



sports club directory

Clubmark

Sport England recognises and values the commitment made by sports clubs to develop high quality and welcoming environments for young participants. The development of clubs that encourage young people to take-up sport, improve their talents, possibly play a leadership role and give them the option to initiate and maintain life-long participation in sport is an essential part of supporting the sporting infrastructure in England.

What is Clubmark?

Clubmark is the universally acknowledged cross sport accreditation scheme for community sports Clubs. It shows that a club provides the right environment which ensures the **welfare of members** and encourages **everyone** to enjoy sport and stay involved throughout their lives.

An accredited club is recognised as a safe, rewarding and fulfilling place for participants of all ages as well as helping parents and carers know that they're choosing the right club for their young people.

It stands for:

- Higher standards of welfare, equity, coaching and management in community sports clubs.

- Making sure the nation's sports club infrastructure is safer, stronger and more successful.
- Ensuring clubs provide the right environment to encourage all its members to enjoy sport and stay involved throughout their lives.

As of August 2019, Sport England is no longer providing general support for accreditation through Clubmark. Clubs still go through the process through their National Governing Body, below is a list of those NGB's that run their own accreditation:

- Angling Trust (Fishmark)
- Badminton England (Premier Club Status)
- British Canoeing (Quality Mark)
- British Cycling (Go Ride / Clubmark)
- British Gymnastics (GymMark)
- British Judo (Clubmark)
- British Orienteering (Clubmark)
- England Golf (GolfMark)
- England Hockey (ClubsFirst)
- England Netball (CAPS - Club Action Planning Scheme)
- Rugby Football Union (Club Accreditation)
- Swim England (Swim21)
- The ECB (ECB Clubmark)
- The Football Association (FA Charter Standard)



Contents

Introduction to your Sport & Health Team	4-7	Judo	21
Angling	8	Karate	21-22
Archery	8-9	Lacrosse	22
Athletics	9	Martial Arts	23
Badminton	9-10	Netball	23-24
Basketball	10	Orienteering	24
Bowls	10-11	Rowing	24
Boxing	11	Rugby Union	24-25
Canoeing/Kayaking	12	Sailing	25
Cheerleading	12	Squash	25-26
Cricket	12-14	Swimming	26
Cycling / BMX	14-15	Table Tennis	26-27
Dance	15	Tennis	27-28
Disability Sport	15-16	Trampolining	28
Equestrian	16	Volleyball	28
Fencing	16	Weightlifting	28
Football	16-18	Water Sports	29
Golf	18-19	Leisure Facilities	29-30
Gymnastics	19-20	Parks Facilities	31
Handball	20	Parks and Open Spaces Map	32
Hockey	20	Change of details form	33

Introduction to your Sport & Health Team

The Sports Club Directory is compiled by the Vision Redbridge, Culture & Leisure, Sport & Health Team as a guide to the sports clubs in the Borough. It is a source of information for adults and young people who wish to continue participating in a sport which they have enjoyed, and is helpful to any newcomers to Redbridge who wish to find a new club.

This is the most comprehensive issue of the Directory to date and contains:

- basic information about each club
- a contact name for further information
- the ages catered for

This is not a definitive list of sports clubs in Redbridge and there are a number of clubs in the Borough who have either not responded or did not want their details included in this Directory.

For further information on how the Sport & Health Team can help you, please contact the relevant person opposite.

Your Sport & Health Team:

Alison Burford

Sport & Health Manager

020 8708 0953

alison.burford@visionrcl.org.uk

Darren Trippick

Sports Development Officer

020 8708 0950

darren.trippick@visionrcl.org.uk

Michelle Wood

Sports Development Officer

020 8708 0951

michelle.wood@visionrcl.org.uk

Deeba Khan

Health & Wellbeing Coordinator

020 8708 0952

deeba.khan@visionrcl.org.uk

Pavan Patter

Community Activator

020 8708 0954

pavan.patter@visionrcl.org.uk

Steve Smith

Exercise on Referral Manager

020 8708 0952

steve.smith@visionrcl.org.uk

What we do

Your Sport & Health Team provides an extensive range of health and fitness opportunities for everyone including activities for young children during school holidays, providing advice and support for clubs and individuals.

Sports Club Directory

This is primarily a guide to sports clubs but also includes details of leisure facilities, physical activity sessions plus parks and open spaces in the Borough. It is a useful tool for those trying to find a new club or activity and tells you what is happening at your local leisure facilities.

Walking For Health

Come and walk your way to health for FREE on our weekly walks programme, taking in all the parks and open spaces Redbridge has to offer. The walks are open to all and suitable for everyone. From mothers with buggies to wheelchair users, and those that simply enjoy or want to try walking.

Walking has many health benefits. It is a great way to get some exercise and to meet new people.

For more information on our organised walks call 020 8708 0951 or check out the website regularly for the most up-to date timetable
www.visionrcl.org.uk/walking

Healthy Lifestyles Programme (16 yrs+)

Come and try a range of activities including yoga, zumba, pilates, badminton, and chair based exercise. The sessions are for all abilities and you can just turn up and join in, no booking is required.

For a full list of weekly activities visit
www.visionrcl.org.uk/activities



Active Stars

Are you worried that your child is above a healthy weight? If so, we offer a physical activity and nutrition course, designed to support children and families to develop healthy lifestyles.

The programme is for families with children between 5-11 years of age, who have been identified as above a healthy weight for their age by the school nurse. The sessions run in blocks of 6 weeks and consist of weekly interactive healthy eating workshops, cooking activities and fun physical activity. The programme is not just for children, parents/carers are encouraged to take part in child and parent healthy eating activities and parent only discussions. For further information on this programme, please call 020 8708 0952.

Family Fit & Fun

Are you looking to get fit or get back into exercise post-baby? If so, we have the perfect programme for you! Family, Fit & Fun takes place at various Children's Centres across Redbridge, includes many classes, from Zumba, buggy fitness, antenatal and postnatal yoga. Children aged 0-5 years are able to come along too.

Each session costs £3 or 4 sessions for £10. All sessions welcome any mum of any ability and cater for young children whilst you enjoy your workout! For more information on Family, Fit & Fun please call 020 8708 0952.

This Girl Can

The 'This Girl Can' programme is a women and girls only project with many activities on offer designed just for us girls. So whether you're new to sport or just looking to try something different with your friends, remember that here at This Girl Can we will dance, kick, throw and run, we like to think that 'This Girl Can' and she will! There are many activities available to enjoy including zumba, netball, self defence, golf, swimming and water sports.

Visit the website regularly for the most up-to-date timetable
www.visionrcl.org.uk/thisgirlcan
contact us on 020 8708 0951.



Club Liaison

Does your club need assistance? We can help with Clubmark accreditation process, writing funding bids and creating school-club links. We also help clubs become more inclusive and accessible.

