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THIS DIRECTORY HAS BEEN PRODUCED BY CITY OF YORK COUNCIL.

In the directory you will find a list of sports clubs offering a range of sporting and physical activity opportunities from Angling to Walking. There is something for everyone with activities for all ages and abilities seven days a week.

The list of local clubs in this directory is for information purposes only and should not be interpreted as an endorsement of a particular club or organisation by City of York Council. However, as a guide it is recommended that anyone considering joining a particular club or organisation ensure that the club is affiliated to a relevant governing body, has appropriate insurance and where minors are involved has a robust child protection policy in place and all junior coaches are Disclosure and Barring Service checked.

Disclaimer: The clubs in this directory are not recommended or endorsed by City of York Council, however we can identify the clubs who have gained Clubmark status or equivalent club accreditation awards to show they are operating to high standards in the opinion of their National Governing Body of Sport.

If you would like any information or advice on sport and physical activity opportunities, including activities for anyone with a disability or additional needs, please contact the Sport and Active Leisure team.

If your club is not listed and you would like it to be included in our database please contact us:

Telephone: 01904 553372
Email: sportandactiveleisure@york.gov.uk
Website: www.york.gov.uk/sport
Address: Sport and Active Leisure, West Offices, Station Rise, York, YO1 6GA

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When you walk through the doors at DAYM Fitness Studios York, you are instantly aware that professionalism and attention to detail is the name of the game.

With our reception and relaxation area, you feel welcome and comfortable in the lead up to your session. Then the real work starts; Our REPS registered personal trainers will have a digitally planned personal training session ready and waiting for you upon arrival, and each session is delivered with a smile and an attitude to match, whilst keeping totally focused on you and your results.

We pride ourselves on being extremely thorough and always go above and beyond the normal level of what is expected of a personal trainer. Not only do we make sure each programme is accompanied with a tailored diet plan, we also provide out of hours support to keep you accountable during the days you aren’t with us.

Results and your happiness are paramount to us, and with our knowledge and expert guidance, we just know that together we can break through barriers you never thought were possible.

PERSONAL TRAINING
Individually tailored one on one training and 100% focused on helping you achieve your goals.

PARTNER TRAINING
Why not share the cost and bring along a friend to the Gym for an hour of fun but challenging training, with all the benefits of having a personal trainer guide you through the session.

ONLINE TRAINING
Choose between an 8, 12 or 16 week diet and training programme (individually tailored) from as little as £15 per week. Each programme is meticulously tracked online to guarantee the best results possible.
THE BENEFITS OF SPORT AND PHYSICAL ACTIVITY

Regular sport or physical activity is beneficial for both physical and mental wellbeing. Exercise not only helps with weight loss and keeps you supple, it can help reduce the chances of medical conditions such as anxiety and depression, heart disease, obesity, diabetes and dementia.

It is recommended that adults exercise for 150 minutes a week and children for 300 minutes which can be achieved by just 30 or 60 minutes respectively each day. Sport and fitness activities can help build friendships and strong communities. This directory provides you with a list of sports clubs offering a range of sporting and physical activity opportunities. There are lots of different opportunities for fitness in York, including inclusive sport.

For some further suggestions visit www.york.gov.uk/sport

Let’s kick the habit
Want to quit smoking?
You are three times more likely to quit with help and support. We are offering free stop smoking support for residents. Courses will be provided across the city throughout the year.

The amount you can save every year by stopping smoking if you smoke 20 cigarettes a day

Between two weeks to three months after stopping your heart attack risk starts to drop and your lung function begins to improve.

Want to know more?

YorWellbeing

01904 553377

www.york.gov.uk/stopsmoking

Sports Club Directory
With patient satisfaction at the heart of our MRI service we accept referrals from Consultants, GPs, Chiropractors, Osteopaths and Physiotherapists.

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For further details:
tel: 01904 435346 email: reception@yorkmri.co.uk
www.yorkmri.co.uk

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www.livewellyork.co.uk

All you need to know to help you live well in York:

- Community activities and events directory
- Wide range of health and wellbeing information and advice pages
- Services and products directory
- Personalised booklet you can create for yourself or someone you know

livewellyork@york.gov.uk  01904 551006

All Explore libraries have computers for public use and free WiFi
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From Fitness Instructing to Sports Therapy, Sport Massage to Strength and Conditioning. We have a wide range of courses across all levels. A Levels | Degree courses | Diplomas | Adult Courses

Start here, start now, www.yorkcollege.ac.uk
York College, Sim Balk Lane, York YO23 2BB | T: 01904 770770 | E: info@yorkcollege.ac.uk

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yakandyetiyork@hotmail.co.uk

Mon- Thur: 5pm -10pm
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Closed Sunday

Your doctor
Your hospital
Your dentist
Your mental health services

We want to hear your experiences about health and social care services. What's good, and what could be improved? Get in touch and let us know!

01904 621133    healthwatch@yorkcvs.org.uk    www.healthwatchyork.co.uk
Free health checks

Between 40 and 74 years old and want to speak to someone about your health?

We’re offering free health checks in community venues across the city

- learn about your risk of developing common but preventable health conditions
- learn about how lifestyle can influence your risk
- be supported to live a healthier lifestyle.

To see if you qualify visit [www.yorwellbeing.org.uk](http://www.yorwellbeing.org.uk) or contact the team:

- [yorwellbeing@york.gov.uk](mailto:yorwellbeing@york.gov.uk)
- 01904 553377
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From the fall of the Roman Empire through to the conflicts, colonisations and landmarks of the medieval period, the spectacular achievements of the industrial revolution, the battlefields of the Western Front in the Great War and the historical experiences of great cities, expertly-guided Roundhouse History Tours offer a range of themes and destinations to suit all interests. UK tours focus on North Wales and Northern England, whilst European destinations include France, Belgium, Germany, the Netherlands and Poland. Groups comprise up to ten people, travelling in air-conditioned minibuses and staying in quality hotels. City breaks involve minimal bus travel. To book your tour or arrange a bespoke experience, visit the website or speak to us directly on 07519 144351.

