

Littlehampton Sports Club Directory



Activities for all ages and abilities

www.littlehampton-tc.gov.uk

 /littlehamptontc



Littlehampton has a thriving sports community with clubs and activities for all ages, abilities and pockets!

In this directory you will find details for some of the extraordinary clubs that are based in Littlehampton. Many offer taster sessions so you can try before you become a member, ideal for those people who want to be active but aren't sure what sport they enjoy.

This directory has been created in partnership with the Littlehampton Sports Forum which is made up of representatives from a wide variety of local clubs. The Forum meets four times a year and aims to provide a voice for local sports. It is also responsible for overseeing the annual Sports Awards and the Financial Awards for Sporting Excellence (see back cover).

For a comprehensive list visit

www.littlehampton-tc.gov.uk/sport

Local clubs are welcome to add their details free of charge to our online database, simply email us at

lrc@littlehampton-tc.gov.uk

The Littlehampton Sportsfield available for hire

Suitable for Cricket, Football, Croquet,
Tennis and Stoolball

Littlehampton Sportsfield, St Flora's Road,
Littlehampton BN17 6BD

Contact: Hugh Milner

Email: inducker@ntlworld.com **Tel:** 01903 530688

The clubs and venues featured in this guide are just a selection of what Littlehampton has to offer. The Town Council advises that you contact club direct using the details provided. Littlehampton Town Council cannot be held liable for any inaccuracies.

Contents

Athletics	4 – 5
Badminton & Squash	6
Boxing	7
Cricket	8
Croquet	9
Football	10 – 13
Golf	14
Hockey	15
New Age Kurling	16
Sailing & Canoeing	17 – 18
Swimming	19 – 20
Tennis	21 – 22
Wrestling	23

Move More • Swim More • Be More with Inspire Leisure

Swimming

Sport Sites

Parties

Day Camps

Junior
Activities

Fitness
Classes

Fitness Suites

Interactive Room



Inspire Littlehampton

Sea Road | Littlehampton
BN16 2NA | T 01903 725 451



Arunners Running Club

About Us

Arunners offers new and old members the chance to run with a friendly club. They have over 100 members and complete beginners are welcome. They have weekly social runs as well as club nights for members. There are always members training to run half and full marathons, so members can help and train with each other. Arunners is part of the West Sussex Fun Run League and regularly races against other clubs.

Affiliation:

England Athletics.

Competition Level:

District League.

Venue:

Windmill Theatre
& Cinema Studio
The Green
Windmill Road
Littlehampton
BN17 5LH

May – Sept at various
countryside venues.
See website for details.

Membership Fees	Ages	Adult	Children/Youth
			Yes
	Annual	£15	£7.50*
	Other Information	Optional membership of England Athletic £10 extra. Members must be fit to undertake exercise and may be asked to consult a doctor before joining.	

*price also applies for students in full time education.

Times: Wednesdays 6:30

Website: www.arunners.co.uk **Facebook:** Arunners

Contact: Mr Phil McErlain

Email: philmcerlain@hotmail.com **Tel:** 01903 734335



Tuff Fitty Triathlon Club

About Us

First formed in 1991 and one of the largest clubs on the South Coast. Training sessions are staged in all three Triathlon disciplines, Swim, Bike, Run, from Sprint distance up to Ironman with guidance offered from a number of qualified coaches. Equally relevant for men and women, the club holds some member only races and social events as well as a Club Championship. Outside of the Triathlon season members take part in road runs and cycle races.

Affiliation:

British Triathlon Federation, England Athletes, Cycle Time Trial Association, Sussex County Athletes.

Competition Level:

International, National, Regional, Recreational. Whilst Triathlon is an individual sport groups travel across Europe to race.

Venue:

Inspire Leisure
Sea Road, Littlehampton
West Sussex BN16 2NA
Various outdoor locations.

Membership Fees	Ages	Adult
		18+
	Annual	£30
	Other Information	Club year runs from November to December. People new to the multisport arena are welcome.

Times: See website or contact club for details.

Website: www.tuff-fitty.co.uk **Facebook:** tufffitty

Contact: Mr Clive Harvey

Email: clive.harvey@tuff-fitty.co.uk **Tel:** 01903 776307



Littlehampton Badminton & Squash Club

About Us

Littlehampton Badminton & Squash Club offers members the opportunity to enjoy a range of sports and social activities. The main sports have been badminton and squash, but more recently table tennis and racketball have become popular. In addition, the Club has carpet bowls, a pool table, table football and darts available for members in the lounge and bar areas. There are regular club nights and morning clubs for all abilities to enjoy their games.