Cricket

Last Man Stands is the new way to play cricket. An exciting and challenging way to keep fit and develop your cricketing skills. Over 30,000 players across the globe already taking part in the fastest game of cricket out there, basically a rule-bending version of Twenty20. The leagues run from late April to August and takes place at Hainault Recreation Ground.

The indoor cricket league takes place at Loxford Leisure Centre from mid-October through to early April it is played over 3 evenings and each team play once a week. Each team consist of six players with 12 overs (maximum) per side, the batsman retire at 25 and each bowler is allowed a maximum of 3 overs. Each game last approximately one hour making the game fast and furious with lots of twist and turns.

If you would like to know more about Last Man Stands or the Indoor Cricket league or would like to register your

interest for the following season, please email
redbridge@lastmanstands.co.uk

Young Peoples' Events

London Youth Games –

Opportunities for young people to compete for Redbridge against the other 32 London Boroughs in over 40 different sports. For further details on the London Youth Games visit:

www.londonyouthgames.org

www.visionrcl.org.uk/compete-for-redbridge

Virgin London Mini Marathon

11 to 17 year olds can trial to become part of the Redbridge team for London Marathon. For further details on the London Mini Marathon please visit:

www.minimarathon.co.uk or e-mail
sports.development@visionrcl.org.uk

www.visionrcl.org.uk/compete-for-redbridge

Inclusive Events

- Learning Disability Sports Day & Festival
- Inter Schools Competitions - Boccia and Kurling
- London Youth Games
- Panathlon Challenge (Multi Sports)

Angling

Fairlop Waters

020 8500 9911

fairlopwaters@vision-rcl.org.uk

www.visionrcl.org.uk/angling

Fairlop Waters, Forest Road, Barking-side IG6 3HN

Hainault Forest

020 8708 5437

parks.enquiries@visionrcl.org.uk

www.visionrcl.org.uk/angling

Hainault Forest Country Park, Romford Road,
Chigwell, IG7 4QN

Redbridge Lakes

gordon@redbridgelakes.co.uk

www.redbridgelakes.co.uk

Lakes off Roding Lane North

1 Salix Lane IG8 8LY

age range: all

u18 accompanied

Woodford Angling Society

Honorary Secretary

contact via website:

www.woodfordas.co.uk

Various venues

Redbridge Lakes

gordon@redbridgelakes.co.uk

www.redbridgelakes.co.uk

age range: 14+

Archery

National Governing Body

Archery GB  

01952 677888

enquiries@archerygb.org

www.archerygb.org

Ascham Bowmen

Vince King

aschambowmen@hotmail.co.uk

www.freewebs.com/aschambowmen/index.htm

The Park, Rivenhall Gardens

Snaresbrook E18 2BT

07889 987702

age range: 9+

Black Stag Archers

Sally Pascall

blackstagarchers@gmail.com

www.blackstagarchers.wikidot.com

Scout Centre, 437 Wanstead Park Road

Ilford IG1 3TT

age range: 10+

Oakfield Archers

Joan Ikel: 020 8551 1074

Joan@ikel.com

www.oakfield.org.uk

Summer - The Elmbridge Club, Forest Road

Hainault IG6 3SL

Winter - Beal High School, Woodford Bridge
Road, Ilford IG4 5LP

age range: 10+



Woodford Archers

Clare Felgate: 07956 500044

clare.felgate@gmail.com

www.woodfordarchers.co.uk

Whitbread Sport Ground, Durham Avenue

Woodford Green IG8 7NF

age range: 9+

Athletics

National Governing Body

British Athletics: 01217 138400  

www.britishathletics.org.uk

enquiries@englandathletics.org.uk

East London Runners

Mike Wilson: 07930 234917

info@eastlondonrunners.org.uk

www.eastlondonrunners.org.uk

Wanstead Leisure Centre, Redbridge Lane West

Wanstead, London E11 2JZ

age range: 17-70

Ilford Athletic Club

Contact via website

ilfordacsec@gmail.com

www.ilfordathleticclub.co.uk

Cricklefields Athletics Ground, High Road

Seven Kings, Ilford IG1 1UE

age range: 9+

parkrun

www.parkrun.org.uk/events

Valentines Park

Wanstead Flats

Woodford Green Athletic Club with Essex Ladies

David Hollingworth: 07979 905805

dhollingworth@btconnect.com

www.wgel.org.uk

Ashton Playing Fields, Chigwell Road

Woodford Green IG8 8AA

age range: 9+

Badminton

National Governing Body

Badminton England: 01908 268400  

www.badmintonengland.co.uk

enquiries@badmintonengland.co.uk

Amigos Badminton Club

Ramesh Babu Soundararajan

Telephone: 07747 131409

Email: radramesh@gmail.com

Oaks Park High School

45-65 Oaks Lane, Ilford IG2 7PQ

age range: 21+

Frenford Badminton Club

020 8518 0992

info@frenfordclubs.org

www.frenfordclubs.org

The Jack Carter Centre, The Drive

Ilford IG1 3PS

age range: 6+

Redbridge Badminton Club

Martin Lawrence: 020 8498 1031

badminton@rslonline.co.uk

www.rslonline.co.uk

Redbridge Sports & Leisure Centre, Forest Road

Barkingside IG6 3HD

age range: 6+



Strides Badminton Club

Mark Kennedy: 020 8598 8435

markkennedy18@hotmail.com

Wanstead Leisure Centre, Redbridge Lane West

Wanstead, London E11 2JZ

age range: 18+

Basketball

National Governing Body

England Basketball  

01142 841060

info@englandbasketball.co.uk

www.englandbasketball.co.uk

Frenford Falcons

Basketball Club

(inc Wheelchair basketball)

Neal Akhtar: 020 8518 0992

info@frenfordclubs.org

www.frenfordclubs.org

Frenford Club, Jack Carter Centre

The Drive, Ilford IG1 3PS

age range: 9+

Bowls

National Governing Body

Bowls England  

01926 334609

enquiries@bowlsengland.com

www.bowlsengland.com

Barley Bowls Club

Martin Chissm: 01268 540078

martin.chissm@hotmail.co.uk

www.barleybowls.club

Barley Lane Recreation Ground, Thackeray Drive

Barley Lane, Ilford RM6

age range: 18+

Clementswood Bowls Club

Lesley Pegrum: 07743 038571

lesley.pegrum@ntlworld.com

South Park, South Park Road

Ilford IG1 2ZR

age range: 10+

Goodmayes Bowling Club

Ray Mansell: 020 8597 6538

raybowler@live.co.uk

Goodmayes Park, Aberdour Road

Goodmayes IG3 9QY

age range: 11+



Hainault Bowls Club

David Lipman: 020 3560 9473
dlipmanumpire@outlook.com
www.hainaultbowlsclub.btck.co.uk
Hainault Recreation Ground, Forest Road
Hainault IG7

age range: 40+

Seven Kings Bowling Club

Pat Fennessy: 020 8501 0304
pat.fennessy@virginmedia.com
Seven Kings Park, Aldborough Road South
Ilford IG3

age range: 18+

u18 accompanied

South Woodford Bowls Club

Bernard Wanger: 020 8559 0874
Elmhurst Gardens, Gordon Road
South Woodford E18 1DR

age range: 16+

Wanstead Bowling Club

John Pluck: 07702 075788
japluck@yahoo.co.uk
Overton Drive
Wanstead E11 2LW

Bowls (indoors)

