



# Ilford AC Road and Cross Country Section



Ilford AC's Road and Cross Country Section promotes running and a healthy lifestyle among its members. The Club has a large, and continuously growing endurance squad made up of male and female runners of all abilities and ranges from young 20 somethings to over 70s. We currently operate 2 groups, The Warriors and The Harriers, which cater for different levels and running goals. More information on each group can be found on this page. Often members swap between the two groups.

We welcome you especially if you:

- Are new or coming back to running
- Are a long term runner but want to improve
- Have a target race and need more structured progressive training
- Want to make new friends through running

More details:

- Train and compete as part of a team
- Ages 17 years plus to 70 years plus
- Distances 5km- marathons
- Road running, Cross Country and track (including the ELVIS series, see Elvis page for more information)



### **The Warriors Training Group**

The group provides coaching towards long term development of athletes at middle and long distance. We welcome anyone who recognises the need to use a structured approach towards improvement and believe that anyone can improve their running, no matter their initial standard. The team compete in a range of distances and events all year round and are coached by Rob Sargent.

The group meets three times a week for training. Details of the current weeks' schedule is given below:

Tuesday	Track	Cricklefields stadium	6.45pm
Thursday	Hills\Tempo	Hainault	6.45pm
Sunday	Long Runs (6 miles+)	Hainault	9.30am

\*Please note this changes every week.

For full details email using the Contact Us page [Endurance](#) contact

### **The Harriers Training Group**

The Harriers running group is a specialised group geared towards beginners and improvers. Whatever your level we want to help you enjoy your running.



## Road and Cross Country



### Some reasons to join Ilford Harriers

Fed up with running on your own? Want to join a running club but think you're not fast enough?

Done a bit of running and want to improve? Training for your 1st Marathon or just interested in jogging?

Or just want to get fit.

The groups will be led by friendly and experienced runners who will be able to advise you and coordinate your needs. We will organise and supervise running and training groups for all levels

Whatever your reasons this club is for you. Don't be shy, Don't be nervous - take the plunge! Come and join us on Wednesday evenings 7pm - Valentines Park (Melbourne Road Entrance). When daylight allows we run in the Park, otherwise a 2-3 mile for beginners on the road. We also have excellent facilities in Hainault Forest, Chigwell for off-road running and the track at Cricklefields Stadium.

Contact: [Robin Davis](#) or [Billy Green](#)

The Harriers Flyer :-



## Road and Cross Country



**Coaching Staff** The groups have a coaching staff consisting of various levels of coaches, assistant coaches and run leaders.

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.

**Road and Cross Country Headquarters** :[88 Lambourne Road, Chigwell Row, IG7 6EN](#)