Affiliation:

England Squash & Racketball, Badminton England.

Competition Level:

County League/Cup, District League/Cup, Worthing District/Chichester & Bognor Leagues. Recreational/ Friendlies

Venue:

Littlehampton
Badminton & Squash Club
Sparks Court
Littlehampton
BN17 5AS

Membership Fees	Ages	Adult	Children/Youth
			18+ Veteran 70+
	Annual	£115 Full £40 Daytime only	£5 Junior £35 Students

Times: Weekdays 9:00 – 22:30 Weekends 9:00 – 17:00

Website: www.lbsc.org.uk

Facebook: Littlehampton-badminton-and-squash-club

Contact: Mr David Beatty **Tel:** 01243 584796

6 Email: lbsclub@tiscali.co.uk **Tel (Club):** 01903 713217



Littlehampton Amateur Boxing Club

About Us

The Club, through a combination of hard work and fun, introduces juniors (8-16) and seniors (17 and over) to the techniques, disciplines and skills of amateur boxing leading to local competitions. Boxing is a great sport to channel the energy that would otherwise be used in other ways and is suitable to both male and female participants.

Competition Level:

National, Regional, County, District, Recreational.

Venue:

Wick Hall
76 Wick Street
Littlehampton
West Sussex
BN17 6JS

Membership Fees	Ages	Adult	Children/Youth
			17+
	One off Payment	£20	£15
	Other Information	Training cost is £3 per session	

Times: Sundays and Wednesdays

Contact: Mr Steve Bailey

Email: littlehamptonabc@hotmail.co.uk **Tel:** 07884 072572



Littlehampton Cricket Club

About Us

Littlehampton Cricket Club, founded in 1871, based at the Sportsfield is a friendly club with active adult and colts' teams and exceptional qualified coaches making it ideal for new members. The adult teams compete in the West Sussex League as well in local 'friendlies'.

Competition Level:

Regional League/Cup,
District League/Cup &
Recreational Friendlies.

Venue:

The Sportsfield
St Flora's Road
Littlehampton
BN17 6BD

Membership Fees	Ages	Adult	Children/Youth
			Male 18+
	Annual	£80	£30
	Other Information	Match fees vary from £10 for the senior league matches to £1 for under 13s	

Times: See website or contact club for details.

Website: www.lcandpcc.play-cricket.com

Contact: Mr Ian Birbeck

8 Email: birbecki@hotmail.com **Tel:** 01903 739421



Littlehampton Croquet Club

About Us

Founded in 1909, the Croquet Club benefits from five undulating lawns, three qualified coaches and a modest clubhouse. The club competes in the county leagues and plays over 20 'friendly' matches a year as well as running competitive inter-club Singles and Doubles matches with trophies for the winning finalists.

It also runs the annual Littlehampton Centenary Challenge Cup tournament which is open to Croquet Clubs in West Sussex.

Affiliation:

Croquet Association and the South East Croquet Federation.

Competition Level:

Regional, District & Recreational.

Venue:

The Sportsfield
St Flora's Road
Littlehampton
BN17 6BD

Membership Fees	Ages	Adult
		16+
	Annual	£120
	Other Information	Taster Membership for one month £15 deductible from Full Membership on joining

Times: See website or contact club for details.

Website: www.littlecroquet.co.uk

Contact: Miss Barbara Walters

Email: secretary@littlecroquet.co.uk **Tel:** 01903 782053



Littlehampton Town FC: Youth Football

Football

About Us

Littlehampton Town Youth Football Club operates teams from 4 years of age up to 18 years of age. As an affiliated club of the Sussex County Football Association members can expect high quality coaching and a safe environment.

At Littlehampton Town Youth FC, each age group has its own separate coaching session, which is centred on improving individual skills and building teamwork. Participation in small-sided games ensures that the children are involved more and learn to work with other players.

Affiliation:

Sussex County Football Association.

Competition Level:

County League/Cup & District League/Cup.

