

sierra

● ● ● ● ● training courses

AS/400, iSeries, i5, System i Technical Training

Northampton Information Guide

www.sierra.co.uk





Our address for the course is:

Sierra Training
Moulton Park Business Centre
Red House Road
Moulton Park Industrial Estate
Northampton
NN3 6AQ

In this guide you will find a map and directions which detail our new location.

Sat Nav users: If your Sat Nav tells you to turn down Deer Park Road it is wrong, so please ignore it as the premises are on the corner of Red House Road and Deer Park Road but the entrance is via Red House Road (see the map on page 4).

Welcome to Northampton

We want your stay in Northampton to be a rewarding and enjoyable one. This guide provides all the details you need regarding getting to the course location, choosing where to stay, where to eat etc. The places we recommend stem from local knowledge of the area as most of our instructors are native to the town.

If you have any questions or require any further information about anything in this guide then please send an email to: training@sierra.co.uk



Moulton Park Business Centre – the course location

Course Administration information

Course registration on day 1 of the course is 08:45 and the course starts at 09:00 each day. Each course ends around 16:00 to 16:30. We have a break mid morning and mid afternoon for refreshments and lunch is taken between 12:00 and 12:30. We often finish slightly earlier on the final day of the course so that delegates who are travelling a distance have a reasonable return journey.

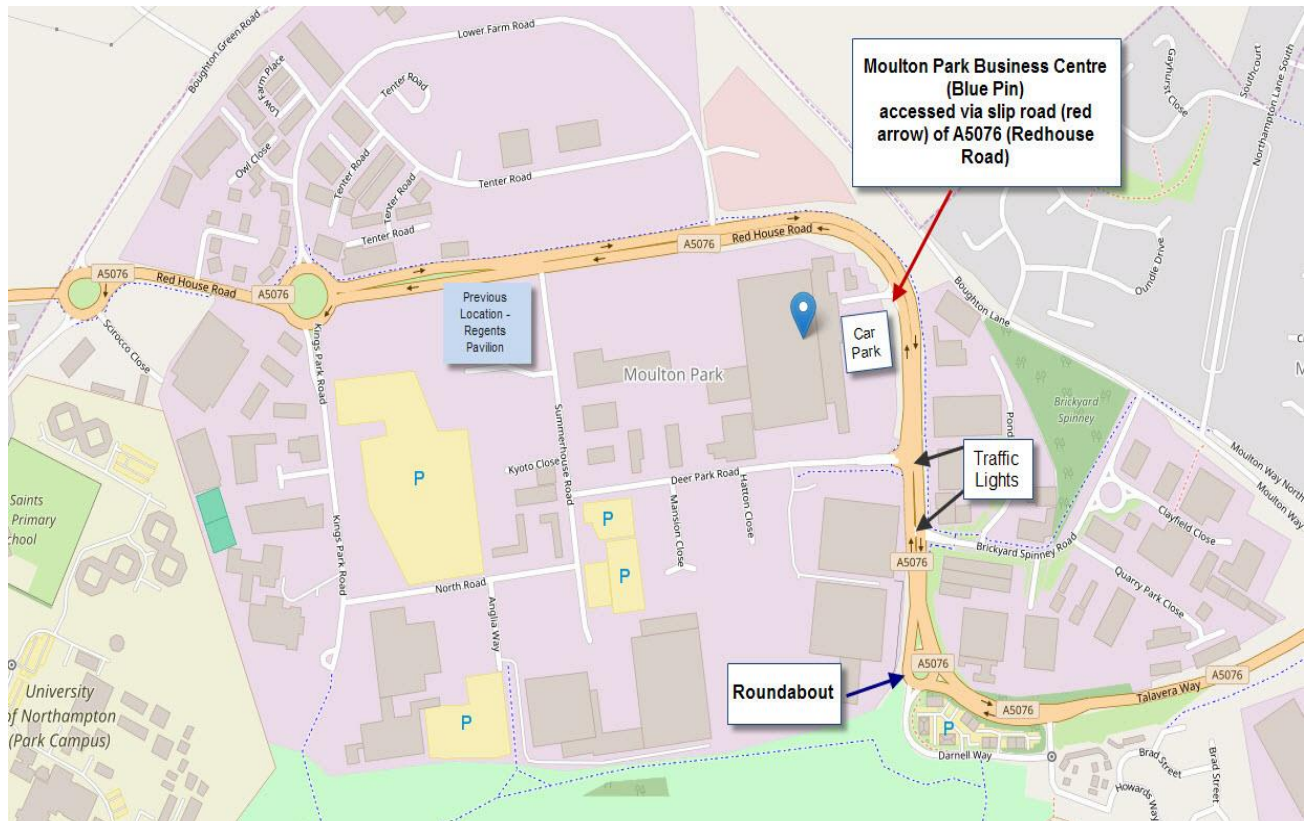
We do not have a dress code as we want delegates to feel comfortable and relaxed. We provide coffee, tea, bottled water, biscuits and sweets in the training room. There is a café on the ground floor which serves breakfasts, snacks, lunches etc.

