



# **BRITISH ORTHOPAEDIC RESEARCH SOCIETY**

[www.borsoc.org.uk](http://www.borsoc.org.uk)

## **ANNUAL MEETING**

**12<sup>th</sup> & 13<sup>th</sup> July, 2010.**

## **Accommodation, Registration, Travel & Venue Information**



The School of Optometry and Vision Sciences,  
Cardiff University  
Maindy Road  
Cathays  
Cardiff  
CF24 4LU

## Venue

The Annual Meeting will take place in Lecture Theatre 0.05 in the School of Optometry and Vision Sciences, Cardiff University, Maindy Road, CF24 4LU.



Registration, posters, trade stands and refreshments will all be located in the foyer area of the School of Optometry and Vision Sciences.

## Directions

Less than two hours from London, Cardiff is Europe's newest and fastest growing capital city. Located in South Wales on the Bristol Channel, it is easily and quickly accessible from most major towns and cities. Cardiff School of Optometry and Vision Sciences is located at the northern end of the University campus, within walking distance of the City Centre. The School is easily reachable by rail, road, bus or air.

<http://www.cardiff.ac.uk/optom/aboutus/mapsanddirections/index.html>

## By Road

Cardiff is served by the M4 and is easily accessible from all parts of the UK. Door-to-door directions from your home to the university, as well as campus maps and other directions can be found at:

<http://www.cardiff.ac.uk/locations/index.html>

## Car Parking

Limited car parking will be available at the University's CASSIM Car Park located in Column Drive. The parking spaces will be allocated to the first 50 delegates who request them. Please advise Jane Graves by email, [gravesja@cardiff.ac.uk](mailto:gravesja@cardiff.ac.uk), as soon as possible, which days you require a parking space. The CASSIM Car Park is approximately a 5 minute walk from the Colum Halls of residence, Column Road and a 15 minute walk from the School of Optometry and Vision Sciences, Maindy Road.

Cardiff University Map can be found at:

<http://www.cardiff.ac.uk/locations/maps/index.htm>

## **By Rail**

For information on train times and availability and journey prices, visit <http://www.networkrail.co.uk/asp/629.aspx> or <http://www.qjump.co.uk>. Various rail companies (Enquiries Tel: 0345 484950) operate direct services to Cardiff Central Station from London's Heathrow and Gatwick airports.

## **Taxis**

Taxis are available outside Cardiff Central station - fares to the School of Optometry and Vision Sciences Building should cost approximately £3.50. Taxi companies include Capital Cabs Limited 029 2077 7777 and Dragon Metro 029 2046 4646

## **By Air**

Cardiff (Wales) International Airport connects Cardiff to many European cities and has an increasing number of international flights. Cardiff International Airport is 11 miles from the city centre. A taxi from the airport to the School of Optometry and Vision Sciences Building on Maindy Road will cost around £15.00. National Express (Enquiries Tel: 0990 808080) and various rail companies (Enquiries Tel: 0345 484950) operate direct services to Cardiff Central Station from London's Heathrow and Gatwick Airports

## **Registration for the Meeting**

Registration will take place in the foyer area of the School of Optometry and Vision Sciences, Cardiff University, Maindy Road, CF24 4LU:

On Monday 12<sup>th</sup> July, 2010 registration, poster hanging and coffee will be available between 9:00am-10:00am.

On Tuesday 13<sup>th</sup> July, 2010 registration, poster hanging and coffee will be available 8:30am-9:00am.

## **Luggage Store**

For delegates arriving on Monday, 12<sup>th</sup> and 13<sup>th</sup> July there will be a luggage store facility in the School of Optometry and Vision Sciences, Maindy Road.

## **Catering**

Tea/coffee breaks and lunch will be served in the foyer area of the School of Optometry and Vision Sciences, at the times indicated in the programme.

## **Conference Dinner**

The conference dinner will be held in the Dragon Suite, Millennium Stadium, Westgate Street, Cardiff. CF10 1NS on Monday 12<sup>th</sup> July, 2010. Dinner will be served at 8pm. Coach travel to and from the Millennium Stadium is included in the registration fee.

## **Guided Tour of Millennium Stadium**



The tour will commence at 6:40pm and last approximately 40 minutes. Numbers are limited to the first 30 delegates who register and pay for the opportunity to see this internationally-acclaimed Welsh landmark. The all-seater Millennium Stadium was built in 1999 and has the capacity for 74,500 supporters and features a retractable roof, only the second stadium of its type in Europe.

## **Accommodation**

### **Halls of Residence**

Basic single en-suite accommodation is located in the Colum Halls of residence, Column Road. The Colum Halls of Residence, Column Road are approximately a 10 minutes walk away from the School of Optometry and Vision Sciences. Breakfast is included and a full English breakfast will be served in the JHB Lounge situated in the Julian Hodge Building which is across Colum Road and approximately a 3 minute walk. Should minimum numbers not be achieved a continental breakfast will be delivered direct to the Colum Hall of residence kitchens.

## **Check-in Information**

Reception for key collection is:-

130 Column Road, Cardiff, CF10 3EJ.  
Telephone: +44(0) 29 2087 4574

If you will be arriving out of hours please use the intercom system situated on the wall or contact Security on telephone number 029 2087 4444. You will be welcomed by a member of the Conference staff who

will issue your keys and assist you to your room.

Please advise Jane Graves, [gravesja@cardiff.ac.uk](mailto:gravesja@cardiff.ac.uk) if you anticipate that your time of arrival will be after 10pm on either Sunday, 11<sup>th</sup> or Monday, 12<sup>th</sup> July.

## Check Out Information

On the day of departure rooms should be vacated by 9:45am. A £10:00 charge will be incurred if keys are not returned to 130 Column Road reception by 10am on the day of departure.

## Alternative Accommodation

For those not wishing to stay in the Halls of residence we have reserved a small number of rooms at The Parc Hotel for Sunday 11<sup>th</sup> and Monday 12<sup>th</sup> July. These rooms are available on first come, first served basis:

The Parc Hotel, Park Place, CF10 3UD

The hotel is approximately 1/2 a mile from Cardiff railway station.

Details of the hotel's facilities can be found on:

<http://www.thistle.com,/theparshotel> The special **discounted price** for these rooms including breakfast is £79.00 per night. To reserve a room attendees can phone central reservation on 0871 3769040 or the hotel on 0871 376 9011 (option 1 for reservations). The booking code is **CARD110710**. Attendees need to use this code when they book.

## Other Hotels:

Hilton, Cardiff Kingsway, CF10 3HH

Telephone 0870 863 6169

The hotel is located in the heart of the City Centre, within walking distance of the University. Details of the hotel's facilities can be found on: <http://www.hilton.co.uk/cardiff>

Holiday Inn, Cardiff City, Castle Street, CF10 1XD

Telephone: 029 2034 7205 / 7238

The hotel is a 5 minute walk from Cardiff Central train station and next to the Millennium Stadium and Cardiff Castle. Details of the hotel's facilities can be found following the links from: <http://www.ichotelsgroup.com/>

Hotel Ibis, Cardiff Churchill Way, CF10 2HA

Telephone: 029 2064 9250

The hotel is 10 minutes from Central Station, 500m from Queen St Station, and 20km from Cardiff International Airport. Details of the hotel's facilities can be found on:

<http://www.ibishotel.com/gb/hotel-2936-ibis-cardiff/index.shtml>

Park Plaza Hotel, Greyfriars Road, CF10 3AL  
Telephone: 029 2011 1101  
Details of the hotel's facilities can be found on:  
<http://www.parkplazacardiff.com/>