



Our Events

Ilford AC hosts various events throughout the year:-

- **Club Boxing day Handicap - Chigwell Row**
- **Newman Hilly 5 - Chigwell Row - usually July**
- **Club and Open 10 miles Cross Country - Chigwell Row - Winter**

Others:-



Yacht_Handicap_Results Llast Held on Old Hilly 5 course 25/07/2005)

Valentines Park 5k - Ilford - late September (now hosted by ELR as their “Elvis Race”)

Club Road Championships - Valentines Park - according to demand(Spring)

Various Track Championships according to demand - (Cricklefields Summer)