Ilford and District Indoor Bowls Club

Bob Hayter: 020 8597 6040
bob.hayter@ilfordbowlsclub.co.uk
Ilford and District Indoor Bowls Club,
Perryman's Farm Road
Newbury Park IG2 7LX

age range: all

Bowls (Short Mat)

Woodford Wells Short Mat Bowls

Valerie Preston: 020 8520 6096
woodfordwells@btconnect.com
www.woodfordwellsclub.co.uk
The Woodford Wells Club, Monkham's Lane
Woodford Green IG8 0NL

age range: all

Boxing

National Governing Body

England Boxing  
0114 223 5654
www.englandboxing.org

Gator Amateur Boxing Club

Keith Markham: 07802 936432
Keith-markham@talktalk.net
www.gatorabc.co.uk
Unit GX 11-17 Fowler Road, Hainault
Ilford IG6 3UJ

age range: all

Redbridge ABC

Khuram Amin
redbridgeabc@gmail.com
www.redbridgeabc.org
Clayhall Park, Longwood Gardens
IG5 0BE

age range: 6+

Canoe / Kayak

National Governing Body

British Canoe Union  

0845 370 9500

info@bcu.org.uk

Fairlop Outdoor Activity Centre (FOAC)

Luke Harris: 020 8500 1468

FOACadmin@visionrcl.org.uk or

www.visionrcl.org.uk/foac

Forest Road, Hainault IG6 3HN

age range: 8+

Fairlop Paddlesport

Andrew Keegan: 07751 697215

info@fairloppaddlesport.co.uk

www.fairloppaddlesport.co.uk

Fairlop Outdoor Activity Centre, Forest Road,
Hainault IG6 3HN

age range: 8+

Cheerleading

Flyers Elite Cheerleading

flyerselite@outlook.com

www.flyerssportsacademy.com

St Aubyns School

Bunces Lane

IG8 9DU

age range: 6 yrs+

Cricket

National Governing Body

England and Wales Cricket Board  

020 7432 1200

www.ecb.co.uk

Essex Cricket Development Officer

Essex County Cricket Board  

Graham Jelley: 01245 254 026 or 07768 552587

graham.jelley@essexcricket.org.uk

www.essexcricket.org.uk

Barking Cricket Club

Marlon King: 07795 961744

Marlon.king105@gmail.com

www.barkingcc.hitscricket.com

Mayesbrook Park & Hainault Recreation Ground

age range: 8+

Buckhurst Hill Cricket and Lacrosse Club

Alan Beaumont: 020 8505 0590

A7acb@btinternet.com

www.buckhursthillcc.co.uk

Buckhurst Hill Cricket and Lacrosse Club

Roding Lane, Buckhurst Hill IG9 6BJ

age range: 7+



Cavaliers Cricket Academy

Annanth Kumar: 07868 234976

cavalierscricketacademy@gmail.com

Barkingside Recreation Ground

age range: 6+

Capricorn Cricket Club

Ritesh Patel: 07951 491111
ritesh.patel@hotmail.co.uk
www.capricorncc.play-cricket.com

Frenford Cricket Club

Robert Rollins: 020 8518 0992
cricket@frenfordclubs.org
www.frenfordclubs.org
Jack Carter Centre, The Drive
Ilford IG1 3PS

age range: 5+

Goodmayes and Blythwood Cricket Club

Adam Sheekey: 07779 145433
secretary@g-bcc.co.uk or info@g-bcc.co.uk
www.g-bcc.co.uk
Goodmayes Park, Goodmayes
Ilford IG3 9QX

age range: 7+

Hainault and Clayhall Cricket Club

www.hainaultandclayhall.co.uk
Clayhall Park, Lord Avenue IG5 0HP

age range: u7+

Ilford Catholic Cricket Club

Mohammed Zaman: 07809 570408
iccc2011@hotmail.co.uk
www.pitchero.com/clubs/ilfordcatholic
Barkingside Recreation Ground, Mossford Green
Barkingside IG6

age range: 16+

Ilford Cricket Club

Shahbaz Kahn: 020 8514 0209
spathak32@gmail.com or skhan10590@aol.com
www.ilford.play-cricket.com
Valentines Park, Cranbrook Road
Ilford IG2 7AZ

age range: 6+



Oakfield Parkonians CC

Keith Varnes: 020 8559 8379
keithvarnes@btinternet.com
www.opcc.hitscricket.com
Old Parkonians Pavilion, Oakfield Sports Field
Forest Road, Barkingside G6 3HD

age range: 8+



Seven Kings Smashers Cricket Club

Gurmail Sani: 07889 153119
rajusim@yahoo.com

age range: 16+

South Woodford Cricket and Sports Club

Vincent Browne: 020 8504 7485
info@vfb.co.uk or kirk.green@nsg.com
www.southwoodford.play-cricket.com
Highfield Road, Woodford Bridge IG8 8JB

age range: 6-86

Three Caps Cricket Club

Rajveer Minhas: 07889 121518

threecapscc@hotmail.com

www.3capscc.hitscricket.com

Fords Sports and Social Club,

Newbury Park IG3 8HG

age range: 11-70

Wanstead and Snaresbrook Cricket Club

Martin Pluck: 07747 118790

pluckmartin@gmail.com

www.wanstead.hitscricket.com

Wanstead Cricket Club, Overton Drive

Wanstead, London E11 2LW

age range: 6+



Woodford Green Cricket Club

Matthew Field: 07974 114989

m.field1988@googlemail.com

www.wgcc.play-cricket.com

Woodford Green Cricket Club, High Road

Woodford Green IG8 8JB

age range: 7+



Woodford Wells Cricket Club

Deepak Sinha: 07973 655113 / 020 8504

1954woodfordwells@btconnect.com

The Woodford Wells Club, Monkham's

LaneWoodford Green IG8 0NL

age range: all



Cycling

National Governing Body

British Cycling  

0161 274 2000

info@britishcycling.org.uk

www.britishcycling.org.uk

Lee Valley Youth Cycling Club (Go Ride Club)

Bob Griffiths: 01708 550738

bob@lvycc.co.uk / tony.madgwick1@ntlworld.com

www.lvycc.co.uk

Redbridge Cycling Centre, Forest Road

Hainault IG6 3HP

age range: 6-16

Lee Valley Velo

Terry Morgans-Slader

terry@lvycc.co.uk

www.lvycc.co.uk

Redbridge Cycling Centre, Forest Road

Hainault IG6 3HP

age range: 16+

Redbridge Cycling Centre (Road, Mountain & BMX)