All bookings made before 31 December RECEIVE A 10% DISCOUNT

www.roundhousehistorytours.co.uk

Does someone close to you rely on your help?

York Carers Centre helps unpaid carers living or caring for someone who lives in York. We offer free advice and information, an Emergency Card Scheme, a Discount Card Scheme, and support for young carers and young adult carers. We also offer a variety of activities and events.

enquiries@yorkcarerscentre.co.uk
www.yorkcarerscentre.co.uk

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<td>York &amp; District Amalgamation of Anglers</td>
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<td>Robert Hutchinson 01904 215105 <a href="mailto:bob22y@gmail.com">bob22y@gmail.com</a> <a href="http://www.ydaa.org.uk">www.ydaa.org.uk</a></td>
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<tr>
<td>Ebor Archers</td>
<td>Long Marston Sports Field, YO26 7LW</td>
<td>Ray Chaplin 07554 833915 <a href="mailto:ray.chaplin@ntlworld.com">ray.chaplin@ntlworld.com</a>, <a href="http://www.eborarchers.com">www.eborarchers.com</a></td>
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<tr>
<td>York Archers Society</td>
<td>Hopgrove Playing Fields, YO32 9TD</td>
<td>David Shaw <a href="http://www.yorkarchers.co.uk">www.yorkarchers.co.uk</a> <a href="mailto:yorkarcherssociety@gmail.com">yorkarcherssociety@gmail.com</a></td>
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<td><strong>ATHLETICS</strong></td>
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<tr>
<td>City of York Athletics Club</td>
<td>University of York, YO10 5NA</td>
<td>Craig Pounder 07977 422537 <a href="mailto:craigpounder@hotmail.com">craigpounder@hotmail.com</a> <a href="http://www.cityofyorkathleticclub.net">www.cityofyorkathleticclub.net</a></td>
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<tr>
<td>York Knavesmire Harriers</td>
<td>The Knavesmire, YO24 1QQ</td>
<td>Richard Tarrega 07854 890305 <a href="mailto:clubsecretary@yorkknavesmireharriers.co.uk">clubsecretary@yorkknavesmireharriers.co.uk</a> <a href="http://www.yorkknavesmireharriers.co.uk">www.yorkknavesmireharriers.co.uk</a></td>
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<tr>
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<tr>
<td>Burnholme Badminton Club</td>
<td>Burnholme Community Hub, YO31 0GW</td>
<td>Jon Riple 07785 912399 <a href="mailto:chair@burnholmebadminton.org.uk">chair@burnholmebadminton.org.uk</a> <a href="http://www.burnholmebadminton.org.uk">www.burnholmebadminton.org.uk</a></td>
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<tr>
<td>Clifton Badminton Club</td>
<td>Various</td>
<td>Daniel Woolfson 01904 607192 <a href="mailto:enquiries@cliftonbadmintonclub.org.uk">enquiries@cliftonbadmintonclub.org.uk</a> <a href="http://www.cliftonbadmintonclub.org.uk">www.cliftonbadmintonclub.org.uk</a></td>
</tr>
<tr>
<td>Fulfordgate Badminton Club</td>
<td>The Mount School, YO24 4DD</td>
<td>Hazel Winfield <a href="mailto:fulfordgatebc@hotmail.co.uk">fulfordgatebc@hotmail.co.uk</a> <a href="http://www.fulfordgatebadmintonclub.org">www.fulfordgatebadmintonclub.org</a></td>
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<tr>
<td>Huntington Mixed Badminton Club</td>
<td>Joseph Rowntree School, YO32 4BZ</td>
<td>Pauline Thompson 01904 653327 <a href="mailto:yorkie_pauline@yahoo.co.uk">yorkie_pauline@yahoo.co.uk</a></td>
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<tr>
<td>Middlethorpe Badminton Club</td>
<td>Bishopthorpe Village Hall, YO23 2RA</td>
<td>Georgina Mackenzie 01904 638982 <a href="mailto:gmackenzie2703@gmail.com">gmackenzie2703@gmail.com</a></td>
</tr>
<tr>
<td>Poppleton Badminton Club</td>
<td>The Poppleton Centre, YO26 6JT</td>
<td>Caroline Steel 01904 787191 <a href="mailto:carostee@hotmail.co.uk">carostee@hotmail.co.uk</a></td>
</tr>
<tr>
<td>Riverside Badminton Club</td>
<td>The Poppleton Centre, YO26 6JT</td>
<td>Margaret Sinclair 01904 411842 <a href="mailto:margaretsinclair3qh@btinternet.com">margaretsinclair3qh@btinternet.com</a></td>
</tr>
<tr>
<td>York RI Badminton</td>
<td>York RI Sports Centre, YO24 1AD</td>
<td>Sam Stow <a href="mailto:rituesthurs@yahoo.com">rituesthurs@yahoo.com</a></td>
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<tr>
<td><strong>BASKETBALL</strong></td>
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<tr>
<td>York Sharks Wheelchair Basketball</td>
<td>Fulford School, YO10 4FY</td>
<td>Emma Sheldon 07702 507925 <a href="mailto:yorkwheelchairbasketball@gmail.com">yorkwheelchairbasketball@gmail.com</a></td>
</tr>
</tbody>
</table>

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

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**Sports Club Directory**

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**City of York Council**
We can help

Ask us anything about... childcare, parent support services, groups and activities and young people’s support... in fact anything to do with family life

York FIS is a free and impartial service for parents and carers of children aged 0 – 19 (or up to 25 years if your child has special educational needs or disabilities).

Get in touch!
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Text: 07624802244  Website: www.yor-ok.org.uk
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Anytime Fitness at Monks Cross York is your local fitness club with friendly staff and great facilities.

