



Ilford Athletic Club

founded in 1923



About us

We are an inclusive friendly club catering for runners and athletes of all standards, abilities and ages across all disciplines. We also have a "Harriers" section which meets on a Wednesday evening.

We hope this 'Harriers' edition of our flyer gives you a flavour of what the club has to offer.

"The club is outstandingly welcoming and friendly, and everyone fits in, no matter how slow you are and if you are fast, there is plenty of competition! What I appreciate most is the encouragement from my team mates" (Frieda Keene).



Our Harriers meet every Wednesday at Melbourne Gate, Melbourne Road, Valentines Park. 6:45 for 7:00 pm.

"I have seen so many runners come along to Harriers on a Wednesday night whose one ambition was to run a Parkrun without stopping. To see them then join the club and start competing in races is great to see". (Billy Green).

"Now we see runners at the Harriers who want more than just a weekly Park Run joining us on a Wednesday evening" (Robin Davies).



The Essex AA Road Race Championships also features in our annual programme and includes races across all distances.

"The Essex Way is a great team event and a fun packed day that embodies all that is great in the running community". (Dennis Briggs).



You'll also bump into our members at Valentines, Raphael or Barking Parkruns - running, marshalling or as Run Director. Every Saturday morning. 9:00am start. Tea in the café after.



Track sessions every Tuesday at Cricklefields Stadium, 486 Ilford High Rd, IG1 1UE. 6:45 for a 7:00 pm start.

Profile: Athletics Club Producing Tomorrow's Running Stars – In the Youtube link below, we talk to coach and former UK number 1 ranked athlete, Wayne Hick, about how he trains the up-and-coming youngsters and see him put the squad through its paces in preparation for a major school championships.

<https://youtu.be/gvLpg8XFZUk>



Every Sunday we're out for off road & long slow runs in the beautiful Hainault Forest Country Park. 9:15 for a 9:30am at 88a Lambourne Rd, Chigwell IG7 6E.

Whether you are an absolute beginner or have done some running before and want to improve then feel free to try us out without any commitment.



Whilst we have a large Road running and Cross Country team we also cater for those that want to compete on the track .

"I enjoy pyramid sessions and 400m sessions such as 10x400m on the track. I enjoy hill training at Hainault Forest in preparation for cross country" (Jordan Hinds).



Our winter cross-country season culminates in the National Cross Country Championships with over 2,000 other runners.

Contact us.

If you have an enquiry our contact details can be found on-line at: <https://ilfordathleticclub.co.uk/contact-us/>

All our coaches are UKA qualified.