



# Sports Club Directory 2008/2009



## Sports Club Directory 2008/2009

The Sports Club Directory offers a wide variety of sports clubs/organisations available for you to attend within the London Borough of Newham. Many of our clubs are accessible for people with disabilities and cater for a wide range of sports.

For further information please contact Alison Mitchell on 020 8430 2483 or email [alison.mitchell@newham.gov.uk](mailto:alison.mitchell@newham.gov.uk)

You can also view this directory, up to date session details, coach education training courses, plus other activities in the borough at the following websites: [www.newham.gov.uk](http://www.newham.gov.uk) or [www.newham.com/2012games](http://www.newham.com/2012games)

## AFTER SCHOOL PROJECTS

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### KidzHaven (St Mary's, Grassroots)

St Phillips Parish Church,  
Webb Gardens, Plaistow E13 8SR  
AGE GROUP: 5-11 years  
CONTACT: Fola Akinmutande  
PHONE: 020 8471 5820  
MOBILE: 07751 370 605  
EMAIL: [kidzhaven03@aol.com](mailto:kidzhaven03@aol.com)

### Play With Us

Windsor Primary School,  
East Ham, Manor Way, Beckton E6 5NA  
AGE GROUP: 4-11 years  
CONTACT: Sola Adebisi  
MOBILE: 07886 262 509  
EMAIL: [sola.playwithus@gmail.com](mailto:sola.playwithus@gmail.com)

### St Johns After School Project

Albert Road, North Woolwich E16 2JB  
AGE GROUP: 5-12 years  
CONTACT: Jimmy Oshin  
PHONE: 020 7476 9933  
EMAIL: [wassssuuuuup@hotmail.com](mailto:wassssuuuuup@hotmail.com)

## ARCHERY

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### The Newham Archers

Langdon Specialist Sports College,  
Sussex Road, East Ham E6 2PS  
AGE GROUP: 9-90 years  
CONTACT: Sue Harvey  
PHONE: 01376 553 387  
EMAIL: [susan.harvey@lond-amb.nhs.uk](mailto:susan.harvey@lond-amb.nhs.uk)  
WEBSITE: [www.newhamarchers.co.uk](http://www.newhamarchers.co.uk)

## **ATHLETICS**

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### **East End Road Runners**

Newham Leisure Centre,  
281 Prince Regent Lane, Plaistow E13 8SD  
AGE GROUP: 9-90 years  
CONTACT: Jayne Pope  
PHONE: 020 7511 4477  
MOBILE: 020 8534 3555  
WEBSITE: www.gll.org

### **East London Runners**

Wanstead Leisure Centre,  
Redbridge Lane West, Wanstead E11 2JS  
AGE GROUP: All ages  
EMAIL: webmaster@eastlondonrunners.org.uk  
WEBSITE: www.eastlondonrunners.org.uk

### **East London Triathletes**

Waltham Forest, College Pool,  
Walthamstow E17 4JB  
AGE GROUP: All ages  
CONTACT: Sara Ford  
PHONE: 07947 127 113  
MOBILE: 07791 515 017  
EMAIL: adam@adamjohnston.fsnet.co.uk  
WEBSITE: www.eastlondontriathletes.co.uk

### **East London Wheelchair Athletics Club** *(Disability Club)*

Mile End Park Leisure Centre,  
190 Burdett Road E3 4HL  
AGE GROUP: 10-16 years and adults  
CONTACT: Marianne Sharpe  
MOBILE: 07984 815 760

### **Ilford Sports Club Ltd**

Cricklefields Stadium,  
Ilford IG1 1UE  
AGE GROUP: All ages  
CONTACT: Bill Robertson  
PHONE: 020 8514 8352  
EMAIL: ilfordsportsclub@btinternet.com

### **Newham and Essex Beagles Athletics Club**

Terence McMillan Stadium,  
Prince Regent Lane, Plaistow E13 8SD  
AGE GROUP: 10+ years  
CONTACT: Jaqui Ramsden  
PHONE: 020 7366 8587  
WEBSITE: www.newhamandessexbeagles.co.uk

## **BADMINTON**

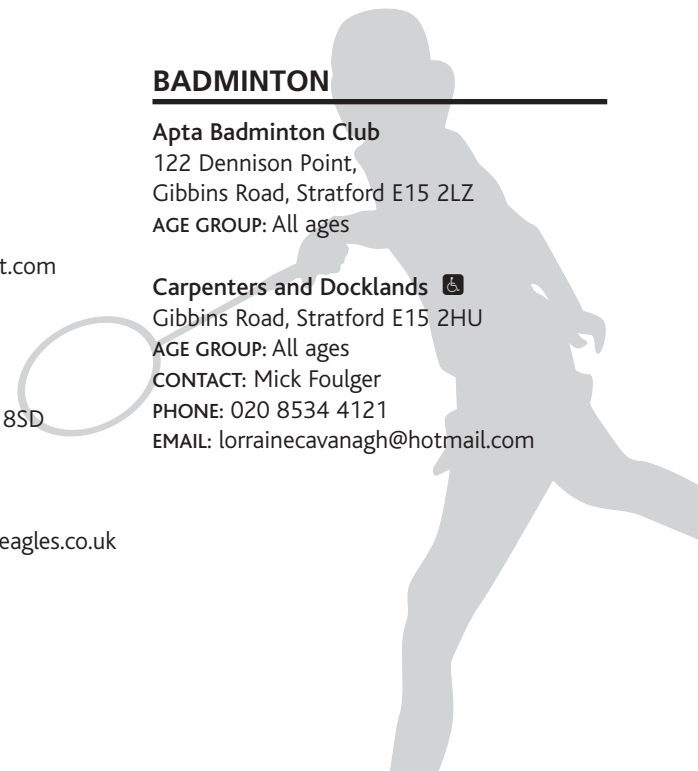
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### **Apta Badminton Club**

122 Dennison Point,  
Gibbins Road, Stratford E15 2LZ  
AGE GROUP: All ages

### **Carpenters and Docklands**

Gibbins Road, Stratford E15 2HU  
AGE GROUP: All ages  
CONTACT: Mick Foulger  
PHONE: 020 8534 4121  
EMAIL: lorrainecavanagh@hotmail.com



**East London Inter Badminton Club**

Lister Community School,  
St Mary's Road, Plaistow E13 9AE

AGE GROUP: 9+ years

CONTACT: Tajinda

PHONE: 020 8430 2484

MOBILE: 07885 476 975

EMAIL: j4agy@yahoo.co.uk

**Forest Gate Badminton Club** 

St. Bonaventure's School,  
Boleyn Road, Forest Gate E7 9QD

AGE GROUP: 11+ years and adults

CONTACT: Kartar Singh

PHONE: 020 8478 8987

MOBILE: 07918 652 699

EMAIL: kartar.singh@cancer.org.uk

**GLL Badminton Coaching** 

Newham Leisure Centre,  
281 Prince Regent Lane,  
Plaistow E13 8SD

AGE GROUP: All ages

CONTACT: Dave Mc Queen

PHONE: 020 7511 4477

WEBSITE: www.gll.org

**London Tamil Sangam**

Little Ilford School,  
Browning Road, London E12 6ET

AGE GROUP: Club

CONTACT: Saran Muthusamy

PHONE: 020 8430 2484



**Ramgharia Badminton Club** 

Langdon Specialist Sports College,  
Sussex Road, East Ham E6 2PS

AGE GROUP: 7+ years

CONTACT: Kilvir Bahra

MOBILE: 07803 834 037

EMAIL: ramgarhia.bc@gmail.com

WEBSITE: www.ramgarhiabadmintonclub.com

**Ramgharia Badminton Club** 

(Premier Club/Club Mark Status)

Little Ilford School,  
Browning Road, London E12 6ET

AGE GROUP: 7+ years

CONTACT: Kilvir Bahra

PHONE: 020 8430 2484

MOBILE: 07803 834 037

EMAIL: ramgarhia.bc@gmail.com

WEBSITE: www.ramgarhiabadmintonclub.com

**The Froud Centre**

1 Toronto Avenue,  
Manor Park E12 5JF

AGE GROUP: Adults

CONTACT: Nitu

PHONE: 020 8478 2468

EMAIL: ceoenquiries@aston-mansfield.org.uk

WEBSITE: www.aston-mansfield.org.uk

**The London Tamil Sangam**

369 High Street North,  
Manor Park E12 6PG

AGE GROUP: All ages

CONTACT: Dr Caroline Srinivasan

PHONE: 020 8407 1013

EMAIL: saravana@london06.freemove.co.uk

## **BASKETBALL**

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### **A13 Sports Project**

Mayflower Basketball Centre,  
Burke Street, Canning Town E16 1SN  
AGE GROUP: 13-17 years  
CONTACT: Jerry Osagie  
PHONE: 020 8221 4560  
MOBILE: 07918 861 847  
EMAIL: aspos@homecall.co.uk

### **Charlton Blazer**

Lister Community School,  
St Mary's Road, Plaistow E13 9AE  
AGE GROUP: 16+ years  
CONTACT: Jojo Nebrija  
PHONE: 020 8430 2484  
MOBILE: 07948 386 007  
EMAIL: jnebrija@googlemail.com

### **Eastside Eagles Basketball Club**

Rushcroft School and Sports College,  
Chingford E4 8SG  
AGE GROUP: 7+ years  
CONTACT: David Lavinier  
MOBILE: 07979 668 360  
EMAIL: info@eastside-eagles.co.uk

### **East Side Rebels**

Langdon Specialist Sports College,  
Sussex Road, East Ham E6 2PS  
AGE GROUP: Over 18's  
CONTACT: Olly Hughes  
PHONE: 020 8430 2484

### **Estate Based Sports**

Various Venues in Newham  
Newham Sports Development,  
292 Barking Road, East Ham E6 3BA  
AGE GROUP: 8-19 years  
CONTACT: Leon O'Sahon  
PHONE: 020 8430 2470  
MOBILE: 07795 666 578  
EMAIL: leon.o'sahon@newham.gov.uk  
WEBSITE: [www.newham.com/2012games](http://www.newham.com/2012games)

### **Kampi**

Lister Community School,  
St Mary's Road, Plaistow E13 9AE  
AGE GROUP: Club League  
CONTACT: Edae  
PHONE: 020 8430 2484  
MOBILE: 07946 395 468

### **Kapis**

Lister Community School,  
St Mary's Road, Plaistow E13 9AE  
AGE GROUP: Club League  
CONTACT: Francis  
PHONE: 020 8430 2484  
MOBILE: 07957 431 047

### **Leyton Orient Community Sports Programme**

SCORE Community Building,  
100 Oliver Road, Leyton E10 5JY  
AGE GROUP: 8-19 years  
CONTACT: Trevor East  
PHONE: 020 8556 5973  
EMAIL: [enquiries@locsp.org](mailto:enquiries@locsp.org)  
WEBSITE: [www.locsp.org](http://www.locsp.org)

**London Towers** 

Crystal Palace National Sports Centre,  
Ledrington Rd, Upper Norwood SE19 2BL  
AGE GROUP: All ages  
CONTACT: Rick Taylor  
PHONE: 020 7767 755  
EMAIL: kinderlondontowers@yahoo.co.uk  
WEBSITE: www.london-towers.co.uk

**Newham All Stars Sport Academy** 

*(Club Mark Status)*  
Cumberland School,  
Barking Road, East Ham E16 4DD  
AGE GROUP: All ages  
CONTACT: Natasha Hart  
PHONE: 020 8519 3961  
EMAIL: info@nassa2012.org.uk  
WEBSITE: www.nassa2012.org.uk

**Newham All Stars Sport Academy** 

*(Club Mark Status)*  
Newham Leisure Centre,  
281 Prince Regent Lane, Plaistow E13 8SD  
AGE GROUP: All ages  
CONTACT: Natasha Hart  
PHONE: 020 8519 3961  
EMAIL: info@nassa2012.org.uk  
WEBSITE: www.nassa2012.org.uk

**Newham All Stars Sport Academy** 

*(Club Mark Status)*  
Sarah Bonnell School,  
Deanary Road, London E15 4LP  
AGE GROUP: All ages  
CONTACT: Natasha Hart  
PHONE: 020 8519 3961  
EMAIL: info@nassa2012.org.uk  
WEBSITE: www.nassa2012.org.uk

**Newham All Stars Sport Academy** 

*(Club Mark Status)*  
Stratford School,  
Upton Lane, Forest Gate E7 9LW  
AGE GROUP: All ages  
CONTACT: Natasha Hart  
PHONE: 020 8519 3961  
EMAIL: info@nassa2012.org.uk  
WEBSITE: www.nassa2012.org.uk

**Newham Youngblood's Basketball Club** 

*(Club Mark Status)*  
East Ham Leisure Centre,  
324 Barking Road, East Ham E6 2RT  
AGE GROUP: 8-18 years  
CONTACT: Caroline Charles  
PHONE: 020 8548 5850  
MOBILE: 07958 307 657  
EMAIL: caroline.charles@stangelas-ursuline.co.uk  
WEBSITE: www.gll.org

**Newham Youngblood's Basketball Club** 

*(Club Mark Status)*  
Newham Leisure Centre,  
281 Prince Regent Lane, Plaistow E13 8SD  
AGE GROUP: 8-18 years  
CONTACT: Caroline Charles  
PHONE: 020 8548 5850  
MOBILE: 07958 307 657  
EMAIL: caroline.charles@stangelas-ursuline.co.uk  
WEBSITE: www.gll.org

**Play With Us**

Windsor Primary School,  
East Ham, Manor Way, Beckton E6 5NA  
AGE GROUP: 4-11 years  
CONTACT: Sola Adebisi  
MOBILE: 07886 262 509  
EMAIL: sola.playwithus@gmail.com

### **Siam Filipino Basketball Team**

Lister Community School,  
St Mary's Road, Plaistow E13 9AE

AGE GROUP: 18 years +

CONTACT: Noli Figueroa

PHONE: 020 8430 2484

MOBILE: 07951 480 888

EMAIL: noli9hotmail.com

### **Spitfires Basketball Club**

Leyton Youth Centre,  
Off High Road Leyton,  
Crawley Road, Leyton E10 6PY

AGE GROUP: 8-21 years

CONTACT: Trevor Griffiths

PHONE: 020 8555 3061

MOBILE: 07939 278 719

EMAIL: spitfiresbc@hotmail.co.uk

WEBSITE: www.spitfiresbc@hotmail.co.uk

### **Tita Belen's Basketball Team**

Lister Community School,  
St Mary's Road, Plaistow E13 9AE

AGE GROUP: 18+ Club

CONTACT: Reggie Bistos

PHONE: 020 8430 2484

## **BATON TWIRLING**

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### **Newham Twirlers**

Goresbrook Sports Centre,  
Ripple Road, Dagenham RM9 6XW

AGE GROUP: 5-21 years

CONTACT: Debbie Richardson

PHONE: 01277 810 269

### **Newham Twirlers**

Newham Leisure Centre,  
281 Prince Regent Lane, Plaistow E13 8SD

AGE GROUP: 5-21 years

CONTACT: Debbie Richardson

PHONE: 01277 810 269

## **BELLBOATING**

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### **Royal Victoria Docks Watersports Centre**

5 Tidal Basin Road,  
(Off Silvertown Way) E16 1AF

AGE GROUP: All ages

CONTACT: Kevin Ellis

PHONE: 020 7511 2326

EMAIL: kevin.ellis@newham.gov.uk

WEBSITE: www.newham.gov.uk

## **BOWLING**

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### **Hollywood Bowl**

Jenkins Lane, Barking IG11 0AD

AGE GROUP: All ages

CONTACT: Mick Rushman

PHONE: 020 8507 9494

EMAIL: hollywoodbowl@mbplc.com

WEBSITE: www.hollywoodbowl.co.uk

## **BOWLS**

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### **Ascension Short Mat Bowls Club**

Ascension Church,  
88 Baxter Road, Custom House E16 3HD  
AGE GROUP: 50+ years  
CONTACT: Sybil Nightingale  
PHONE: 020 7476 5268

### **Atherton Short Mat Bowls Club**

Newham Leisure Centre,  
281 Prince Regent Lane, Plaistow E13 8SD  
AGE GROUP: 50+ years  
CONTACT: R.J Willson  
PHONE: 020 7474 0752

### **Beckton Bowls Club**

Beckton Globe Centre,  
Tollgate Road, Beckton E6 5YA  
AGE GROUP: 50+ years  
CONTACT: Brian Winkworth  
PHONE: 020 8430 4041

### **Durning Hall Short Mat Bowls Club**

Durning Hall,  
Earlham Grove, Forest Gate E7 9AB  
AGE GROUP: 50-90 years  
CONTACT: Robert Wells  
PHONE: 020 8555 3084

### **East Ham Bowls Club**

Savage Gardens, East Ham E6 5PU  
AGE GROUP: 50+ years

### **Eastlea Short Mat Bowls Club**

Eastlea School, Exning Road,  
Canning Town E16 4ND  
AGE GROUP: 50+ years  
CONTACT: Pat Frost  
PHONE: 020 7476 1745

### **Forest Gate Short Mat Bowls Club**

Wooder Gardens, Forest Gate E7 9DQ  
AGE GROUP: 50+ years

### **Grove Short Mat Bowls Club**

49 Matcham Road, Leytonstone E11 3LE  
AGE GROUP: 50+ years  
CONTACT: K Rogers  
PHONE: 020 8534 4126

### **Hammers Short Mat Bowls Club**

The Hartley Centre,  
267 Barking Road, East Ham E6 1LB  
AGE GROUP: 50+ years  
CONTACT: John Mercer  
PHONE: 020 8472 6834

