

London- FRONTRUNNERS

The Seymour Leisure Centre



Address: Seymour Place, London W1H 5TJ

<https://www.everyoneactive.com/centre/seymour-leisure-centre/>

Upon arrival at the Seymour Leisure Centre (CLC) you will be greeted by the Circle Leader (CL), who has printed out a list with the names of all those who have booked this particular Thursday as a running day.

Nevertheless, please bring along your Membership Card, just in case.

The CL will then point you out to the Dry Changing Room



This is an old-fashioned building, built between the years 1935-37, so there is one Male Dry Changing Room and one Female Dry Changing Room, to the left as you enter.

Having changed into your running kit, you will be asked to kindly please bring your belongings to the Storage Facility.

Getting to the Storage Facility is easy: turn left out of the Dry Changing Rooms into the sports hall and then take another turn through the door in the photo below.



Then turn to the left and down the flight of stairs, to the lower level.

The Storage Facility is a room provided with a combination lock, which only the CL and the CLA will have the code for.

All LFR will be leaving their belongings in this secure space, as we do not wish to burden any further the SLC by taking up all their lockers.

The CL or CLA will unlock the room, upon returning from the run, so please bear with us if you're quicker than they are.

The Circle Leader Assistant (CLA) will be waiting for you outside the Storage Facility, Door Nr. 60., as indicated by a number on the upper left corner of it,



where you will store your bag and then return to the entrance area, where all the other runners will be gathering.

Please wait in the area to the left, when facing the reception. The building's design means that there is limited space and we don't want LFR runners impeding other users.

The Route to Hyde Park.

The distance from the SLC to Hyde Park is around 6 minutes.

Upon exiting Seymour please turn on your right, along Seymour Place, all the way down to Upper Berkeley Street.

Once reaching Upper Berkeley Street, turn to the right, until reaching the corner with of Upper Berkeley and Edgware Road. Cross over Edgware Road at the traffic lights and continue across onto Connaught Street, taking great care as you do so, as there is no Green Man. Turn to the left into Connaught Square and continue into Stanhope Place until reaching Bayswater Road. At the traffic lights, cross ahead into Hyde Park.

The Circle will be held immediately upon entering Hyde Park on the right, adjacent to the lamp lights.

The route in Hyde Park will start in direction towards the Italian Gardens. This is the same route and direction as it has always hitherto been, just there is now a different start and end point.

Post-Run Food & Drinks Venue

Address: Spaghetti House, 47 Bryanston St, London W1H 7DN

<https://www.spaghetthouse.co.uk/restaurants/bryanston-street>



The distance from the SLC to our post-run food and drinks venue is about 7 minutes of foot. Turn right upon exiting the SLC and continue onto Seymour Place. Turn left into Upper Berkeley Street and then turn right into Great Cumberland Street, all the way into Bryanston Street. The venue offers Vegetarian Friendly, Vegan and Gluten Free Options.

A table will be reserved for LFR on the lower level.



Last but not least...for a night-cap, or several, and just a two-minute walk from Spaghetti House is

The City of Quebec

Address: 12 Old Quebec Street, London W1H 7AF



It closes at 3.00 am (!) and there is a Karaoke night every Thursday.

Need we say more?

Please note that The City of Quebec has a No Liquids Policy; you will need to empty or dispose of any water or other drinks bottles prior to entering.



