

# SAINSBURY'S SPORT RELIEF GAMES NORWICH

**SPORTSPARK OPEN DAY 9-4pm**

**SP**  
Sportspark

- Gymnastics
- Climbing
- Softplay & Fun Area
- Segways
- Group Exercise Classes
- Zumba 'Gold' (50yr+)
- Family Splash (Pool)
- Fitness Centre
- 50yr+ Activities
- Virtual 'Myride' Cycle Classes
- Volleyball / Korfbal / Netball
- ...and much more!

**Active Norfolk Indoor Activities (Arena & Pitches)**

- Badminton
- Wheelchair Football
- Boccia
- Kurling
- Table Tennis
- Netball
- Hockey
- Football/Futsal

**active  
norfolk**

**Active Norfolk Event Village**

- Cricket
- Tennis
- Rugby
- Cycling
- Balance Bikes
- Golf
- Walking Bingo
- NCC Road Safety
- Boxing
- Canoeing
- Massage

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MAP KEY	
	ORIENTATION
	INFORMATION/REGISTRATION
	WATER STATION
	FOOD AND DRINK
	1 MILE RUN ROUTE
	EVENT VILLAGE
	WATER STATION
	FOOD AND DRINK
	3 & 6 MILE RUN ROUTE
	FAMILY CYCLE ROUTE
	START
	FINISH
	MEDICAL
	TOILETS
	BIKE RACK
	REFRESHMENTS
	RUN PARKING
	CYCLE PARKING
	SPORT ENGLAND
	SPORT ZONE

WAVE TIMES	
<b>RUN</b>	9:00   9:30   10:00
<b>SWIM</b>	10:00   10:30   11:00
<b>CYCLE</b>	10:00   10:30   11:00



**Sainsbury's**

**SPORT RELIEF GAMES**

**NORWICH**  
City Council

**sure**

**fitbit**

**BT**

**BETTER**  
the real good place

**RBS**