### **Plashet Park Bowling Club**

Plashet Grove,  
Plashet Park, East Ham E6 1AE  
AGE GROUP: 50+ years



### West Ham Short Mat Bowls

62 Stewart Road, Stratford E15 2BB

AGE GROUP: 50+ years

CONTACT: Andre Stalley

PHONE: 020 8555 0105

## **BOXING**

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### East Ham Boleyn ABC

East Ham Boleyn Working Men's Club,  
2 Boleyn Road, East Ham E6 3DP

AGE GROUP: 7+ years

CONTACT: Daniel Penny

MOBILE: 07958 124 144

### Fight For Peace

Woodman Street, North Woolwich E16 2LS

AGE GROUP: Females and 10+ years

CONTACT: Louise Brown

PHONE: 020 7474 0054

EMAIL: l.brown@fightforpeace.net

### Newham Boys Boxing Club

The Old Baths, Church Street,  
Stratford E15 1SE

AGE GROUP: 7-17 years

CONTACT: Ravinder Atwal

PHONE: 020 8519 5983

MOBILE: 07940 479 111

EMAIL: ranju.atwal@yahoo.co.uk

WEBSITE: www.newhamboysclub.co.uk

### Peacock ABC Amateur Boxing Club

Peacock Gym, Caxton Street North,  
Canning Town E16 1JL

AGE GROUP: 10-30 years

CONTACT: Andre Olley

PHONE: 020 7511 3799

MOBILE: 07745 834 565

EMAIL: admin@peacockgym.com

WEBSITE: www.peacockgym.com

### West Ham Boys Amateur Boxing Club

59-61 The Black Lion,  
High Street, Plaistow E13 0AD

AGE GROUP: 8+ years

CONTACT: Lianne Jameson

PHONE: 020 8472 3614

MOBILE: 07801 541 244

EMAIL: liannejameson@yahoo.com

WEBSITE: www.westhamboysabc.co.uk

### White Collar Boxing

Peacock Gym, Caxton Street North,  
Canning Town E16 1JL

AGE GROUP: 18+ years

CONTACT: Dominic Shepard

PHONE: 020 7511 3799

MOBILE: 07736 613 518

EMAIL: admin@peacockgym.com

WEBSITE: www.peacockgym.com

## **CANOEING**

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### Royal Victoria Dock Water Sport Centre

5 Tidal Road, (Off Silvertown Way) E16 1AF

AGE GROUP: Open

CONTACT: Kevin Ellis

PHONE: 020 7511 2326

EMAIL: kevin.ellis@newham.gov.uk

WEBSITE: www.newham.gov.uk

## **CHAIRBASED EXERCISE**

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### **The Well Centre**

49 Vicarage Road, East Ham E6 6DQ

AGE GROUP: 50+ years

CONTACT: Diana Laing-Wills

PHONE: 020 8586 7070

EMAIL: [diana.laing-wills@bonnydowns.org](mailto:diana.laing-wills@bonnydowns.org)

WEBSITE: [www.info@bonnydowns.org](http://www.info@bonnydowns.org)

## **CHEERLEADING**

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### **Ascension Eagles Cheerleaders**

Ascension Church Centre,

Baxter Road, Custom House E16 3HJ

AGE GROUP: 5-25 years

CONTACT: Shara Brice

MOBILE: 07866 612 610

EMAIL: [director@ascensioneagles.com](mailto:director@ascensioneagles.com)

WEBSITE: [www.ascensioneagles.com](http://www.ascensioneagles.com)

### **London Cheerleading Academy**

The Royal Docks Community School,

Prince Regents Lane, Custom House E16 3HS

AGE GROUP: 7-25 years

CONTACT: Angela Brown

EMAIL: [angela\\_aec@hotmail.com](mailto:angela_aec@hotmail.com)

WEBSITE: [www.cheerleading-academy.org.uk](http://www.cheerleading-academy.org.uk)

### **Newham All Stars Sport Academy**

Cumberland School, Barking Road E16 4DD

AGE GROUP: +11 years

CONTACT: Natasha Hart

PHONE: 020 8519 3961

EMAIL: [info@nassa2012.org.uk](mailto:info@nassa2012.org.uk)

WEBSITE: [www.nassa2012.org.uk](http://www.nassa2012.org.uk)

### **Portway Tornados Cheerleading**

Eastlea School, Exning Road,

Canning Town E16 4ND

AGE GROUP: 7-13 years

CONTACT: Sarah Hardy

MOBILE: 07908 254 350

EMAIL: [portwaytornadoes@yahoo.co.uk](mailto:portwaytornadoes@yahoo.co.uk)

## **CLIMBING**

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### **Climb London Adult Rock Club**

East Ham Leisure Centre,

324 Barking Road, East Ham E6 2RT

AGE GROUP: Adults

CONTACT: Mike George

PHONE: 020 8548 5850

WEBSITE: [www.gll.org](http://www.gll.org)

### **Climb London Courses and Workshops**

East Ham Leisure Centre,

324 Barking Road, East Ham E6 2RT

AGE GROUP: All ages

PHONE: 020 8548 5850

WEBSITE: [www.gll.org](http://www.gll.org)

### **Climb London Junior Rock Club**

East Ham Leisure Centre,  
324 Barking Road, East Ham E6 2RT  
AGE GROUP: Juniors  
CONTACT: Mike George  
PHONE: 020 8548 5850  
WEBSITE: [www.gll.org](http://www.gll.org)

### **COMMUNITY CENTRES (Funding)**

#### **Community Support Unit**

292 Barking Road, East Ham E6 3BA  
Age Group: All ages  
CONTACT: Lindsay Hiett  
PHONE: 020 8430 2486  
EMAIL: [lindsay.hiett@newham.gov.uk](mailto:lindsay.hiett@newham.gov.uk)  
WEBSITE: [www.newham.com](http://www.newham.com)

### **CRICKET**

#### **Cosmopolitan Athletic and Social Club**

524 High Street North, Manor Park E12 6QN  
AGE GROUP: All ages  
EMAIL: [casc.play-cricket.com](mailto:casc.play-cricket.com)

#### **East Ham Cricket Club**

43 Etchingam Road, Leyton E15 2DF  
AGE GROUP: All ages

#### **East London Cricket Club**

43 Ashgrove Road, Goodmayes,  
Ilford IG3 9XF  
AGE GROUP: All ages  
EMAIL: [inayatk@aol.com](mailto:inayatk@aol.com)  
WEBSITE: [www.eastlondoncc.play-cricket.com](http://www.eastlondoncc.play-cricket.com)

#### **Essex County Cricket Club**

The Ford County Ground, New Writtle  
Street, Chelmsford, Essex, CM2 0PG  
AGE GROUP: All ages  
CONTACT: Peter Motion  
PHONE: 01245 252 420  
EMAIL: [administration.essex@ecb.co.uk](mailto:administration.essex@ecb.co.uk)  
WEBSITE: [www.essexcricket.org.uk](http://www.essexcricket.org.uk)

#### **Forest Cricket Centre**

42 Dunbar Road, Forest Gate E7 9NQ  
AGE GROUP: All ages  
EMAIL: [forestcc80@hotmail.com](mailto:forestcc80@hotmail.com)  
WEBSITE: [www.forestcc.play-cricket.com](http://www.forestcc.play-cricket.com)

#### **Forest Gate Community Cricket Centre**

282 Hall Lane, Forest Gate E4 8HY  
AGE GROUP: All ages

#### **Marshes Cricket Club**

500 Green Street, Upton Park E13 9DB  
AGE GROUP: 9-60 years  
CONTACT: Salim Yasin  
PHONE: 020 8552 0711  
MOBILE: 07957 226 068  
EMAIL: [s\\_yasin@yahoo.com](mailto:s_yasin@yahoo.com)  
WEBSITE: [www.marshescricket.com](http://www.marshescricket.com)

#### **MF Trading Kothi CC**

82 Shakespeare Crescent,  
Manor Park E12 6LN  
AGE GROUP: All ages  
WEBSITE: [www.kothicc.play-cricket.com](http://www.kothicc.play-cricket.com)



### **Newham Cricket Club**

Flanders Field Sports Pavillion,  
Napier Road, East Ham E6 2SG

AGE GROUP: 10-16 years

CONTACT: Jeff Merrifield

PHONE: 020 8586 7070

EMAIL: jeff.merrifield@bonnydowns.org

WEBSITE: www.bonnydowns.org

### **Old Esthamiens Cricket Club**

60 Brisbane Road, Ilford, Essex, IG1 4SL

AGE GROUP: 16+ years

CONTACT: S Wilks

PHONE: 020 8554 3068

MOBILE: 07783 142 932

EMAIL: s.j.wilks@tiscali.co.uk

### **Salam (Taqwa) Cricket Club**

Forest Gate Community School,  
Forest Gate E7 0HR

AGE GROUP: 6-16 years

CONTACT: Mustaq Kidia

PHONE: 020 8514 6177

MOBILE: 07973 395 622

EMAIL: taqwacc@hotmail.co.uk

WEBSITE: www.taqwacc.play-cricket.com

### **Stratford Cricket Club**

220 Grange Road, Plaistow E13 0HB

AGE GROUP: All ages

### **The Lamb Cricket Club**

c/o 89c Antill Road, Bow E3 5BT

AGE GROUP: All ages

WEBSITE: www.thelamb.play-cricket.com

## **CYCLING**

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### **East London Cycle Speedway Club**

42 Witham Court,  
Thant Close, Leyton E10 5PJ

AGE GROUP: All ages

CONTACT: David Flemming

EMAIL: info@eastlondoncyclespeed-wayclub.com

WEBSITE:

www.eastlondoncyclespeed-wayclub.com

### **KidzHaven (St Mary's, Grassroots)**

St Phillips Parish Church,  
Webb Gardens, Plaistow E13 8SR

AGE GROUP: 5-11 years

CONTACT: Fola Akinmutande

PHONE: 020 8471 5820

MOBILE: 07751 370 605

EMAIL: kidzhaven03@aol.com

## **DANCE**

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### **Angels Dance**

*(Classical Modern Folk and Bhangra styles  
of dance for young people)*

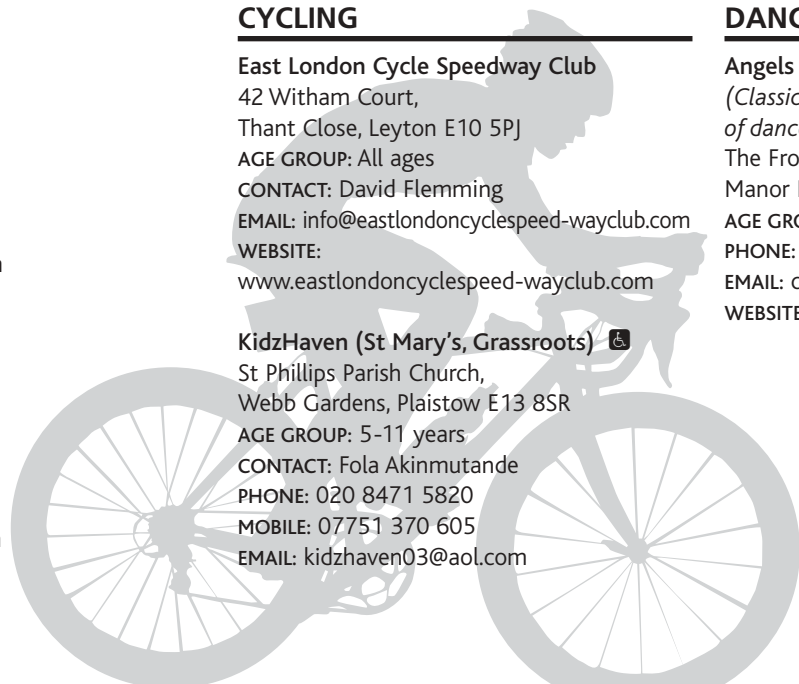
The Froud Centre, 1 Toronto Avenue,  
Manor Park E12 5JF

AGE GROUP: All ages

PHONE: 020 8478 2468

EMAIL: ceoenquiries@aston-mansfield.org.uk

WEBSITE: www.aston-mansfield.org.uk



**Anna's Indian Dance** 

*(Classical Indian Dance)*

The Froud Centre, 1 Toronto Avenue,  
Manor Park E12 5JF

AGE GROUP: All ages

CONTACT: Anna Moorthy

PHONE: 020 8503 5518

MOBILE: 07944 059 349

EMAIL: shantham@hotmail.com

WEBSITE: www.shantham.com

**Contemporary Dance**

Newham Community Education Service,  
Hamilton Road Centre, 1 Hamilton Road,  
West Ham E15 3AE

AGE GROUP: All ages

**Deborah Day Dance School** 


Newham Leisure Centre,  
281 Prince Regent Lane, Plaistow E13 8SD

AGE GROUP: 3-18 years

CONTACT: Deborah Day

PHONE: 020 7511 4477

WEBSITE: www.gll.org

**East London Dance** 

Stratford Circus, Theatre Square,  
Stratford E15 1BX

AGE GROUP: 11+ years, adults and 50+

CONTACT: Tomasz Zygmunt

PHONE: 020 8279 1050

EMAIL: office@eastlondondance.org.uk

WEBSITE: www.eastlondondance.org

**East London School of Dance** 

Durning Hall Centre, Earlham Grove,  
Forest Gate E7 9AB

AGE GROUP: 3-18 years

CONTACT: Helena West

PHONE: 020 8257 0543

MOBILE: 020 8536 3800

EMAIL: helena@bethanys.freeserve.co.uk

WEBSITE: www.fireflytheatrecompany.co.uk

**Estate Based Sports**

Various Venues in Newham,  
Newham Sports Development,  
292 Barking Road, East Ham E6 3BA

AGE GROUP: 8-19 years

CONTACT: Leon O'Sahon

PHONE: 020 8430 2470

MOBILE: 07795 666 578

EMAIL: leon.o'sahon@newham.gov.uk

WEBSITE: www.newham.com/2012games

**Irish Dance** 

Durning Hall Centre, Earlham Grove,  
Forest Gate E7 9AB

AGE GROUP: 4 to adults

CONTACT: Susan Murray

PHONE: 020 8536 3800

MOBILE: 07754 746 153

EMAIL: susan.murraymints@btinternet.com

WEBSITE: www.aston-mansfield.org.uk

**Manor Park School of Dance**

The Froud Centre, 1 Toronto Avenue,  
Manor Park E12 5JF

AGE GROUP: All ages

PHONE: 020 8478 2468

**Modern Ballet, Tap and Jazz, Drama,  
Speech, Singing**

7 Production Workshops

Durning Hall Centre, Earlham Grove,

Forest Gate E7 9AB

AGE GROUP: All ages

PHONE: 020 8505 2049

**Line Dancing**

The Well Centre,

Vicarage Lane, East Ham E6 6DQ

AGE GROUP: 50+ years

CONTACT: Diana Laing-Wills

PHONE: 020 8586 7070

EMAIL: diana.laing-wills@bonnydowns.org

WEBSITE: www.info@bonnydowns.org

**Peacock Dance Classes (Jazz)**

Peacock House, Caxton Street,

Canning Town E16 1JR

AGE GROUP: 3+ years

CONTACT: Claire Shephard

PHONE: 020 8592 4919

MOBILE: 07960 869 908

EMAIL: admin@peacockgym.com

WEBSITE: www.peacockgym.com

**Peacock Dance Classes (Modern)**

Peacock House, Caxton Street,

Canning Town E16 1JR

AGE GROUP: 3+ years

CONTACT: Claire Shephard

PHONE: 020 8592 4919

MOBILE: 07960 869 908

EMAIL: admin@peacockgym.com

WEBSITE: www.peacockgym.com

**Peacock Dance Classes (Street)**

Peacock House, Caxton Street,

Canning Town E16 1JR

AGE GROUP: 3+ years

CONTACT: Claire Shephard

PHONE: 020 8592 4919

MOBILE: 07960 869 908

EMAIL: admin@peacockgym.com

WEBSITE: www.peacockgym.com

**Peacock Dance Classes (Tap)**

Peacock House, Caxton Street,

Canning Town E16 1JR

AGE GROUP: 3+ years

CONTACT: Claire Shephard

PHONE: 020 8592 4919

MOBILE: 07960 869 908

EMAIL: admin@peacockgym.com

WEBSITE: www.peacockgym.com

**Pioneer School of Dance** 

*(Women Only)*

Woodgrange Park Community Centre,

Bluebell Avenue, Manor Park E12 6UJ

AGE GROUP: 18+ years

CONTACT: Chantal Joseph

MOBILE: 07949 166 653

EMAIL: pioneerdance@yahoo.com

**Salsa Dance**

Durning Hall Centre, Earlham Grove,

Forest Gate E7 9AB

AGE GROUP: All ages

PHONE: 020 8536 3800

EMAIL: ceoenquiries@aston-mansfield.org.uk

WEBSITE: www.aston-mansfield.org.uk



### Salsa Dance

The Well Centre, Vicarage Lane,  
East Ham E6 6DQ

AGE GROUP: 50+ years

CONTACT: Diana Laing-Wills

PHONE: 020 8586 7070

EMAIL: diana.laing-wills@bonnydowns.org

WEBSITE: www.info@bonnydowns.org

## **DISABILITY ATHLETICS CLUB**

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### East London Wheelchair Athletics Club

Mile End Park Leisure Centre,  
190 Burdett Road, London E3 4HL

AGE GROUP: 10+ years

CONTACT: Marianne Sharpe

MOBILE: 07984 815 760

## **DISABILITY FOOTBALL CLUB**

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### B1 Football Club

– Coached by Charlton Athletic Community  
Scheme and Tottenham Hotspur Foundation.

