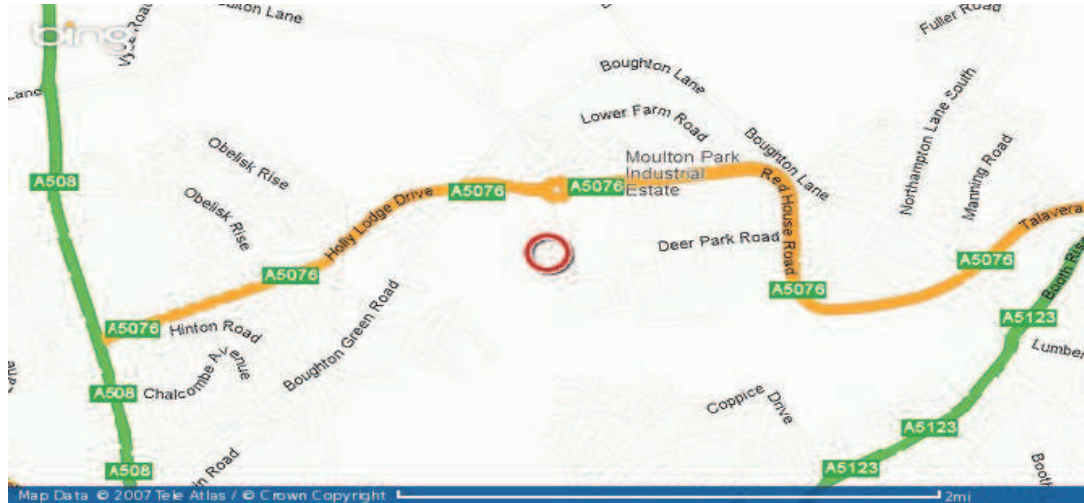


**King's Park Centre, King's Park Road, Moulton, Northampton, NN3 6LL
Tues/Wed - 3/4 November 2009**



By Car

From the North. Leave M1/M6 at Junction 19 and head east on the A14. Exit A14 at Junction 2. Follow signs to Northampton – A508. On entering Northampton at the first set of traffic lights turn left into Holly Lodge Drive. Continue towards Moulton Park Industrial Estate and at the following roundabout take the second exit into Moulton Park. At the next roundabout take the third exit – this is Kings Park Road. Kings Park is the third turning right near the top of the hill (opposite Nationwide Building).

From the South. Exit M1 at Junction 15. Follow signs to Northampton – A45. This road will then turn into the Ring Road A45 signed for Cambridge. Exit the A45 following signs for A43 Kettering/Corby onto Lumbertubs Way. Follow A43 over first roundabout. At next roundabout, take second exit signed for A508 Mkt. Harborough & Moulton Park. Continue towards Moulton Park Industrial Estate and at the next roundabout junction bear right onto the dual carriageway through the estate. At next roundabout take first exit – this is Kings Park Road. Kings Park is the third turning right near the top of the hill (opposite Nationwide Building).

From the East. From the A14 leave at junction for A45 Northampton & Kettering. Continue on the A43 and at the large roundabout (Round Spinney) take the fifth exit onto Moulton Park. Continue towards Moulton Park Industrial Estate and at the next roundabout junction bear right onto the dual carriageway through the estate. At next roundabout take first exit – this is King's Park Road. King's Park is the third turning right near the top of the hill (opposite Nationwide Building).

From the A45 leave at the junction for A43 Kettering. Turn right onto Lumbertubs Way. Follow A43 over first roundabout. At next roundabout (Round Spinney), take second exit signed for A508 Market Harborough & Moulton Park. Continue towards Moulton Park Industrial Estate and at the next roundabout junction bear right onto the dual carriageway through the estate. At next roundabout take first exit – this is King's Park Road. King's Park is the third turning right near the top of the hill (opposite Nationwide Building).

By Train or Coach

Northampton is one hour by train from London Euston or from Birmingham New Street. National coach services stop at Greyfriars Bus Station in the town centre. Taxis are available at the train station, bus station and town centre (about 15 – 20 minutes to King's Park).

Important Information

- The conference will be held at King's Park Centre, King's Park Road, Moulton, Northampton, NN3 6LL. (tel: 01604 493111 e: kingsparkcentre@actioncentres.co.uk web: www.actioncentres.co.uk)
- All accommodation, meals and refreshments are included. Towels and linen are provided.
- If you have not already done so, please notify the RUN office as soon as possible of any special dietary requirements and/or of any room sharing needs.
- Registration begins at 17.00 on Tuesday with dinner at 18.30 followed by the first session at 19.45. The first session on Wednesday will start at 09:00. and the conference will end by 4.00pm latest.