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T: 01904 501700

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<thead>
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<tr>
<td>Jorvik Boccia</td>
<td>Burnholme Community Hub, YO31 0GW</td>
<td>Liz Moulan 07742886883, <a href="mailto:jorvikboccia@aol.com">jorvikboccia@aol.com</a></td>
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<td><strong>BOWLS</strong></td>
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<tr>
<td>Bishopthorpe Bowling Club</td>
<td>Bishopthorpe Bowling Club, YO23 2SA</td>
<td>Sue Prime 01904 702708, <a href="mailto:bishbowls@btinternet.com">bishbowls@btinternet.com</a>, <a href="http://www.bishopthorpe-bc.co.uk">www.bishopthorpe-bc.co.uk</a></td>
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<tr>
<td>Copmanthorpe Bowling Club</td>
<td>Copmanthorpe Recreation Centre, YO23 3YR</td>
<td>Peter Tooze 07753 659861, <a href="mailto:ptooze@copmanthorpebowlingclub.org.uk">ptooze@copmanthorpebowlingclub.org.uk</a>, <a href="http://www.copmanthorpebowlingclub.org.uk">www.copmanthorpebowlingclub.org.uk</a></td>
</tr>
<tr>
<td>Dunnington Bowling Club</td>
<td>Common Road, Dunnington, YO19 5NG</td>
<td>Jim Robertson 01904 498201, <a href="mailto:jasrobertson@talktalk.net">jasrobertson@talktalk.net</a></td>
</tr>
<tr>
<td>New Earswick &amp; District Indoor Bowling Club</td>
<td>Huntington Road, YO32 9PX</td>
<td>Greg Stephens 01904 750230, <a href="mailto:manager@newearswickibc.co.uk">manager@newearswickibc.co.uk</a>, <a href="http://www.newearswickibc.co.uk">www.newearswickibc.co.uk</a></td>
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<tr>
<td>Osbaldwick Bowls</td>
<td>Heworth Bowling Pavilion, YO31 1AP</td>
<td>Raymond Bycroft 01904 412995</td>
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<td>Poppleton Bowls Club</td>
<td>Poppleton Bowls Club, YO26 6HS</td>
<td>Jim Empson 01904 795969</td>
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<tr>
<td>Strensall Bowling Club</td>
<td>Strensall, YO32 5XP</td>
<td>Jenny Philpott 01904 491010, <a href="mailto:japbowling@talktalk.net">japbowling@talktalk.net</a></td>
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<tr>
<td>York &amp; District Indoor Bowls Club</td>
<td>York &amp; District Indoor Bowls Club, YO24 2NW</td>
<td>Ian Clough 01904 704180, <a href="mailto:ydibc@tiscali.co.uk">ydibc@tiscali.co.uk</a>, <a href="http://www.yorkanddistrictibc.com">www.yorkanddistrictibc.com</a></td>
</tr>
<tr>
<td>York RI Bowls Club</td>
<td>York RI Bowls Club, YO24 4HX</td>
<td>Stephen Atkinson 01904 795655, <a href="mailto:stephenatkinson147@btinternet.com">stephenatkinson147@btinternet.com</a>, <a href="http://www.ribowlsclub.weebly.com">www.ribowlsclub.weebly.com</a></td>
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<tr>
<td><strong>CANOEING</strong></td>
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<tr>
<td>York Canoe Club</td>
<td>The Boathouse, YO23 1JQ</td>
<td>Fiona Parkinson <a href="http://www.yorkcanoeclub.co.uk">www.yorkcanoeclub.co.uk</a>, <a href="mailto:contactus@yorkcanoeclub.co.uk">contactus@yorkcanoeclub.co.uk</a></td>
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<tr>
<td><strong>CHEERLEADING</strong></td>
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<tr>
<td>York Hotshots Cheer &amp; Dance</td>
<td>Burnholme Community Hub, YO31 0GW</td>
<td>Anna Twose 07507 638804, <a href="mailto:yorkhotshots@hotmail.co.uk">yorkhotshots@hotmail.co.uk</a>, <a href="http://www.yorkhotshots.co.uk">www.yorkhotshots.co.uk</a></td>
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<td><strong>CLIMBING</strong></td>
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<tr>
<td>York Mountaineering Club</td>
<td>Various</td>
<td>Penny Zannikos 07823 441846, <a href="mailto:mail@yorkmc.org.uk">mail@yorkmc.org.uk</a>, <a href="http://www.yorkmc.org.uk">www.yorkmc.org.uk</a></td>
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Be Breast Aware
### Cricket