East Ham Leisure Centre,  
324 Barking Road, East Ham E6 2RT

AGE GROUP: 11 years+

CONTACT: Steven Bartlett

PHONE: 020 7717 1699

MOBILE: 07872 380 506

### West Ham Deaf Football Club

14 Windmill Heights, Billericay,  
Essex CM12 9QY

AGE GROUP: 16-40 years

CONTACT: Ian Reynolds

EMAIL: westhamdfc@hotmail.co.uk

WEBSITE: www.westhamdfc.co.uk

### West Ham United Power Wheelchair Football Club

Eastlea Community School,  
Exning Road, London E6 4ND

PHONE: 020 8430 2484

MOBILE: 07970 962420

AGE GROUP: 11+ years and adults

CONTACT: Andy Scott

EMAIL: ascott@westhamunited.co.uk

WEBSITE: www.whufc.com

## **DISABILITY GOALBALL CLUB IN NEWHAM**

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(Monthly)

### Brampton Manor School

Roman Road, London E6 3SQ


AGE GROUP: 8+ years and adults

CONTACT: Paul Archer

MOBILE: 07811 671 082

EMAIL: paul495@btinternet.com

## **DISABILITY MULTI-SPORTS**

Eastlea Sports Club for SEN  
and Disabled young people 

Eastlea Community School, Exning Road,  
Canning Town E16 4NP

AGE GROUP: 11-16 years

CONTACT: Martin Agyei

PHONE: 020 8430 2484

MOBILE: 07985 139 420

EMAIL: martin.agyei@eastlea.newham.sch.uk

**Newham Deaf Children's Society** 

285 Roman Road, East Ham E6 3SQ

AGE GROUP: All ages

CONTACT: Katie Blake

PHONE: 020 7476 6462

## **DISABILITY SPORTS**

Newham Association for  
Disabled People 

Earlham Grove, Forest Gate E7 9AB

AGE GROUP: All ages

PHONE: 020 85198595



## **DISABILITY SPORTS GOVERNING BODY**

London Sports Forum for  
Disabled People 

Unit 2B07, The Academy of Sport, physical  
activity and wellbeing,

London South Bank University,

Techno Park, 90 London Road, SE1 6LN

AGE GROUP: All ages

PHONE: 020 7717 1699

EMAIL: info@londonsportsforum.org.uk

WEBSITE: www.londonsportsforum.org.uk

## **DISABILITY SPORTS (MULTI- SPORTS CLUB AND SWIMMING)**

Multi-Sports Club 

Newham Leisure Centre,

281 Prince Regent Lane, Custom House,  
Plaistow E13 8SD

AGE GROUP: All ages

CONTACT: Peter Bruce

PHONE: 020 7511 4477

WEBSITE: www.gll.org

## **DISABILITY SWIMMING CLUB**

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### **Newham Otters Swimming Club**

Newham Leisure Centre,  
281 Prince Regent Lane, Custom House,  
Plaistow E13 8SD  
AGE GROUP: All ages  
CONTACT: Sandy Philbin  
PHONE: 020 8552 3195  
MOBILE: 07939 626 431  
WEBSITE: [www.gll.org](http://www.gll.org)

## **DISABILITY WATER SPORTS**

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### **British Disabled Water Ski Association**

*(Disability Club)*  
The Tony Edge Centre, Heron Lake,  
Hythe End, Wraysbury,  
Middlesex TW19 6HW  
AGE GROUP: All ages  
CONTACT: Steve Klima  
PHONE: 01784 483 664  
EMAIL: [info@bdwsa.org.uk](mailto:info@bdwsa.org.uk)  
WEBSITE: [www.bdwsa.org.uk](http://www.bdwsa.org.uk)

## **DRAGON BOAT RACING**

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### **Raging Dragons**

18 Blondin Street, Bow E3 2KR  
AGE GROUP: All ages  
CONTACT: Philip Chan  
MOBILE: 07958 970 356  
EMAIL: [info@ragingdragons.co.uk](mailto:info@ragingdragons.co.uk)  
WEBSITE: [www.ragingdragons.co.uk](http://www.ragingdragons.co.uk)

## **EQUESTRIAN**

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### **Aldersbrook Riding School and Livery Stables**

Empress Avenue, Manor Park E12 5HW  
AGE GROUP: All ages  
EMAIL: [contact@aldersbrookriding.co.uk](mailto:contact@aldersbrookriding.co.uk)  
WEBSITE: [www.aldersbrookriding.co.uk](http://www.aldersbrookriding.co.uk)

### **Newham Riding School and Association**

The Docklands Equestrian Centre,  
2 Claps Gate Lane, Beckton E6 4JF  
AGE GROUP: 5+ years - adults  
CONTACT: Maggie Cox  
PHONE: 020 7511 3917  
EMAIL: [nrsalkg@aol.com](mailto:nrsalkg@aol.com)

## **FENCING**

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### **Estate Based Sports**

Various Venues in Newham,  
Newham Sports Development,  
292 Barking Road, East Ham E6 3BA  
AGE GROUP: 8-19 years  
CONTACT: Leon O'Sahon  
PHONE: 020 8430 2470  
MOBILE: 07795 666 578  
EMAIL: [leon.o'sahon@newham.gov.uk](mailto:leon.o'sahon@newham.gov.uk)  
WEBSITE: [www.newham.com/2012games](http://www.newham.com/2012games)



**Newham Swords** 

Cumberland Sports College,  
Oban Close, London E13 8SJ

AGE GROUP: 4-18 years

CONTACT: Linda Strachan

MOBILE: 07956 618 898

EMAIL: [fencing@newhamswords.co.uk](mailto:fencing@newhamswords.co.uk)

WEBSITE: [www.newhamswords.co.uk](http://www.newhamswords.co.uk)

**Newham Swords** 

Forest Gate Youth Zone, Danes Road,  
Forest Gate E7 8QT

AGE GROUP: 4-18 years

CONTACT: Linda Strachan

MOBILE: 07956 618 898

EMAIL: [fencing@newhamswords.co.uk](mailto:fencing@newhamswords.co.uk)

WEBSITE: [www.newhamswords.co.uk](http://www.newhamswords.co.uk)

**Newham Swords** 

Kingsford Community School,  
Kingsford School, Beckton E6 5JG

AGE GROUP: 4 years-adults

CONTACT: Linda Strachan

MOBILE: 07956 618 898

EMAIL: [fencing@newhamswords.co.uk](mailto:fencing@newhamswords.co.uk)

WEBSITE: [www.newhamswords.co.uk](http://www.newhamswords.co.uk)

**Newham Swords** 

Lister Community School, St Mary's Road,  
Plaistow E13 9AE

AGE GROUP: 4 years-adults

CONTACT: Dave Savin

PHONE: 020 8430 2484

MOBILE: 07963 506 567

EMAIL: [fencing@newhamswords.co.uk](mailto:fencing@newhamswords.co.uk)

WEBSITE: [www.newhamswords.co.uk](http://www.newhamswords.co.uk)

**Salle Michael Joseph/  
Newham Fencing Club**

Stratford School, Upton Lane,  
Forest Gate E7 9LW

AGE GROUP: 11-90 years

CONTACT: Mike Joseph

MOBILE: 07867 912 014

EMAIL: [mikejosephbaf@aol.com](mailto:mikejosephbaf@aol.com)

WEBSITE: [www.newhamfencingclub.org.uk](http://www.newhamfencingclub.org.uk)

## **FITNESS**

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**Circuits** 

Langdon Specialist Sports College,  
Sussex Road, East Ham E6 2PS

AGE GROUP: 4-90 years


CONTACT: Weininger Irwin

PHONE: 020 8430 2484

MOBILE: 020 8252 3864

EMAIL: [info@bwrsa.org.uk](mailto:info@bwrsa.org.uk)

WEBSITE: [www.bwrsa.org.uk](http://www.bwrsa.org.uk)

**Carpenters and Docklands  
Community Centre** 

Gibbins Road, Stratford E15 2HU

AGE GROUP: All ages

CONTACT: Mick Foulger

PHONE: 020 8534 4121

EMAIL: [lorrainecavanagh@hotmail.com](mailto:lorrainecavanagh@hotmail.com)

### **Wanstead Park Over 40's Fitness Club**

4 Clavering Road, Wanstead E12 5EX

AGE GROUP: 40+ years

CONTACT: Gladys Graham

EMAIL: pwgraham3@aol.com

### **Weininger Resistance Sliding**

Langdon Specialist Sports College,

Sussex Road, East Ham E6 2PS

AGE GROUP: 4-90 years

CONTACT: Weininger Irwin

PHONE: 020 8430 2484

MOBILE: 020 8252 3864

EMAIL: info@bwrsa.org.uk

WEBSITE: www.bwrsa.org.uk

## **FOOTBALL (Air Football)**

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### **West Ham Park**

Upton Lane, London E7 9PU

AGE GROUP: 16+ years

CONTACT: Colm Whitty

PHONE: 020 8924 5722

MOBILE: 07944 000 823

EMAIL: airfootball@hotmail.co.uk

WEBSITE: www.airfootball.co.uk

## **FOOTBALL**

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### **Amis-BK Support Project**

Suite 124B, 291 Kirkdale,

Lewisham SE26 4QD

Age Group: All ages

Contact: Placide Bagalwa

### **Ascension Football Academy**

Baxter Road, Custom House E6 3HJ

AGE GROUP: 4-16 years

CONTACT: Louise Davis

WEBSITE: www.spiritcantica/afa/home.html

### **Ash-Shabab Youth Academy**

West Ham Park, Ham Park Road E7 9JP

AGE GROUP: 13-21 years

CONTACT: Mafuf Ahmed

MOBILE: 07949 849 259

EMAIL: ashabab@yahoo.co.uk

WEBSITE: www.ashabab.org

### **Asians in Football Project**

West Ham United Football Club,

Boleyn Ground, Green Street,

Upton Park E6 9AZ

AGE GROUP: 6-11 years

CONTACT: Andy Scott

MOBILE: 07970 962420

EMAIL: ascott@westhamunited.co.uk

WEBSITE: www.whufc.com

### **Barking and East Ham Youth Football Club**

49 Tylney Road, Forest Gate E7 0LY

AGE GROUP: All ages

CONTACT: Dee Sagar

EMAIL: newbarkingfc@btconnect.com

WEBSITE: www.barkingfc.co.uk

**Beckton Colts FC**

31 Coolfin Road, Beckton E16 3AW

AGE GROUP: All ages

**Brampton Colts FC**

186 Sandford Road, East Ham E6 3PX

AGE GROUP: All ages

**Canning Town FC**

64 Wellington Road, Wanstead E11 2AU

AGE GROUP: 16+ years

CONTACT: Terry Cordrey

PHONE: 020 8989 3345

MOBILE: 07970 102 741

EMAIL: terrycordrey@gmail.com

WEBSITE: www.canningtownfc.co.uk

**Carpenters and Docklands FC**

Carpenters and Docklands Community Centre,

Gibbins Road, Stratford E15 2HU

AGE GROUP: Adults only

CONTACT: Mick Foulger

PHONE: 020 8534 4121

EMAIL: lorrainecavanagh@hotmail.com

**Clapton FC**

Old Spotted Dog Ground,

Upton Lane, Forest Gate E7 9NP

AGE GROUP: 14-adults

CONTACT: Colin Walton

PHONE: Mobile: 07956 471 828

EMAIL: claptonfc@hotmail.com

**Clapton Youth**

Upton Lane, Forest Gate E7 9NP

AGE GROUP: All ages

**Daly Free Kicks Football Club (Girls only)**

Newham Sports Academy,

Prince Regent Lane, Plaistow E13 8SG

AGE GROUP: U14s and U16s

CONTACT: Karen Daly

MOBILE: 020 7540 6953

EMAIL: kdaly@newvic.ac.uk

**East Ham Baptist Football Club**

1 St Bartholomew's Road, East Ham E6 3BA

AGE GROUP: All ages

**East Ham Inter FC** 

Wanstead Flats, Harrow Road, Leyton E11

AGE GROUP: 16+ years

CONTACT: Ravinder Basi

PHONE: 020 8472 2460

**East Ham Working Men's Club**

Sussex Road, East Ham E6 2PS

AGE GROUP: All ages

**Eastlea Colts FC**

1 Albert Walk, North Woolwich E16 2JB

AGE GROUP: All ages

**East Thames Athletic Football Club**

16 Jacobs House, New City Road,

Plaistow E13 9LW

AGE GROUP: All ages



**Estate Based Sports** 

**(Asians in Football)**

Various Venues in Newham,  
Newham Sports Development,  
292 Barking Road, East Ham E6 3BA  
AGE GROUP: 8-19 years  
CONTACT: Leon O'Sahon  
PHONE: 020 8430 2470  
MOBILE: 07795 666 578  
EMAIL: leon.o'sahon@newham.gov.uk  
WEBSITE: www.newham.com/2012games

**Estate Based Sports** 

Various Venues in Newham,  
Newham Sports Development,  
292 Barking Road, East Ham E6 3BA  
AGE GROUP: 8-19 years  
CONTACT: Leon O'Sahon  
PHONE: 020 8430 2470  
MOBILE: 07795 666 578  
EMAIL: leon.o'sahon@newham.gov.uk  
WEBSITE: www.newham.com/2012games

**FC Vallacano**

12 Clifton Road, Canning Town E16 4PS  
AGE GROUP: All ages

**Flaminco FC**

Lister Community School, St Mary's Road,  
Plaistow E13 9AE  
AGE GROUP: Open 18+ Club  
CONTACT: Mark Clarke  
PHONE: 020 8430 2484

**Flanders Field Sports Pavillion** 

Napier Road, East Ham E6 2SG  
AGE GROUP: U9s, U14s and adults  
CONTACT: Peter Laing  
MOBILE: 07846 039 437  
EMAIL: peter.laing@bonnydowns.org

**Forest Gate Community Youth  
Sport Project** 

49 Tylney Road, Forest Gate E7 0LY  
AGE GROUP: 14-18 years  
CONTACT: Dewan Sagar  
MOBILE: 07950 493 650  
EMAIL: deesagar55@yahoo.co.uk  
WEBSITE: www.forestgatecysp.com

**Genesis FC**

8 Linton Gardens, Beckton E6 5SE  
AGE GROUP: 15-21 years  
CONTACT: Joe Toko  
MOBILE: 07921 339 919  
EMAIL: contact@genesisfc.co.uk  
WEBSITE: www.genesisfc.co.uk

**Gloryhouse Football Academy** 

2 Tabernacle Avenue, Plaistow E13 8EG

AGE GROUP: 4-18 years

CONTACT: Pastor Timothy Rabiou

PHONE: 020 7511 1188

EMAIL: footballacademy@gloryhouse.org.uk

WEBSITE: www.gloryhouse.org.uk

**Hollytree Football Club**

96 Steward Road, Stratford E15 2BB

AGE GROUP: All ages

**Ilford Town Football Club** 

Crickfields Stadium,

486 High Road, Ilford IG1 1UE

AGE GROUP: 7-40 years

CONTACT: Roger Chilvers

PHONE: 020 8514 8352

WEBSITE: www.ilfordfootballclub.co.uk

**Junior Hammers FC**

The Hartley Centre, 267 Barking Road,

East Ham E6 3BA

AGE GROUP: 7-13 years

CONTACT: H Hassan

PHONE: 020 8472 0058

EMAIL: carmela@hartleyca.org.uk

**Kalkaal Somali Youth**

Little Ilford School, Browning Road,

London E12 6ET

AGE GROUP: Club

CONTACT: Abdi

PHONE: 020 8478 8024/020 8430 2484

**Kerala Sports Club**

Powerleague Newham,

Norwegian Playing fields,

Jenkins Lane, London IG11 0AD

AGE GROUP: 8+, 10+, 16+ years

CONTACT: Jose Alexander

PHONE: 020 8552 2660

MOBILE: 07957 132 895

EMAIL: josealex131@hotmail.com

WEBSITE: www.kcauk.org

**Kidzhaven (St Mary's Grassroots)** 

St Phillips Parish Church,

Webb Gardens, Plaistow E13 8SR

AGE GROUP: 5-11 years

CONTACT: Fola Akinmutande

PHONE: 020 8471 5820


MOBILE: 07751 370 605

EMAIL: kidzhaven03@aol.com

**Lakeview Football Club**

25 Stokes Road, East Ham E6 3SD

AGE GROUP: All ages

**Leyton Orient Community  
Football Programme** 

SCORE Community Building,  
100 Oliver Road, Leyton E10 5JY  
AGE GROUP: 8-19 years  
CONTACT: Trevor East  
PHONE: 020 8556 5973  
EMAIL: enquiries@locsp.org  
WEBSITE: www.locsp.org

**Libra Arms Football Club**

202 Portway, Stratford E15 3QW  
AGE GROUP: All ages

**London APSA FC**

*- London's Finest Asian Footballers*  
Terence McMillan Stadium,  
281 Prince Regent Lane, Plaistow E13 8SD  
AGE GROUP: 15+ years  
CONTACT: Zahir Bashir  
PHONE: 020 7511 4477  
MOBILE: 07956 660 699  
EMAIL: zahir.bashir@barclays.com  
WEBSITE: www.aspafc.co.uk



**London APSA FC**

*- London's Finest Asian Footballers*  
Rokeby School, Pitchford Street,  
Stratford E15 4RZ  
AGE GROUP: 15+ years  
CONTACT: Zahir Bashir  
PHONE:  
MOBILE: 07956 660 699  
EMAIL: zahir.bashir@barclays.com  
WEBSITE: www.aspafc.co.uk

**London Cranes FC**

West Ham Park Ham, Park Road,  
Forest Gate E6 3DY  
AGE GROUP: 16+ years  
CONTACT: Abbey Sebyala  
PHONE: 07830 486 705  
EMAIL: info@londoncranes.com  
WEBSITE: www.londoncranes.com

**London United Football Academy** 

Forest Gate Community School,  
Forest Street, Forest Gate E7 OHR  
AGE GROUP: U14s, U17s and U20s  
CONTACT: Frank Bagalwa  
MOBILE: 07846 321 119  
EMAIL: londonunitedacademy@yahoo.co.uk  
WEBSITE: www.clubwebsite.co.uk/  
londonunitedfootballacademy

**Lotus Sports Club** 

40 Essex Road, Manor Park E12 6RE  
AGE GROUP: All ages  
CONTACT: Bala Arumugam  
MOBILE: 07930 914 477  
EMAIL: bala.arumugam2@tiscali.co.uk  
WEBSITE: www.lotussports.co.uk

