



## Lakenheath Barracuda Swim Club



### EFSL Swim Meet

We are excited to be hosting all three meets this season at a beautiful facility called Bury St. Edmunds Leisure Centre in Bury St. Edmunds, Suffolk, UK. We hope that many of your swimmers and families will be able to attend this meet and enjoy beautiful England. Below is some information to get you started on your planning for the upcoming meet. This information is by no means intended to be comprehensive, but will provide you with some pertinent information. Please do not hesitate to call me, Karen Midthun, with any questions you may have. Safe travels and we look forward to seeing you soon.

**Host:** Lakenheath Barracuda Swim Club

**Visiting Clubs:** Aviano, NATO, SHAPE, Napes, Rota

**Date(s):** 29 SEP 2007 (SAT), 3 NOV 2007 (SAT), 5 JAN 2008 (SAT)

**Time:** Warm up      1700-1730  
Start Time      1745  
End Time      2100

Note: We reserve the right to change lanes and/or practice times prior to the meet. A finalized schedule will be sent to each team president Thursday prior, or if needed will be handed to each team on the day of the meet. We also reserve the right to cancel events in the event of time constraints.

**Location:** Bury St. Edmunds Leisure Centre, Beetons Way, Bury St. Edmunds, Suffolk, IP33 3TT, Telephone: (+44) (0) 1284 753496, FAX: (+44) (0) 1284 757486, E-Mail: [Bury.Ic@acleisure.com](mailto:Bury.Ic@acleisure.com), website: See <http://www.acleisure.com/contact.asp> for directions.

Approximately a 45 minutes drive (east) from Stansted Airport (80 km) – add more time for weather and slow driving conditions. Approximately 20 km north of RAF Lakenheath.

**Pool Course:** Six lane indoor heated 25 meter pool

**President:** Karen Midthun      (0044) (0) 01842 828 820-- home  
(0044) (0) 07769 696 400-- cell phone  
[Laken.barracudas@yahoo.com](mailto:Laken.barracudas@yahoo.com)

**Statistician:** Kathy Korth (0044) (0)1842 712537 -- home  
(0044) (0)786 780 3698 -- cell phone

**Entries:** Entries are due to the statistician, Kathy Korth, no later than the Thursday evening (by 6 pm) before the Saturday meet. Submit entries using the EFSL Standard Meet Shell. Only scratches will be allowed at the meet. In accordance with EFSL rules, no additions will be made on the day of the meet. Please bring USB stick with entries as a back up and to download results.

[korth@btinternet.com](mailto:korth@btinternet.com)  
[bill\\_korth@eu.odedodea.edu](mailto:bill_korth@eu.odedodea.edu)

**Coach:** Helen Lowbridge [Helen.lowbridge@lakenheath.af.mil](mailto:Helen.lowbridge@lakenheath.af.mil)

**POC** – Karen Midthun - Please direct all meet questions to Karen Midthun.  
(044) (0)1842 828 820 – home [laken.barracudas@yahoo.com](mailto:laken.barracudas@yahoo.com)  
(0044) (0)7769 696 400 – cell phone

**Entries:** Entries are due to the statistician, Kathy Korth no later than Thursday evening (One week prior to the meet). Please bring disk with entries as a back up. Please bring thumb drive to download results.

**Officials:** We ask that visiting teams provide any officials and timers that they are able to provide.

**Refreshments:** We are not allowed to sell food in this facility nor will there be a place to buy food. The Lakenheath Barracudas will be selling brown bag lunches instead of a concession stand. More information to follow. These lunches can be brought and consumed in the stands. Please note that we need to keep the pool area as tidy as possible.

**Numbers/Info:** If possible, please contact the Karen Midthun [laken.barracudas@yahoo.com](mailto:laken.barracudas@yahoo.com) and let me know the number of people who will be coming to the meet - swimmers, coaches, and parents. This will help us in preparing lunches, drinks, and facilities. We especially need to know swimmer numbers as soon as possible.

**Hosting:** Please contact Karen Midthun, as soon as possible, with any hosting requirement/needs. Include dates, ages, sex, and other pertinent information.

**Lakenheath Base:** ID holders, driving cars registered in other countries besides England, (or rental cars) need to stop at the main gate and get a pass for their vehicle. The pool is not located on base, so going on base is optional.

**Directions:** London Stansted airport is located on the M11 north of London. To get there from London, get on the M25 and drive around it to the M11 and head north.

**Stansted to Lakenheath** -- Exit Stansted and follow directions to the M11. Towards Cambridge on the M11 is the desired direction. About two/three miles from the airport you will exit the road to the left to follow the Cambridge signs. You will go through a small roundabout and end up on a very large roundabout. If you enter the large roundabout at six o'clock, the Cambridge exit is about four o'clock. (clockwise direction!)

Head north on the M11. Eventually you will see the sign for the A11, Bury St. Edmunds and Norwich. This will exit to the left. Take the A11.

The A11 will merge with the A14 after some miles, no worries, no way to make a wrong turn. After Newmarket, the A11 will leave the A14, exiting to the left. This will be towards Thetford and Norwich. Leave the A14, stay on A11. After a few miles, you will come to a roundabout, which we all call Fiveways. The exits are (to the left)...