Forest Road, Hainault IG6 3HP

020 8500 9359

www.visionrcl.org.uk

rcc@vision-rcl.org.uk

Redbridge Cycling Club

01992 524631

membership@redbridgecyclingclub.co.uk

www.redbridgecyclingclub.co.uk

age range: 30+

Redbridge Spitfires (BMX)

Nikki Tysoe: 07720 464271
redbridgespitfires@gmail.com
Redbridge Cycling Centre

age range: 6 yrs+

Dance

Turbelle's Performing Arts

Joelle Jones: 01708 726088 / 07961 584254
info@turbellesperformingarts.com
www.turbellesperformingarts.com
Oaks Park High School, Oaks Lane
Newbury Park IG2 7PQ

age range: 3+

Disability Sports

National Governing Body

Interactive: 020 7717 1699
info@interactive.uk.net
www.interactive.uk.net

Adult Multi Sports Club

Michelle Wood: 020 8708 0951
michelle.wood@visionrcl.org.uk
Frenford Club, The Jack Carter Centre
Ilford IG1 3PS

age range: 15+

Disability Swimming Club Redbridge Dippers

Gloria: 020 3556 4825 Shobha: 020 8599 2391
Fullwell Cross Pool, High Street
Barkingside IG1 1NY

age range: all

Disability Swimming Sessions

Karina Battie: 07940 731695
kbattie@hotmail.com
Becontree Heath Leisure Centre
Althorne Way, Dagenham

age range: all

Frenford Falcons Wheelchair Basketball Club

Frenford Club: 020 8518 0992
info@frenfordclubs.org
www.frenfordclubs.org
Frenford Club, The Jack Carter Centre, Ilford
IG1 3SF

age range: 9+



Friday Evening Swimming Group (FESG)

Marion May: 07926 043244
fesgenquiries@gmail.com
Becontree Heath Leisure Centre
Althorne Way, Dagenham, RM10 7FH

age range: all

Redbridge Adapted Cycling Sessions & Hire

Ian Coles: 020 8500 9359
info@vision-rcl.org.uk
www.redbridgecyclingcentre.co.uk
Redbridge Cycling Centre, Forest Road
Hainault IG6 3HP

age range: 16+

Youth After School Multi Sports Club

Irfan Shah: 020 8518 0992 or
Michelle Wood 020 8708 0951
info@frenfordclubs.org or
michelle.wood@visionrcl.org.uk
Frenford Club, The Jack Carter Centre
Ilford IG1 3PS

age range: 10-16

Equestrian

National Governing Body

British Equestrian Federation  
02476 698871
info@bef.co.uk
www.bef.co.uk

Aldborough Hall

Equestrian Centre

Mary Garrett: 020 8590 1433
aldboroughhall@gmail.com
www.aldboroughhall.co.uk
Aldborough Road North, Ilford IG2 7TE

age range: 5+

Aldersbrook Riding School

Chris Sherret: 020 8530 4648
contact@aldersbrookriding.co.uk
www.aldersbrookriding.co.uk
Aldersbrook Riding School, Empress Avenue
Manor Park, London E12 5HW

age range: 4-80

Fencing

National Governing Body

British Fencing Association  
020 8742 3032
www.britishfencing.com
headoffice@britishfencing.com

Highams Park Fencing

Ian Lepley: 01992 610295
enquiries@hpfc.org.uk
www.hpfc.org.uk
Bancroft School, Woodford Green, IG8 0RF

age range: 8+

Football

F = Female **J** = Juniors
M = Male **A** = Adults

National Governing Body

Football Association  
020 7745 4545
www.thefa.com

Regional Contact

Nick Emery: 01245 393 077
nick.emery@essexfa.com
www.essexfa.com



Bealonians Football Club (Charter Standard Club)

M J A

Andy Macrae: 07979 706456
info@bealoniansfc.com
www.bealoniansfc.com
Redbridge Sports & Leisure Centre
Forest Road, Barkingside IG6 3HD

age range: 5-18



Chigwell FC

F M J A

Jamie Wright: 07787 533405
chigwellfc@gmail.com
www.chigwellfc.co.uk
Various venues see website

age range: 5+

Frenford Football Club

F M J A

Neal Akhtar: 07941 759761
info@frenfordclubs.org
www.frenfordclubs.org
The Jack Carter Centre, The Drive, Ilford IG1 3PS

age range: 8-16

Ilford Football Club

07512 936450
ilfordfcyouth@yahoo.com
www.pitchero.com/clubs/ilfordfc
Cricklefields Athletics Ground
High Road, Ilford IG1 1UE **M A**

age range: u16

Newbury Forest Football Club

Ron Dangerfield: 01268 558 211 / 07711 073344
ron.dangerfield@newburyforestfc.co.uk
www.newburyforestfc.co.uk
Oakside Stadium, Station Road
Barkingside IG6 1NB **M J A**

age range: 16+

Old Parkonians Football Club (Charter Standard Club)

Sean Cotton: 07535 994096
oldparkonians@gmail.com
www.oldparkonians.co.uk
Old Parkonians, Forest Road,
Barkingside IG6 3HD **M A**

age range: 16+



Redbridge Football Club

Ricky Eaton: 07534 913987
ricky.eaton247@gmail.com
www.redbridgefc.com
Redbridge Football Club, Oakside Stadium,
Station Road, Barkingside IG6 1NB **M A**

age range: u19



Did you know?

Vision offer both football and cricket pitches for hire in Redbridge Parks on a seasonal booking or for one-off bookings. For one-off bookings at least 10 full days notice is required. Contact us to check availability and to request a booking form on 020 8708 2240.

Redbridge Youth Football Club



Ricky Eaton: 07534 913987

ricky.eaton247@gmail.com

www.pitchero.com/clubs/redbridge

The Oakside Stadium, Station Road

Barkingside IG6 1NB

age range: 11-18

Saturday Soccer School



Peter Hucker: 07931 901140

phsports1@btinternet.com

www.thehux.wixsite.com/aaaf

Wanstead Flats

age range: u21

Shield Academy (Charter Standard Club)



07983 552067

shieldacademy@googlemail.com

www.shieldacademy.co.uk

Starch House Lane Playing Fields

Virginia Gardens, Barkingside IG6 1PT

age range: 5-21

Looking for venue?