**Manor Park United FC** 

38 Essex Road, Manor Park E12 6RE

AGE GROUP: All ages

CONTACT: Thinesh Chandrakumar

MOBILE: 07886 383 766 / 07946 845 528

EMAIL: tinz\_17@hotmail.com

WEBSITE: www.manorparkutd.com/

**Masano Sport FC**

Lower Unit 53C, North Woolwich Road,

Canning Town E16 2AA

AGE GROUP: 5-17 years

CONTACT: Donatien Doudou

PHONE: 020 7511 3333

EMAIL: masanotrust@yahoo.co.uk

**Newham All Stars Sport Academy** 

Wanstead Flats, Capel Road,

London E12

AGE GROUP: 8+ years

CONTACT: Danielle King

PHONE: 020 8519 3961

MOBILE: 07984 904 536

EMAIL: info@nassa2012.org.uk

WEBSITE: www.nassa2012.org.uk

**Newham Borough FC** 

Kingsford Community School,

1 Kingsford Way, Beckton E6 5JQ

AGE GROUP: 16+ years

CONTACT: George Lagkaditis

PHONE: 020 8310 3759

MOBILE: 07919 102 289

EMAIL: info@secprojects.org

WEBSITE: www.secprojects.org

**Newham Community Recycling (N.C.R)**

3 Alden Avenue, West Ham E15 3AQ

AGE GROUP: All ages

**Newham Football League**

106 Chant Street, Stratford E15 4RS

AGE GROUP: U9s, U10s, U11s, U12s,

U13s, U14s and U15s

CONTACT: Francis Bigg

PHONE: 020 8519 0561

MOBILE: 07956 428 512

EMAIL: francisbigg6@yahoo.co.uk

**Newham Ladies FC**

162 Lodge Avenue,

Dagenham, Essex, RM8 2JR

AGE GROUP: Over 16

CONTACT: Laura Bryant

MOBILE: 07961 105 574

EMAIL: laurabryant716@hotmail.com

**Newham Power League**

Powerleague Newham, Jenkins Lane,

London IG11 0AD

AGE GROUP: 16-60 years

CONTACT: Nicolas Nicolaou

PHONE: 020 8591 0111

EMAIL: newham@powerleague.co.uk

WEBSITE: www.powerleague.co.uk

**Newham Rangers**

21 Vanguard Close, Canning Town E16 1PN

AGE GROUP: 7-25 years

CONTACT: Lot Olamide

PHONE: 020 7476 2905

MOBILE: 07956 124 385

EMAIL: newhamrangersfc@hotmail.co.uk

WEBSITE: www.newhamrangersfc

**Newham Royals FC**

37 Wanslip Road, Plaistow E13 8QR

AGE GROUP: All ages

**Newham Warriors Youth Football Club**

Community Links, Wanstead Flats,  
Capel Road, Forest Gate E7 5NE

AGE GROUP: 10-15 years U18s adults

CONTACT: Tony Davis

MOBILE: 07956 398 494

EMAIL: dadsnlads@yahoo.co.uk

WEBSITE: www.dadsnlads.org

**Newham United FC**

Davis Street, Plaistow E13 9EE

AGE GROUP: Adults

CONTACT: Alan Griffin

MOBILE: 07939 788 048

EMAIL: newhamunited@btinternet.com

WEBSITE: www.Newhamunited.co.uk

**Newventus FC**

9 Shrewsbury Road, Forest Gate E7 8AJ

AGE GROUP: All ages

**Old Estonians Football Club**

78 Cavendish Road, Highams Park E4 9NH

AGE GROUP: 16+ years

CONTACT: Jon Widdows

PHONE: 020 8279 0225

**Old Ludlows FC**

28 Watford Road, Canning Town E16 3QU

AGE GROUP: All ages

**Peacock FC**

Peacock House, Caxton Street North,  
London E16 1JL

AGE GROUP: Under 15 years

CONTACT: Johnathan Turner

MOBILE: 07508 622 069

EMAIL: admin@peacockgym.com

WEBSITE: www.peacockgym.com

**Plasht Grove Football Club** 

140 Milton Avenue, East Ham E6 1BL

AGE GROUP: 6-16 years

CONTACT: Sazid Asmal

PHONE: 07740 027 377

EMAIL: sazid.asmal@hotmail.com

**Pro Hawks**

84 Harold Road, Plaistow E13 0SG

Age Group: All ages

**Pro Star Football Club**

Memorial Park, Memorial Avenue,  
West Ham E15 3AQ

AGE GROUP: 7-16 years

CONTACT: Wayne Alison

PHONE: 020 8552 9321

MOBILE: 07956 517 329

EMAIL: alisonwayne@hotmail.com

WEBSITE: wprostar@aol.com

**PSV Bacchus**

5 Leytonstone Road, Stratford E15 1LG

AGE GROUP: All ages

**Ramgarhia Sikh Sports**

Lister Community School, St Mary's Road,  
Plaistow E13 9AE

AGE GROUP: Open

CONTACT: Pritan

PHONE: 020 8430 2484



**Rippleway Association**

Brampton Manor School,  
Roman Road, London E6 3SQ

AGE GROUP: U7s to U18s

CONTACT: Kevin Millar

PHONE: 020 747 41523

EMAIL: r.millar@sky.com

WEBSITE: www.rippleway.co.uk

**Rippleway Association**

Langdon Specialist Sports College,  
Sussex Road, East Ham E6 2PS

AGE GROUP: U7s to U18s

CONTACT: Kevin Millar

PHONE: 020 747 41523

EMAIL: r.millar@sky.com

WEBSITE: www.rippleway.co.uk

**Rosslyn Royals FC**

9 Marquis Court, 213 Longbridge Road,  
Barking IG1 18UA

AGE GROUP: All ages

**Royal Falcons FC**

Various Venues in Newham

AGE GROUP: 6 years - adults

CONTACT: Gary Ransome

PHONE: 020 7511 5810

**Salam Football Club**

Forest Gate Community School,  
Forest Gate E7 0HR

AGE GROUP: 6-16 years

CONTACT: Mustaq Kidia

PHONE: 020 8514 6177

MOBILE: 07973 395 622

EMAIL: taqwacc@hotmail.co.uk

WEBSITE: www.taqwacc.play-cricket.com

**Silvertown Sovereign FC**

134 Windsor Terrace, Beckton E6 6LE

AGE GROUP: All ages

**Somali Families Development Project** 

Community Links,

105 Barking Road, Canning Town E16

AGE GROUP: 6-13 years

CONTACT: Abdigani Yusuf

PHONE: 020 747 63610

MOBILE: 07985 692 134

EMAIL: somalifdp@aol.com

**Sombrit Youth Football Club** 

Memorial Park, Hermit Road, London

AGE GROUP: 10-15 years

CONTACT: Mohamed Farah

PHONE: 020 7476 3949

EMAIL: sombrit@hotmail.co.uk

**South East Circular AFC** 

Kingsford Community School,  
1 Kingsford Way, Beckton E6 5JQ

AGE GROUP: 16+ years

CONTACT: George Lagkaditis

PHONE: 020 8310 3759

MOBILE: 07919 102 289

EMAIL: info@secprojects.org

WEBSITE: www.secprojects.org

**Southside Youth FC**

8 Burford Road, East Ham E15 1LX

**St Anthony's Football Club**

7 Empress Avenue, Manor Park E1 2FET

AGE GROUP: All ages

CONTACT: Paul Murphy

EMAIL: paul.m.murphy@bt.com

**St.Georges West Ham Football Club**

63 Mitcham Road, East Ham E6 3LT

AGE GROUP: All ages

**St Johns After School Project** 

Albert Road North, North Woolwich E16 2JB

AGE GROUP: 5-11 years

CONTACT: Jimi Oshin

PHONE: 020 7476 9933

EMAIL: wasssssuuuuup@hotmail.com

**Stonewall Football Club**

115 Chobham Road, Stratford E15 1LX

AGE GROUP: All ages

**Stratford FC**

14 Vicarage Road, West Ham E15 4HD

AGE GROUP: All ages

**Streetleague** 

Carpenters and Docklands Centre,  
98 Gibbons Road, Stratford E15 2HU

AGE GROUP: 16+ years

CONTACT: Rachel Zipfel

PHONE: 020 8536 5330

EMAIL: rachel.zipfel@streetleague.co.uk

WEBSITE: www.streetleague.co.uk

**Surreal United**

12a Woodford Road, Forest Gate E7 0HA

AGE GROUP: All ages

**The Newham Futsal League** 

Little Ilford School, Browning Road,  
Manor Park E12 6ET

AGE GROUP: 16+ years

CONTACT: Darren Watson

PHONE: 020 8430 2484 / 0208 430 2489

EMAIL: darren.watson@newham.gov.uk

WEBSITE: www.newham.com

**Waltham Forest FC**


Wadham Lodge, Kitchener Road,  
Walthamstow E17 4JP

AGE GROUP: All ages

CONTACT: Andy Perkins

WEBSITE:

www.wearethestagsonline.blogspot.com

**West Ham Deaf Football Club**   
**(Disability Club)**

14 Windmill Heights,  
Billericay, Essex, CM12 9QY

AGE GROUP: 16-40 years

CONTACT: Ian Reynolds

EMAIL: westhamdfc@hotmail.co.uk

WEBSITE: www.westhamdfc.co.uk

**West Ham Lane FC**

59 Devenay Road, Stratford E15 4AZ

AGE GROUP: All ages


**West Ham United Football Club** 

Boleyn Ground, Green Street,  
Upton Park, E6 9AZ

AGE GROUP: All ages

WEBSITE: www.whufc.co.uk



**West Ham United in the Community**   
60a Albatross Close,  
Off Woolwich Manor Way, Beckton E6 5NX  
AGE GROUP: All ages  
CONTACT: Andrew Morgan  
PHONE: 020 7473 7729  
EMAIL: community@westhamunited.co.uk  
Website: www.whufc.com

**West Ham United Power Wheelchair  
Football Club**   
*(Disability Club)*  
Eastlea Community School, Exning Road,  
London E6 4ND  
AGE GROUP: 11+ years and adults  
CONTACT: Andy Scott  
MOBILE: 07970 962420  
EMAIL: ascott@westhamunited.co.uk  
WEBSITE: www.whufc.com

**Unity Park FC**  
28 Chargeable Street, Canning Town E16 4JZ  
AGE GROUP: All ages

**Vicarage Wanderers Football Club**  
57 Germander Way, West Ham E5 3AB  
AGE GROUP: All ages

**YOT Twilight Football Session**   
Kingsford Community School,  
Beckton E6 5JG  
AGE GROUP: 16-21 years  
CONTACT: Leon O'Sahon  
PHONE: 020 8430 2470  
MOBILE: 07795 666 578  
EMAIL: leon.o'sahon@newham.gov.uk  
WEBSITE: www.newham.com/2012games

## **GOALBALL CLUB**

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*(Monthly Disability Club)*  
**Brampton Manor School,**   
Roman Road, London E6 3SQ  
AGE GROUP: 8+ years and adults  
CONTACT: Paul Archer  
PHONE: 020 8430 2484

## **GOLF**

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**Lee Valley Leisure Complex**  
Picketts Lock Golf Course, Meridian Way,  
Edmonton N9 0AR  
AGE GROUP: All ages  
CONTACT: R Gerkin  
PHONE: 020 8803 3611

**Royal Epping Forest Golf Club**  
Forest Approach, Station Road,  
Chingford E4 7AZ  
AGE GROUP: All ages

**Wanstead Golf Club**   
Overton Drive, Wanstead E11 2LW  
AGE GROUP: 8+ years  
CONTACT: Keith Jones  
PHONE: 020 8989 3938  
EMAIL: wgclub@aol.com  
WEBSITE: www.wansteadgolf.org.uk

## GOVERNING BODIES

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### ARCHERY

**The Grand National Archery Society** 

Lilleshall National Sports Centre,  
Nr Newport, Shropshire TF10 9AT


AGE GROUP: All ages

PHONE: 01952 677 888

EMAIL: enquires@gnas.org

WEBSITE: www.gnas.org

### ATHLETICS

**UK Athletics** 

Athletics House, Central Boulevard,  
Blythe Valley Park, Solihull,  
West Midlands B90 8AJ


AGE GROUP: All ages

PHONE: 0121 713 8400

EMAIL: information@ukathletics.org.uk

WEBSITE: www.ukathletics.net/

### BADMINTON

**Badminton England** 

National Badminton Centre,  
Loughton Lodge, Bradwell Road,  
Milton Keynes, Buckinghamshire MK8 9LA

AGE GROUP: All ages

PHONE: 01908 268 400

EMAIL: Badminton England

WEBSITE: www.badmintonengland.co.uk

### BASEBALL SOFTBALL UK

**Ariel House** 


74a Charlotte Street, London W1T 4QJ

AGE GROUP: All ages

PHONE: 020 7453 7055

WEBSITE: www.britishbaseball.org

### BASKETBALL

**British Basketball Federation** 

PO Box 3971, Sheffield S9 3TW

AGE GROUP: All ages

PHONE: 0131 5399666

EMAIL: info@british-basketball.co.uk

WEBSITE: www.british-basketball.co.uk

### BOXING

**Amateur Boxing Association of England**

The English Institute of Sport,  
Coleridge Road, Sheffield S9 5DA


AGE GROUP: All ages

PHONE: 01142 235 654.

EMAIL: hq@abae.org.uk

WEBSITE: www.abae.org.uk

### CANOE (Sprint and Slalom)

**British Canoe Union** 

16 Market Place, Bingham, Notts NG13 8AP

AGE GROUP: All ages

PHONE: 08453 709 500

EMAIL: info@bcu.org.uk

WEBSITE: www.bcu.org.uk

### CRICKET

**England and Wales Cricket Board** 

Lords Cricket Ground, St Johns Road,  
London NW8 8QZ

AGE GROUP: All ages

PHONE: 020 7432 1200

WEBSITE: www.ecb.co.uk

## CRICKET

### Essex County Cricket Club

The Ford County Ground, New Writtle Street,  
Chelmsford, Essex CM2 0PG

AGE GROUP: All ages

PHONE: 01245 252 420

WEBSITE: [www.essexcricket.org.uk](http://www.essexcricket.org.uk)

## CYCLING

### British Cycling

National Cycling Centre, Stuart Street,  
Manchester M11 4DQ

AGE GROUP: All ages

PHONE: 08708 712 000

EMAIL: [info@britishcycling.org.uk](mailto:info@britishcycling.org.uk)

WEBSITE: [www.britishcycling.org.uk](http://www.britishcycling.org.uk)

## DISABILITY SPORTS

### L.S.F for Disabled People

Unit 2B07, The Academy of Sport,  
Physical Activity and Wellbeing,  
London South Bank University, Techno Park,  
90 London Road, London SE1 6LN

AGE GROUP: All ages

PHONE: 020 7717 1699

EMAIL: [info@londonsportsforum.org.uk](mailto:info@londonsportsforum.org.uk)

WEBSITE: [www.londonsportsforum.org.uk](http://www.londonsportsforum.org.uk)

## EQUESTRIAN

### British Equestrian Federation

Stoneleigh, Kenilworth, Warwickshire CV8 2LR

AGE GROUP: All ages

PHONE: 02476 698 871

EMAIL: [info@bef.co.uk](mailto:info@bef.co.uk)

WEBSITE:

[www.bef.co.uk/www.equestrianteamgbr.com](http://www.bef.co.uk/www.equestrianteamgbr.com)

## FENCING

### British Fencing Association

1 Baron's Gate, 33/35 Rothschild Road,  
London W4 5HT

AGE GROUP: All ages

PHONE: 020 8742 3032

WEBSITE: [www.britishfencing.com](http://www.britishfencing.com)

## FOOTBALL

### Football Association

25 Soho Square, London W1D 4FA

AGE GROUP: All ages

PHONE: 020 7745 4545

WEBSITE: [www.thefa.com](http://www.thefa.com)

## FOOTBALL

### London Football Association

11 Hurlingham Business Park, Sullivan Road,  
Fulham SW6 3DU

AGE GROUP: All ages

PHONE: 08707 743 010

EMAIL: [info@londonfa.com](mailto:info@londonfa.com)

WEBSITE: [www.londonfa.com](http://www.londonfa.com)

## GOLF

### English Golf Union

The National Golf Centre, The Broadway,  
Woodhall Spa, Lincolnshire LN10 6PU


AGE GROUP: All ages

PHONE: 01526 354 500

EMAIL: [cwagstaff@englishgolfunion.org](mailto:cwagstaff@englishgolfunion.org)

WEBSITE: [www.englishgolfunion.org](http://www.englishgolfunion.org)

## GOLF

**Essex Golf Union** 

2d Maldon Road, Witham, Essex CM8 2AB

AGE GROUP: All ages

PHONE: 01376 500 998

WEBSITE: [www.essexgolfunion.org](http://www.essexgolfunion.org)

## GYMNASTICS

**British Gymnastics** 

Ford Hall, Lillishall National Sports Centre,  
Newport, Shropshire TF10 9NB


AGE GROUP: All ages

PHONE: 01952 820 330

EMAIL: [information@british-gymnastics.org](mailto:information@british-gymnastics.org)

WEBSITE: [www.british-gymnastics.org](http://www.british-gymnastics.org)

## HANDBALL

**British Handball Association** 

40 Newchurch Road, Rawtenstall, Rosendale,  
Lancashire BB4 7QX


AGE GROUP: All ages

PHONE: 01706 229 354

EMAIL: [office@britishhandball.com](mailto:office@britishhandball.com)

WEBSITE: [www.britishhandball.com](http://www.britishhandball.com)

## HOCKEY

**Great Britain Hockey Limited** 


Bisham Abbey, NSCNr Marlow,  
Bucks SL7 1RT

AGE GROUP: All ages

PHONE: 01628 470630

WEBSITE: [www.greatbritainhockey.co.uk](http://www.greatbritainhockey.co.uk)

## HORSE RIDING

**British Horse Society** 

Stoneleigh Deer Park, Kenilworth,  
Warwickshire CV8 2XZ

AGE GROUP: All ages

PHONE: 01926 707 700

WEBSITE: [www.bhs.uk](http://www.bhs.uk)

## JUDO

**British Judo Association** 

Suite B, Loughborough Technology Centre,  
Epinal Way, Loughborough,  
Leicestershire LE11 3GE


AGE GROUP: All ages

PHONE: 01509 631 670

EMAIL: [bj@britishjudo.org.uk](mailto:bj@britishjudo.org.uk)

WEBSITE: [www.britishjudo.org.uk](http://www.britishjudo.org.uk)

## MARTIAL ARTS

**Amateur Martial Arts Association** 

66 Chaddesden Lane, Derby DE21 6LP

AGE GROUP: All ages

PHONE: 01332 663 086

WEBSITE: [www.amauk.co.uk](http://www.amauk.co.uk)

## MODERN PENTATHALON

**Modern Pentathlon Association of GB** 


Norwood House, University of Bath,  
Claverton Down, Bath BA2 7AY

AGE GROUP: All ages

PHONE: 01225 386 808

WEBSITE: [www.mpagb.org.uk/](http://www.mpagb.org.uk/)

## ORIENTEERING

**British Orienteering Association** 

8a Stancliffe House, Darley Dale,  
Matlock, Derbyshire DE4 2HJ


AGE GROUP: All ages

PHONE: 01629 734 042

EMAIL: [info@britishorienteering.co.uk](mailto:info@britishorienteering.co.uk)

WEBSITE: [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)

## ORIENTEERING

**British Schools Orienteering Association** 

BSOA Membership Secretary,  
55 Bruce Road, Kidderminster DY10 2TY


AGE GROUP: All ages

PHONE: 01562 631 561

EMAIL: [info@bsoa.org](mailto:info@bsoa.org)

