



The Seymour Leisure Centre



Address: Seymour Place, London W1H 5TJ

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

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 side of the reception. Please queue patiently and inform reception staff that you are a member of the London Frontrunners, so that they may allow you access.

After crossing the turnstiles to the left, you will be greeted by the Circle Leader, who will then point you out to the Dry Changing Rooms



Having changed into your running kit, you will be asked to please remove and store your belongings to the Bag Drop.

Getting to the Bag Drop is simple: 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 Circle Leader Assistant (CLA) will be waiting for each runner outside the Bag Drop, Room Nr. 60, as indicated by a number on the upper left corner of the door.



The Bag Drop is a room provided with a code combination lock.

All LFR runners will be asked to store their belongings inside this secure space, and then return to the entrance area, where all the other runners will be gathering, waiting for the run to start.

Please either wait in the area to the left of the reception or outside. As there is limited available space, please choose to wait at a spot without blocking the entrance or the access of other users.

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

Recommendations

You are warmly encouraged to choose wearing bright, fluorescent, high-viz running gear, as opposed to running dressed completely in black or in similar dark colours. In addition, please use reflective accessories, head or breast-lights and torches.

Hyde Park tends to be very dark during the winter months, so if uncertain of the route, then please remind this to the CL and/or CLA and expect to be paired with a fellow runner that knows the route and who will be running at a pace very similar to yours.

The Route to Hyde Park.

The distance from The Seymour 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 of Upper Berkeley and Edgware Road. Cross over Edgware Road at the traffic lights (carefully!) 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 directly ahead into Hyde Park, making sure you avoid running on the bicycle lane.

The Circle will be held close to the Freeman Family Drinking Fountain, by the lamp-post (but not too close to the garbage containers)

LFR Hyde Park Winter Route Thursday Run

The run starts on the pavement parallel to the North Carriage Drive, as this section is always well lit.

We get to Victoria Gate, we carefully cross and carry on running on the right-hand side of the road, along the West Carriage Drive. At the Serpentine North Gallery, we cross over and continue running on the left-hand side of the West Carriage Drive and over the Serpentine Bridge.

We turn to the left at the corner before the Will To Win Hyde Park Sports Centre -by the illuminated tennis courts- and continue down the path, next to and on the left of the cycle lane. We turn to the left by the marble urn erected in memory of Queen Caroline, on the path closest to the Serpentine Waterfall, and we run around the Serpentine, keeping the Serpentine always on our left-hand side.

Doing a lap around the Serpentine will get you again over the Serpentine Bridge, then turn again to the left before the corner of the tennis courts and then carry on down the same path.

Instead of turning to the left and do a second lap around the Serpentine this time, you just carry on ahead, in a direct line towards Hyde Park Corner, keeping the Rose Garden to the left-hand side. When in Hyde Park Corner, then turn to the left by the statue of Achilles, towards Marble Arch and after reaching Marble Arch then again to the left, finishing at the Freeman Family Drinking Fountain.

For the social afterwards, we go to:

The City of Quebec Address: 12 Old Quebec Street, London W1H 7AF



