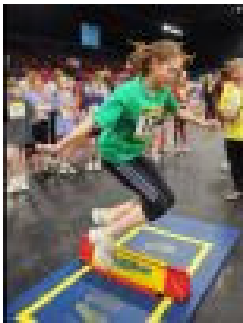




# SPORTSHALL ATHLETICS IN NORFOLK



For many years Norfolk has had a county wide sportshall athletics league. Many of Norfolk's best athletes started their athletics career with Sportshall. Sportshall is based on a philosophy of fun and participation. From this the best athletes have a chance to shine in Regional and national competitions and hopefully move on to competing for athletics clubs at track and field, cross country, road running and in other sports. The competitions are designed however for athletes of all shapes and sizes and all abilities.

- **ENTER A TEAM.** Most of Norfolk's athletic clubs enter teams. Sportshall teams can also be made up of schools teams and teams from other sports. Under 11 teams (school years 4,5 and 6) need about 4-6 athletes, whereas U13 teams need about 6 athletes to make up a team. Under 15 athletes compete as individuals.
- **WHERE AND WHEN.** The competitions normally take place at the Sportspark in Norwich and Lynnsport in King's Lynn because of the size of the hall required. The 3 or 4 League matches are held in autumn with the serious regional and county stuff in January-April time.
- **COST.** £25 per team for the season and £3 or £4 on the day for each athlete depending on age.
- **WHAT EVENTS TAKE PLACE IN SPORTSHALL ATHLETICS.** There is a mixture of running and field events. The running events range from the 2 lap sprint and 2 lap hurdles to the exhausting 6 lap race. There are lots of relays and there are turning boards at each end. The field events cover similar events to track and field but adapted for sportshall. The triple and long jump are from a standing start and there are throwing events for strong athletes. Many of you will have had a go at the tough speedbounce and Norfolk currently has the British record holder in this event (100 in 30 seconds).



- **WHO DO I CONTACT**

If you want to take part with an Athletics club there are contacts listed below

Great Yarmouth and District AC [a.k.jones@btinternet.com](mailto:a.k.jones@btinternet.com) or [www.gydac.org.uk](http://www.gydac.org.uk)  
City of Norwich AC [sportshall@conac.org](mailto:sportshall@conac.org) or [www.conac.org.uk](http://www.conac.org.uk)  
West Norfolk AC [rachael.greenhalgh@sky.com](mailto:rachael.greenhalgh@sky.com) or [www.westnorfolkac.co.uk](http://www.westnorfolkac.co.uk)  
Ryston Runners [Keandamsmith@aol.com](mailto:Keandamsmith@aol.com) or [www.rystonrunners.org.uk](http://www.rystonrunners.org.uk)  
Diss AC [jim.pursehouse@btinternet.com](mailto:jim.pursehouse@btinternet.com) or [www.dissac.co.uk](http://www.dissac.co.uk)  
Dereham Runners [www.garryslattery34@btinternet.com](mailto:www.garryslattery34@btinternet.com) or [www.derehamrunners.co.uk](http://www.derehamrunners.co.uk)  
Thetford AC [gary.howe@uk.zurich.com](mailto:gary.howe@uk.zurich.com) or [www.thetford-ac.co.uk](http://www.thetford-ac.co.uk)



Please note that in the west of the county West Norfolk AC and Ryston Runners compete as a combined team.

- **WHAT IF I WANT TO ENTER A SCHOOL TEAM OR A NON ATHLETIC CLUB TEAM.** This can be arranged by contacting any of the Committee members listed above. The Norfolk Sportshall Chairman is John Greenhalgh from West Norfolk AC and he can be contacted for advice on 01485 544405 or by email as above.

- **DATES FOR 2010/11**

League Match 1 16/10/10 Norwich  
Sportspark  
League Match 2 06/11/10 Norwich  
Sportspark  
League match 3 27/11/10 Kings Lynn  
Lynnsport

County Champs 15/01/11 Norwich  
Sportspark

U11 Regional Challenge 29/01/11 Hatfield  
(selected athletes)  
U13/U15 regionals 19/02/10 Norwich  
(selected athletes)  
CONAC Open 05/03/11 Taverham High  
School

- **HELP** Sportshall cannot run without the goodwill of Timekeepers, track judges, field judges and committee members to help with the organisation. Please let the committee know if you can help in this way.