WEBSITE: [www.bsoa.org](http://www.bsoa.org)

## OUTDOOR EDUCATION

**Duke of Edinburgh's Award** 

Hamilton Road Centre,  
1 Hamilton Road, Stratford, London


AGE GROUP: All ages

PHONE: 020 7473 0395

EMAIL: [moel.forrest@newham.gov.uk](mailto:moel.forrest@newham.gov.uk)

WEBSITE: [www.theaward.org/london](http://www.theaward.org/london)

## ROWING

**Amateur Rowing Association** 

The Priory, 6 Lower Mall,  
Hammersmith W6 9DJ

AGE GROUP: All ages

PHONE: 08700 607 100

EMAIL: [info@ara-rowing.org](mailto:info@ara-rowing.org)

WEBSITE: [www.ara-rowing.org](http://www.ara-rowing.org)

## RUGBY

**British Amateur Rugby League Association** 

West Yorkshire House, 4 New North Parade,  
Huddersfield, West Yorkshire HD1 5JP


AGE GROUP: All ages

PHONE: 01484 544 131

EMAIL: [info@barla.org.uk](mailto:info@barla.org.uk)

WEBSITE: [www.barla.org.uk](http://www.barla.org.uk)

## RUGBY

**Rugby Football Union** 

Rugby House, Rugby Road, Twickenham,  
Middlesex TW1 1DZ

AGE GROUP: All ages

PHONE: 0870 405 2000

WEBSITE: [www.rfu.com](http://www.rfu.com)

## SAILING

**Royal Yachting Association** 

RYA House, Ensign Way, Hamble SO31 4YA


AGE GROUP: All ages

PHONE: 02380 604100

EMAIL: [sail@isaf.co.uk](mailto:sail@isaf.co.uk)

WEBSITE: [www.rya.org.uk](http://www.rya.org.uk)

## SHOOTING

**British Shooting** 


Edmonton House, Bisley Camp, Brookwood,  
Woking, Surrey GU24 0NP

AGE GROUP: All ages

PHONE: 01483 486 948

WEBSITE: [www.britishshooting.org.uk](http://www.britishshooting.org.uk)

## SHOW JUMPING

**British Show Jumping Association** 


National Agriculture, Stonleigh Park,  
Kenilworth, Warwickshire CV8 2LR

AGE GROUP: All ages

PHONE: 02476 698 800

WEBSITE: [www.bsja.co.uk](http://www.bsja.co.uk)

## SOFTBALL

**British Softball Federation** 

c/o BaseballSoftballUK, Ariel House,  
74a Charlotte Street, London W1T 4QJ

AGE GROUP: All ages

PHONE: 020 7453 7055

WEBSITE: [www.baseballsoftballuk.com](http://www.baseballsoftballuk.com)

## SPORT ENGLAND




3rd Floor, Victoria House,  
Bloomsbury Square, London WC1B 4SE

AGE GROUP: All ages

PHONE: 020 7273 1551

WEBSITE: [www.sportengland.org](http://www.sportengland.org)

## SWIMMING (Diving, Water Polo, Synchronised Swimming)

**Amateur Swimming Association** 

Harold Fern House, Derby Square,  
Loughborough, Leicestershire LE11 0AL


AGE GROUP: All ages

PHONE: 01509 618 700

EMAIL: [customerservices@swimming.org](mailto:customerservices@swimming.org)

WEBSITE: [www.britishswimming.org](http://www.britishswimming.org)

## TABLE TENNIS

**British Table Tennis Federation Ltd** 

Harwood House, 90 Broadway,  
Letchworth, Herts SG6 3PH

AGE GROUP: All ages

PHONE: 01462 671 191

EMAIL: [alex@harwoodltd.co.uk](mailto:alex@harwoodltd.co.uk)

## TAEKWONDO

**British Taekwondo Control Board (WTF)** 

3 Riverside Way, Mansfield Woodhouse,  
Mansfield, Nottinghamshire NG19 8JB

AGE GROUP: All ages

PHONE: 01623 656 025

WEBSITE: [www.btcb.org.uk](http://www.btcb.org.uk)

## TENNIS

**Essex County Lawn Tennis Association** 

(Essex County LTA),  
Redbridge Sports Centre, Forest Road,  
Barkingside, Essex, IG6 3HD


AGE GROUP: All ages

PHONE: 020 8502 6364

EMAIL: [www.essex.totaltennis.net](http://www.essex.totaltennis.net)

WEBSITE: [www.lta.org.uk](http://www.lta.org.uk)

## TENNIS

**Lawn Tennis Association** 


The National Tennis Centre,  
100 Priors Lane, Roehampton SW15 5JQ

AGE GROUP: All ages

PHONE: 020 8487 7000

WEBSITE: [www.lta.org.uk](http://www.lta.org.uk)

## TRAMPOLINING

**British Trampoline Federation** 


Ford Hall, Lilleshall NSC, Newport,  
Shropshire TF10 9NE

AGE GROUP: All ages

EMAIL: [information@british-gymnastics.org](mailto:information@british-gymnastics.org)

WEBSITE: [www.british-gymnastics.org](http://www.british-gymnastics.org)

## TRIATHLON

**British Triathlon Association** 

PO Box 25, Loughborough LE11 3WX


AGE GROUP: All ages

PHONE: 01509 226161

EMAIL: [info@britishtriathlon.org](mailto:info@britishtriathlon.org)

WEBSITE: [www.britishtriathlon.org](http://www.britishtriathlon.org)

## VOLLEYBALL

**British Volleyball Federation** 

Suite B, Loughborough Technology Park,  
Epinal Way, Loughborough,  
Leicestershire LE11 3GE

AGE GROUP: All ages


PHONE: 01509 631 699

EMAIL: [info@volleyballengland.org](mailto:info@volleyballengland.org)

WEBSITE: [www.volleyballengland.org](http://www.volleyballengland.org)

## WEIGHTLIFTING

**British Amateur Weightlifting**

**Association** 

Lilleshall National Sports Centre,  
Nr Newport, Shropshire TF10 9AT

AGE GROUP: All ages

PHONE: 01952 604201

WEBSITE: [www.bwla.co.uk](http://www.bwla.co.uk)

## WRESTLING

**British Amateur Wrestling Association** 


41 Great Clowes Street, Salford,  
Manchester M7 9RQ

AGE GROUP: All ages

PHONE: 0161 832 9209

WEBSITE: [www.britishwrestling.org](http://www.britishwrestling.org)

## YACHTING

**Royal Yachting Association** 


RYA House, Ensign Way, Hamble SO31 4YA

AGE GROUP: All ages

PHONE: 0845 345 0400

WEBSITE: [www.rya.org.uk](http://www.rya.org.uk)

## YOGA

**The British Wheel of Yoga** 

25 Jermyn Street, Sleaford,  
Lincolnshire LN4 3SU

AGE GROUP: All ages

PHONE: 01529 306 851

EMAIL: [office@bwy.org.uk](mailto:office@bwy.org.uk)

WEBSITE: [www.bwy.org.uk](http://www.bwy.org.uk)

## GRANTS FOR VOLUNTARY ORGANISATIONS

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### Community Support Unit

292 Barking Road, East Ham E6 3BA

AGE GROUP: All ages

CONTACT: Stephen Collins

PHONE: 020 8430 2433

EMAIL: [stephen.collins@newham.gov.uk](mailto:stephen.collins@newham.gov.uk)

WEBSITE: [www.newham.com](http://www.newham.com)

## GYMNASTICS

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### East London Gymnastics Club

*(Club Mark Status)*

Frobisher Road, Beckton E6 5LW

AGE GROUP: 3+- adults

CONTACT: Lorraine Atkinson

PHONE: 020 7511 4488

EMAIL: [eastlondongym@aol.com](mailto:eastlondongym@aol.com)

WEBSITE: [www.eastlondongym.co.uk](http://www.eastlondongym.co.uk)

## HANDBALL

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### Eastlea Community School

Exning Road, Canning Town E16 4ND

AGE GROUP: 11-16 years and adults

CONTACT: Martin Agyei

PHONE: 020 7540 0400

MOBILE: 07963 984 981

EMAIL: [martin.agyei@eastlea.newham.sch.uk](mailto:martin.agyei@eastlea.newham.sch.uk)

### Estate Based Sports

Various Venues in Newham,

292 Barking Road, East Ham E6 3BA

AGE GROUP: 8-19 years

CONTACT: Leon O'Sahon

PHONE: 020 8430 2470

MOBILE: 07795 666 578

EMAIL: [leon.o'sahon@newham.gov.uk](mailto:leon.o'sahon@newham.gov.uk)

WEBSITE: [www.newham.com/2012games](http://www.newham.com/2012games)

### Leyton Orient Community Programme

SCORE Community Building,  
100 Oliver Road, Leyton E10 5JY

AGE GROUP: 8-19 years

CONTACT: Miriam Pupalova

PHONE: 020 8556 5973

MOBILE: Email: [mirium.pupa@locsp.org](mailto:mirium.pupa@locsp.org)

WEBSITE: [www.locsp.org](http://www.locsp.org)

### Stratford Handball Club

Stratford School, Upton Lane,  
London E7 9PR

AGE GROUP: 11-16 years

CONTACT: Miriam Pupalova

PHONE: 020 8471 2415

MOBILE: 07963 984 981

EMAIL: [mirium.pupa@locsp.org](mailto:mirium.pupa@locsp.org)

WEBSITE: [www.locsp.org](http://www.locsp.org)



### **Stratford Handball Club (Adults)**

Stratford School, Upton Lane,  
London E7 9PR

AGE GROUP: 11-16 years

CONTACT: Miriam Pupalova

PHONE: 020 8471 2415

MOBILE: 07963 984 981

EMAIL: mirium.pupa@locsp.org

WEBSITE: www.locsp.org

## **HEALTH AND ACTIVITY**

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### **Cardiac Rehabilitation**

Healthy Living and Sport,  
292 Barking Road, East Ham E6 3BA

AGE GROUP: 16+ years

CONTACT: Sharon Blaize

PHONE: 020 8430 2462

EMAIL: sharon.blaize@newham.gov.uk

WEBSITE: www.newham.gov.uk

### **Chronic Obstructive Pulmonary Disease**

Healthy Living and Sport,  
292 Barking Road, East Ham E6 3BA

AGE GROUP: 16+ years

CONTACT: Sharon Blaize

PHONE: 020 8430 2462

EMAIL: sharon.blaize@newham.gov.uk

WEBSITE: www.newham.gov.uk

### **Exercise Referral Scheme**

Healthy Living and Sport,  
292 Barking Road, East Ham E6 3BA

AGE GROUP: 16+ years

CONTACT: Sharon Blaize

PHONE: 020 8430 2462

EMAIL: sharon.blaize@newham.gov.uk

WEBSITE: www.newham.gov.uk

### **HEALTH AND ACTIVITY (MEND)**

**Addressing Mind, Exercise, Nutrition**  
Healthy Living and Sport,

292 Barking Road, East Ham E6 3BA

AGE GROUP: 7-11 years

CONTACT: Darren English

PHONE: 020 8430 6628

EMAIL: darren.english@newham.gov.uk

WEBSITE: www.newham.gov.uk

## **HOCKEY**

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### **East London Hockey Club**

Drapers Field, Corner of Leyton High Road  
and Temple Mills Lane, London E15 2EN

AGE GROUP: 14+ years

CONTACT: Elizabeth Du Toit

MOBILE: 07903 331 490

EMAIL: elhockeyclub@hotmail.com

WEBSITE: www.elhockeyclub.co.uk

### **Plashet Hockey Club**

*(Field Hockey)*

Robert Clack Leisure Centre, Gosfield Road,  
Dagenham, Essex, RM1 1JU

AGE GROUP: 7-40 years

CONTACT: Ajay Singh Khera

MOBILE: 07883 339 652

EMAIL: plashethc@hotmail.co.uk

WEBSITE: www.plashethc.co.uk

### **Ramgarhia Hockey Club**

Barrington Playing Fields, Millaia Avenue,  
Manor Park E12 6JR

AGE GROUP: 12+ years

CONTACT: Hardev Sira

MOBILE: 07785 777 724

EMAIL: sirahardev@hotmail.com

WEBSITE: www.ramghariahc.com



**Redbridge and Ilford Hockey Club** 

Redbridge Sports Centre, Forest Road,  
Barkingside IG6 3HD

AGE GROUP: 5-70 years

CONTACT: Samantha Menear

PHONE: 01708 700 040

MOBILE: 07714 237 722

EMAIL: samantha.menear@ntlworld.com

WEBSITE: www.redbridgehockey.co.uk

## ICE SKATING

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**Romford Ice Arena**

Rom Valley Way, Romford, Essex, RM7 OAE

AGE GROUP: All ages

CONTACT: Melanie Smith

PHONE: 01708 724 731

EMAIL: romfordicearena@btinternet.com

WEBSITE: www.romfordicearena.co.uk

## JUDO

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**Hartley Judo Club**

The Hartley Centre,  
267 Barking Road, East Ham E6 3BA

AGE GROUP: 10+ years

CONTACT: Ronald Glander

PHONE: 020 8552 6512

MOBILE: 07941 359 788

EMAIL: info@hartleyca.org.uk

WEBSITE: www.hartleyca.org.uk

**Stratford Judo Club** 

Carpenters and Docklands Centre,  
Gibbins Road, Stratford E15 2HU

AGE GROUP: 5-60 years

CONTACT: Mick Foulger

PHONE: 020 8471 2706

MOBILE: 07774 739 739

EMAIL: stratfordjudo@hotmail.com

WEBSITE: www.stratfordjudo.com

## KARATE

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**Black Belt Academy** 

Newham Leisure Centre,  
281 Prince Regent Lane,  
Plaistow E13 8SD

AGE GROUP: 5- adults

CONTACT: Master Mackey

PHONE: 020 7511 4477

WEBSITE: www.gll.org

**Bryant St.Tang SooDo Club**

Bryant St. Centre, Bryant Street,  
Stratford E15 4RU

AGE GROUP: 6-60 years

CONTACT: D Griffiths

PHONE: 020 8556 5020

MOBILE: 07752 844 229

WEBSITE: www.uktsdf.org.uk

**Children's Karate**


YMCA Centre, Tollgate Road, Beckton E6 5YA

AGE GROUP: 5+ years

CONTACT: Dean Ince


PHONE: 01277 362 104

**Durning Hall Community Centre**  
Earlham Grove, Forest Gate E7 9AB  
AGE GROUP: All ages  
PHONE: 020 8281 4713  
EMAIL: ceoenquiries@aston-mansfield.org.uk  
WEBSITE: www.aston-mansfield.org.uk

**East Ham Ishinryu Karate Club**   
The Hartley Centre, 267 Barking Road,  
East Ham E6 1LB  
AGE GROUP: 7 years - adults  
CONTACT: Janice Francis Irwin  
MOBILE: 07818 000 643  
EMAIL: janice@goodmayes-ishinryu.com  
WEBSITE: www.goodmayes-ishinryu.com

**Estate Based Sports**   
Various Venues in Newham,  
Newham Sports Development,  
292 Barking Road, East Ham E6 3BA  
AGE GROUP: 8-19 years  
CONTACT: Leon O'Sahon  
PHONE: 020 8430 2470  
MOBILE: 07795 666 578  
EMAIL: leon.o'sahon@newham.gov.uk  
WEBSITE: www.newham.com/2012games

**Forest Gate Higashi**  
133 Ardmore Lane, Buckhurst Hill,  
Essex, IG9 5SB  
AGE GROUP: 8-60 years  
CONTACT: Peter Spanton  
PHONE: 020 8281 4713  
EMAIL: pete@higashi.org.uk  
WEBSITE: www.higashi.org.uk

**Gendia-Ryu Karate Association**   
East Ham Leisure Centre,  
Barking Road, East Ham E6 2RT  
AGE GROUP: 6+ years  
CONTACT: Molly Samuels  
PHONE: 020 855 25523  
MOBILE: 07961 883 850  
EMAIL: molly.samuel1@btinternet.com

**Islamic Circles Karate Club**   
The Froud Centre, 1 Toronto Avenue,  
Romford Road, Manor Park E12 5JF  
AGE GROUP: All ages  
PHONE: 020 8478 2468  
EMAIL: ceoenquiries@aston-mansfield.org.uk  
WEBSITE: www.aston-mansfield.org.uk

**Kaizen Ryu**  
Lister Community School,  
St Mary's Road, Plaistow E13 9AE  
AGE GROUP: 5+ years upwards  
CONTACT: Indran Tanabalan  
MOBILE: 07743 764 234  
WEBSITE: www.kaizenryu.com

**Karate Club**  
The Froud Centre, 1 Toronto Avenue,  
Romford Road, Manor Park E12 5JF  
AGE GROUP: All ages  
PHONE: 020 8478 2468  
EMAIL: ceoenquiries@aston-mansfield.org.uk  
WEBSITE: www.aston-mansfield.org.uk

**Karate Jiko-Ryu**  
St Marks Church, Community Centre,  
Tollgate Road, Beckton E6 5YA  
AGE GROUP: All ages



### **Kenshuki**

Lister Community School,  
St Mary's Road, Plaistow E13 9AE

AGE GROUP: 5+ years - adults

CONTACT: Demetri Emelianov

MOBILE: 07789 961 674

WEBSITE: [www.kenshukai.net](http://www.kenshukai.net)

### **Newham Ishinryu Karate Club**

Newham Leisure Centre,  
281 Prince Regent Lane, Plaistow E13 8SD

AGE GROUP: 5-50 years

CONTACT: Helen Pree

PHONE: 020 8514 1611 or 020 8472 0058

EMAIL: [helenpree@btinternet.com](mailto:helenpree@btinternet.com)

### **Peacock Karate Club**

Peacock House, Caxton Street,  
Canning Town E16 1JR

AGE GROUP: 5-75 years

CONTACT: Tom Enright

MOBILE: 07957 555 463

EMAIL: [tom@peacockgym.com](mailto:tom@peacockgym.com)

WEBSITE: [www.peacockgym.com](http://www.peacockgym.com)

### **Poon Dojo School of Martial Excellence**

St Francis Church Hall, Grove  
Crescent Road, Stratford E15 1NS

AGE GROUP: 6+ years

CONTACT: Ko Poon

MOBILE: 07944 052 201

EMAIL: [ko@mywebspace.co.uk](mailto:ko@mywebspace.co.uk)