We have wide variety of indoor and outdoor spaces for you to hire whether you are organising a boot camp in one of our parks or a yoga class in a small hall visit www.visionrcl.org.uk/venue-hire

Singh Sabha Barking Youth Football Club

(Charter Standard Club)  



Dilminder Raj: 07428 567203

secretary@singhsabhafc.com

www.singhsabhafc.com

The Drive, Redbridge, Ilford IG1 3JB

age range: 8-18

Golf

National Governing Body

English Golf Union

01526 354500  

info@englandgolf.org

www.englandgolf.org

Fairlop Waters Golf Centre

020 8500 9911

fairlopwaters@vision-rcl.org.uk

www.visionrcl.org.uk

Forest Road, Barkingside

Ilford IG6 3HN

age range: all

Hainault Golf Club

David Cope: 020 8500 0385

secretary@hainaultgolfclub.co.uk

www.hainaultgolfclub.co.uk

Hainault Forest Golf Club

Romford Road

Chigwell Row IG7 4QW

age range: 8+

Ilford Golf Club

020 8554 2930

info@ilfordgolfclub.com

www.ilfordgolfclub.com

Ilford Golf Club, 291 Wanstead Park Road

Ilford IG1 3TR

age range: various

Jimmy Burns Golf Academy

Jimmy Burns: 07534 033801

jimmyburns08@gmail.com

Fairlop Waters Golf Club

age range: 5+

Wanstead Golf Club

020 8989 3938

info@wansteadgolfclub.com

www.wansteadgolf.org.uk

Wanstead Golf Club, Overton Drive

Wanstead, London E11 2LW

age range: 10+

Woodford Golf Club

Mark Deeming: 020 8504 3330

office@woodfordgolf.co.uk

www.woodfordgolf.co.uk

Woodford Golf Club, 2 Sunset Avenue

Woodford Green IG8 0ST

age range: 5+

Gymnastics

National Governing Body

British Gymnastics: 0345 1297129

information@british-gymnastics.org

www.british-gymnastics.org

Flipstars Gymnastics Club

Steph Thomas: 07419 310503

flipstargymnastics@hotmail.co.uk

www.flipstargymnasticsclub.com

Woodbridge High School, St Barnabas Road,

Woodford Green IG8 7DQ &

Valentines High School, Cranbrook Road,

IG2 6HX

age range: 4-16

Flyers Sports Academy

Louise Davies: 07917 356266

flyers@outlook.com

www.flyerssportsacademy.com

St Aubyns School, Bunces Lane, IG8 9DU

age range: 5-18

Jaybee Gymnastics Club



Julie Ewenson: 07801 517118

jaybeegymnastics@aol.co.uk

www.jaybeegymnastics.com

Wanstead Youth Centre, Elmcroft Avenue

Wanstead, London E11 2DP

age range: 4-18



Redbridge Gymnastics Club

Freya: 020 8498 1042

mattc@rslonline.co.uk

Redbridge Sports & Leisure, Forest Road

Barkingside IG6 3HD

age range: 2-18

Handball

National Governing Body

England Handball  

01925 246482 / 483

handball@englandhandball.com

www.englandhandball.com

London Angels HC

Gabor Darabos: 07531 130167

lahc@londonangelshc.co.uk

www.londonangelshc.co.uk

Mayfield School, Pedley Road,

Dagenham RM8 1XE

age range: 11-25

Olympia Handball Club

Info@olympiahandballclub.co.uk

www.olympiahandballclub.co.uk

Chadwell Heath Academy

Christie Lane

RM6 4RS

age range: 13+

Hockey

National Governing Body

England Hockey  

01628 897500

info@englandhockey.co.uk

www.englandhockey.co.uk

Crostyx Hockey Club

Lisa Dixon: 020 8504 1954

lisadixon72@gmail.com

www.crostyx.com

Woodford Wells Club, Monkams Lane

Woodford IG8 ONL and

Ashton Playing Fields, Chigwell Road IG8 8AA

age range: 6+

Old Loughtonians

Jo Davey: 020 8504 4010

OLHC@oldloughtonians.co.uk

www.oldloughtonians.co.uk

Roding Sports Centre, Luxborough Road

Chigwell IG7 5AB

age range: 6+



Redbridge and Ilford Hockey Club

Ruth Pinner: 07801 234084

redbridgeandilfordhockeyclub@googlemail.com

www.pitchero.com/clubs/redbridgeandilford

Redbridge Sports & Leisure, Forest Road

Barkingside IG6 3HD

age range: 5-90

Judo

National Governing Body

British Judo Association  

01509 631 670

bjb@britishjudo.org.uk

www.britishjudo.org.uk

Heart of Oak Judo Club

Margaret James: 020 8478 2339

hearttofoakjudoclub@hotmail.com

Isaac Newton Academy

1 Cricklefield Place, Ilford, Essex IG1 1FY

age range: 5+

Redbridge Judo Club

Sue: 07534 097898

admin@redbridgejudoclub.co.uk

www.redbridgejudoclub.co.uk

Redbridge Judo Club, Mitcham Road

Seven Kings IG3 8QW

age range: 5+

Karate

Chadwell Heath

Karate Academy

James & Robert Steadman: 07731 855 849

info@chka.co.uk

www.chka.co.uk

The Limes Centre, Chigwell / Methodist Church

Goodmayes / Robert Clack Leisure Centre /

Dagenham Park Leisure Centre / Somerville

Church Hall, Chadwell Heath

age range: 4+

Empty Hands Karate School

07931 300470

info@emptyhands.co.uk

www.emptyhands.co.uk

St Andrews Church Hall, The Drive

Ilford IG1 3PE

age range: 4+

Ilford Karate Club

Nick Da Costa: 01708 743789

nacdacosta@gmail.com

www.karate-ilford.com

St Paul's Community Hall, Barley Lane IG3 8XE

age range: 6+

Kaizen Ryu Karate-Do

Marie Anonuevo: 07743 764234

enquiry@kaizenryu.com

www.kaizenryu.com

Cardinal Heenan Centre

326/328 High Road, Ilford IG1 1BD

age range: 6+

Lea Valley Karate Club

Katie Hurry: 07885 735517

senseikatie.lvka@yahoo.co.uk

www.lvka.co.uk

1. Woodford Memorial Hall

2. All Saints Church

3. Barkingside Church

age range: 4+

Roding Karate Club

Robert Fresco: 07951 309914
robertfresco@talktalk.net
www.rodingkarateclub.co.uk
Parish Hall
Mossford Green
Barkingside IG6 2BX

age range: 4-70

Seiken Karate Kai

07913 238978
info@seikensports.co.uk or
seikenkaratekai@hotmail.co.uk
www.seikensports.co.uk
Ashton Playing Fields, Chigwell Road IG8 8AA or
St Ceads Church, Marston Road, Clayhall IG5 0LY

age range: 5+

Wanstead Karate Club

Gary James: 07970 156664
gary.wanstead@outlook.com
www.karate-london.co.uk
Wanstead Leisure Centre, Redbridge Lane West
Wanstead, London E11 2JZ

age range: 6+

Woodford Karate Club

Liz Denton: 07776 437937
shotokarate.east@gmail.com
www.karate-london.co.uk
St Annes Line Church Hall, 7 Grove Crescent
South Woodford E18 2JR

age range: 6+

Lacrosse

National Governing Body

English Lacrosse  
0843 658 5006
info@englishlacrosse.co.uk
www.englishlacrosse.co.uk

Buckhurst Hill Cricket and Lacrosse Club

Gerry Wilson: 020 8508 1334
gerryandjean@talk21.com
www.buckslacrosse.co.uk
Buckhurst Hill Cricket and Lacrosse Club
Roding Lane, Buckhurst Hill IG9 6BJ

age range: 7-70+

Exercise on Referral

Exercise on Referral is where doctors or other health professionals can refer individuals who they feel would benefit from physical activity and help them fight their medical conditions.