<table>
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<tr>
<th>Club</th>
<th>Venue</th>
<th>Contact, Telephone, Email or Website</th>
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<tbody>
<tr>
<td>Acomb Cricket Club</td>
<td>Acomb Sports and Social Club, YO26 5LL</td>
<td>Andy Tute 07983 637599 <a href="mailto:acombcc@yahoo.co.uk">acombcc@yahoo.co.uk</a></td>
</tr>
<tr>
<td>Askham Bryan Cricket Club</td>
<td>The Green, Acomb, YO26 5LL</td>
<td>Phil Allen <a href="mailto:askhambryancc@gmail.com">askhambryancc@gmail.com</a></td>
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<tr>
<td>Bishopthorpe Cricket Club</td>
<td>Bishopthorpe Playing Fields, YO23 2SB</td>
<td>Ian Holmes <a href="http://www.pitchero.com/clubs/bishopthorpecricketclub">www.pitchero.com/clubs/bishopthorpecricketclub</a></td>
</tr>
<tr>
<td>Bolton Percy Cricket Club</td>
<td>North Road, Bolton Percy, YO23 7AN</td>
<td>Bill Preacher 07703 129987 <a href="mailto:bpreacher@aol.com">bpreacher@aol.com</a></td>
</tr>
<tr>
<td>Clifton Alliance Cricket Club</td>
<td>Clifton Park Avenue, YO30 5RF</td>
<td>Dave Heartshome 07891 866623 <a href="mailto:d_heartshome@yahoo.co.uk">d_heartshome@yahoo.co.uk</a></td>
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<tr>
<td>Copmanthorpe Cricket Club</td>
<td>Barons Crescent, YO23 3YR</td>
<td><a href="http://www.copmanthorpecc.co.uk">www.copmanthorpecc.co.uk</a></td>
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<tr>
<td>Dringhousies Cricket Club</td>
<td>Dringhousies Cricket Club, YO24 1HP</td>
<td>Michael Kenyon 01904 706388 <a href="mailto:Kenyonhouse@hotmail.com">Kenyonhouse@hotmail.com</a></td>
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<tr>
<td>Dunnington Cricket Club</td>
<td>Dunnington &amp; Grimston Sports &amp; Leisure Centre, YO19 5PA</td>
<td>David Bristow 07979 424378 <a href="mailto:dbristow@brizza.co.uk">dbristow@brizza.co.uk</a> <a href="http://www.dunningtoncricketclub.co.uk">www.dunningtoncricketclub.co.uk</a></td>
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<tr>
<td>Heslington Cricket Club</td>
<td>Heslington Sports Ground, YO10 5EW</td>
<td><a href="mailto:cricket@heslingtoncricket.com">cricket@heslingtoncricket.com</a></td>
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<tr>
<td>Heworth Cricket Club</td>
<td>Heworth Cricket Club, YO31 1DX</td>
<td>Lee Bradshaw 07969 955847 <a href="mailto:k.johnson11@sky.com">k.johnson11@sky.com</a></td>
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<tr>
<td>Osbaldwick Sports Club</td>
<td>Leyes, YO10 3PR</td>
<td>Keith Cartledge 01904 411065</td>
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<tr>
<td>Ovington Cricket Club</td>
<td>Cricket Pavilion, Little Knavesmire, YO23 1ER</td>
<td>Alan Fletcher 01904 331408 <a href="mailto:jjafletch@ntlworld.com">jjafletch@ntlworld.com</a> <a href="http://www.ovingtoncc.co.uk">www.ovingtoncc.co.uk</a></td>
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<tr>
<td>Rufforth Cricket Club</td>
<td>Rufforth Cricket Ground, YO23 3RE</td>
<td>Jack Doyle 07890 813436 <a href="mailto:rufforthcc@gmail.com">rufforthcc@gmail.com</a></td>
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<tr>
<td>Stockton &amp; Hopgrove Cricket Club</td>
<td>Hopgrove Playing Field, YO32 9TF</td>
<td>Steve Fraser 01653 658403 <a href="mailto:stevebelfraser@hotmail.co.uk">stevebelfraser@hotmail.co.uk</a></td>
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<td>York Cricket Club</td>
<td>York Sports Club, YO30 5RE</td>
<td>Nick Kay 07815 809596 <a href="mailto:kayb079@hotmail.com">kayb079@hotmail.com</a> <a href="http://www.yorkcricketclub.co.uk">www.yorkcricketclub.co.uk</a></td>
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### Croquet

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<td>York Croquet Club</td>
<td>Scarcroft Green, YO24 1DD</td>
<td><a href="mailto:yorkcroquet@gmail.com">yorkcroquet@gmail.com</a></td>
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### Cycling

<table>
<thead>
<tr>
<th>Club</th>
<th>Venue</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>Clifton Cycling Club</td>
<td>York Sport Village, YO10 5FG</td>
<td><a href="mailto:info@cliftoncc.org">info@cliftoncc.org</a></td>
</tr>
<tr>
<td>University of York CC</td>
<td>University of York, YO10 5DD</td>
<td><a href="http://www.uycc.co.uk/go-ride">www.uycc.co.uk/go-ride</a></td>
</tr>
<tr>
<td>VC York</td>
<td>Various</td>
<td>Pete Lambert <a href="http://www.veloclubyork.co.uk">www.veloclubyork.co.uk</a></td>
</tr>
</tbody>
</table>
Freebird Events host more than 10 triathlons and events across Yorkshire throughout the year. From junior events, to sprint distance, to middle distance including pool and open-water swims, the range of events covers a broad spectrum allowing for mixed abilities of competitors to take part throughout the year.

Freebird Events are an extremely experienced company with a background in Triathlon training and participation. The team bring with them a wealth of knowledge to each and every event to ensure the highest standard of Triathlons are provided for all of the participants.

If you are looking for a triathlon in Yorkshire where you can challenge yourself, whether you are an avid triathlete or a newcomer, these events are the perfect opportunity to do so in 2018.

