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)

www.visionrcl.org.uk
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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

www.visionrcl.org.uk
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, Barkingside 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

**Woodford Angling Society**
Honorary Secretary
contact via website:
www.woodfordas.co.uk
Various venues
Redbridge Lakes
gordon@redbridgelakes.co.uk
www.redbridgelakes.co.uk

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

**Black Stag Archers**
Sally Pascall
blackstagarchers@gmail.com
www.blackstagarchers.wikidot.com
Scout Centre, 437 Wanstead Park Road
Ilford IG1 3TT

**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

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www.visionrcl.org.uk
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+

Barrows

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,
Perrymans Farm Road
Newbury Park IG2 7LX

**age range: all**

Woodford Wells Short Mat Bowls
Valerie Preston: 020 8520 6096
woodfordwells@btconnect.com
www.woodfordwellsclub.co.uk
The Woodford Wells Club, Monkham 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 Blythswood 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, Monkhams Lane
Woodford 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

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)
Andy Macrae: 07979 706456
info@bealoniansfc.com
Redbridge Sports & Leisure Centre
Forest Road, Barkingside IG6 3HD
Age Range: 5-18

Chigwell FC
Jamie Wright: 07787 533405
chigwellfc@gmail.com
Various venues see website
Age Range: 5+

Frenford Football Club
Neal Akhtar: 07941 759761
info@frenfordclubs.org
The Jack Carter Centre, The Drive, Ilford IG1 3PS
Age Range: 8-16

Ilford Football Club
07512 936450
ilfordfcyouth@yahoo.com
Cricklefields Athletics Ground
High Road, Ilford IG1 1UE
Age Range: u16

Newbury Forest Football Club
Ron Dangerfield: 01268 558 211 / 07711 073344
ron.dangerfield@newburyforestfc.co.uk
Oakside Stadium, Station Road
Barkingside IG6 1NB
Age Range: 16+

Old Parkonians Football Club (Charter Standard Club)
Sean Cotton: 07535 994096
oldparkonians@gmail.com
Old Parkonians, Forest Road,
Barkingside IG6 3HD
Age Range: 16+

Redbridge Football Club
Ricky Eaton: 07534 913987
ricky.eaton247@gmail.com
Redbridge Football Club, Oakside Stadium,
Station Road, Barkingside IG6 1NB
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/aafc
Wanstead Flats
age range: u21

Shield Academy
(Chartar 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

Singh Sabha Barking Youth Football Club
(Drider 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+

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

www.visionrcl.org.uk
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  
flipstarsgymnastics@hotmail.co.uk  
www.flipstarsgymnasticsclub.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, Monkham 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
bjabritishjudo.org.uk
www.britishjudo.org.uk

Heart of Oak Judo Club
Margaret James: 020 8478 2339
heartfoakjudoclub@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: 5+

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 Ceeds 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
ian.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@bairstoeweves.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+**
Eton Manor RFU  
07956 434273  
john.roach@btinternet.com or  
www.etonmanor.net  
The New Wilderness, Nutter lane  
Wanstead, London E11 2BA  

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  

Wanstead RFC  
Terry Robinson: 07967 686599  
Secretary@wansteadrfc.com  
www.wansteadrfc.com  
Wanstead RFC, Roding Lane North  
Ilford IG8 8JY  

Woodford RFC  
Susan Fox: 020 8504 6769  
woodfordrfc@gmail.com  
www.pitchero.com/clubs/woodford  
The Highams, High Road  
Woodford Green IG8 9LB  

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  

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  

www.visionrcl.org.uk
Woodford Wells Squash Club  
woodfordwells@btconnect.com  
www.woodfordwellsclub.co.uk 
The Woodford Wells Club, Monkhams 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+

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  
Enterance 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+

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
Westdene Table Tennis Club
John Daniels: 020 8989 1286
jdaniels50@hotmail.co.uk
www.westdenettc.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, Monkham Lane
Woodford Green IG8 0NL
**age range: all**

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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**

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

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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+**
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, Monk hams 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

www.visionrcl.org.uk
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
Kinfans 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 / Café / 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
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<th>Bowling</th>
<th>Children’s Play Area</th>
<th>Cricket</th>
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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:

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