The Exercise on Referral Scheme is for Redbridge residents who are 16 years and over, not active and would like to increase their physical activity levels. For more information call 020 8708 2443.

Martial Arts

National Governing Body - Taekwondo

British Taekwondo

01623 665 005

www.britishtaekwondo.org.uk

Empty Hands Karate School
MMA (Mixed Martial Arts)

07931 300470

info@emptyhands.co.uk

www.emptyhands.co.uk

St Andrews Church Hall, The Drive

Ilford IG1 3PE

age range: 4+

Wood TKD - Chingford and Ilford Taekwondo

Adrian Wood: 01908 377494 / 07788 870487

info@woodtkd.co.uk

www.woodtkd.co.uk

Woodford County High School

Woodford Green IG8 9LA

age range: 5-75

Netball

National Governing Body

England Netball  

01462 442 344

info@englandnetball.co.uk

www.EnglandNetball.co.uk

Chigwell Ladies Netball Club

Linda Huchins

goaldefence@hotmail.com

Redbridge Sports Centre, Forest Road

Barkingside IG1 1NY

age range: 14+

Essex Open Netball Club

Ian Smith: 07803 544947

lan.smith@hotmail.co.uk

www.pitchero.com/clubs/essexopennetballclub

Caterham High School, Clayhall Avenue

Ilford IG5 0QW

age range: 8+



Foxes Netball Club

Elaine Hutton: 01992 611093

elaine.hutton@bairstoweves.co.uk

Redbridge Sports & Leisure Centre

Forest Road, Barkingside IG6 3HD

age range: 14+



Redbridge Sports Centre Youth Netball Club

Sue McGee: 020 8498 1049

sue@rslonline.co.uk

www.rslonline.co.uk

Redbridge Sports & Leisure Centre, Forest Road

Barkingside IG6 3HD

age range: 11+

Orienteering

National Governing Body

British Orienteering Association  

01629 734042

info@britishorienteering.co.uk

www.britishorienteering.org.uk

Chigwell & Epping Forest Orienteering Club (Various Venues)



Ray Curtis

secretary@chig.org

www.chig.org.uk

age range: 3+

Fairlop Waters Orienteering Course

Maps available from behind the bar

Fairlop Waters

Forest Road IG6 3HN

Rowing

National Governing Body

British Rowing  

020 8237 6700

info@britishrowing.org

www.britishrowing.org

London Youth Rowing

020 8223 7977

www.londonyouthrowing.com

Fairlop Rowing Club

Darren Trippick: 07932 636114

fairloprowingclub@visionrcl.org.uk

www.fairloprowingclub.weebly.com

Fairlop Waters, Forest Road, Barkingside IG6 3HN

age range: 11+

Rugby Union

National Governing Body

Rugby Football Union  

0871 222 2120

enquiries@therfu.com

www.englandrugby.com

Bancroft RFC

Nick Hardy: 07958 498272

info@bancroftRFC.com or

Bancroft RFC, Buckhurst Way

Buckhurst Hill IG9 6JD

age range: 5+

ACTIVE
ACCESSIBLE
ACCREDITED

CLUB
MARK



Eton Manor RFU

07956 434273

john.roach@btinternet.com or

www.etonmanor.net

The New Wilderness, Nutter lane

Wanstead, London E11 2BA

age range: 5+

ACTIVE
ACCESSIBLE
ACCREDITED

CLUB
MARK

Ilford Wanderers RFC

Graham Rowe: 07950 750775

info@ilfordrfu.co.uk or website@ilfordrfu.co.uk

www.ilfordrfu.co.uk

Ilford Wanderers RFC, The Clubhouse

Forest Road, Barkingside IG2 6QU

age range: 8+

Wanstead RFC

Terry Robinson: 07967 686599

Secretary@wansteadrfc.com

www.wansteadrfc.com

Wanstead RFC, Roding Lane North

Ilford IG8 8JY

age range: 5+

Woodford RFC

Susan Fox: 020 8504 6769

woodfordrfc@gmail.com

www.pitchero.com/clubs/woodford

The Highams, High Road

Woodford Green IG8 9LB

age range: 3+

ACTIVE
ACCESSIBLE
ACCREDITED

CLUB
MARK

Sailing

National Governing Body

Royal Yachting Association 

02380 604100 / 0845 3450400

enquiries@rya.org.uk

www.rya.org.uk

Fairlop Outdoor Activity Centre (Sailing and Windsurfing)

Luke Harris: 020 8500 1468

FOACadmin@fairlop.org.uk or

geoff.philby@visionrcl.org.uk

www.visionrcl.org.uk/foac

Forest Road, Hainault IG6 3HN

age range: 8+

Squash

National Governing Body

England Squash & Racketball  

0161 231 4499

enquiries@englandsquashandracketball.com

www.englandsquashandracketball.com

Redbridge Squash Club

David Lazarus: 020 8498 1000

dave@rslonline.co.uk

www.rslonline.co.uk

Redbridge Sports & Leisure, Forest Road

Barkingside IG6 3HD

age range: 2+

Woodford Wells Squash Club

woodfordwells@btconnect.com

www.woodfordwellsclub.co.uk

The Woodford Wells Club, Monkams Lane

Woodford Green IG8 0NL

age range: all

Swimming

National Governing Body

01509 618700

customerservices@swimming.org

www.swimming.org

London Borough of Redbridge Swimming Club (Swim 21 Club)

Gary Inch: 07801 270724

lbrscswimcoach@gmail.com

www.lbrsc.org

Fullwell Cross Leisure Centre, High Street

Barkingside IG1 1NY

age range: 3+

Fancy a paddle?

Hire a boat for some leisurely rowing time with family and friends at Fairlop Outdoor Activity Centre.

In your two hour slot you will meet your instructor, get kitted up and then spend about an hour and a half having fun on the water.