To find out more about any of the events, and what we have to offer in 2018, check out our website: www.freebirdevents.co.uk
<table>
<thead>
<tr>
<th>Club</th>
<th>Venue</th>
<th>Contact, Telephone, Email or Website</th>
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<tr>
<td>I-Travel York</td>
<td></td>
<td><a href="http://www.itravelyork.info/cycling">www.itravelyork.info/cycling</a></td>
</tr>
<tr>
<td>York Rouleurs</td>
<td>Various</td>
<td>Bryn Bircher 01904 325770, <a href="mailto:yorkrouleurs@gmail.com">yorkrouleurs@gmail.com</a></td>
</tr>
<tr>
<td>York Sport Cycling &amp; York Sport Junior Triathlon</td>
<td>York Sport Village, YO10 5FG</td>
<td>Andrew Johnston 01904 325770, <a href="mailto:cycling@york-sport.com">cycling@york-sport.com</a>, <a href="http://www.york-sport.com">www.york-sport.com</a>, <a href="http://www.york-sport.com/junior/junior-triathlon/">www.york-sport.com/junior/junior-triathlon/</a></td>
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<tr>
<td>York Bike Belles</td>
<td>Various</td>
<td>Sheridan Piggott, yorkbikebelles.community</td>
</tr>
<tr>
<td><strong>Fitness</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Better Energise</td>
<td>Cornlands Road, YO24 3DX</td>
<td>01904 403900 <a href="mailto:energise@gll.org">energise@gll.org</a>, <a href="http://www.better.org.uk/leisure-centre/york/energise">www.better.org.uk/leisure-centre/york/energise</a></td>
</tr>
<tr>
<td>Leisure Centre</td>
<td></td>
<td></td>
</tr>
<tr>
<td>York Sport Village</td>
<td>York Sport Village, YO10 5FG</td>
<td>01904 325751 <a href="mailto:info@york-sport.com">info@york-sport.com</a>, <a href="http://www.york-sport.com">www.york-sport.com</a></td>
</tr>
<tr>
<td><strong>Football</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bishopthorpe White Rose</td>
<td>Moor Lane Playing Fields, YO23 2UF</td>
<td><a href="mailto:bishopthorpewhiterose@gmail.com">bishopthorpewhiterose@gmail.com</a></td>
</tr>
<tr>
<td>Carr Vikings Junior Football Club</td>
<td>Beckfield Park, YO26 5QS</td>
<td>Alan Roughton 07593 800098, <a href="mailto:alanroughton@aol.com">alanroughton@aol.com</a></td>
</tr>
<tr>
<td>Copmanthorpe FC</td>
<td>Various</td>
<td>Martin Brooks 07711 564377, <a href="mailto:info@copmanthorpefc.co.uk">info@copmanthorpefc.co.uk</a>, <a href="http://www.copmanthorpefc.co.uk">www.copmanthorpefc.co.uk</a></td>
</tr>
<tr>
<td>Dunnington FC</td>
<td>Dunnington &amp; Grimston Sports Club, YO19 5NG</td>
<td>Karl Hetherington 07731 318925, <a href="mailto:karl.hetherington@hotmail.co.uk">karl.hetherington@hotmail.co.uk</a></td>
</tr>
<tr>
<td>Elvington Harriers</td>
<td>Lower Derwent Sports &amp; Social Club, YO41 4XR</td>
<td><a href="http://www.elvingtonharriers.co.uk">www.elvingtonharriers.co.uk</a></td>
</tr>
<tr>
<td>Fulford Football Club</td>
<td>Fulford (various)</td>
<td>Graham Souter 07769 901914, <a href="mailto:graham@pressgreen.com">graham@pressgreen.com</a>, <a href="http://www.fulfordfc.co.uk">www.fulfordfc.co.uk</a></td>
</tr>
<tr>
<td>Hamilton Panthers AFC</td>
<td>Little Knavesmire Sports Pavilion, YO23 1FA</td>
<td>Phil Sanderson 07894 470200, <a href="mailto:philip.sanderson@outlook.com">philip.sanderson@outlook.com</a>, <a href="http://www.hamiltonpanthersfc.co.uk">www.hamiltonpanthersfc.co.uk</a></td>
</tr>
<tr>
<td>Haxby Town JFC</td>
<td>Ethel Ward Playing Fields, Haxby, YO32 3NX</td>
<td>Neil Thorbinson 01904 761908, <a href="mailto:clubsecretary@haxbytown.co.uk">clubsecretary@haxbytown.co.uk</a></td>
</tr>
<tr>
<td>Heslington FC</td>
<td>Heslington Sportsfield, YO10 5EW</td>
<td>John Sellars 01904 421430, <a href="mailto:johnanthonysellers@yahoo.co.uk">johnanthonysellers@yahoo.co.uk</a></td>
</tr>
<tr>
<td>Huntington FC</td>
<td>Hopgrove Playing Fields, YO32 9TD</td>
<td>Simon Jones 07771 974501, <a href="mailto:huntingtonfootballclub@gmail.com">huntingtonfootballclub@gmail.com</a>, <a href="http://www.huntingtonfootballclub.wixsite.com/huntingtonfootball">www.huntingtonfootballclub.wixsite.com/huntingtonfootball</a></td>
</tr>
</tbody>
</table>
Cost Effective, Professional Services

We are strongly committed to customer service and satisfaction. We have invested in our management, safety and environmental responsibilities and we have gained recognition of these key elements by the achievement of ISO 9001 UKAS accreditation for our quality systems and accreditations by “Safe Contractor”, “CHAS”, and “Constructionline”.

We operate an environmental management system and achieved UKAS accreditation to BSENISO14001 and BSENISO9001. We are members of the British Safety Council and have been awarded “RISQS” approval for works on rail related projects. We are holders of a Provisional Principle Contractor Licence to work for Network Rail.

**Schools / Universities / NHS**
- Playground surfacing
- Soft play area
- Grass reinforcement
- Playground equipment
- Paving i.e flags / kerbs etc
- Maintenance works
- Drainage / ducting
- Line marking
- Building maintenance
- Groundworks
- Surfacing
- Fencing
- Bollards
- 24 hour call out

**Bridge Works**
- New bridge decking
- New head wall
- Bridge deck waterproofing
- Sand protection
- New parapets
- New safety fencing
- Surfacing

**Surfacing / Patching Works**
- Surfacing roads
- Surfacing footpaths
- Surfacing railway station platforms
- Surfacing car parks
- Private roads
- School playgrounds
- Trench reinstatement
- Patching for pre-surface dressing
- Level crossings
- Domestic driveways

**Groundworks**
- Foundations
- Excavation
- Concreting
- Drainage
- Over site
- Waterproofing
- Ducting
- Kerbing
- Paving
- Surfacing
- Sub-base
- Car parks

**Drainage and Ducting Works**
- Domestic drainage
- Commercial drainage
- Deep water drainage
- Surface water attenuation tanks
- Highway sewer connections
- Waste water treatment plants
- CCTV surveying

**Paving**
- Domestic driveway block paving
- Domestic driveway tarmac
- Patio paving
- Resin driveways
- Concrete driveways
- Grasscrete
- Car parking areas
- Extension to driveways

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- Sand protection
- New parapets
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- Concrete driveways
- Grasscrete
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- Extension to driveways
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Help reduce landfill - donate household furniture and electricals.
We collect free of charge
All donated goods are used for the benefit of people in your local community.
Shops open to everyone selling pre-owned, new and upcycled goods. 25% Discount scheme for those on a means tested benefit and students
We help local people get back into employment through support and training
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We are a registered charity-all funds raised are put back into providing this service

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Realfit - Constantly reinforced movements, performed at an appropriate intensity.
Every session is structured, enabling you to progress week on week and is suitable for all fitness levels. Our experienced coaches adapt every session to suit every individual.
The Real strength & fitness solution.

Bootcamp - Suitable for all fitness levels, these high intensity interval sessions will help you get fitter faster.
Our Motivating and supporting coaches will help you all the way through 60mins of fun fitness.

CycleFit - Indoor cycling the Unit17c way.
No contracts just great indoor cycling workouts in our purpose built cycle studio.

KidzFit - Specific workouts for the next generation.
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Personal Training - Private 1 to 1 and small group sessions available to suit your schedule with tailor made programs to meet your goals.