WEBSITE: [www.poondojo.com](http://www.poondojo.com)

### **Rapid Arnis Martial Arts/Karate/Academy**

3rd Floor Unit A, 22 Marshgate Lane,  
Stratford E15 2NH

AGE GROUP: All ages

### **Sei Shin Ryu Junior Karate**

The Hub, 123 Star Lane,  
Canning Town E16 4PZ

AGE GROUP: 4-18 years

CONTACT: Shaira Adams

MOBILE: 07952 915 302

EMAIL: [thehub@ndfc.co.uk](mailto:thehub@ndfc.co.uk)

WEBSITE: [www.karlfinn.co.uk](http://www.karlfinn.co.uk)

### **Sei Shin Ryu Junior Karate**

Wanstead Leisure Centre,  
Redbridge Lane, London E11 2JS

AGE GROUP: 4-18 years

CONTACT: Shaira Adams

MOBILE: 07952 915 302

EMAIL: [thehub@ndfc.co.uk](mailto:thehub@ndfc.co.uk)

WEBSITE: [www.karlfinn.co.uk](http://www.karlfinn.co.uk)

### **Shotokan Karate**

East London Gymnastics Club,  
Frobisher Road, Beckton E6 4LX

AGE GROUP: 6+ years

CONTACT: Celal Akgul

PHONE: 020 7473 6212 / 020 7511 4488

EMAIL: [eminakgul1988@yahoo.com](mailto:eminakgul1988@yahoo.com)

WEBSITE: [www.eastlondongym.co.uk](http://www.eastlondongym.co.uk)

### Shotokan Karate

Newham Leisure Centre,  
281 Prince Regent Lane, Plaistow E13 8SD  
AGE GROUP: 4-18 years  
CONTACT: Mr Jungbahadoor  
MOBILE: 07966 566582

### Shuhari Kai Karate club

The Froud Centre, 1 Toronto Avenue,  
Manor Park E12 5JF  
AGE GROUP: 5+ years  
CONTACT: Richard Burridge  
PHONE: 020 8478 2468  
MOBILE: 07850 253 998  
EMAIL: burridgeok@aol.com  
WEBSITE: www.shuhari.co.uk

### Shuhari-Kai Karate Club

Trinity Hall, East Avenue, East Ham E12 5JF  
AGE GROUP: 5+ years  
CONTACT: Richard Burridge  
PHONE: 020 8478 2468  
MOBILE: 07850 253 998  
EMAIL: burridgeok@aol.com  
WEBSITE: www.shuhari.co.uk

### Tang Soo Karate

Bryant Street Centre,  
Bryant Street, Stratford E15 4RU  
AGE GROUP: 5+ years  
CONTACT: John Heslop  
PHONE: 020 8556 5020  
EMAIL: ceoenquiries@aston-mansfield.org.uk  
WEBSITE: www.aston-mansfield.org.uk

### Tang Soo Karate

Durning Hall Community Centre,  
Earlham Grove, Forest Gate E7 9AB  
AGE GROUP: All ages  
EMAIL: ceoenquiries@aston-mansfield.org.uk  
WEBSITE: www.aston-mansfield.org.uk

### TKO Karate

Atherton Leisure Centre,  
189 Romford Road, Stratford E15 4JF  
AGE GROUP: 7-15 years and 16-65 years  
CONTACT: Tyrone Whyte  
PHONE: 020 8522 1998  
MOBILE: 07946 066 828  
EMAIL: tyrone@thetshirtprinters.com

### TKO Karate

Subco Community Centre,  
49 Plashet Road, London E7 9HZ  
AGE GROUP: 7-15 years and 16-65 years  
CONTACT: Tyrone Whyte  
PHONE: 020 8522 1998  
MOBILE: 07946 066 828  
EMAIL: tyrone@thetshirtprinters.com

## KEEP FIT

### Advanced Class

The Froud Centre, 1 Toronto Avenue,  
Manor Park E12 5JF  
AGE GROUP: All ages  
PHONE: 020 8478 2468  
EMAIL: ceoenquiries@aston-mansfield.org.uk  
WEBSITE: www.aston-mansfield.org.uk

### Keep Fit for Over 16's

The Froud Centre, 1 Toronto Avenue,  
Manor Park E12 5JF

AGE GROUP: Over 16's

CONTACT: Lynn

PHONE: 020 8599 9288 or 020 8478 2468

EMAIL: ceoenquiries@aston-mansfield.org.uk

WEBSITE: www.aston-mansfield.org.uk

### Keep Fit For Women Over 60

The Froud Centre, 1 Toronto Avenue,  
Manor Park E12 5JF

AGE GROUP: Over 60's

CONTACT: Gladys Graham

PHONE: 020 8989 5770 or 020 8536 3800

EMAIL: ceoenquiries@aston-mansfield.org.uk

WEBSITE: www.aston-mansfield.org.uk

### Islamic Circles Keep Fit Club

The Froud Centre, 1 Toronto Avenue,  
Manor Park E12 5JF

AGE GROUP: All ages

PHONE: 020 8478 2468

EMAIL: ceoenquiries@aston-mansfield.org.uk

WEBSITE: www.aston-mansfield.org.uk

## KICKBOXING

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### Chinese Kickboxing

Sarah Bonnell School, Deanery Lane,  
Stratford E15 4LP

AGE GROUP: Over 14 years

CONTACT: Jane Frew

PHONE: 01375 391 642

MOBILE: 07989 661 263

EMAIL: jfrew2001@yahoo.co.uk

WEBSITE:

www.alphaglen.co.uk/ilf-strat\_tai\_chi.htm

### East London Muay Thai Kickboxing

Staunch Gym, Rokeby School Sports Hall,  
Pitchford Street, Stratford E15 1JZ

AGE GROUP: Children and adults

CONTACT: Simon and Colin

MOBILE: 07949 431 259 or 07931 446 164

EMAIL: staunchmuaythai@hotmail.co.uk

### London Thai Fighters

#### – Muay Thai – Boxing – Kickboxing

Peacock Gym, Peacock House,  
Caxton Street North, Canning Town E16 1JL

AGE GROUP: 8-12 years and 12-35 years

CONTACT: Paul Marchent

PHONE: 020 7476 8427

MOBILE: 07985 252 644

EMAIL: info@londonthaifighters.co.uk

WEBSITE: www.londonthaifighters.co.uk

### Muay Thai Kickboxing

#### – East London Muay Thai

Newham Leisure Centre,  
281 Prince Regent Lane, Plaistow E13 8SD

AGE GROUP: Children and adults

CONTACT: Simon Batty

MOBILE: 07949 431 259

EMAIL: eastlondonmuaythai@yahoo.co.uk

### Kickboxing/Self Defence Group

Peacock Gym, Peacock House,  
Caxton Street North, Canning Town E16 1JL

AGE GROUP: 10-80 years

CONTACT: Chris McNeesh

PHONE: 020 7511 3799

MOBILE: 07900 461 129

EMAIL: chrisgmcneesh@talktime.net

WEBSITE: www.aston-mansfield.org.uk

### Shpresa Programme Kick Boxing

*(Albanian speakers)*

Durning Hall, Earlam Grove,

Forest Gate E7 9AB

AGE GROUP: All ages

CONTACT: Joe Olu

MOBILE: 07915 238 224

EMAIL: ceoenquiries@aston-mansfield.org.uk

WEBSITE: www.aston-mansfield.org.uk

## **KUNG FU**

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### A.S.C.M.A.S. Shaolin Kung Fu

Durning Hall, Earlam Grove,

Forest Gate E7 9AB

AGE GROUP: All ages

CONTACT: Edwin Hector

MOBILE: 07845 274 642

EMAIL: realaction2002@yahoo.co.uk

WEBSITE: www.aston-mansfield.org.uk

### Cuong Trinh Wing Chun Kung-Fu

East London Rugby Club, Holland Road,

West Ham E15 3BP

AGE GROUP: 16+ years

CONTACT: Cuong Trinh

MOBILE: 07515 833 855

EMAIL: cuongtrinh-wingchun@hotmail.com

WEBSITE: www.cuongtrinh-wingchun.co.uk

### Choy Leefut

Flanders Community Centre,

Napier Road, East Ham, London

AGE GROUP: 5+ years-adults

CONTACT: Hin Chong

PHONE: 020 8472 4020

MOBILE: 07884 035 361

EMAIL: chongnong@hotmail.com

WEBSITE:

### East London Lau Gar Kung Fu

YMCA Beckton, St Marks Centre,

Tollgate Road, Beckton E6 5YA

AGE GROUP: All ages

### Kung for Women Only

Sarah Bonnell School,

Deanery Lane, Stratford E15 4LP

AGE GROUP: Over 14 years

CONTACT: Jane Frew

PHONE: 01375 391 642

MOBILE: 07989 661 263

EMAIL: jfrew2001@yahoo.co.uk

WEBSITE:

www.alphaglen.co.uk/ilf-strat\_tai\_chi.htm

### Nong Xing Kwoon Martial Arts

Durning Hall, Earlam Grove,

Forest Gate E7 9AB

AGE GROUP: 5+ years to adults

CONTACT: Hin-Chong

MOBILE: 07884 035 361

EMAIL: nxswushu@hotmail.com

WEBSITE: www.aston-mansfield.org.uk

### Praying Mantis Kung Fu

Winsor Park Community School,

Winsor Park, Beckton, E6 5NA

AGE GROUP: All ages

## LEISURE CENTRES

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### Atherton Leisure Centre

189 Romford Road, Stratford E15 4JF

AGE GROUP: All ages

PHONE: 020 8536 5500

WEBSITE: [www.gll.org](http://www.gll.org)

### Balam Leisure Centre

Balaam Street, Plaistow E13 8AQ

AGE GROUP: All ages

PHONE: 020 7476 5274

WEBSITE: [www.gll.org](http://www.gll.org)

### East Ham Leisure Centre

324 Barking Road, East Ham E6 2RT

AGE GROUP: All ages

PHONE: 020 8548 5850

WEBSITE: [www.gll.org](http://www.gll.org)

### Newham Leisure Centre

281 Prince Regents Lane, Plaistow E13 8SD

AGE GROUP: All ages

PHONE: 020 7511 4477

WEBSITE: [www.gll.org](http://www.gll.org)

## MARTIAL ARTS

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### Applied Shaolin Concepts and Mixed Martial Arts Strategies

Durning Hall Community Centre,  
Earlham Grove, Forest Gate E7 9AB

AGE GROUP: 7- adults

CONTACT: Shifu Edwin Hector - Jnr

MOBILE: 07845 274 642

EMAIL: [realaction2002@yahoo.co.uk](mailto:realaction2002@yahoo.co.uk)

WEBSITE: [www.yahogroups-\(realaction2002\)](http://www.yahogroups-(realaction2002))

### Beckton Praying Mantis Kung Fu School

*(Chinese Martial Arts)*

Beckton Community Centre,  
18 Watwall, Beckton E6 6WG

AGE GROUP: 12-16 years/adults

CONTACT: Elvis Gentles

PHONE: 020 8596 0217

EMAIL: [elvis.gentles@sky.com](mailto:elvis.gentles@sky.com)

### Fighting Fit School of Combat

27 Romford Road, Stratford E15 4LF

AGE GROUP: 8+ years

CONTACT: Paul Whitrod

PHONE: 020 8471 7130

MOBILE: 07702 594 398

EMAIL: [paulwhitrod@yahoo.co.uk](mailto:paulwhitrod@yahoo.co.uk)

WEBSITE: [www.martialartschannel.co.uk](http://www.martialartschannel.co.uk)

### Internation Sun Kunedo

Newham Leisure Centre,  
281 Prince Regents Lane,  
Plaistow E13 8SD

AGE GROUP: All ages

CONTACT: Steve Joseph

PHONE: 020 7511 4477

EMAIL: [infor@sunkunedo.com](mailto:infor@sunkunedo.com)

WEBSITE: [www.gll.org](http://www.gll.org)

### Jko Gym Martial Arts Programme

Pundersons Gardens, Bethnal Green E2 9RU

AGE GROUP: All ages

CONTACT: Patrick Roberts

EMAIL: [patrickroberts635@hotmail.com](mailto:patrickroberts635@hotmail.com)/  
[jacko@alijacko.com](mailto:jacko@alijacko.com)

WEBSITE: [www.jkpromotions.tv/](http://www.jkpromotions.tv/)

[www.goshin-jujitsu.co.uk](http://www.goshin-jujitsu.co.uk)

### **Ju-Jitso**

Carpenters and Docklands Community Centre,  
Gibbins Road, Stratford E15 2HU

AGE GROUP: 5-60 years

CONTACT: Mick Foulger

PHONE: 020 8534 4121

EMAIL: lorrainecavanagh@hotmail.com

### **Nong Xing Kwoon Martial Arts**

Durning Hall Community Centre,  
Earlham Grove, Forest Gate E7 9AB

AGE GROUP: 5+ years to adults

CONTACT: Hin-Chong

MOBILE: 07884 035 361

EMAIL: nxswushu@hotmail.com

### **Peacock Gym Mixed Martial Arts**

Peacock Gym, Peacock House,  
Caxton Street North, Canning Town E16 1JL

AGE GROUP: All ages

CONTACT: Paul Marchent

PHONE: 020 7511 3799

MOBILE: 07985 252 644

EMAIL: info@londonthaifighters.co.uk

WEBSITE: www.londonthaifighters.com

### **Poon Dojo School of Martial Excellence**

St Francis Church Hall, Grove Crescent Road,  
Stratford E15 1NS

AGE GROUP: 6+ years

CONTACT: Ko Poon

MOBILE: 07944 052 201

EMAIL: ko@mywebspaces.co.uk

WEBSITE: www.poondojo.com

### **Sayokan**

The Hartley Centre,  
267 Barking Road, East Ham E6 1LB

AGE GROUP: All ages

PHONE: 020 8472 0058

### **Shaolin Gong Fu City**

Newham Leisure Centre,  
281 Prince Regent Lane, Plaistow E13 8SD

AGE GROUP: 5+ - adults

CONTACT: Shifu Browne

PHONE: 020 7511 4477

MOBILE: 07966 566 582

EMAIL: gongfucity@hotmail.co.uk

WEBSITE: www.shaolingongfucity.com

### **Shuhari Martial Arts**

The Froud Centre,  
1 Toronto Avenue, Manor Park E12 5JF

AGE GROUP: All ages

EMAIL: ceoenquiries@aston-mansfield.org.uk

WEBSITE: www.aston-mansfield.org.uk

### **Tae Kwon Do/Kickboxing Club**

Atherton Leisure Centre,  
189 Romford Road, Stratford E15 4JF

AGE GROUP: All ages

CONTACT: Charles Hinterleuthner

PHONE: 020 8536 5500

MOBILE: 07951 356 667

WEBSITE: www.gll.org

### Tang Soo

The Froud Centre, 1 Toronto Avenue,  
Manor Park E12 5JF

AGE GROUP: All ages

PHONE: 020 7511 4477

EMAIL: ceoenquiries@aston-mansfield.org.uk

WEBSITE: www.aston-mansfield.org.uk

### Tang Soo Do

*(Korean)*

Durning Hall Community Centre,  
Earlham Grove, Forest Gate E7 9AB

AGE GROUP: All ages

EMAIL: ceoenquiries@aston-mansfield.org.uk

WEBSITE: www.aston-mansfield.org.uk

## MOTORCYCLE

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### Docklands Riders

The Laings Training Centre,  
Woolwich Manor Way, London E16 2QY

AGE GROUP: 6-17 years

CONTACT: Dylan Evans

PHONE: 020 7473 4434

EMAIL: info@docklandsriders.org.uk

WEBSITE: www.docklandsriders.org.uk

## MULTI-SPORTS

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### Arc in the Park

Hermit Road Recreation Ground,  
Bethell Avenue, Canning Town E16 4JT

AGE GROUP: 5-14 years

CONTACT: Mike Crim

PHONE: 020 7511 4253

MOBILE: 07917 043 960

EMAIL: mike.crim@community-links.org

WEBSITE: www.community-links.org

### Beckton Powerleague

Norwegian Playing Fields,  
Jenkins Lane, Beckton IG11 0AD

AGE GROUP: 9+ years

CONTACT: Jordon Mcgarvie

PHONE: 020 8591 0111

EMAIL: newham.web@powerleague.co.uk

### Bonnydowns Community Association

The Well Centre,  
49 Vicarage Road, East Ham E6 6DQ

AGE GROUP: 4-16 years

CONTACT: Jeff Merrifield

PHONE: 020 8586 7070

EMAIL: jeff.merrifield@bonnydowns.org

WEBSITE: www.bonnydowns.org

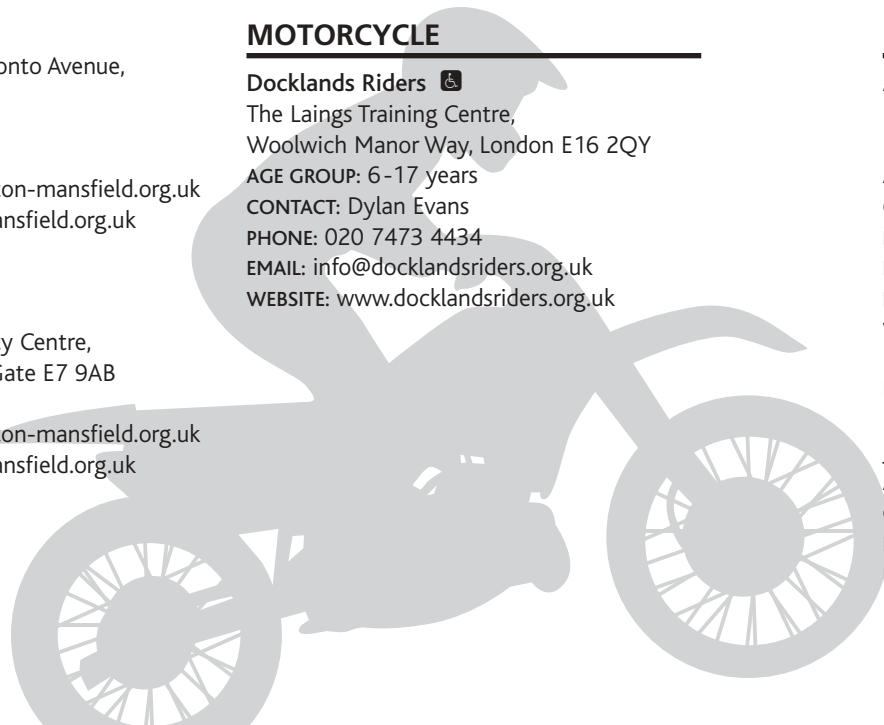
### East Ham Leisure Centre


324 Barking Road, East Ham E6 2RT

AGE GROUP: All ages

PHONE: 020 8548 5850

WEBSITE: www.gll.org



**Eastlea Sports Club for SEN  
and Disabled Young People** 

*(Disability Club)*

Eastlea School, Exning Road,  
Canning Town E16 4ND

AGE GROUP: 11-16 years

CONTACT: Lee Johnson

PHONE: 020 8430 2484 / 020 8430 2492

EMAIL: lee.johnson@newham.gov.uk

**Estate Based Sports** 

Various venues in Newham,  
Newham Sports Development,  
292 Barking Road, East Ham E6 3BA

