

Spectator events

Virgin London Marathon

17 Apr

➔ Several DLR stations

This inspiring event is always a great joy to follow. You can get good views from several DLR stations, including Greenwich, Cutty Sark for Maritime Greenwich, Limehouse, Westferry, Poplar, Blackwell, Canary Wharf and Heron Quays.

Virgin Active

London Triathlon

30–31 Jul

➔ Custom House for ExCel or Prince Regent

The world's largest and most iconic triathlon features first-time amateurs as well as elite athletes.

Newham London Run

27 Mar

➔ Stratford

Over 3,000 people took part in 2010 – the route includes

Stratford City, Stratford High Street, through the Olympic Park and onto the Greenway.

Leyton Orient

30 Apr

➔ Stratford

The League 1 side play their home games at Brisbane Road, a short hop from the Olympic Park via Stratford. Their last home game of the season is on 30 April against Tranmere Rovers.

ISS Canary Wharf

Squash Classic

21–25 Mar

➔ Heron Quays

A week of unbelievable squash action as top-ranking squash players contend for PSA world ranking points and to win the capital's prestigious tournament.

Promotions



Love to Swim

£20 discount against a block of five private swimming lessons at Crowne Plaza London Docklands.

Hadri Taekwondo Academy

Hadri Taekwondo is offering two free sessions for adults and teenagers.

Flightcentre Greenwich cycle hire

Flightcentre is offering 10% off cycle hire.

Docklands Dragons Judo Club

The club is offering a taster session free of charge.

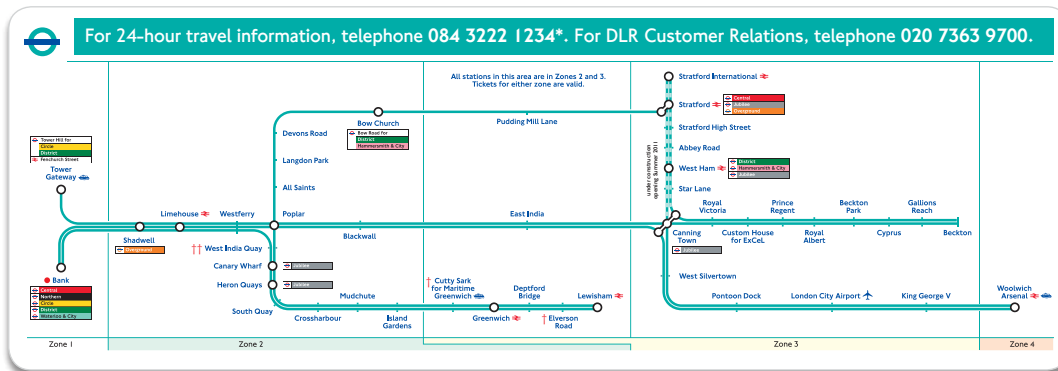
For more information on all competitions and offers, please visit www.dlr.co.uk/promotions



Discover Lunchtime Runs

Get out of the office this lunchtime with a range of running routes designed by Runners Need and hosted

by WalkJogRun. Training for the London Marathon? Try out the two new routes designed to help you train.



- * You pay no more than 5p per minute if calling from a BT landline. There may be a connection charge. Charges from mobiles or other landline providers may vary.
- † The first two sets and last two sets of doors on a three-carriage train will not open at Cutty Sark for Maritime Greenwich or Elverson Road stations. Please use the centre of the train.
- †† At certain times trains from Bank towards Lewisham will not stop at West India Quay station.
- Lift access to DLR platforms at Bank station is unavailable due to London Underground escalator work.

get sporty, get active
getoutmore



www.dlr.co.uk

MAYOR OF LONDON



For details on all events, visit www.dlr.co.uk

Find a great variety of sports to try in London's East End, ranging from cycling and swimming to judo and horse-riding. So whether you simply want to get fit or fancy trying something different in 2011, there are plenty of options within easy reach on the DLR.

For those who prefer to leave it to the experts, there are some great spectator events throughout the year, including the world's largest triathlon and the iconic Virgin London Marathon.