Venues:

The Littlehampton Academy,
Hill Road Entrance,
Littlehampton, BN17 6DQ

White Meadows Primary
School, Whitelea Road,
Littlehampton, BN17 7JL

The Sportsfield,
St Flora's Road
Littlehampton
BN17 6BD

Membership Fees	Ages	Children/Youth
		Male 4 – 18 Female 4 – 15
	Annual	£25 plus weekly subs fee of £3

Times: See website or contact club for details

Website: www.littlehamptontownyouth.co.uk

Facebook: littlehamptontownyouthfc

Contact: Miss Michelle Watkins

Email: littlehamptontownyouthfc@live.co.uk **Tel:** 07588 421990



Littlehampton Town Football Club

About Us

Littlehampton Town Football Club was founded in 1896 and continues to play their home matches in its original ground at The Sportsfield on St Flora's Road. Nicknamed "The Marigolds", the club competes in county football and national competitions including the FA Cup and FA Vase and has an extensive youth set-up from under 8s to under 18s.

Affiliation:

The FA (Football Association), Sussex County FA, Sussex County Football League regional cups and the Sussex County League Division One.

Competition Level:

Senior Team competes in FA Cup, FA Vase, regional cups, and the Sussex County League Division One.

Venue:

The Sportsfield
St Flora's Road
Littlehampton
BN17 6BD

Membership Fees	Ages	Adult
		Male 18+
	Training Sessions	£5 (£4 if unemployed)

Times: Training Thursday evenings

Matches: September to May. Senior Team play home or away on Tuesdays 7.30pm kick off and Saturdays 3pm kick off.

Website: www.pitchero.com/clubs/littlehamptontown

Twitter: @LittlehamptonFC

Contact: Mr Rob McAlees **Tel:** 01903 716390



Wick Dynamos

About Us

Wick Dynamos Juniors is a club full of history that is proud to be FA Chartered Standard. All managers are certified FA Level 1 coaches, FA Emergency Aid trained and have been CRB checked. In 2014 Wick Dynamos Juniors were awarded 3 sportsmanship awards for the club's adherence to the FA RESPECT levels. New members are always welcome and the club focuses on making football fun whilst developing the players' skills.

Affiliation:

Sussex County FA.

Competition Level:

Arun and Chichester Junior Football League/Cups.

Venue:

The Littlehampton Academy
Hill Road Entrance
Littlehampton
BN17 6DQ

Membership Fees	Ages	Children/Youth
	Annual	4 – 16

Times: See website or contact club for details.

Website: www.wickdynamos.co.uk

Contact: Mr Andy Dye **Tel:** 07939 664228

Email: joinus@wickdynamos.com



Wick and Barnham United Football Club

About Us

Wick and Barnham United has two senior sides and an under 18s side and play most Saturdays. They run a clubhouse with bar and kitchen facilities which can be hired for private functions.

Competition Level:

National, County, Sussex League, FA Vase and potentially FA Cup.

Venue:

Wick & Barnham United FC
 Coomes Way
 Wick
 Littlehampton
 BN17 7LP

Membership Fees	Ages	Adult	Children/Youth
			Male 18+ Veteran Male & Female (recreational)
	Annual	£15 (single) £20 (joint)	£10

Times: Training - Wednesday evenings, Games - Saturdays.

Facebook: wickbarnhamfootballclub

Twitter: wickbarnhamutd

Contact: Mr Keith Croft **Tel:** 07932 176051

Email: keith@upfrontevents.co.uk



Littlehampton Golf Club

GOLF

About Us

A private members' golf club established in 1889, Littlehampton Golf Club is the oldest club and the only links course in West Sussex. Situated by the River Arun and alongside West Beach, the Club house has a licensed bar which serves food for members, guests and visitors. Regular social functions are held at the Club for members and guests.

The Club house is available for conferences, business meetings, private parties and weddings.

Competition Level:

District League/Inter County Events/ Friendlies.

Venue:

Littlehampton Golf Club
170 Rope Walk
Riverside West
Littlehampton
BN17 5DL

	Ages	Adult	Children/Youth
Membership Fees	Full Annual Intermediate	18+ (Intermediate ages 18 – 35) Veteran 60+	Juniors: Under 18s
		£1050 £350-£650	13 – 15yrs £52 16 – 17yrs £78
	Other Information	Upon receipt of application to join an interview with the Captain is arranged and conducted to assess suitability on grounds of integrity and behaviour	

Times: See website for times, green fees and restrictions.

Website: www.littlehamptongolf.co.uk

Contact: Ashley Wood

Email: ashley@littlehamptongolf.co.uk

Tel: 01903 717170 ext 222



Littlehampton Hockey Club

About Us

Established over 100 years ago, Littlehampton Hockey Club is one of the oldest hockey clubs in Sussex offering a small and friendly atmosphere.

Affiliation:

England Hockey.

Competition Level:

County, Sussex Open League Division 2.