AGE GROUP: 8-19 years

CONTACT: Leon O'Sahon

PHONE: 020 8430 2470

MOBILE: 07795 666 578

EMAIL: leon.o'sahon@newham.gov.uk

WEBSITE: www.newham.com/2012games

**Ironworks Community Sports**

Star Park, Star Lane,  
Canning Town E16 4QH

AGE GROUP: 3+ years

CONTACT: Gerry Diver

MOBILE: 07973 153 030

EMAIL: coachgfd@aol.com

**Leyton Orient Community Sports  
Programme** 

SCORE Complex,  
100 Oliver Road, Leyton E10 5JY


AGE GROUP: 8-19 years

CONTACT: Trevor East

PHONE: 020 8556 5973

EMAIL: enquiries@locsp.org

WEBSITE: www.locsp.org

**Newham Association for Disabled People**   
*(Disability Club)*

Earlham Grove, Forest Gate E7 9AB

AGE GROUP: All ages

PHONE: 020 85198595

**Newham Deaf Children's Society** 

285 Roman Road, East Ham E6 3SQ

AGE GROUP: All ages

CONTACT: Katie Blake

PHONE: 020 7476 6462

**Newham Leisure Centre**   
*(Disability Club)*

281 Prince Regents Lane, Plaistow E13 8SD

AGE GROUP: 7-11 years

CONTACT: Peter Bruce

PHONE: 020 7511 4477

WEBSITE: www.gll.org

**Newham Sports Academy with  
Tessa Sanderson** 

The Old Dispensary,  
30 Romford Road, Stratford E15 4BZ

AGE GROUP: 12+ years

CONTACT: Richard Webb

PHONE: 020 9430 2012

EMAIL: richard.webb@newham.gov.uk

WEBSITE: www.newham.com

**Patiko Bakers Fort Project**

St Barts Church and Centre,  
292B Barking Road, East Ham E6 3BA

AGE GROUP: 10-16 years 16-21years

CONTACT: Julie Akello

PHONE: 020 8552 6714

MOBILE: 07950 138 315

EMAIL: patikobfp@aol.com

### **Ramgarhia Sikh Sports**

Barrington Playing Fields,  
Millaia Avenue, Manor Park E12 6JH

AGE GROUP: All ages

CONTACT: Pawinder Sabharwal

MOBILE: 07958 505 114

EMAIL: patikobfp@aol.com

WEBSITE: www.ramgarhiasikhsports.com

### **St Johns After School Project**

Albert Road, North Woolwich E16 2JB

AGE GROUP: 5-12 years

CONTACT: Olujimi Oshin

PHONE: 020 7476 9933

EMAIL: stjohnscc60@hotmail.com

### **Vicarage Primary School**

Vicarage Lane, East Ham E6 6AD

AGE GROUP: 5+ years and adults

CONTACT: Jeff Merrifield

PHONE: 020 8586 7070

Email: jeff.merrifield@bonnydowns.org

WEBSITE: www.bonnydowns.org

### **MUSIC and MOVEMENT**

The Well Centre 

49 Vicarage Road, East Ham E6 6DQ

AGE GROUP: 50+ years

CONTACT: Diana Laing-Wills

PHONE: 020 8586 7070

EMAIL: diana.laing-wills@bonnydowns.org

WEBSITE: www.info@bonnydowns.org

### **NETBALL (Academy)**

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#### **Essex Satellite Academy**

Langdon Specialist Sports College,  
Sussex Road, East Ham E6 2PS

AGE GROUP: 12+ years

CONTACT: Lesley Jones

PHONE: 020 8471 2411

MOBILE: 07717 281 529

EMAIL: lesleyjones28@btopenworld.com

#### **Langdon Netball Club**

Langdon Specialist Sports College,  
Sussex Road, East Ham E6 2PS

AGE GROUP: 7 years - adults

CONTACT: Melrose Richards

PHONE: 020 8471 2411

MOBILE: 07921 912 711

### **Mixed Netball**

Carpenters and Docklands Community Centre,  
Gibbins Road, Stratford E15 2HU

AGE GROUP: Mixed and women's

CONTACT: Mick Foulger

PHONE: 020 8534 4121 / 0208 534 8444

EMAIL: lorrainecavanagh@hotmail.com

### **NETBALL (League)**

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#### **ONE NETBALL UK**

Carpenters and Docklands Community Centre,  
Gibbins Road, Stratford E15 2HU

AGE GROUP: Ladies and mixed 18+ years

CONTACT: Kelly West

PHONE: 020 8534 8444

EMAIL: info@onenetball.com

WEBSITE: www.onenetball.com

## ONE NETBALL UK

Langdon Specialist Sports College,  
Sussex Road, East Ham E6 2PS

AGE GROUP: Ladies and mixed 18+ years

CONTACT: Kelly West

PHONE: 020 8534 8444

EMAIL: info@onenetball.com

WEBSITE: www.onenetball.com

## O.P.A Netball

Lister Community School,  
St Mary's Road, Plaistow E13 9AE

AGE GROUP: 11-15 years 16+ years  
and adults

CONTACT: Lesley Jones

PHONE: 020 8472 0232 / 020 8471 3311

EMAIL: lesleyjones28@btopenworld.com

## NON-CONTACT BOXING

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### Estate Based Sports

Various venues in Newham,  
Newham Sports Development,  
292 Barking Road, East Ham E6 3BA

AGE GROUP: 8-19 years

CONTACT: Leon O'Sahon

PHONE: 020 8430 2470

MOBILE: 07795 666 578

EMAIL: leon.o'sahon@newham.gov.uk

WEBSITE: www.newham.com/2012games

### Newham All Stars Sport Academy

Stratford School,  
Upton Lane, Forest Gate E7 9LW

AGE GROUP: 12+ years

CONTACT: Natasha Hart

PHONE: 020 8519 3961

EMAIL: info@nassa2012.org.uk

WEBSITE: www.nassa2012.org.uk

### Omnibus Kids Gloves

Newham Leisure Centre,  
Community Links Building,  
281 Prince Regent Lane,  
Plaistow E13 8SD

AGE GROUP: 16+ years

CONTACT: Tony Cessay

MOBILE: 07929 488 534

EMAIL: tcesay@fsmail.com

WEBSITE: www.uppercutnutrition.com

## ORIENTEERING

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### Chigwell and Epping Orienteering Club

10 Forest Drive, Woodford Green,  
Essex IG8 9NG

AGE GROUP: 6-80 years

CONTACT: Paul Corney

PHONE: 01279 724 482

EMAIL: club@chig.org.uk

WEBSITE: www.chig.org.uk

### Havering and South Essex Orienteering Club

Various Venues

AGE GROUP: All ages

CONTACT: Barbara Fothergill

PHONE: 01277 213 758

EMAIL: secretary@orienteering-havoc.co.uk

WEBSITE: www.orienteering-havoc.co.uk



## **PERSONAL TRAINERS**

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### **Personal Trainers**

Peacock Gym, Caxton Street North,  
Canning Town E16 1JL

AGE GROUP: 16-80 years

CONTACT: Mark Lee

PHONE: 020 7511 3799

MOBILE: 07533 148 569

EMAIL: admin@peacockgym.com

WEBSITE: www.peacockgym.com

## **RIDING**

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### **Aldersbrook Riding School**

Empress Avenue, Manor Park E12 5HW

AGE GROUP: All ages

CONTACT: Ida Thorne

PHONE: 020 8530 4648

EMAIL: contact@aldersbrookriding.co.uk

WEBSITE: www.aldersbrookriding.co.uk

### **Lee Valley Riding Centre**

Lee Valley Regional Park Authority,

Leabridge Road, Leyton E10 7QL

AGE GROUP: All ages

CONTACT: Irena Grint

PHONE: 020 8556 2629

### **Mudchute Equestrian Centre**

Pier Street, Isle of Dogs,

Tower Hamlets E14 3HP

AGE GROUP: All ages

CONTACT: J Cheesman

### **Newham Riding School and Association**

The Docklands Equestrian Centre,

2 Claps Gate Lane, Beckton E6 4JF

AGE GROUP: 5+ years - adults

CONTACT: Maggie Cox

PHONE: 020 7511 3917

EMAIL: nrsalkg@aol.com

## **ROLLER HOCKEY**

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### **Enforcers Roller Hockey Club**

Newham Leisure Centre,

281 Prince Regent Lane, Plaistow E13 8SD

AGE GROUP: All ages

CONTACT: Vanessa James

PHONE: 020 7511 4477

WEBSITE: www.gll.org

## **ROWING**

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### **London Regatta Centre**

Dock Side Road, London E16 2QT

AGE GROUP: 14+ years

CONTACT: Penny Cuthbert

PHONE: 020 7511 2211

EMAIL: pcuthbert@londonyouthrowing.com

WEBSITE: www.londonyouthrowing.com

## RUGBY

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### East London Rugby Football Club

Memorial Ground,  
Holland Road, West Ham E15 3BP

AGE GROUP: 10-adults

CONTACT: Rob Herbert

PHONE: 020 7476 5526

WEBSITE: [www.elrffc.com](http://www.elrffc.com)

### Kings Cross Steelers Rugby Football Club

Rugby House, Memorial Ground,  
Holland Road, West Ham E15 3BP

AGE GROUP: 18+ years

CONTACT: Sean Robertson

MOBILE: 07767 232909

EMAIL: [info@kxsrfc.com](mailto:info@kxsrfc.com)

WEBSITE: [www.kxsrfc.com](http://www.kxsrfc.com)

## RUNNING

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### East End Road Runners

Newham Leisure Centre,  
281 Prince Regent Lane, Plaistow E13 8SD

AGE GROUP: All ages

CONTACT: Jayne Pope

PHONE: 020 7511 4477 / 020 8534 3555

WEBSITE: [www.gll.org](http://www.gll.org)

## SAILING

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### Royal Victoria Dock Watersport Centre

5 Tidal Road,  
(Off Silvertown Way), London E16 1AF

AGE GROUP: Open

CONTACT: Kevin Ellis

PHONE: 020 7511 2326

EMAIL: [kevin.ellis@newham.gov.uk](mailto:kevin.ellis@newham.gov.uk)

WEBSITE: [www.newham.com](http://www.newham.com)

## SELF DEFENCE

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### Nong Xing Kwoon Martial Arts

Durning Hall Community Centre,  
Earlham Grove, Forest Gate E7 9AB

AGE GROUP: All ages

CONTACT: Hin-Chong

MOBILE: 07884 035 361

EMAIL: [nxswushu@hotmail.com](mailto:nxswushu@hotmail.com)

### Sun Kune Do

Newham Leisure Centre,  
281 Prince Regent Lane, Plaistow E13 8SD

AGE GROUP: 16+ years

CONTACT: Sensei Steve Joseph

MOBILE: 07838 192 273

EMAIL: [stevejoseph@o2.co.uk](mailto:stevejoseph@o2.co.uk)

WEBSITE: [www.sunkunedo.com](http://www.sunkunedo.com)

## SOFT PLAY

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### Toddler's World

Atherton Leisure Centre,  
189 Romford Road,  
Stratford E15 4JF

AGE GROUP: 0-5 years

PHONE: 020 8536 5500

WEBSITE: [www.gll.org](http://www.gll.org)

### Toddler's World

Balaam Leisure Centre,  
Balaam Street,  
Plaistow E13 8AQ

Age Group: 0-5 years

Phone: 020 7476 5274

Website: [www.gll.org](http://www.gll.org)

### Toddler's World

East Ham Leisure Centre,  
324 Barking Road,  
East Ham E6 2RT  
Age Group: 0-5 years  
Phone: 020 8548 5850  
Website: [www.gll.org](http://www.gll.org)

### Toddler's World

Newham Leisure Centre,  
281 Prince Regent Lane, Plaistow E13 8SD  
Age Group: 0-5 years  
Phone: 020 7511 4477  
Website: [www.gll.org](http://www.gll.org)

## **SPORTS CLUB**

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### Community Links

105 Barking Road, Canning Town E16 4HQ  
AGE GROUP: 12-19 years  
PHONE: 020 7473 2270  
EMAIL: [info@community-links.org](mailto:info@community-links.org)  
WEBSITE: [www.community-links.org](http://www.community-links.org)

## **SUB AQUA**

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### East Ham (Dolphin) Sub Aqua

East Ham Leisure Centre,  
324 Barking Road, East Ham E6 2RT  
AGE GROUP: 14+ years  
CONTACT: Kieran McClain  
PHONE: 020 8556 1703 or 020 8925 0844

### University of East London Sub Aqua Club

BS.4.10 Business School, Docklands Campus,  
University Way, London E16 2RD  
AGE GROUP: 14+ years  
CONTACT: Robin Hunter Cottington  
EMAIL: [r.h.cottington@uel.ac.uk](mailto:r.h.cottington@uel.ac.uk)  
WEBSITE: [www.uel.ac.uk/subaqua/](http://www.uel.ac.uk/subaqua/)

## **SWIMMING**

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### London Swim School

Atherton Leisure Centre,  
189 Romford Road, Stratford E15 4JF  
AGE GROUP: All ages  
PHONE: 020 8536 5500  
WEBSITE: [www.gll.org](http://www.gll.org)

### London Swim School

Balaam Leisure Centre,  
Balaam Street, Plaistow E13 8AQ  
AGE GROUP: All ages  
PHONE: 020 7476 5274  
WEBSITE: [www.gll.org](http://www.gll.org)

### London Swim School

East Ham Leisure Centre,  
324 Barking Road, East Ham E6 2RT  
AGE GROUP: All ages  
PHONE: 020 8548 5850  
WEBSITE: [www.gll.org](http://www.gll.org)

### London Swim School

Newham Leisure Centre,  
281 Prince Regent Lane, Plaistow E13 8SD  
AGE GROUP: All ages  
PHONE: 020 7511 4477  
WEBSITE: [www.gll.org](http://www.gll.org)

### Newham Otters Disabled Swimming Club (Disability Club)

Newham Leisure Centre,  
281 Prince Regent Lane, Plaistow E13 8SD  
AGE GROUP: All ages  
CONTACT: Sandy Philbin  
PHONE: 020 7511 4477  
WEBSITE: [www.gll.org](http://www.gll.org)

### Newham Swimming Club

Atherton Leisure Centre,  
189 Romford Road, Stratford E15 4JF  
AGE GROUP: 5-18 years (Masters)  
CONTACT: Ray Jupp  
PHONE: 020 8548 5850  
MOBILE: 07752 937 069  
EMAIL: [raymond\\_jupp@yahoo.co.uk](mailto:raymond_jupp@yahoo.co.uk)  
WEBSITE: [www.newhamswimmingclub.org.uk](http://www.newhamswimmingclub.org.uk)

### Newham Swimming Club

Balaam Leisure Centre,  
Balaam Street, Plaistow E13 8AQ  
AGE GROUP: 5-18 years (Masters)  
CONTACT: Ray Jupp  
PHONE: 020 8548 5850  
MOBILE: 07752 937 069  
EMAIL: [raymond\\_jupp@yahoo.co.uk](mailto:raymond_jupp@yahoo.co.uk)  
WEBSITE: [www.newhamswimmingclub.org.uk](http://www.newhamswimmingclub.org.uk)

### Newham Swimming Club

East Ham Leisure Centre,  
324 Barking Road, East Ham E6 2RT  
AGE GROUP: 5-18 years (Masters)  
CONTACT: Ray Jupp  
PHONE: 020 8548 5850  
MOBILE: 07752 937 069  
EMAIL: [raymond\\_jupp@yahoo.co.uk](mailto:raymond_jupp@yahoo.co.uk)  
WEBSITE: [www.newhamswimmingclub.org.uk](http://www.newhamswimmingclub.org.uk)

### Newham Young Britons Amateur Swimming Club

Atherton Leisure Centre,  
189 Romford Road, Stratford E15 4JF  
AGE GROUP: 5-16 years  
CONTACT: Maureen Monk  
PHONE: 020 8536 5500 or 020 8552 7688  
EMAIL: [mo-monknybc@hotmail.com](mailto:mo-monknybc@hotmail.com)  
WEBSITE: [www.gll.org](http://www.gll.org)

## TABLE TENNIS

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### Beckton Table Tennis Club

St Marks Centre, Tollgate Road,  
Beckton E6 5YA  
AGE GROUP: All ages  
CONTACT: Juliano Dias  
PHONE: 020 7476 4580  
MOBILE: 07779 097 163  
EMAIL: [juliandias@tiscali.co.uk](mailto:juliandias@tiscali.co.uk)  
WEBSITE: [www.becktontabletennisclub.co.uk](http://www.becktontabletennisclub.co.uk)

### Eastlea Wanderers Table Tennis Club (Club Mark Status)

Eastlea Community School,  
Exning Road, Canning Town E16 4ND  
AGE GROUP: 7-75 years  
CONTACT: Shu Huang  
PHONE: 020 7540 0400  
MOBILE: 07828 525 711  
EMAIL: [shuhuang23@yahoo.co.uk](mailto:shuhuang23@yahoo.co.uk)

### **Estate Based Sports**

Various Venues in Newham,  
Newham Sports Development,  
292 Barking Road, East Ham E6 3BA  
AGE GROUP: 8-19 years  
CONTACT: Leon O'Sahon  
PHONE: 020 8430 2470  
MOBILE: 07795 666 578  
EMAIL: leon.o'sahon@newham.gov.uk  
WEBSITE: www.newham.com/2012games