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www.unit17c.co.uk
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www.futurecleaningservices.co.uk
8 Opus Avenue, York Business Park, Nether Poppleton, York YO26 6BL
<table>
<thead>
<tr>
<th>CLUB</th>
<th>VENUE</th>
<th>CONTACT, TELEPHONE, EMAIL OR WEBSITE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Huntington Rovers</td>
<td>Huntington Sports Club, YO32 9RU</td>
<td>Eric Dower 01904 769726 <a href="mailto:ericdower1@yahoo.co.uk">ericdower1@yahoo.co.uk</a></td>
</tr>
<tr>
<td>Jorvik Warriors Powerchair Football Club</td>
<td>Better Energise Leisure Centre, Cornlands Road, YO24 3DX</td>
<td>Martin Lambert 07716 043252 <a href="mailto:martinlambert00771@gmail.com">martinlambert00771@gmail.com</a></td>
</tr>
<tr>
<td>Moor Lane Football Club</td>
<td>New Earswick Sports Club, YO32 4AG</td>
<td>Micheal Kenyon 01904 706388 <a href="mailto:kenyonhouse@hotmail.com">kenyonhouse@hotmail.com</a></td>
</tr>
<tr>
<td>Osbaldwick Sports Club</td>
<td>The Leyes, Osbaldwick, YO10 3PR</td>
<td>Keith Cartledge 01904 411065 <a href="mailto:kgcpeak@sky.com">kgcpeak@sky.com</a> <a href="http://www.ossoclub.org.uk">www.ossoclub.org.uk</a></td>
</tr>
<tr>
<td>Poppleton Junior Football Club</td>
<td>Poppleton Community Sports Pavilion, YO26 6NY</td>
<td>Mel Walsh 07770 576966 <a href="mailto:melwalsh@hotmail.co.uk">melwalsh@hotmail.co.uk</a> <a href="http://www.poppletonfc.co.uk">www.poppletonfc.co.uk</a></td>
</tr>
<tr>
<td>Rawcliffe Junior Football Club</td>
<td>The Pavillion, (Rawcliffe Recreation Ground), YO30 5TS</td>
<td>Stuart Watson 07581 252083</td>
</tr>
<tr>
<td>Wheldrake FC</td>
<td>Wheldrake Village Hall, YO19 6BU</td>
<td>Ben Tunningley 07780 737974 <a href="mailto:ben_tunningley@hotmail.co.uk">ben_tunningley@hotmail.co.uk</a> <a href="http://www.facebook.com/WheldrakeFC/">www.facebook.com/WheldrakeFC/</a></td>
</tr>
<tr>
<td>Wheldrake Junior Football Club</td>
<td>Broad Highway Wheldrake, YO19 6BU</td>
<td>Simon Dodson 07801 213926 <a href="http://www.wheldrae.fc.co.uk">www.wheldrae.fc.co.uk</a></td>
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<tr>
<td>Wiggington Grasshoppers FC</td>
<td>Mill Lane, Wiggington, YO32 2PY</td>
<td><a href="http://www.wiggintongrasshoppers.co.uk">www.wiggintongrasshoppers.co.uk</a></td>
</tr>
<tr>
<td>York City Football Club</td>
<td>York City Football Club, YO30 7AQ</td>
<td>01904 624447 <a href="mailto:enquiries@yorkcityfootballclub.co.uk">enquiries@yorkcityfootballclub.co.uk</a></td>
</tr>
<tr>
<td>York Cubs FC</td>
<td>Knavesmire Pitches, YO23 1EX</td>
<td>Graham Reeds 07860 690808 <a href="mailto:yorkcubs@gmail.com">yorkcubs@gmail.com</a></td>
</tr>
<tr>
<td>York Railway Institute AFC</td>
<td>New Lane, Acomb, YO24 4NX</td>
<td>Kate Richardson <a href="http://www.yorkriafc.co.uk">www.yorkriafc.co.uk</a></td>
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<table>
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<tr>
<th>CLUB</th>
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<th>CONTACT, TELEPHONE, EMAIL OR WEBSITE</th>
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<tbody>
<tr>
<td>York Éireannach (GAA)</td>
<td>York St John University, YO31 8TA</td>
<td><a href="http://www.yorkgaa.com">www.yorkgaa.com</a></td>
</tr>
<tr>
<td>York Gliding Centre</td>
<td>York Gliding Centre, Rufforth, YO23 3NA</td>
<td>Roy Nuza 01904 738694 <a href="mailto:office@yorkglidingcentre.co.uk">office@yorkglidingcentre.co.uk</a> <a href="http://www.yorkglidingcentre.co.uk">www.yorkglidingcentre.co.uk</a></td>
</tr>
<tr>
<td>York Goalball Club</td>
<td>York St John University, YO31 8TA</td>
<td>Kathryn Fielding 07795 263642 <a href="mailto:kathryn@goalballuk.com">kathryn@goalballuk.com</a></td>
</tr>
</tbody>
</table>
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We are open everyday from 12:00 noon till midnight
9 Tower St, York YO1 9SA. Tel: 01904 655545
www.castlesnooker.com
# Sports Club Directory

