



Leagues, Clubs & Venues

[UK Clubs' Directory](#) (Look up other athletic clubs' web sites via Tim Grose's links)



[UK Running Track Directory](#) (Tim Grose's listing of every UK running track)



[Woodford Green & Essex Ladies AC](#)



[Newham & Essex Beagles AC](#)



[Havering Mayesbrook AC](#)

[Chelmsford Athletic Club](#)

[Havering 90 Joggers](#) (the local running club based at Harrow Lodge Park)

[Dagenham 88 Runners](#) [Dagenham 88 Runners](#)



[Southern Counties Veterans AC](#)



[Springfield Striders Running Club](#)



[Victoria Park Harriers](#)



Leagues, Clubs & Venues

Barking Road Runners
Barking Road Runners



Orion Harriers



Southend AC



Essex Way Relay