### **Langdon Table Tennis Club**

Langdon Specialist Sports College,  
Sussex Road, East Ham E6 2PS  
AGE GROUP: 9-16 years  
CONTACT: Luigi Mariano  
PHONE: 020 8430 2484  
MOBILE: 07763 405 917  
EMAIL: luigi.mariano@excite.com

### **Lister Table Tennis Club**

Lister Community School,  
St Mary's Road, Plaistow E13 9AE  
AGE GROUP: All ages  
CONTACT: Shiri Paul  
PHONE: 020 8471 3311  
MOBILE: 07888 830 179  
EMAIL: shiripaul@hotmail.com

### **Stratford Table Tennis Club**

Stratford School,  
Upton Lane, Forest Gate E7 9PR  
AGE GROUP: 7-75 years  
CONTACT: Shu Huang  
PHONE: 020 8471 2415  
MOBILE: 07828 525 711  
EMAIL: shuhuang23@yahoo.co.uk

## **TAEKWONDO**

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### **Gurumu Taekwondo Club**

Monega Primary School,  
Monego Road, Manor Park E12 6TT  
AGE GROUP: 5+ years  
CONTACT: Siva Renganathan  
MOBILE: 07944 502 881/07931 709 140  
EMAIL: sivakumar\_tkd@yahoo.com  
WEBSITE: www.gurumu.co.uk

### **Lillie Road Fitness Centre,**

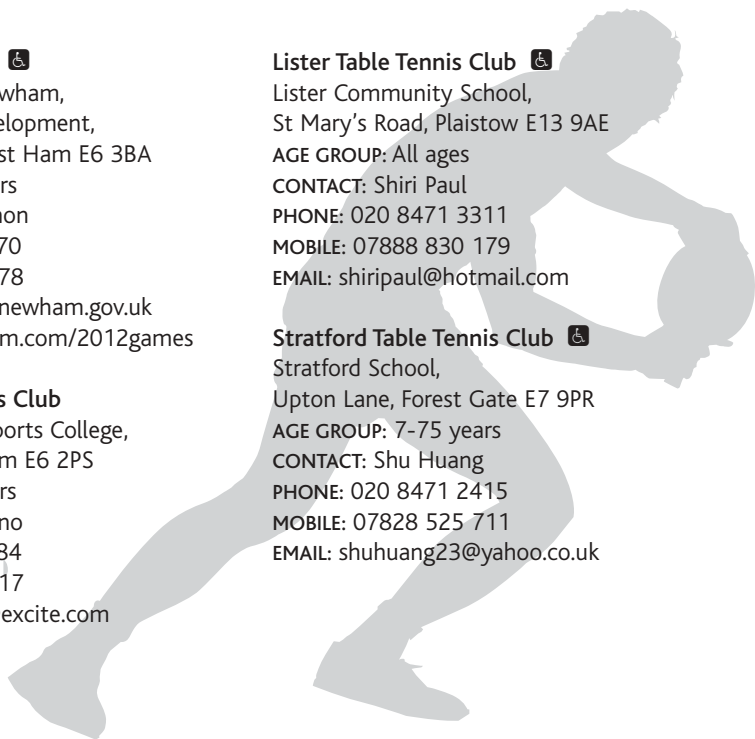
Lillie Road, West Kensington W14 6XS  
AGE GROUP: 5+ years upwards  
CONTACT: Siva Renganathan  
MOBILE: 07944 502 881/07931 709 140  
EMAIL: sivakumar\_tkd@yahoo.com  
WEBSITE: www.gurumu.co.uk

### **Peacock Taekwondo Club**

Peacock Gym, Caxton Street North,  
Canning Town E16 1JL  
AGE GROUP: 4+  
CONTACT: Qaiser Khan  
MOBILE: 07984 684 805  
EMAIL: info@ukmartialarts.net  
WEBSITE: www.ukmartialarts.net

### **The Fulham Centre,**

80 Lillie Road, West Kensington W14 6XS  
AGE GROUP: 5+ years upwards  
CONTACT: Siva Renganathan  
MOBILE: 07944 502 881/07931 709 140  
EMAIL: sivakumar\_tkd@yahoo.com  
WEBSITE: www.gurumu.co.uk



## TENNIS

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### Cranbrook Castle Lawn Tennis and Social Club

St George's Road, Cranbrook,  
Ilford, Essex, IG1 3PG

AGE GROUP: 2+ years

CONTACT: Steven Moore

PHONE: 020 8554 6685

EMAIL: cranbrook@btinternet.com

WEBSITE: www.cranbrookcastle.co.uk

### Essex County Lawn Tennis Association

Redbridge Tennis and Leisure Centre,  
Forest Road, Barkinside, Essex, IG6 3HD

AGE GROUP: All ages

CONTACT: Colin Clay

PHONE: 020 8502 6364

EMAIL: colin.clay@lta.org.uk

WEBSITE: www.lta.org.uk

### Estate Based Sports

Various Venues in Newham,  
Newham Sports Development,  
292 Barking Road, East Ham E6 3BA

AGE GROUP: 8-19 years

CONTACT: Leon O'Sahon

PHONE: 020 8430 2470

MOBILE: 07795 666 578

EMAIL: leon.o'sahon@newham.gov.uk

WEBSITE: www.newham.com/2012games

### Langdon City Tennis Club

Langdon Specialist Sports College,  
Sussex Road, East Ham E6 2PS

AGE GROUP: 5-adults

CONTACT: Pat Hector

MOBILE: 07752 015 168

EMAIL: pat.hector@lycosmax.co.uk

WEBSITE: www.langdoncitytennisclub.co.uk

### New Vic Tennis Club

New Vic 6th Form College,  
Prince Regent Lane, London E13 8SG

AGE GROUP: 7+ years

CONTACT: Peter Bruce

MOBILE: 07885 144 496

## TAI CHI

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### John Ding International Academy of Tai Chi Chuan

St Francis Church Hall,  
Grove Crescent Road, Stratford E15 1NS

AGE GROUP: All ages

CONTACT: Ko Poon

MOBILE: 07944 052 201

EMAIL: ko@mywebpace.co.uk

WEBSITE: www.poondojo.com

### Nong Xing Kwoon Martial Arts

Durning Hall Community Centre,  
Earlham Grove, Forest Gate E7 9AB

AGE GROUP: All ages

CONTACT: Hin-Chong

MOBILE: 07884 035 361

EMAIL: nxswushu@hotmail.com

### Tai Chi Club

Durning Hall Community Centre,  
Earlham Grove, Forest Gate E7 9AB

AGE GROUP: All ages

CONTACT: Nitu

PHONE: 020 8478 2468

EMAIL: ceoenquiries@aston-mansfield.org.uk

WEBSITE: www.aston-mansfield.org.uk



The Froud Centre,  
1 Toronto Avenue, Manor Park E12 5JF  
AGE GROUP: All ages  
PHONE: 020 8478 2468  
EMAIL: ceoenquiries@aston-mansfield.org.uk  
WEBSITE: www.aston-mansfield.org.uk

The Well Centre   
49 Vicarage Lane, East Ham E6 6DQ  
AGE GROUP: 50+ years  
CONTACT: Diana Laing-Wills  
PHONE: 020 8586 7070  
EMAIL: diana.laing-wills@bonnydowns.org  
WEBSITE: www.info@bonnydowns.org

## **TRAMPOLINING**

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**Pegasus Trampoline Club**   
Newham Leisure Centre,  
281 Prince Regents Lane, Plaistow E13 8SD  
AGE GROUP: All ages  
CONTACT: Sarah Ayre  
PHONE: 020 7511 4477  
MOBILE: 07939 631240  
WEBSITE: www.gll.org

**Skywalkers Trampoline Club**  
Newham Leisure Centre,  
281 Prince Regents Lane, Plaistow E13 8SD  
AGE GROUP: All ages  
CONTACT: Lynette Ottley  
PHONE: 020 7511 4477  
MOBILE: 07958 918589  
WEBSITE: www.gll.org

## **TRIATHLON**

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**East London Triathletes**  
24 Tudor Close, Woodford Green,  
Essex, IG8 0LF  
AGE GROUP: All ages  
CONTACT: Lawrence Shafier  
MOBILE: 07958 918 589  
EMAIL: lawrence.shafier@haslers.com  
WEBSITE: www.eastlondontriathletes.co.uk

## **USEFUL CONTACTS**

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**Inside Out Health and Wellbeing Limited**  
65 Hampton Road, Forest Gate E7 0NX  
AGE GROUP: 7+ years  
CONTACT: Duncan Victorin  
MOBILE: 07974 938 582  
EMAIL: duncan@insideouthhealth.org.uk  
WEBSITE: www.insideouthhealth.org.uk

## **VOLLEYBALL**

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**Asian Volleyball Club**  
Eastlea Community School,  
Exning Road, Canning Town E16 4ND  
AGE GROUP: Open  
CONTACT: Mohammed Younas  
MOBILE: 07850 736 898  
EMAIL: mohammad.younas@bt.com

**Kerala Catholic Association of UK Trust**  
131 Caledon Road, East Ham E6 2HA  
AGE GROUP: All ages  
CONTACT: Jose Alexander  
PHONE: 020 8552 2660  
EMAIL: josealex131@hotmail.com



### Leyton Orient Community Sports Programme

SCORE Community Building,  
100 Oliver Road, Leyton E10 5JY  
AGE GROUP: Open  
CONTACT: Trevor East  
PHONE: 020 8556 5973  
EMAIL: enquiries@locsp.org  
WEBSITE: www.locsp.org

### London Lynx Volleyball Club

*(Volley 1 Accredited Club)*  
Lister Community School,  
St Mary's Road, Plaistow E13 9AE  
AGE GROUP: 12+ years and 25+years  
CONTACT: Antonio Codrington  
PHONE: 020 8430 2484  
MOBILE: 02073570764  
EMAIL: antonio@londonvolleyball.org

### Newham All Stars Sport Academy

Rokeby School, Pitchford Street,  
London E15 4RZ  
AGE GROUP: 12+ years  
CONTACT: Natasha Hart  
PHONE: 020 8519 3961  
EMAIL: info@nassa2012.org.uk  
WEBSITE: www.nassa2012.org.uk

### VOLUNTEERS

#### Newham's Volunteer Programme

Community Support Unit,  
292 Barking Road, East Ham E6 3BA  
AGE GROUP: 16+ years  
CONTACT: Nasima Syeda  
PHONE: 020 8430 3598  
EMAIL: volunteers@newham.gov.uk  
WEBSITE: www.newham.gov.uk

### WALKING

#### Newham Rambles

16 Murray Square, Custom House E16 3AL  
AGE GROUP: 16 - adults  
CONTACT: Bob Bicheno  
MOBILE: 07950 186 137  
EMAIL: r.bicheno@sky.com

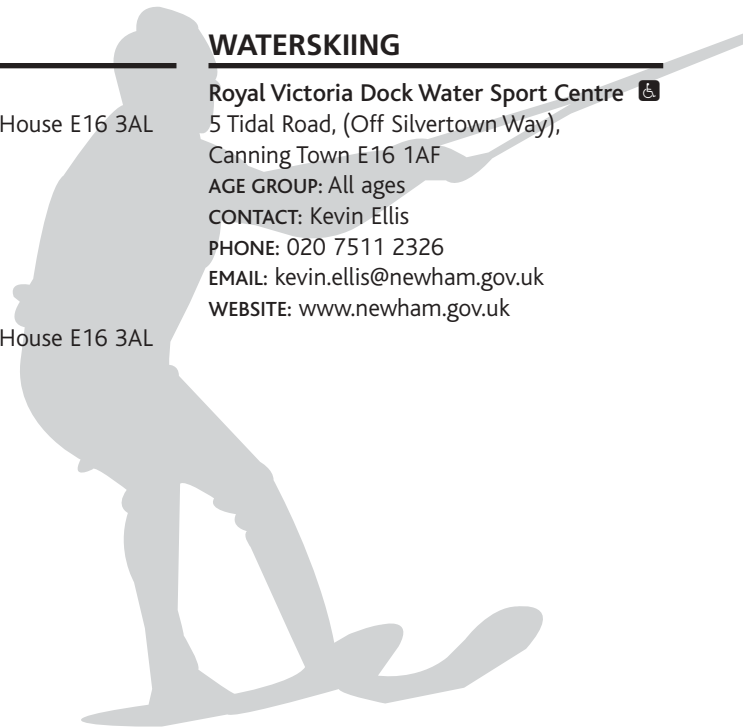
#### Newham Striders

16 Murray Square, Custom House E16 3AL  
AGE GROUP: All ages  
CONTACT: Bob Bicheno  
MOBILE: 07950 186 137  
EMAIL: r.bicheno@sky.com

### WATERSKIING

#### Royal Victoria Dock Water Sport Centre

5 Tidal Road, (Off Silvertown Way),  
Canning Town E16 1AF  
AGE GROUP: All ages  
CONTACT: Kevin Ellis  
PHONE: 020 7511 2326  
EMAIL: kevin.ellis@newham.gov.uk  
WEBSITE: www.newham.gov.uk



## **WATER SPORTS**

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### **British Disabled Water Ski Association**

*(Disabled Club)*

The Tony Edge Centre, Heron Lake,  
Hythe End, Wraysbury,  
Middlesex TW19 6HW

AGE GROUP: All ages

CONTACT: Mick Brealey

PHONE: 01784 483 664

EMAIL: info@bdwsa.org.uk

WEBSITE: www.bdwsa.org.uk

### **East Ham British Sub Aqua Club**

East Ham Leisure Centre,  
321 Barking Road, East Ham E6 2HR

AGE GROUP: All ages

CONTACT: Derek Bradford

PHONE: 020 8548 5850

WEBSITE: www.gll.org

### **Royal Victoria Dock Water Sport Centre**

5 Tidal Road, (Off Silvertown Way),  
Canning Town E16 1AF

AGE GROUP: All ages

CONTACT: Kevin Ellis

PHONE: 020 7511 2326

EMAIL: kevin.ellis@newham.gov.uk

WEBSITE: www.newham.gov.uk

## **WEIGHTLIFTING**

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### **Newham Weightlifting Club**

Newham Leisure Centre,  
281 Prince Regent Lane,  
Plaistow E13 8SD

AGE GROUP: 14-72 years

CONTACT: Frederick Frost

PHONE: 020 7476 1745

WEBSITE: www.gll.org

## **WRESTLING**

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### **Peacock Wrestling club**

Peacock Gym, Caxton Street North,  
Canning Town E16 1JL

AGE GROUP: 8+ and 16+ years

CONTACT: Rob Sulski

PHONE: 020 7511 3799

MOBILE: 07891 320 048

EMAIL: admin@peacockgym.com

WEBSITE: www.peacockgym.com

## **YOGA**

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### **EIGA Yoga**

The Froud Centre, 1 Toronto Avenue,  
Manor Park E12 5JF

AGE GROUP: All ages

PHONE: 020 8478 2468

EMAIL: ceoenquiries@aston-mansfield.org.uk

WEBSITE: www.aston-mansfield.org.uk

Beckton Globe,  
1 Kingsford Way, Beckton E6 2HR

AGE GROUP: 4-84 years

CONTACT: Olwen Couldridge

PHONE: 020 8557 6557

Flanders Centre  
116 Napier Way, East Ham E6 2SG

AGE GROUP: 4-84 years

CONTACT: Olwen Couldridge

PHONE: 020 8472 4020

### **Yoga Club (Tamil Sangam)**

369 High Street, Manor Park E12 6PG

AGE GROUP: 4-84 years

CONTACT: Olwen Couldridge

PHONE: 020 8471 7672

Lister Community School,  
St Mary's Road, Plaistow E13 9AE  
AGE GROUP: Adults  
CONTACT: Olwen Couldridge  
PHONE: 020 8471 3311/0208 430 2484

Little Ilford School,  
Browning Road, Manor Park E12 6ET  
AGE GROUP: 4-84 years  
CONTACT: Olwen Couldridge  
PHONE: 020 8478 8024

Oliver Thomas School,  
Matthews Avenue, East Ham E6 6BU  
AGE GROUP: 4-84 years  
CONTACT: Olwen Couldridge  
PHONE: 020 8552 1177

Park School,  
Matthews Park Avenue, Stratford E15 4AE  
AGE GROUP: 4-84 years  
CONTACT: Olwen Couldridge  
PHONE: 020 8534 4065

Pilgrims Way Church,  
East Ham E6 1HW  
AGE GROUP: Adults  
CONTACT: Olwen Couldridge  
PHONE: 020 8586 6868

Shalom Centre,  
395 High Street, London E12 6PG  
AGE GROUP: 4-84 years  
CONTACT: Olwen Couldridge  
PHONE: 020 8472 3571

Upton Centre Pre School,  
Claude Road, London E13 0QB  
AGE GROUP: Children only  
CONTACT: Olwen Couldridge  
PHONE: 020 8552 8647

The Well Centre   
49 Vicarage Lane,  
East Ham E6 6DQ  
AGE GROUP: 50+ years  
CONTACT: Diana Laing-Wills  
PHONE: 020 8586 7070  
EMAIL: diana.laing-wills@bonnydowns.org  
WEBSITE: www.info@bonnydowns.org

## **YOUTH CLUB**

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Hermit Road Recreation Ground   
Bethell Avenue,  
Canning Town E16 4JT  
AGE GROUP: 11-19 years  
CONTACT: Mike Crim  
PHONE: 020 7511 4253  
MOBILE: 07917 043 960  
EMAIL: mike.crim@community-links.org  
WEBSITE: www.community-links.org

## **YOUTH PROJECT**

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Carpenters and Docklands

Community Centre 

Gibbins Road, Stratford E15 2HU

AGE GROUP: 12-19 years

CONTACT: Mick Foulger

PHONE: 020 8534 4121

EMAIL: lorrainecavanagh@hotmail.com

**St Johns After School Project** 

Albert Road, North Woolwich E16 2JB

AGE GROUP: 15+ years

CONTACT: Jimmy Oshin

PHONE: 020 7476 9933 or 020 7476 9922

EMAIL: stjohnscc60@hotmail.com

Every effort is made to ensure this directory is accurate at the time of print, however, information may change.

You can check updated details by visiting [www.newham.com](http://www.newham.com)

or contact Alison Mitchell on 0208 430 2483

or email [alison.mitchell@newham.gov.uk](mailto:alison.mitchell@newham.gov.uk)