## Golf

<table>
<thead>
<tr>
<th>Club</th>
<th>Venue</th>
<th>Contact/Telephone, Email or Website</th>
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<tbody>
<tr>
<td>Forest Park Golf Club</td>
<td>Forest Park Golf Club, YO32 9HF</td>
<td>Mark Winterburn 01904 400425 <a href="mailto:admin@forestparkgolfclub.co.uk">admin@forestparkgolfclub.co.uk</a> <a href="http://www.forestparkgolfclub.co.uk">www.forestparkgolfclub.co.uk</a></td>
</tr>
<tr>
<td>Fulford Golf Club</td>
<td>Fulford Golf Club, YO10 5DY</td>
<td>Mark Mennell 01904 413579 <a href="mailto:Info@fulfordsgolfclub.co.uk">Info@fulfordsgolfclub.co.uk</a></td>
</tr>
<tr>
<td>Heworth Golf Club</td>
<td>Heworth Golf Club, YO31 9JY</td>
<td>Kevin Dwyer 01904 426156 <a href="mailto:heworthgc@gmail.com">heworthgc@gmail.com</a></td>
</tr>
<tr>
<td>Pike Hills Golf Club</td>
<td>Pike Hills Golf Club, YO23 3UW</td>
<td>Alistair Burns 01904 700797 <a href="mailto:secretary@pikehillsgolfclub.co.uk">secretary@pikehillsgolfclub.co.uk</a> <a href="http://www.pikehillsgolfclub.co.uk">www.pikehillsgolfclub.co.uk</a></td>
</tr>
<tr>
<td>York Golf Academy</td>
<td>Melody Park Driving Range, YO32 2RJ</td>
<td>Michael Dennington 07860 535107</td>
</tr>
<tr>
<td>York Golf Club</td>
<td>York Golf Club, Strensall, YO32 5XF</td>
<td>Mike Wells 01904 491840 <a href="mailto:info@yorkgolfclub.co.uk">info@yorkgolfclub.co.uk</a></td>
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## Gymnastics

<table>
<thead>
<tr>
<th>Club</th>
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<th>Contact/Telephone, Email or Website</th>
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<tbody>
<tr>
<td>G force York</td>
<td>Huntington School, YO32 9WT</td>
<td>Mat Gall 07914 938068</td>
</tr>
<tr>
<td>Illusions Gymnastic Club</td>
<td>Millthorpe School, YO23 1WF</td>
<td>07927 385168 <a href="mailto:Illusionsgc@gmail.com">Illusionsgc@gmail.com</a></td>
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## Handball

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<th>Contact/Telephone, Email or Website</th>
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<tbody>
<tr>
<td>York Hunters Handball</td>
<td>The Mount School, YO24 4DA</td>
<td>Lauren Williams 07530 645613 <a href="mailto:yorkhandball@hotmail.com">yorkhandball@hotmail.com</a> fb.com/yorkhandball</td>
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## Hockey

<table>
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<th>Club</th>
<th>Venue</th>
<th>Contact/Telephone, Email or Website</th>
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<tbody>
<tr>
<td>City of York Hockey Club</td>
<td>Elmpark Clubhouse, YO31 1DX</td>
<td>Emily Gee <a href="mailto:sec@cityofyorkhc.co.uk">sec@cityofyorkhc.co.uk</a> <a href="http://www.cityofyorkhc.co.uk">www.cityofyorkhc.co.uk</a></td>
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## Horse Riding

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<th>Club</th>
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<tr>
<td>York &amp; Ainsty South Pony Club</td>
<td>Various</td>
<td>Gill Chivers 01904 768801 <a href="mailto:gill@chivers.plus.com">gill@chivers.plus.com</a> York &amp; Ainsty South Pony Club</td>
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## Judo

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<th>Club</th>
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<th>Contact/Telephone, Email or Website</th>
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<tbody>
<tr>
<td>Destination @ British judo</td>
<td>Various</td>
<td>Dan Tansey 07484 056786 <a href="mailto:daniel.tansey@britishjudo.org.uk">daniel.tansey@britishjudo.org.uk</a></td>
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## Karate

<table>
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<th>Club</th>
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<th>Contact/Telephone, Email or Website</th>
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<tbody>
<tr>
<td>Haxby Shotokan Karate Club</td>
<td>Wigginton Recreation Hall, YO32 3PL</td>
<td>Jim Bamford 07583 249115 <a href="mailto:info@haxbykarate.co.uk">info@haxbykarate.co.uk</a> <a href="http://www.haxbykarate.co.uk">www.haxbykarate.co.uk</a></td>
</tr>
</tbody>
</table>
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<td><strong>LIFESAVING</strong></td>
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<tr>
<td>Ebor Lifesaving Club</td>
<td>Better Energise Leisure Centre, Cornlands Road, YO24 3DX</td>
<td>01904 767452</td>
</tr>
<tr>
<td>Two Rivers Tomiki Aikido Club</td>
<td>York RI, Queens Street, YO24 1AD</td>
<td>Wayne Cooper 07712943756 <a href="mailto:waynepcooper@hotmail.com">waynepcooper@hotmail.com</a></td>
</tr>
<tr>
<td>Do Shin KenYu Kai-York Kendo Club</td>
<td>Moor Lane Youth Centre, YO24 2TX</td>
<td>Tim Waudby 01904 553426 <a href="mailto:kendoinyork@yahoo.com">kendoinyork@yahoo.com</a></td>
</tr>
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<td>York Jitsu</td>
<td>St Olave’s School, YO30 7AQ</td>
<td>Stephen Millard <a href="mailto:townclub@yorkjitsu.org">townclub@yorkjitsu.org</a></td>
</tr>
<tr>
<td>Historia Normannis York</td>
<td>Fulford Park, YO10 4EJ</td>
<td>Isaac Broadbent 07856 497213 <a href="mailto:normannis.york@gmail.com">normannis.york@gmail.com</a></td>
</tr>
<tr>
<td>Old School Wing Chun</td>
<td>The Old School, Wigginton, YO32 2PU</td>
<td>Steve Lancy 07968 365783 <a href="mailto:contact@oldschoolwingchun.co.uk">contact@oldschoolwingchun.co.uk</a></td>
</tr>
<tr>
<td>York Karate Dojo</td>
<td>York Karate Club, YO32 5ZN</td>
<td>Simon Flint 07814 545013 <a href="mailto:info@yorkkarate.net">info@yorkkarate.net</a></td>
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| **MARTIAL ARTS**            |                                |                                                          |
| York Karate Dojo            | York Karate Club, YO32 5ZN     | Simon Flint 07814 545013 info@yorkkarate.net            |

