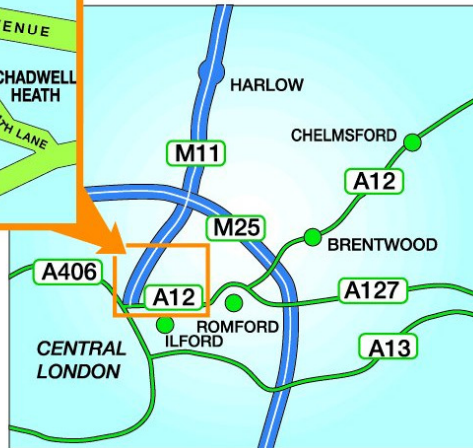


**Hainault Rd  
NOT  
Hainault Rd**

**From the M11:** At the end of the M11, take the left hand fork towards The City and A12. Take the first exit and at the roundabout at the end of the slip road take the first exit onto Redbridge Lane East. Go across several mini roundabouts and, when coming to a large one, go straight over into Longwood Gardens. Continue along Longwood Gardens (over some more mini roundabouts!) until you get to another slightly larger one. Turn right at this roundabout into Fremantle Road.

At the traffic lights, turn left into Barkingside High Street. Carry on down until you reach the main roundabout. Take the third exit into Forest Road. The Centre is about 100 yards up on the left hand side just before the railway bridge.



**By Underground:** We are located next to Fairlop Tube Station on the Central Line.

**From the North Circular Eastbound:** Take the A1400 exit off the North Circular (just before the M11). At the roundabout take the 2<sup>nd</sup> exit towards Southend and the A127. Go over a set of pedestrian lights and at the next set of lights take the left hand turn into Clayhall Avenue. Go straight up Clayhall and at the roundabout go straight over (effectively the first exit.) At the traffic lights turn left into Barkingside High Street. At the next roundabout take the third exit into Forest Road.

On arrival at the Centre follow the road below PAST the first sports centre (red van pictured in photograph) The competition venue is the silver building top left.

Our new competition venue is pictured right.

**Ample FREE parking is available.**

Please enter through the glass doors at the front and follow directions.

London event staff (turquoise polo shirts) will be able to direct you.



**Photographic  
Synergy Events**



**British  
Gymnastics**  
More than a sport

**Forest Road  
Barkingside  
IG6 3HD**

