



[Athletics Weekly](#)

**Ilford**

**Recorder** (Main local paper with up to date club news)

*British*  *Athletics*  
*Home Pages on the Worldwide Web*

[British Athletics](#)



[BBC Sport Athletics pages](#)



(the top US magazine for track and field)



[Track and Field Links](#) (US site with worldwide links to other athletic sites)

**[www.track-and-field.net](http://www.track-and-field.net)**

Directory of events, clubs, athletes, sports equipment, statistics, training, injuries, news



[RunnersWeb.co.uk](http://RunnersWeb.co.uk)

(Details of clubs, running diary, training advice, book reviews and more)

**SPORTING-HEROES**

[Sporting Heroes](#) photos and details on top sports performers

[Track Directory](#)

**RUNNERS**

[Runners World](#)



[Runners Forum](#)



[AthleticRunner.com](#)



**[Ransacker.co.uk - The running shoes comparison website](#)**

Ransacker.co.uk is the UK's only running shoes comparison website that saves you time, money and benefits others by donating 50% of its revenue to charity.



[Yourperformance.co.uk](#)



[goodrungle.co.uk](#)



[Leevalleypark.org.uk](#)



[hypnotherapy-directory.org.uk](#)



[nutritionist-resource.org.uk](#)