Visas

Apologies I mistakenly reported that Citizens of South Africa do not require a visa to holiday in the UK. The correct note is

All South African passport holders will require a visa to enter or transit the UK

Visa regulations are frequently revised. See the UK Visa website or check with your local British Embassy or other diplomatic representative before you travel.

Save with an Oyster Card

You can use an Oyster on ALL London underground train, buses, Docklands Light Railway and trams, and also on many regular train services within London. You can use your card as many times as you like, and you'll never pay more than the cost of a travel card per day.

How does it work?

The idea is a bit like pay-as-you-go mobile phones where you top up call credit and when that runs out you simply top up more credit. With Oyster however, once you reach the price of a day travel card, no more credit will be deducted from your card for the rest of the day no matter how many journeys you make.

Why should I have one?

Faster: Oyster saves you time – no more queuing for tickets as you pay in advance.

Smarter: Oyster will always automatically calculate the cheapest fare for the journeys you make in a single day.

Easier: Your Oyster card is reusable – just top it up with cash when you need it at over 3,000 outlets.

Cost effective: For example, a single tube journey will cost £4 with cash but a maximum of £2 with an Oyster card.

Reusable: The money you put on your Oyster doesn't expire so you can keep it until your next journey or pass it on to friends and family.

Oyster is available to adults only. Children below the age of 11 can accompany adults free of charge. Children between the ages of 11 and 15 should use the standard child travel card.

Oyster is available with £10, £20 and £30 pre-loaded onto the card. Once this runs out you can top up any amount (in multiples of £10) if you like.

Ticket notes:

During OFF PEAK times up to 4 children aged 5 to 10 years can travel FREE on the Underground and Docklands Light Railway, if accompanied by a full-paying adult. Tickets are not required. Off peak times are after 0930 Monday to Friday, all day Saturday and Sunday, and during Public Holidays.

The Oyster card can be bought upon arrival at Heathrow and at shops and underground stations.

Top 6 more Cockney Rhyming Slang

- | | |
|------------------|-------|
| ➤ Bees and honey | Money |
| ➤ Boat Race | Face |
| ➤ Chevy Chase | Face |
| ➤ China plate | Mate |
| ➤ Dog and bone | Phone |
| ➤ Jam jar | Car |



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