



# Norwich and District 'open' sportshall championships For Years 4 to 10

Including the Broadland 'open' relay  
competition for teams of four runners

and CoNAC's own club sportshall championship

**Sat 5<sup>TH</sup> March 2011 at Taverham High School,  
Norwich**

Entries open until the 18<sup>th</sup> February 2011



**Get your entry forms at: [www.conac.org.uk](http://www.conac.org.uk)**

From 1<sup>st</sup> Dec 2010