



## 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 Last 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)**