Car Parking

The car park is at the front of the Moulton Park Business Centre building. **You will need to display a car park permit on your car's dashboard**, these are handed out by reception on arrival.

Messages

If you need to contact a delegate on a training course, then phone the Business Centre reception on 01604 497500 and ask for Sierra Training.



The address of the course location is as follows:

Sierra Training
Moulton Park Business Centre
Red House Road
Moulton Park Industrial Estate
Northampton
NN3 6AQ

If you are on Red House Road from Talavera Way the slip road into the Business Centre is on the 90 degree bend shown by the red arrow above. If you are on Red House Road from the opposite direction you can go past the business centre through 2 sets of traffic lights to the roundabout shown above, and then come back on yourself and go into the business centre via the slip road. You will enter a large car park in front of the Business Centre.

If you then park up and go to reception, they will issue you with a car park permit which must be displayed on your car's dashboard. Ask the receptionist for Sierra Training and we will come down to meet you.

Sat Nav users: If your Sat Nav tells you to turn down Deer Park Road it is wrong so please ignore it as the premises are on the corner of Red House Road and Deer Park Road but the entrance is via Red House Road (see the map above).

Directions to course location

From the North, South or West:

To access the course location from Junction 15 of the M1:

- Turn off of Junction 15 of the M1 and take the turning for the A45 towards the town centre and Wellingborough.
- After approx. 5 miles take the exit towards Lumbertubs Way Interchange.
- At Lumbertubs Way Interchange take the 1st exit onto the A43/Lumbertubs Way.
- Go over one roundabout, after approximately 2.3 miles you will arrive at a large roundabout – take the 2nd exit onto the A5076/Talavera Way. Continue on this road for approximately 1.4 miles. When the road bends 90 degrees take the slip road on this bend into Moulton Park Business Centre.
- Park up and go to reception at the front of the building and ask for Sierra Training.

To access the course location from Junction 16 of the M1:

- Turn off of Junction 16 and take the exit onto the A45 heading towards Northampton (go over one roundabout), after approximately 4 miles you will come across a large roundabout, take the first left onto Tollgate Way.
- Go over the first roundabout and through 2 sets of lights onto Bants Lane.
- At the top of Bants Lane you will come across another roundabout, go straight over (2nd exit) onto Mill Way. Follow Mill Way approximately 1.5 miles (straight over one roundabout) until you come to a T Junction and traffic lights with a park on the right and a large pub (The Cock Inn) on the left. Turn left at the lights onto the A508 Harborough Road.
- After two sets of traffic lights and a pedestrian crossing (shops on either side) turn right into Boughton Green Road. Follow the road up the hill across two mini roundabouts and down to the large roundabout at the bottom of the hill. Take the 3rd exit into Moulton Park (A5076 Redhouse Road). Go straight over the next roundabout and follow the road around a 90 degree bend and through 2 sets of traffic lights. At the next roundabout come back on yourself and back through the 2 sets of traffic lights and take the slip road on the 90 degree bend into Moulton Park Business Centre.
- Park up and go to reception at the front of the building and ask for Sierra Training.

From the East

- Get off of the A14 at junction 8 and take the exit for the A43 Northampton.
- Follow the A43 for about 6.5 miles (over 2 roundabouts) until you reach a large roundabout in Northampton.
- Take the 5th exit onto the A5076/Talavera Way (Moulton Park) and follow the road over one roundabout. After about 1.4 miles the road bends 90 degrees to the left take the slip road on this bend into Moulton Park Business Centre.
- Park up and go to reception at the front of the building and ask for Sierra Training.

