

British Airways Athletics Club

World Airline Road Race London 2010

Newsletter - No 6
Aug 2010



"In Hangzhou last year, before committing to the plans for this year's WARR, we asked you what you would want in London. You asked us to keep the cost down and in particular to ensure that the hotels offered good value. You said the race course and awards party venue had to be close to the hotels. You said the races have to be traffic free and set up by experienced race organisers. You said you needed a good meal the evening before the races. You said the bar at the awards party needed to stay open all evening.

We say – You are going to enjoy London 2010!"

Roderick Hoffman, 2010 Host Project Manager.

Leadenhall Market Restaurants

Many of you like to have a good meal the day before you race and the T Shirt Party can get in the way. Not this year! There are no fewer than ten restaurants in or around the T Shirt Party venue and each will be open for sittings from 18:00, before the party, and after its end around 21:00. The late sitting will still give you enough time to make it back to your hotel and have a good night's sleep before the first race at 11:00 the next morning. The restaurants have asked us to book ahead where possible to enable them to have enough staff in that evening. Please do so if you can since this will improve service for us all and certainly book in advance if you want to guarantee a large table in the restaurant of your choice. As an incentive for booking ahead several of the restaurants will offer an "Airline Race" discount for tables booked in advance. The full list of restaurants, menus and booking arrangements will be added to the website incrementally between now and mid September.

Festival Registration

Register at the Novotel Hotel to pick up your race package. Please do this as early in the week as you can.

Registration is open from

15:00 to 19:30	Wednesday 22 nd
11:00 to 19:00	Thursday 23 rd
11:00 to 21:00	Friday 24 th

You must have completed your registration before coming out to the T Shirt Party."

Getting to Excel

ExCeL London is easy to get to from London's main airports. The following is a guide, please check as appropriate.

From London City Airport

Located 5-minutes from ExCeL London, by car or taxi, or connect to ExCeL London by taking the DLR from the airport in the direction of Bank. Change at Canning Town and follow directions below for Jubilee Line.

From London Heathrow

Take Piccadilly line into central London and change at Green Park onto the Jubilee Line going south and follow directions below for Jubilee Line.

From London Gatwick

Gatwick Express is the fastest rail link between the airport and central London. Non-stop trains run to and from London Victoria every 15 minutes and take 30 minutes (35 minutes on Sundays). Tickets can be bought in the terminals, at the station, or onboard at no extra cost. From Victoria take the Circle or District line and change at Westminster onto the Jubilee Line going south and follow directions below for Jubilee Line

From London Stanstead

The Stansted Express runs every 15 minutes and reaches London Liverpool Street in 45 minutes. Alternatively, National Express East Anglia trains run to Stratford (best connection onto the Jubilee Line). All trains depart from Stansted Airport rail station, situated directly below the terminal.

All routes from the Jubilee Line

Once on the Jubilee Line, alight at Canning Town and change onto the Docklands Light Railway (DLR) bound for Beckton (use stairs, escalators or lift up to the DLR platform). DLR trains toward the venue normally depart from platform 3.

Visitors should be aware that only DLR trains in the direction of Beckton serve ExCeL London - do not use DLR services in the direction of Woolwich Arsenal from Canning Town.

Visitors for ExCeL London are advised to alight at Custom House for Novotel, Ibis, Crown Plaza and Custom House itself or the Prince Regent for the Premier Inn and Ramada Hotel.

ExCeL London is located in zone 3. London Underground tickets are valid on the DLR.

London sightseeing attractions - things you can do on the Friday before heading off to the
T Shirt Party @ Leadenhall Market

London Dungeon

Transport yourself back to the darkest moments in the capital's history within the deep depths of the London Dungeon. Live actors, shows, rides and interactive special effects ensure that you face your fears head on in this unique experience. Everything that you see is based on real historical events from Jack the Ripper, to the Great Fire of London, torture and the plague.

New for 2010 – Bloody Mary: Killer Queen

The London Dungeon is turning the temperature up with its latest experience - Bloody Mary: Killer Queen featuring one of England's most feared rulers – Mary Tudor, the deadliest daughter of Henry VIII. This Killer Queen was nicknamed Bloody Mary for ruthlessly burning 300 Protestants as heretics.

Opening Times: 1st Sept – 22nd Oct 10
10am – 5.30pm
Address: 1 Bank End, London, SE1 9BU
Website: <http://www.vinopolis.co.uk>

Vinopolis.

A magnificent 2.5 acre space devoted to the world of wine and its associated pleasures. Immerse yourself in the Vinopolis tour, absorbing the experience at your own pace with the option of an audio guide. Discover and learn about the different wine cultures from around the world and the origins of the art of winemaking. Each tour offers the opportunity to taste at least 5 wines as well as a specially prepared cocktail. There is also the chance to taste hand-selected whiskies, home-brewed beers and absinthe if it takes your fancy!

Opening Times: Mon/Thu/Fri 12 – 10pm
Sat 11 - 9pm
Sun 12 – 6pm,
Tue/Wed Closed

Last admission is 2 hours before closing
Address: 1 Bank End, London, SE1 9BU
Website: <http://www.vinopolis.co.uk>

St Paul's Cathedral

Wren's famous cathedral church of the diocese of London incorporating the Crypt, Ambulatory and Whispering Gallery. Those who wish to pray at times when there is an admission charge may use St Dunstan's Chapel on the north side (free at any time). Entrance price includes visit to the Crypt, Ambulatory and Galleries.

Opening Times Cathedral is open to sightseers from Monday to Saturday between 8.30 - 16.00 (last admission).

Address: St Paul's Churchyard, London, EC4M 8AD
Website: <http://www.stpauls.co.uk>

Further Information for all these see -

www.visitlondon.com

Come canoeing on the Thames

Try out canoeing and kayaking on the tidal Thames with Edge Progressive Paddling. It is a great opportunity for anyone keen on getting some light exercise, splashing around in the river, watching out for wildlife or just floating with the tide in a friendly environment. There will be taster sessions for adults and children of any ability.

Session details:

Wednesday 22nd September
6:30-8:30pm

Exploring the leafy channels in West London
Kew Bridge Arches, Strand-on-the-Green, London W4 3NG
&

Saturday 25th September
2-5pm drop-in sessions

A trip in the heart of the Docklands
The Royal Victoria Dock, London

Sessions subject to permissions being granted will cost £15 (£10 for concessions) with all proceeds going to Dreamflight. Please bring a spare change of clothes and shoes you don't mind getting muddy, all equipment, waterproof cags and coaching provided.

Book your place by Wednesday 15th September by emailing enquiries@edgepaddling.com.

Edge Progressive Paddling was set up by local residents to encourage greater use of the waterways on our doorstep and provide access to all the disciplines of paddlesport, running in partnership with Brentford Boating Arch. Find out more on the club and the current programme on our website

www.edgepaddling.com.

Top 6 more Cockney Rhyming Slang

- | | |
|-----------------|---------|
| ➤ April showers | Flowers |
| ➤ Bacon & eggs | Legs |
| ➤ Ball of chalk | Walk |
| ➤ Cocoa | Say so |
| ➤ Jack jone | Alone |
| ➤ Tom & Dick | Sick |
| ➤ Rosy Lee | Tea |



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LONDON 2010