First exit -- into the town of Mildenhall

Second exit -- towards Lakenheath Base and Brandon

Third exit -- towards Thetford on the A11

Fourth exit -- towards Bury St. Edmunds

Fifth exit -- Travel Lodge and gas station

Sixth exit -- back the way you just came (London, Cambridge)

Second exit -- towards the base. After about three miles you will see a traffic light. Turn left at light to main gate of base. Continue left into the parking lot of the visitors center to get a pass for your vehicle.

**Bus/Coach Travel:** If you want to take bus/coach travel, the best way to do this is via National Express. The bus can take you directly from Stansted to many locations, including Mildenhall Village. The easiest way to look at available routes is through their website -- [www.nationalexpress.com](http://www.nationalexpress.com)

**Outdoor Rec Buses from RAF Lakenheath** - Small buses (up to 14 people) from Outdoor Recreation is an option for transportation for any airport or tube/train station to base/pool/anywhere. Outdoor Rec can pick-up and return up to 14 passengers from Stansted for \$80.00 -- (0044) (0)1638 52 2146 or 52 3820 DSN – 226-2146. You can also rent an outdoor rec van to drive you to and from wherever you would like for \$25.00/hr before midnight and \$50.00/hr after midnight. Cindy Workman, Director of Outdoor recreation can be e-mailed at [Cindy.workman@lakenheath.af.mil](mailto:Cindy.workman@lakenheath.af.mil). Great option for those of you who would not like to drive or those with only a few parents.

**National Rail** – I seldom use the National Rail system but that is an option for transportation. The easiest way to look at available routes is through the website at [www.nationalrail.co.uk](http://www.nationalrail.co.uk). The closest stations to RAF Lakenheath are Brandon and Lakenheath Stations. Ely is quit close also.

## Hotels/Lodging

There are many wonderful cities and market towns close to RAF Lakenheath. Some of the favorites are Cambridge, Bury St. Edmunds, Ely, and Newmarket. Below are just a few options to explore. There are many others, and my recommendation is to look under the more popular chain hotels to see what meets your needs.

### **RAF Lakenheath – Air Force Inns**

Normally can book space A about 14 days out. Very nice TLF – \$48.00 and rooms - \$32.00.

(0044) (0)1638 52 6700

[liberty.lodge@lakenheath.af.mil](mailto:liberty.lodge@lakenheath.af.mil)

DSN 226 6700

### **Best Western Priors Hotel**

Mildenhall Road, Bury St. Edmunds, Suffolk, IP32 6EH, England

<http://www.bestwestern.co.uk>

Located within 5 – 10 minutes to the pool.

### **Barton Mills Travel Lodge (chain hotel)**

*Barton Mills, Mildenhall IP28 6AE*

Located on the Fiveways roundabout 40 miles north of Stansted, 8 miles north of Newmarket, 5 miles from RAF Mildenhall and 3 miles from RAF Lakenheath

**Nearest railway station** – Newmarket Railway Stn (8 miles)

Central reservations (0044) (0)870 085 0950 FAX – (0044) (0)1638 717 923

Family rooms available and free parking (undergoing addition – parking maybe limited)

Can make group booking online

[www.travelodge.co.uk](http://www.travelodge.co.uk)

### **Lakenheath Hotel (small family run hotel)**

*124 High Street, Lakenheath, Suffolk, IP27 9EW*

Located in Lakenheath village, about three miles from base. **By Road:** Located about 4 miles off the A11 main trunk road, between Newmarket and Bury St Edmunds. Follow the A11 to ‘Fiveways Junction’ at Barton Mills. Then take the A1065, signposted Brandon, Thetford. Follow this road for a short distance, to the B1112, (a left turning) signposted Eriswell and Lakenheath. Continue on this road to Lakenheath Village. Look for a large black and white building on the left.

**Nearest Railway Station:** Lakenheath Station - then take a taxi as it is too far to walk!

**Nearest Main Line Railway Stations:** Cambridge or Ely

**By Road:** We are located about 4 miles off the A11 main trunk road, between Newmarket and Bury St Edmunds. Follow the A11 to ‘Fiveways Junction’ at Barton Mills. Then take the A1065, Signposted Brandon, Thetford. Follow this road for a short distance, to the B1112, (a left turning) signposted Eriswell and Lakenheath. Continue on

this road to Lakenheath Village. We are a large Black and White building on the left.

**Reservations** - (0044) (0)1842 860691

[www.lakenheathhotel.sagehost.co.uk](http://www.lakenheathhotel.sagehost.co.uk)

[enquiry@lakenheathhotel.sagehost.co.uk](mailto:enquiry@lakenheathhotel.sagehost.co.uk)

**Comfort Inn -- Northwold (chain hotel)**

About ten miles from Thetford, towards Kings Lynn on the A134

<http://www.choicehotels.com/hotel/GB632>

(0044) (0) 136 672 8888

**ITT** – On Base tourist information service – bookings for hotel, theatre, underground, tours, etc. UK(0044) (0)1638-522 979 or DSN 226-2979 or

<http://www.ittlakenheath.com>

If none of these hotels fit your needs, please contact Karen Midthun and I will be happy to help you find something more appropriate.

Please e-mail or call with any questions or concerns you may have.