If you need a detailed map go to www.streetmap.co.uk or maps.google.co.uk and enter NN3 6AQ.

By Train

Northampton train station is operated by London Midland. There are London Midland and Virgin trains from Euston station in London approximately every 30 minutes and the journey time is between 55 minutes to 1 hour and 10 minutes depending on which train you catch. The same operators run trains to Northampton from Birmingham New Street which take approximately 50 minutes. Northampton train station is roughly a £10 taxi ride to the course location.

Taxi Phone Numbers

Bounds	01604 626262 and text a taxi 0777 626262
Mayfair	01604 631111
Phoenix	01604 318114

Airports

Birmingham International airport offers a direct rail service to Northampton, with an hourly train service. Journey time is approximately 50 minutes. Luton airport, East Midlands airport are both 45 minutes from Northampton but have no direct train service. Gatwick has a rail service to Northampton via London, with train journey times over 2 hours.

Where to stay

Below is a selection of hotel chains, budget hotels, local guest houses and bed and breakfasts.

Hotel chains:

Park Inn

Silver Street, Northampton NN1 2TA.

Tel: 01604 739988

www.northampton.parkinn.co.uk

Details – Situated in the middle of the town centre with easy access to the shops, restaurants, bars and cinema in the town centre. The hotel has a restaurant and bar in addition it has a small swimming pool, gym, spa pool, sauna, steam room and solarium. Wi Fi access is available in all guest rooms and hotel areas. The hotel is a 15 minute drive from the course location. Recently refurbished

Hilton Northampton

100 Watering Lane, Collingtree, Northampton NN4 0XW

Tel: 01604 700666

www.hilton.co.uk/northampton

Details – Just off of junction 15 of the M1 the hotel is a 10 minute drive from the town centre. The hotel has a restaurant, bar and café as well as a swimming pool, gym and solarium. High speed internet access is available. The hotel is a 15 to 20 minute drive from the course location.

Northampton Marriott Hotel

Eagle Drive, Northampton NN4 7HW

Tel: 01604 768700

www.marriott.co.uk

Details – Just off of junction 15 of the M1 the hotel is a 10 minute drive from the town centre. The hotel has a restaurant and café/bar as well as a swimming pool, spa, steam room and sauna. The Delapre municipal golf course is 2 minutes away for golf enthusiasts. The hotel is a 15 to 20 minute drive from the course location.

Holiday Inn Northampton

Bedford Road, Northampton, NN4 7YF

Tel: 0870 4007214

www.holidayinn.com

Details – About 5 miles from junction 15 of the M1 and a 10 minute drive to the town centre. The hotel has a restaurant, bar and gym. Wi Fi access is available in public areas. The hotel is a 15 to 20 minute drive from the course location.

Budget chain hotels

Premier Inn

Swan Street, Northampton, Northamptonshire NN1 1FA

Tel: 0871 527 9590

www.premierinn.com

Details: New hotel in the middle of the town centre proving popular with delegates. A 15 minute drive to the course location and town centre shops, bars, restaurants, theatre, park etc. are in easy walking distance.

Premier Inn

Crow Lane, Great Billing, Northampton NN3 9DA

Tel: 0870 990 6510

www.premierinn.com

Details: Situated 5 miles from Junction 15 of the M1 and a 10 minute drive from the course location and a 10 minute drive from the town centre. Restaurant and bar next door. Wi Fi is available.

Premier Inn

The Lakes, Bedford Road, Northampton NN4 7YD

Tel: 08701 977 196

www.premierinn.com

Details: Around 3 miles from Junction 15 of the M1 and a 10 to 15 minute drive from the course location and a 10 minute drive from the town centre. There are pubs and restaurants within walking distance. Wi Fi is available.

Premier Inn

Newport Pagnell Road West , Wootton, Northampton NN4 7JJ

Tel: 0871 527 8826

www.premierinn.com

Details: Around a mile from Junction 15 of M1 and 8 miles on the dual carriageway to the course location. Restaurant onsite and a 5 minute drive to the town centre. 15 minute drive from the course location.

Travelodge

Talavera Way, Round Spinney, Northampton NN3 8RN

Tel: 0845 11 26 049

www.innkeeperslodge.com

Details – Only a 2 minute drive from the course location. There is an adjacent Toby carvery restaurant and pub.