Venue:

The Littlehampton Academy
 Hill Road Entrance
 Littlehampton
 BN17 6DQ

Membership Fees	Ages	Adult	Children/Youth
	Annual	Male 16+	£80
			Free

Times: Wednesday evenings

Website: www.littlehamptonhc.org.uk

Contact: The Secretary

Email: secretary@littlehamptonhc.org.uk

Tel: 07739 793700



Dreams of Social Happiness (DOSH)

About Us

DOSH aims to build friendships and support the local community whilst taking part in an easy to manage, fun session of Kurling with its gentle exercise benefits. Refreshments included in the sessions.

Competition Level:
Recreational.

Venue:

Southfields Jubilee Centre
Southfields Road
Littlehampton
BN17 6AF

Membership Fees	Ages	Adult
		18+
	Annual	£4 per session

Times: Thursdays, 13:00 – 14:30 & 14:30 – 16:00

Contact: Mr John Horne

Email: the-hornes@talktalk.net

Tel: 01903 713486



Arun Yacht Club

About Us

Club membership offers sailing and social opportunities for youth and adult members alike; clubhouse offers fine dining and bar facilities with a view over Littlehampton harbour. The clubhouse is available for private hire when not in use by members.

Affiliation:

Royal Yachting Association.

Competition Level:

Local, regional, national and international.

Venue:

Arun Yacht Club
Riverside West
Littlehampton
BN17 5DL

	Ages	Adult	Children/Youth
		18+	8+
Membership Fees	Annual	£143 single adult (over 25) £229 joint members	£39 (Under 17s) £64 (18 – 25)
	Other Information	All new members are required to meet a Committee member prior to acceptance. There are no specific membership criteria.	

Times: See website or contact club for details.

Website: www.arunyc.co.uk

Facebook: arunyc

Contact: Arun Yacht Club

Email: secretary@arunyc.co.uk

Tel: 01903 716016



Arun Youth Aqua Centre (AYAC)

About Us

AYAC aims to give opportunities to youngsters, especially those from non-sailing and canoeing backgrounds, to enjoy the challenges and fun of dinghy sailing and canoeing. The club provides all equipment; from buoyancy aids, kayaks and a range of single and double handed dinghies to safety craft manned by fully qualified Safety Boat Helms. All you need to bring is a windproof jacket and a pair of trainers.

Affiliation:

Royal Yachting Association, RYA Training Centre, RYA Champion Club and RYA OnBoard Centre.

Competition Level:

National, Regional, County, District, Recreational.

Venue:

Jubilee Compound
Hendon Avenue
Off Sea Road
Littlehampton
BN16 2NB

Membership Fees	Ages	Children/Youth
		9 – 18
	Annual	Canoeing £68 Sailing £140 Combined £163
	Other Information	Family discount available *Must be water confident and parental help is required.

Times: See website or contact club for details.

Website: www.ayac.org.uk

Facebook: arun-youth-aqua-centre

Contact: Mrs Jan Elliman

Email: admin@ayac.org.uk **Tel:** 01903 714753



Arun Dolphins Swimming Club for the Disabled

About Us

Arun Dolphins aims to provide a safe and friendly environment for people of any age or disability to swim for therapy and enjoyment. The club owns a mechanical pool hoist, a dry hoist and other aids. During sessions it offers 20 minutes of one to one swimming instruction from ASA qualified teachers. Swimmers may also attempt and be assessed in Water Skill badges, personal survival and distance badges.

Affiliation:

National Association of Swimming Clubs for the Handicapped.

Venue:

Inspire Leisure
Sea Road
Littlehampton
BN16 2NA

Membership Fees	Ages	Adult	Children/Youth
			18+
	Annual	£12	£12
	Other Information	Annual fee + £3 per session	

Times: Wednesday Evenings

Contact: Miss Joyce Adams

Email: adajy512@aol.com

Tel: 01903 726531



Littlehampton Swimming Club

About Us

Founded in 1983, Littlehampton Swimming Club welcomes new members of all abilities who share their enthusiasm for competitive swimming. The Club is managed by parent volunteers, with the swimming programme directed by a professional Head Coach. The Club aims to develop every swimmer to their full potential and provide competitive opportunities for all levels, with some achieving National level. The Club is very successful in local leagues and does social and team building activities too.

Ability:

Must be able to swim 50m front crawl & 50m backstroke unassisted at age 5 – 10, 200m if older.

Competition Level:

National, Regional, County, Recreational, Internal club championships.