Water sports

1 Love to Swim

🚶 Royal Victoria

Crowne Plaza London Docklands, Royal Victoria Dock, Western Gateway E16 1AL

🚶 Limehouse

Sir John Cass's Foundation & Red Coat School, Stepney Way E1 0RH



Swimming regularly tones the body and provides an excellent cardiovascular workout. Love to Swim offers lessons for both adults and children at some great venues.

Tel: 0845 676 9192
www.lovetoswim.co.uk

SPECIAL OFFER
see overleaf

2 Curlew Rowing Club

🚶 Cutty Sark for Maritime Greenwich

Trafalgar Rowing Centre, 11-13 Crane Street, Greenwich SE10 9NP



Rowing is great for fitness and for the enjoyment of working as part of a team. There are sessions for any level of experience, from advanced rowers to beginners.

Tel: 0844 504 0178
www.curlewingclub.co.uk

3 Shadwell Basin Outdoor Activity Centre

🚶 Shadwell

3-4 Shadwell Pierhead, Glamis Road E1W 3TD

Londoners don't often get the chance to sample water-sports but Shadwell Basin offers sailing, kayaking, canoeing and dragonboating for people of all abilities. You can take in the views along the River Thames whilst enjoying the challenge of one of these water sports.

Tel: 020 7481 4210
www.shadwell-basin.org.uk

Martial arts

4 Hadri Taekwondo Academy

🚶 Shadwell

Whitechapel Centre, Theatre Hall, Bishop Challoner School, Lukin Street, Whitechapel E1 0EB

Taekwondo, a Korean martial art said to combine self-defence and combat techniques with exercise, meditation and philosophy is a great way to get fit. Hadri Taekwondo hold classes in Whitechapel on Thursday evenings.

Tel: 078 5224 3877
www.hadritkd.co.uk

SPECIAL OFFER
see overleaf



5 Docklands Dragons Judo Club

🚶 Mudchute

The Docklands Settlement No 2, 197 East Ferry Road, Isle Of Dogs E14 3BA

Part of the England Judo Federation, this friendly club offers children and adults the chance to try their hand at Judo.

Judo is a modern martial art and combat sport that also helps with control, balance and discipline.

www.docklandsdragonsjudoclub.piczo.com

SPECIAL OFFER
see overleaf

Riding

6 Mudchute Equestrian Centre

🚶 South Quay

Pier Street E14 3HP



This is a British Horse Society approved riding school with a variety of horses and ponies catering for all abilities. The school provides riding lessons for adults and children and is equipped with a full set of show jumps and some cross-country fences.

Tel: 020 7515 0749

www.mudchute.org/equestrian-centre

7 Flightcentre Greenwich cycle hire

🚶 Cutty Sark for Maritime Greenwich

The Flightcentre, 95 Old Woolwich Road SE10 9PP

Greenwich's oldest travel agency offers cycle hire for periods of an hour or more. Hire a bike and explore local attractions such as the National Maritime Museum, Royal Observatory and Old Royal Naval College as you keep fit.

Tel: 020 8858 6677
www.flightcentregreenwich.co.uk

SPECIAL OFFER
see overleaf

Other activities

8 Bow Boxing

🚶 Bow Church

101-109 Fairfield Road, Bow E3 2QA

Boxing is great for fitness and building stamina. Bow Boxing has a 17ft boxing ring and runs classes for up to ten people at a time, of varying abilities.

9 East London Gymnastics Club

🚶 Beckton

1 Triumph Road, Beckton E6 5LW



Gymnastics builds flexibility and agility as well as physical strength, coordination, balance and grace. The East London Gymnastics Club is a fantastic venue offering a variety of classes, including parent and toddler sessions and opportunities for novices to test their gymnastic abilities.

Tel: 020 7511 4488
www.eastlondongym.co.uk

10 Beckton Table Tennis Club

🚶 Beckton

St Marks Community Centre, Tollgate Road, Beckton E6 5YA

Table tennis is one of the world's largest indoor participation sports and can be played as a highly athletic and competitive activity or as a relaxing recreational sport. It's just £2 for short sessions and the club is open to beginners.

Tel: 020 7476 4580
www.becktontabletennisclub.co.uk



"People don't realise there are so many interesting sports to try out around East London – the DLR makes it easy, I use it all the time!"

Lisa Westerlund, Mudchute Farm