Travelodge

15 Gold St. Northampton NN1 1RA

Tel: 0871 984 6451

www.travelodge.co.uk

Details: Situated in the town centre with easy access to all town centre facilities – shops, bars, restaurants, cinema etc. Recently opened and a good budget option for those who wish to venture out in the evenings. 10 to 15 minute drive to course location.

Alternative options

The Poplars hotel

Cross Street, Moulton, Northampton NN3 7RZ

Tel: 01604 643983

www.thepoplarshotel.com

Details: This is a small well priced 300 year old stone built hotel in the pretty, quiet village of Moulton which is 5 minutes drive from the course location and a 20 minute walk. The hotel offers excellent home cooked breakfasts and dinners and our recommendation unless you want to be in the town centre. There are a couple of good pubs in the village.

The Aviator Hotel

Sywell Aerodrome, Sywell, Northamptonshire NN6 0BN

Tel: 01604 642111

www.aviatorhotel.co.uk

Details: Situated around 8 miles from junction 15 of the M1 and a 5 minute drive from the course location and a 15 minute drive from the town centre. This is located within an aerodrome which is used by local flying enthusiasts and has a museum on site. The hotel is a 1930's art deco building with décor to match. The hotel has a bar and restaurant (formerly an officers mess) and Wi Fi access is available.

Overstone Park Hotel

Billing Lane, Northampton, NN6 0AS

Tel: 01604 647666

www.overstonepark.com

Details: Situated around 6 miles from junction 15 of the M1 and a 5 minute drive from the course location and a 15 minute drive into the town centre. This hotel is set within a tranquil 18 hole golf course. There is a restaurant and bar in the complex as well as a swimming pool, jacuzzi, sauna, fitness centre and tennis court.

Sedgebrook Hall Hotel

Chapel Brampton, Northampton

Tel: 01604 845959

www.SedgebrookHallNorthampton.co.uk

Details: Set in 13 acres of land on the edge of the town and a 10 minute drive from the course location and a 15 minute drive into the town centre. The hotel has a restaurant and bar in addition it has a swimming pool, sauna, gym, all weather outdoor tennis court, jogging trails, whirlpool, games bar with snooker table. Wi Fi in all rooms and reasonably priced.

The Hopping Hare

18 Hopping Hill Gardens, Duston, Northampton, NN5 6PF

Tel: 01604 580090

www.hoppinghare.com

Details: Good quality pub/restaurant/B&B reasonably priced and a 10 to 15 minute drive from course location. Very good quality food served in restaurant.

Campanile Hotel

Junction 15 – M1, Loake Close, Grange Park, Northampton NN4 5EZ

Tel: 01604 4662599

www.campanile-northampton.co.uk

Details: Located next to junction 15 of the M1 and a 15 minute drive to the course location via dual carriageway. A new, well priced hotel with a restaurant onsite and next door and free wi-fi.

Holiday Inn Express

Junction 15 – M1, Loake Close, Grange Park, Northampton NN4 5EZ

Tel: 01604 432800

www.hiexpress.com/hotels/us/en/northampton/ormgp/hotel/detail

Details: Located next to junction 15 of the M1 and a 15 minute drive to the course location via dual carriageway. A new hotel with complimentary breakfast, free wi-fi, well priced with restaurant onsite and next door

Sunley Conference Centre

Boughton Green Road, Northampton NN2 7AL

Tel: 01604 892020

www.sunley-northampton.co.uk

Conference centre in the University grounds with 32 rooms at very affordable prices. 10 minute walk to training location.



Left - Sunset over the Express Lifts Tower and right the Guildhall in the town centre.

Northampton – a brief glimpse through time

The earliest evidence of a human settlement in Northampton was around 4000 BC at Briar Hill. Around 43AD the Romans occupied the area which they then abandoned and the invading Saxons, then Danes came and went (and unfortunately left us with the Carlsberg brewery!).

Renowned for its long standing royal connections, pivotal historic events punctuate the county's history. In the War of the Roses, Henry VI was captured in the Battle of Northampton. Two monuments at Naseby mark the site of the battle in which Charles I was defeated, a turning point in the English Civil War.