Venue:

Littlehampton Swimming and Sports Centre
Sea Road
Littlehampton
BN16 2NA

	Ages	Adult	Children/Youth
		19+	5 – 18
Membership Fees	Monthly	£9	£8 – £58
	Other Options	Monthly squad fee payable by standing order based on number of sessions swum each week by the swimmer's allocated group.	

Times: See website or contact club for details.

Website: www.littlehampton-sc.btck.co.uk

Facebook: Littlehampton-swimming-club

Contact: Mrs Sue Cameron

Email: secam21@aol.com **Tel:** 07935 313531



Howard Lawn Tennis Club

About Us

Howard Lawn Tennis offers a free session to those who wish to try out playing tennis on the grass. It uses its four grass courts for recreational play in addition to summer and winter league matches.

Affiliation:

Sussex Lawn Tennis Association & RPT (European Registry of Tennis Professionals).

Competition Level:

Regional League/Cup, District League/Cup, County League Divisions Male & Female, Friendly Matches with other local clubs & Internal Singles and Doubles competitions.

Venue:

The Sportsfield
St Flora's Road
Littlehampton
BN17 6BD

Membership Fees	Ages	Adult	Children/Youth
			18+
	Annual	£50 New members £85 Existing members	£20 – £35
	Other Information	Mid week rate £50 (daytime only)	

Times: See website or contact club for details.

Website: www.littlehamptontennis.com

Contact: Miss Helen Owen

Email: h_owen@hotmail.co.uk

Tel: 01903 718725 or 07868 111512



Littlehampton Community Tennis

About Us

Littlehampton Community Tennis aims to make tennis accessible to all. All standards from beginner to performance are catered for. The club aims to provide a pathway to participation with all the health and social benefits this sport provides.

Affiliation:

Tennis Foundation, Lawn Tennis Association and RPT (European Registry of Tennis Professionals).

Competition Level:

Regional League/Cup, County League/Cup, District League/Cup, Open Tournaments and Friendlies.

Venue:

Maltravers Tennis Courts
Maltravers Park
Maltravers Drive
Littlehampton
BN17 5EY

Membership Fees	Ages	Adult	Children/Youth
		18+	4+
	Monthly	£10 (First session free)	£10 (First session free)

Times: See website or contact club for details.

Website: www.littlehamptoncommunitytennis.co.uk

Contact: Mr Stewart Lister

Email: littlehamptoncommunitytennis@hotmail.co.uk

Tel: 07716 278328



Littlehampton & Rustington Wrestling Club

About Us

The club offers Olympic Freestyle and Greco Roman Wrestling to both female and male participants aged 5 years old and over. Internationally qualified coaches provide training that enables participants to progress to the Southern England and National Teams. The club welcomes those from Mixed Martial Arts who wish to improve wrestling ability.

Competition Level:

National and International Tournaments & friendlies.

Venue:

Rustington Youth Centre
Woodlands Avenue
Rustington
West Sussex
BN16 3HB

Membership Fees	Ages	Adult	Children/Youth
	Monthly	16+	£15

Times: 18:30 – 20:30 Tuesday and Friday evenings

Contact: Mr John Savage

Email: joking.john@hotmail.co.uk

Tel: 01903 502850



Littlehampton Sports Awards

The Sports Forum is responsible for organising an annual Sports Awards Ceremony. Clubs, coaches and family members of sportspeople are given the opportunity to nominate them for these awards. There are ten categories including the coveted Sportsperson of the Year Award and Lifetime Contribution to sport.

Nominations can usually be made from June each year with the Awards Ceremony, hosted by a celebrity guest, being held in October.

Sports Awards Categories

Category	Sponsor
Sportsperson of the Year	Coco Lounge
Young Sportsperson of the Year	Littlehampton Trader's Partnership
Sports Team of the Year	Littlehampton Gazette
Young Sports Team of the Year	Littlehampton Glass & Glazing
Coach of the Year	C&M Trophies
Sports Administrator of the Year	Going Spare
Contribution to Youth Sport	Inspire Leisure
Contribution to Disabled Sport	FA Holland & Son
Unsung Hero	Mewsbrook Park Cafe
Lifetime Contribution to Sport in Littlehampton	Mayor's Award

Financial Awards for Sporting Excellence

These focus on those either already achieving or who have the potential to achieve sporting excellence. The awards are available for individuals who live in Littlehampton. The funds can be used for training, competition entry fees, transport, accommodation and equipment. Awards will be up to £1,000 per recipient.

Applications for the grants open in October each year.

For more information about these initiatives contact Littlehampton Town Council on 01903 732063 or email ltc@littlehampton-tc.gov.uk