

Westway Sports Centre 1 Crowthorne Road, London, W10 6RP

Ask at reception to be directed to the training room.

Lunch

If your course lasts a full day please bring a packed lunch with you or buy your lunch before the course starts as there is only a short, 30 minute, lunch break. Unfortunately at this venue we cannot provide our own tea and coffee refreshments throughout the day. There is a cafe onsite which opens at 10am, selling drinks and light snacks but you are welcome to bring your own drinks if you'd like to.

Travel by tube:

- Shepherd's Bush (Overground and Central Line) is a 20-25 minute walk away
- Latimer Road station (Hammersmith & City Line) is a 5 minute walk away.

Leave Latimer Road station and cross the road in front of you, this is Bramley Road. Turn right and walk up Bramley Road, you will see the Westway flyover crossing the road ahead. Walk towards it (there are five-a-side pitches beneath the flyover on the left) and turn left into Crowthorne Road. A tree-lined pedestrian avenue between fenced football pitches leads to the main entrance where the reception is.



Travel by bus

- Bus numbers 295 and 316 stop outside the sports centre on Bramley Road
- Bus number 7 bus stops very nearby in Cambridge Gardens

By car: The traffic in this part of London is very heavy especially in the mornings. Think about tripling your standard journey time to make it to the course on time for a 9am start, many courses start at 8am to help you miss the worst of the rush hour. There is a car park underneath the main football pitch at the Centre, however the parking fees are complicated! Turn into Crowthorne Road, as the road bends right, there is a

ramp straight ahead leading down to the car park. Parking tickets are only available for a maximum of 5 hours at a time. We suggest that you buy a 5hr paper ticket first thing in the morning (£3.50) and during your lunch break (around 12:30pm) you buy a second 4 or 5hr paper ticket to see you safely past the end of the course. If you have used the "Pay by Phone" app it only allows a 5 hour max stay during a 24hr period and you'd need to buy a paper ticket for the remaining time.

Additional Driving Instructions

Please note that this venue is within the London Ultra Low Emissions Zone, if your vehicle doesn't meet the ULEZ standard then you will need to pay the charge. You can do this online here

<https://tfl.gov.uk/modes/driving/ultra-low-emission-zone/ulez-payments>

Make sure that your sat nav has noticed that the Westway Sports Centre is **underneath** the A40 and not on the overpass!! You might need to bypass satnav', check google maps before your journey and consider approaching from the south via Earls Court.

Instructions coming from south - eg via Earls Court:

- Coming on A3220 from Earls Court you turn right onto A402 Holland Park Avenue towards central London. (If coming from Shepherds Bush, drive straight over the roundabout onto Holland Pk Ave).
- Turn immediately left onto Royal Crescent, and immediately left again headed north up St Ann's Road that turns into Bramley Road.
- Drive under the tube bridge (Latimer Rd station).
- Turn immediately left after driving under the massive A40 bypass structure onto Crowthorne Road. The car park ramp is directly ahead.

Car Park:

- Underneath the football pitches, opens at 0600 and closes late evening.
- Two pay machines by the pedestrian stairwell exit on the far side of the car park by a car wash area. One is cash only, the other is cash and card.
- Bring loose change in case the card machine is not working.
- Type first letter of registration, machine lights up, continue entering full registration number and confirm.
- There are plus/minus keys (+/-) to add additional hours.
- Hit 'plus' key until the display shows £3.50 for an initial 5 hours. (2nd payment at lunch is £2.50 for 4 hours). Machine instructs you to enter a pin number.
- Ticket created and click confirm if you want receipt.