| **MULTI SPORT**             |                                |                                                          |
| York Sports Club            | York Sports Club, Clifton Park, YO30 5RE | Kevin Johnson 01904 623602 info@yorksportsclub.co.uk www.yorksportsclub.co.uk |
| Better Energise Leisure Centre | Cornlands Road, Acomb, York, YO24 3DX | 01904 403900 energise@gll.org www.better.org.uk/leisure-centre/york/energise |
| Huntington Sports and Social Club | Huntington Sports & Social Club, YO24 2NS | Eric Dower 01904769726 mob 07535 815437 ericdower1@yahoo.co.uk |
| Osbaldwick Sports Club      | The Leyes, YO10 3PR            | 01904 411065 www.ossoclub.org.uk                         |
| York Railway Institute Sports Club | York RI, Queens Street, YO24 1AD | 01904 624383 info@yorkri.org www.yorkri.org.uk          |
| York Sport Village          | York Sport Village, Lakeside Way, Heslington, YO10 5FG | 01904 325751 info@york-sport.com www.york-sport.com |

| **NETBALL**                 |                                |                                                          |
| Elvington Ladies Netball    | Various                        | Elaine Maughan 07595 220691 elainemaughan2710@yahoo.co.uk |
| Huntington Millers Netball Club | Various                       | Audrey Smith 01904 761641 millersnetball@gmail.com      |
| York RI Netball Club        | York RI Sports Club, New Lane, YO24 4NX | Janet Ivel 07949 948358 janetivel@aol.com |
| York City Netball Club      | Manor CE Academy, YO26 6PA     | Chris Howes 07814 547888 www.pitchero.com/clubs/yorkcitynetballclub |
| Haxby Netball Club          | Ethel Ward Playing Fields, YO32 3NU | Val Kennedy 07708 050307                                  |
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<td><strong>RACERUNNING</strong></td>
<td>York RaceRunning Club, York Sport Village, YO10 5FG</td>
<td>Liz Moulan 07742 886883, <a href="mailto:yrkracerunning@gmail.com">yrkracerunning@gmail.com</a></td>
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<td>York Minxters Roller Derby, Various</td>
<td>Emma Coots 07969 880980, <a href="mailto:yorkminxters@gmail.com">yorkminxters@gmail.com</a>, <a href="http://www.yorkminxters.com">www.yorkminxters.com</a></td>
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<td>Robyn Inglis 01904 623959, <a href="mailto:secretary@ycrc.co.uk">secretary@ycrc.co.uk</a>, <a href="http://www.ycrc.co.uk">www.ycrc.co.uk</a></td>
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<td>Alan Havercroft 01904 330351, <a href="mailto:coach@yorkacorn.co.uk">coach@yorkacorn.co.uk</a></td>
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<tr>
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<td>Mark Gronnow 01904 623602, <a href="mailto:hello@yorkrufc.co.uk">hello@yorkrufc.co.uk</a>, <a href="http://www.yorkrufc.co.uk">www.yorkrufc.co.uk</a></td>
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<td><strong>RUNNING</strong></td>
<td>RunYork, Various</td>
<td>Richard Smith 07846 189103, <a href="mailto:runyork@sky.com">runyork@sky.com</a>, <a href="http://www.runyork.co.uk">www.runyork.co.uk</a></td>
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<td>York Rose Fitzmums</td>
<td>Tadcaster Road, YO24 1LU</td>
<td>Rebecca Wahl 07979 196756 and <a href="mailto:yorkrose@fitmums.org.uk">yorkrose@fitmums.org.uk</a>, <a href="http://www.fitmums.org.uk">www.fitmums.org.uk</a></td>
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<td>Paul Richardson 07756 521 824 <a href="mailto:paul.richardson4040@ntlworld.com">paul.richardson4040@ntlworld.com</a> <a href="http://www.yorkacornrunningclub.org.uk">www.yorkacornrunningclub.org.uk</a></td>
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<td>Heworth Tennis Club, YO31 7YD</td>
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<td><strong>SAILING &amp; YACHTING</strong></td>
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<td>York RI Sailing Club</td>
<td>Acaster Lane, Bishopthorpe, YO23 2XB</td>
<td>Steve Hogg (Secretary) 01904 421258 <a href="mailto:yrisc@hotmail.com">yrisc@hotmail.com</a> <a href="http://www.yrisc.org">www.yrisc.org</a></td>
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<td>Peter Lee 01904 340696 <a href="mailto:commodore@yorkshireousesailingclub.co.uk">commodore@yorkshireousesailingclub.co.uk</a> <a href="http://www.yorkshireousesailingclub.co.uk">www.yorkshireousesailingclub.co.uk</a></td>
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<td>York RI Squash Club</td>
<td>York RI, Queens Street, YO24 1AD</td>
<td>Dan Coates / Rod Erridge 01904 624383 <a href="mailto:risquash@gmail.com">risquash@gmail.com</a> <a href="http://www.risquash.co.uk">www.risquash.co.uk</a></td>
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<td>Better Yearsley, Hayley’s Terrace, YO31 8SB</td>
<td>01904 403860 <a href="mailto:yearlsey@gll.org">yearlsey@gll.org</a> <a href="http://www.better.org.uk/leisure-centre/york/energise">www.better.org.uk/leisure-centre/york/energise</a></td>
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<td>Better Energise Leisure Centre</td>
<td>Better Energise, Cornlands Road, YO24 3DX</td>
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<td>Froggy Legs Swim School</td>
<td>Various</td>
<td>Susanne Craske 01904 339487 <a href="mailto:info@froggylegs.co.uk">info@froggylegs.co.uk</a></td>
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<td>New Earswick Disabled Swimming Club</td>
<td>New Earswick Swimming Pool, YO32 4DX</td>
<td>Patricia Coates 01904 764758 <a href="mailto:pcoates67@yahoo.com">pcoates67@yahoo.com</a></td>
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<td>New Earswick Swimming Club</td>
<td>New Earswick Swimming Pool, YO32 4DX</td>
<td>Mike Peters 07503 454495 <a href="mailto:membership.nesc@gmail.com">membership.nesc@gmail.com</a> <a href="http://www.newearswickscc.co.uk">www.newearswickscc.co.uk</a></td>
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<td>York City Baths Club</td>
<td>Various</td>
<td>Alison Pickup <a href="mailto:ycbe.secretary@gmail.com">ycbe.secretary@gmail.com</a> <a href="http://www.yorkcitybathscm.org.uk">www.yorkcitybathscm.org.uk</a></td>
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