



## About Us

- **What we are**

Track and Field, Walking, Cross Country, Road and Triathlon Club founded in 1923

- **What we have**

Structured coaching from under 10 to senior and international level, established overseas athletes base. 6 lane all weather track.

Large 2 tier licensed club house with catering, male and female changing and shower facilities.

- **Where we are**

Cricklefields Athletic Stadium (opposite Cauliflower Public House) [3 Cricklefield Place, Ilford, IG1 1FY](#). The stadium is situated behind The Isaac Newton Academy . On the main 86 bus route from Stratford to Romford and only 5 minutes walk from Seven Kings Railway station.

- **Track Headquarters**

[Cricklefield Athletic, Stadium, 3 Cricklefield Place, Ilford IG1 1FY](#)

- **Road and Cross Country Headquarters**

[88 Lambourne Road, Chigwell Row, IG7 6EN](#)

- **Training Times**

TUESDAY 6.00 – 6.45 PM – Track and Road – Cricklefields Junior Foundation Group (8-14 years old). This is primarily an introduction for youngsters who wish to join where they will be assessed and directed to the relevant group.

TUESDAY 6.45 – 8.00 PM – Track and Road – Cricklefields

WEDNESDAY 7PM – 8-30PM – Harriers Beginners Night (Valentines Park, Melbourne Rd entrance – Summer, or Cricklefields – Winter)

THURSDAY 6.30 – 8.30 PM – Track and Road – Cricklefields

THURSDAY 7.00 – 9.00PM – Off-Road night Chigwell Row (Summer only)

SATURDAY 10AM -11.30AM Off Road Training Chigwell Row (Winter only – dependent on weekend fixtures)

SATURDAY 2.30PM – Winter Headquarters – Off Road Runs

SATURDAY 10.30 AM – 12.30 PM – Track (Summer only) – Cricklefields

SUNDAY 9.30 AM – 12.30 PM – Winter Headquarters – Off Road Runs – Long Slow Distance

## [How to Join](#)