For more information visit

www.visionrcl.org.uk/foac

Table Tennis

National Governing Body

Table Tennis England

01908 208 860

www.tabletennisengland.co.uk

admin@etta.co.uk or

help@tabletennisengland.co.uk

Frenford Table Tennis Club

Daniel Cannon: 020 8479 0432

info@frenfordclubs.org

www.frenfordclubs.org

Frenford Clubs, Jack Carter Centre

The Drive, Ilford IG1 3PS

age range: 9+

Mossford Table Tennis Club

Contact via website:

www.mossfordttc.org.uk

Sports Hall, Palmer Catholic Academy

Entrance via Lombard Avenue

Aldborough Road South, Seven Kings IG3 8EU

Sports Hall, Bancrofts School

Woodford Green High Road

Woodford Green IG8 0RF

Redbridge Sports & Leisure Centre

2nd floor, Jean Brown Centre, Forest Road,

Ilford, IG6 3HD

age range: 5+

Westdene Table Tennis Club

John Daniels: 020 8989 1286
jdaniels50@hotmail.co.uk
www.westdenetttc.co.uk
Holy Trinity Church Hall, Hermon Hill, South
Woodford, London E18

age range: 14+

Woodford Table Tennis School

Zoltan Hoszu: 07894 659074
woodfordtts@gmail.com
www.woodfordtts.com
The Woodford Wells Club, Monkams Lane
Woodford Green IG8 ONL

age range: all

Tennis

National Governing Body

Lawn Tennis Association  
020 8487 7000
info@lta.org.uk
www.lta.org.uk

Aldersbrook Lawn Tennis Club

Pat Cronin: 07793 063700
croninp@hotmail.com
www.aldersbrooktennisclub.co.uk
Aldersbrook Lawn Tennis Club
Blake Hall Crescent
Blake Hall Road, Wanstead, London E11 3RH

age range: 8-70+

Chadwell Heath Lawn Tennis Club

Michael Ellames: 020 8590 1298
mhshb@aol.com
Hainault Road, Little Heath RM6 5RX

age range: 5+

Cranbrook Castle Lawn Tennis and Social Club

Club House: 020 8554 6685
juniorsecretary@cranbrookcastle.co.uk
www.cranbrookcastle.co.uk
St Georges Road, Cranbrook, Ilford IG1 3PG

age range: 2+

Drummond Lawn Tennis Club

David West: 07758 495014
dwest1961@gmail.com
www.drummondltc.co.uk
Drummond LTC, Nutter Lane
Wanstead, London E11 2JA

age range: 3+

Linkside Lawn Tennis Club

Fabrizio Liverani: 020 8989 5773
www.linksidetennis.co.uk
Linkside Tennis Club, Overton Drive
Wanstead, London E11 2LW

age range: all



Redbridge Tennis Club

Jack Dowsett: 020 8498 1033

jack@rslonline.co.uk

www.rslonline.co.uk

Redbridge Sports & Leisure, Forest Road

Barkingside IG6 3HD

age range: 4+

Woodford Wells

Lawn Tennis Club

Jessica Betts: 020 8504 1954

woodfordwells@btconnect.co.uk

www.woodfordwellsclub.co.uk

The Woodford Wells Club, Monkhams Lane

Woodford Green IG8 0NL

age range: all

Trampolining

National Governing Body

British Trampolining Federation  

0845 1297129

information@british-gymnastics.org

www.british-gymnastics.org

Flyers Sports Academy

Louise Davies: 07917 356266

flyers@outlook.com

www.flyerssportsacademy.com

St Aubyns School, Bunces Lane, IG8 9DU

age range: 5-18

Redbridge Trampoline

020 8498 1026

micheller@rslonline.co.uk

www.rslonline.co.uk

Redbridge Sports & Leisure Centre

Forest Road, Barkingside IG6 3HD

age range: 6+

Wanstead Trampoline Club

020 8989 1172

wanstead@visionrcl.org.uk

www.visionrcl.org.uk

Wanstead Leisure Centre, Redbridge Lane West

Wanstead E11 2JZ

age range: 5+

Volleyball

National Governing Body

English Volleyball Association  

01509 227 722

info@volleyballengland.org

www.volleyballengland.org

Weightlifting

National Governing Body

British Weightlifting  

0113 249 402

enquiries@britishweightlifting.org

http://britishweightlifting.org

Watersports

Fairlop Outdoor Activity Centre (Sailing and Windsurfing)

Luke Harris: 020 8500 1468

admin@fairlop.org.uk or

geoff.philby@visionrcl.org.uk

Forest Road, Hainault IG6 3HN

age range: age 8+

Did you know?

Loxford Park has a beach court which can be hired by members of the public on a casual basis and to clubs or organisations for regular sessions or events.

To make a booking contact
Loxford Leisure Centre on
020 8478 5634

Leisure Facilities

Ashton Playing Fields

020 8559 0486

ashton@vision-rcl.org.uk

598 Chigwell Road IG8 8AA

Facilities include: 8-Lane Athletics Track /
Astro Turf Pitches / Grass Football Pitches /
Gymnasium / Function Room

Cricklefields Athletics Ground

020 8550 2366

cricklefields@vision-rcl.org.uk

468 High Road, Ilford IG1 1UE

Facilities include: Football Pitch / 6-lane
Athletics Track / Throws Areas / Long and
Triple Jump Area

Fairlop Waters

Forest Road, Barkingside IG6 3HN

020 8500 9911

fairlopwaters@vision-rcl.org.uk

Facilities include: 18 and 9-hole Golf Course /
Golf Driving Range / Function Room / Angling /
Lake / Climbing Boulders / High Ropes /
Orienteering / Bar and Restaurant

Fairlop Outdoor Activity Centre

Forest Road, Barkingside IG6 3HN

020 8500 1468

foacadmin@visionrcl.org.uk

Activities include: Paddle Sports / Power
Boating / Windsurfing / Sailing / Rowing



