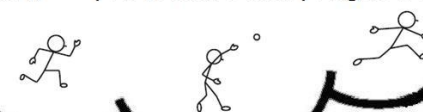


Athletics Clubs throughout Norfolk!

Find your local club...



Whether you enjoy improving your running, jumping or throwing skills in athletics or have the potential to be in our next generation of champions, your local athletics club is waiting for you! You don't know how good you could be until you give it a go!



Coaches are trained and continually developed and updated through England Athletics club and coach support. Athletics coach licences ensures that coaches are CRB checked. The clubs are all members of Norfolk Athletics Network and work in partnership to achieve the best possible opportunities for athletes in the county at all levels of ability. The clubs have achieved clubmark or are working towards it.

CLUB & CONTACT	TRAINING TIMES	VENUE
City of Norwich AC www.conac.org.uk Clive Poyner: chair@conac.org.uk 07809835019 Julie Brand: 01603 781944	Saturday: 9.30-10.45am for ages 8 to 11 10.45-12.00pm for ages 12 to 14 (Sportshall) Tuesday: 6.30-8.00pm - Junior sessions Wednesday: 5.30-6.30pm - Academy sessions Tuesday & Thursday: 7.00-8.00pm Cross Country and middle distance sessions	Taverham High School (Sat & Tues) City Academy, Earlham (Wed) UEA Sportspark (Tues & Thurs)
Ryston Runners AC www.rystonrunners.org.uk Martin Ive: martin@ive23.freemove.co.uk 01366 328456	Monday: 6.30-7.30pm – Juniors (sportshall/athletics) 7.30-8.30pm – Older juniors can train with adults in the sprints/endurance/jumps/throws sessions	Lynnsport Track/Barn, King's Lynn
West Norfolk AC www.westnorfolkac.co.uk Kate Davis: k8dav@hotmail.com 07920504895	Thursday: 7.15-8.15pm – Juniors (sportshall/athletics) 8.15-9.15pm – Older juniors can train with adults in the sprints/endurance/throws/jumps/circuit training sessions	Lynnsport Track/Barn, King's Lynn
Great Yarmouth & District AC www.gydac.org.uk John Barwick: barwickj@btinternet.com Alan Jones: a.k.jones@btinternet.com Renee Mills: millsyncfc@msn.com	Tuesday: From 7pm – Sportshall/athletics Thursday: From 7pm – Sprints/endurance/throws/jumps sessions	Great Yarmouth College (Tues) Wellesley Road Track (Thurs)
Thetford AC www.thetford-ac.co.uk Gary Howe: gary.howe@uk.zurich.com 01842 753447 07734336826	Monday: 6.00-7.15pm (Endurance/sprints/jumps/throws) Saturday: 10.00-12.00pm (Endurance/sprints/jumps/throws) Thursday: 6.00-8.00pm (Endurance/sprints/jumps/throws)	Thetford Rugby Club (Mon & Sat) Charles Burrell School -Thetford Academy (Thurs)
Diss & District AC www.dissac.co.uk Barry Palmer: Barrypalmer1@mypostoffice.co.uk	Tuesday: 6.30-7.30pm (Endurance/sprints/jumps/throws) Thursdays: Alternate (check with contact)	Diss Sports Ground
Dereham AC www.derehamrunners.co.uk Gary Slattery: Slattery@lotuscars.co.uk 01362 697979	Monday: 18.30-20.00pm - Circuit Training sessions Thursday: 18.30-20.00pm - Endurance/sprints sessions - Indoor training sportshall sessions for juniors only	Northgate High School (Mon) Neatherd High School (Thurs)