Northampton survived two devastating fires in 1516 and 1675 and lost nearly half its population to the Black Death. Nevertheless, the town recovered and continued to grow and prosper. From the 17th century until the 19th century the chief industry of Northampton was shoe-making, along with brewing in the 1800s (a comfortable walk home after a few drinks!). The Albion brewery has recently opened in the town centre brewing Phipps beer preserving a tradition over 200 years old (Phipps IPA is highly recommended!).

In 1809 Spencer Perceval became the only MP for Northampton ever to be elected prime minister, which he held until 1812 when he became the only UK prime minister ever to be assassinated!

Northampton was a revolutionary and free-thinking town often at odds with the church and the state, shoemakers in particular being known for their strong non-conformist and radical traditions. A protestant shoemaker was burned at the stake because of his beliefs during the reign of the Catholic Queen Mary. In the 1600's men and women were executed for witchcraft. In the late 1700's a public execution of the notorious Culworth gang for robberies was watched by an estimated 10,000 people.

The first Earl of Northampton, Simon de Senlis, built a fine Norman Castle which became very popular and important to both royalty and heads of state. This resulted in Northampton becoming the Capital of England for 200 years, and the castle became the Seat of Parliament. It was the scene of many sieges and was chosen for the trial of Thomas a Becket, Archbishop of Canterbury in 1164. The castle was not destroyed in the Great Fire of 1675 since it had already been pulled down by Charles II. Charles II was exiled to France following the execution of Charles I. When he returned from exile, he decided to reduce the status and power of the town as punishment for its disloyalty during the English Civil War (The town turned against the monarch, Charles I, in 1642 and sided with Cromwell. Their eventual reward was an unpaid bill for the thousands of boots they had made for his army). He did this in 1660 by tearing down the castle and its walls.

Strangely, following the Great Fire, it was also Charles II who arranged for the town to receive enough money, timber and resources to rebuild All Saints Church. Built in 1680, the church still dominates Northampton's town centre, and carries a statue of Charles II above its portico. Interestingly, the statue depicts Charles II dressed in a Roman toga, supposedly because the townsfolk did not wish for the statue to be placed there. They were obliged to display a statue, and this was their way of expressing their annoyance.

In more recent times Princess Diana spent her childhood here at Althorp House where she was laid to rest in 1997. The 1960s saw a huge influx into the town thanks to a massive program of public housing. The town now is a thriving place for business, one reason being its central location.

On a sporting front the town has a football, rugby and cricket team. The football team "The Cobblers" play at Sixfields Stadium in Division 2. The rugby team, Northampton Saints, play at Franklins Gardens in the Premiership and were European Champions in 2000, Aviva Premiership champions and Amlin Cup winners in 2014 and the inaugural Premiership Rugby Cup winners in 2019. The cricket team were promoted to Division 1 of the County Championship in 2019.



Courtney Lawes England's series winning captain against Australia

Places to visit

Cinemas:

Vue Cinema

Sol Central, Marefair, Northampton NN1 2RN.

Tel: 08712 240 240

Relatively new 10 screen cinema, reclining seats. Sol Central also has bars, restaurants, hotel and a gym within it. Located in the town centre.

Cineworld

Sixfields, Weedon Road, Northampton NN5 5BG

Tel: 0871 200 2000

Located at the Sixfields Leisure complex, multi screen with many restaurants and bars on the same complex.

Theatres:

Derngate Theatre

Guildhall Road, Northampton NN1 1DP

Tel: 01604 624811

Modern theatre/live venue for all types of events.

Royal Theatre

Next door to the Derngate theatre

Ornate Victorian theatre predominantly for plays. Same telephone number as above.

Live Music:

Roadmender

1 Lady's Lane, Northampton NN1 3AH

Tel: 01604 230638

The main live music venue in Northampton. Hosted everyone from Robert Plant to The Manic Street Preachers. They also have club nights.

Pubs offering live music

King Billy Rock Bar, Malt Shovel (real ale pub, live blues on Wednesdays), Lamplighter (highly recommended), The Picturedrome.

Municipal Golf Courses:

Brampton Heath Golf Club

Sandy Lane, Church Brampton, Northampton NN6 8AX

Tel: 01604 843939

Delapre Golf Club

Eagle Drive, Nene Valley Way, Northampton NN4 7DU

Tel: 01604 764036

Heritage



Statues dedicated to Francis Crick – Inventor of DNA, born in Northampton

Althorp House

Rugby Rd, off the A428 NN7 4HQ

Tel: 01604 592020

Where Princess Diana spent her formative years and was laid to rest.