Fullwell Cross Leisure Centre

High Street, Barkingside IG1 1UE

020 8550 2366

fullwellcross@vision-rcl.org.uk

Facilities include: 25 metre Pool /

Fitness Suite / Dance Studio / Spa / Café

Loxford Leisure Centre

Loxford Lane, Ilford, IG1 2UT

020 8478 5634

Loxford@vision-rcl.org.uk

Facilities include: 25 metre Pool /

Sports Hall / Astro-Turf / MUGA's

Loxford Youth Centre

Loxford Lane, Ilford, IG1 2UT

0208 478 4306

Micky.peacock@vision-rcl.org.uk

Facilities include: Activity hall /

Music Tech Room

Mayfield Leisure Centre

Kinfauns Road, Goodmayes IG3 9QN

mayfield@vision-rcl.org.uk

020 3877 0982

Facilities include: All weather pitch /

Fitness Classes / Gym / Sports Hall /

Swimming Pool

Redbridge Cycling Centre

Forest Road, Hainault IG6 3HP

020 8500 9359

rcc@vision-rcl.org.uk

Facilities include: Road Cycling Track /

Mountain Bike Track / Bike Hire / Cafe /

BMX Function Rooms / Fitness Studio

South Woodford Library & Gym

116 High Road, South Woodford

London E18 2QS

020 8708 9067

swgym@vision-rcl.org.uk

Facilities include: Fitness Suite / Dance Studio

Wanstead Leisure Centre

Redbridge Lane West, London E11 2JZ

020 8989 1172

wanstead@vision-rcl.org.uk

Facilities include: Squash Courts /

Fitness Suite / Sports Hall / Gymnasium

Wanstead Youth Centre

Elmcroft Avenue, Wanstead, London, E11 2DB

020 8989 1711

Micky.peacock@vision-rcl.org.uk

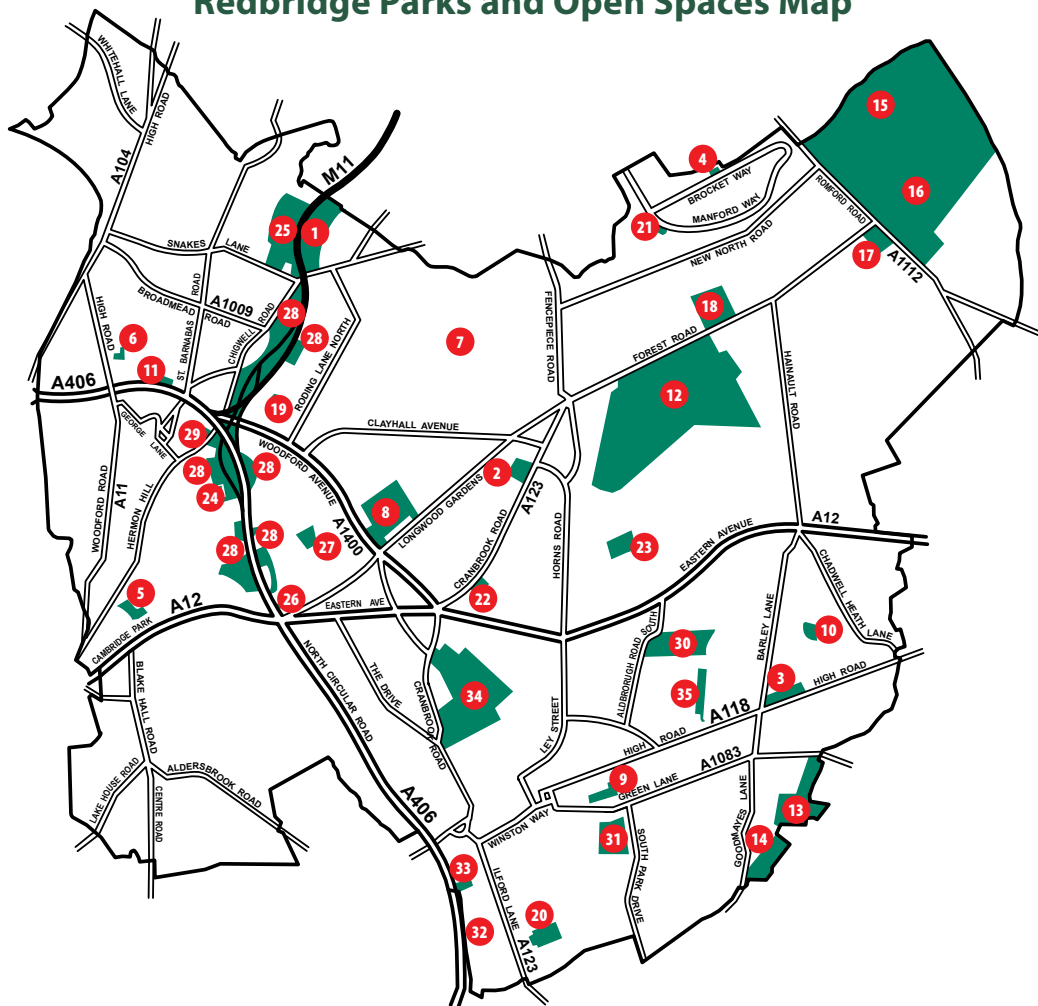
Facilities include: A large hall with a stage /

Gymnasium / Sports Hall

Redbridge Parks and Open Spaces Facilities

		Athletics	Basketball	Bowling	Children's Play Area	Cricket	Football	Golf	Tennis	Outdoor Gym	Other Facilities
1	Ashton Playing Fields	●					●			●	
2	Barkingside Rec. Ground				●	●	●		●	●	
3	Barley Lane Rec. Ground		Multi-Sports	●	●				●		Multi-Sports
4	Brocket Way Open Space				●						Multi-Sports
5	Christchurch Green Recreation Ground				●						
6	Churchfields Rec. Ground				●						
7	Claybury Park									●	
8	Clayhall Park			●	●	●	●		●	●	Multi-Sports
9	Cricklefield Athletics Ground	●					●				
10	Crucible Park				●						Cycle Circuit
11	Elmhurst Gardens			●	●				●	●	
12	Fairlop Waters				●			●		High Ropes Climb boulder/ Water Sports, Orienteering	Bar / restaurant Fishing Lake Owls Indoor Play Centre
13	Goodmayes Park		●	●	●	●	●		●		Parkour, Trim Trail
14	Orchard Fields										
15	Hainault Forest				●					Orienteering	Farm, Nature Trail, Fishing Lake, Café, Adventure Play
16	Hainault Forest Golf Courses							●			
17	Hainault Lodge Local Nature Reserve										
18	Hainault Rec.Ground/Forest Rd			●	●	●	●			●	Skate Park, Cycle Circuit
19	Lechmere Avenue				●						
20	Loxford Park		●		●	●	●		●	●	Beach Sports Area
21	Manford Way Open Space		●		●					●	Trim Trail
22	Martley Drive (Play Area)				●						
23	Oaks Lane Rec. Ground				●						
24	Onslow Gardens				●						
25	Ray Park		●		●	●	●		●	●	Orienteering Café
26	Redhouse (Play area)				●						
27	Redbridge Rec. Ground				●						
28	Roding Valley Park										
29	Rose Avenue (Play area)				●						
30	Seven Kings Park		●	●	●	●	●		●	●	Skate Park, Adventure Play
31	South Park		●	●	●	●	●		●		Multi-Sport
32	Springview Gardens										
33	Uphall Rec. Ground				●						
34	Valentines Park		●	●	●	●	●		●	●	Boating Lake, Mansion, Café
35	Westwood Rec. Ground				●						

Redbridge Parks and Open Spaces Map



Changes and Amendments

All of the information in this Club Directory was correct at the time of going to print, however as details of local groups and organisations are constantly changing, please help us to keep as up to date as possible by informing us of any changes and amendments to sports clubs and societies.

Telephone **020 8708 0950**, email **darren.trippick@visionrcl.org.uk** or complete the form below and return to:

Darren Trippick
Sport & Health Team
Wanstead Leisure Centre
Redbridge Lane West
Wanstead, London E11 2JZ

Club to be amended:

New details:

Information correct at time of publishing (Jan 2018).
London Borough of Redbridge, PO BOX No.2, Town Hall, 128-142 High Road, Ilford, IG1 1DD