78 Derngate

Tel: 01604 603407

A real serendipity in Northampton. Fantastic for fans of Charles Rennie Mackintosh – the only CRM designed interior in England.

Northampton Museum & Art Gallery

Guildhall Road, Northampton

Tel: 01604 838111

This museum is home to Northampton's world famous shoe collection. From ancient Egyptian times to the present day.

Sport

Northampton Town FC (Division 2 champions 2015/2016)

Sixfields Stadium

Tel: 01604 588338

Northamptonshire County Cricket Club (Promoted to Div. 1 2019)

Wantage Road, Northampton

Tel: 01604 514455/514444

Northampton Saints Rugby Club (Premiership Rugby Cup winners 2019)

Franklin Gardens, St James, Northampton

Tel: 01604 599111

Tenpin Bowling

Sixfields, Weedon Road, Northampton, NN5 5BE

Tel: 0871 873 2450

Motorsport

Northamptonshire is home to the Silverstone Grand Prix circuit, Rockingham raceway in Corby - the UK's only oval racetrack and Santa Pod Raceway – the UK's home of drag racing.

Towcester Racecourse

Towcester, Northants, NN12 6LB
www.towcester-racecourse.co.uk

If your hobby or interest has not been listed anywhere then have a chat with the instructor and they will be pleased to help.

Recommended Restaurants

Italian Restaurants

Sorrentino's

64 Gold St, Northampton NN1 1RS
Tel: 01604 602222
Excellent, well established Italian restaurant that has an extensive menu.
Located in the town centre.

Sophias

54-56 Bridge St, Northampton NN1 1PA
Tel: 01604 250654
Traditional Mediterranean restaurant serving pastas, veal, fish, steaks and traditional pizza. Friendly atmosphere

Indian Restaurants

Memsaab

357-359 Wellingborough Road, Northampton, NN1 4EU
Tel: 01604 630214
One of the best Indian restaurants in town. Modern and spacious, excellent quality food with a very popular champagne/cocktail bar next door called Corkers.

Saffron

21 Castilian Street, Northampton NN1 1JS
Tel: 01604 630800
Good quality Indian restaurant located in the town centre.

Star of India

5 Abington Avenue, Northampton NN1 4NY
Tel: 01604 630664, 01604 471862
High Quality established Indian restaurant just outside the town centre.

Chinese Restaurants

Sunrise

18 Kingsley Park Terrace, Northampton NN2 7HG

Tel: 01604 711228

Well established good quality Chinese restaurant.

Wok Inn

44 Sheep St, Northampton NN1 2LZ

Tel: 01604 633666

A well established restaurant serving Oriental, Peking and Szechuan cuisine. Very good reputation.

European/Mediterranean Restaurants

Stuffed Olive

188 – 190 Wellingborough Road, Northampton NN1 4EB

Tel: 01604 631631

Serves Mediterranean food different than the norm. Very good food and very popular, so call to reserve a seat to avoid disappointment

Les Olives Tapas Bar and Restaurant

18B Sheep Street, Northampton NN1 2LU

Tel: 01604 637652

New Spanish tapas bar, relaxed and friendly, in the town centre, open kitchen great food (big portions).

#Hashtag Justin

66 Wellingborough Road, Northampton, NN1 4DN

Tel 01604 242112

Our favourite new restaurant in the town centre. Fantastic food and presentation.

Pamukkale Turkish Restaurant

44 St. Giles Street, Northampton NN1 1JQ

Tel: 01604 947600

New Turkish restaurant in the town centre getting great reviews

Thai Restaurants

Royal Thai

146-150 Wellingborough Road, Northampton NN1 4DT

Tel: 01604 637049

Good Thai restaurant near the town centre.

Others

The Lamplighter

66 Overstone Road, Northampton NN1 3 JS

Tel: 01604 631125

Great pub serving excellent pub grub. Camra real ale pub of the year and a discerning pub for music lovers with live music, open mic's, quizzes etc.

The Old White Hart

Cotton End, Southbridge, Northampton NN4 8BS.

Tel: 01604 70990

Good pub with very good food a bit different than the norm.





If you need any further information, please do not hesitate to contact us:

email: training@sierra.co.uk

web: www.sierra.co.uk

tel: 07967 752112