

# Walking Football in Norfolk



Name	Venue	When	Cost	Contact Info
Soca Seniors	FDC (Bowthorpe)	Monday & Friday (10am)	£3	Chris.Rackham@btinternet.com
Community Sports Foundation	Carrow Park	Advanced Wednesdays (8pm-9pm) Beginners Fridays (10am-11.30am)	£3.50	<a href="https://www.communitysportsfoundation.org.uk/programmes/walking-football/">https://www.communitysportsfoundation.org.uk/programmes/walking-football/</a>
North Norfolk DC	Cromer Lawn Tennis and Squash Association	Tuesdays (10am-11am)		cltsa.secretary@gmail.com
King's Community Football	Alive Leisure	Mondays (12-1pm)	£3	<a href="http://www.kingslynncommunityfootball.co.uk">www.kingslynncommunityfootball.co.uk</a>
Erpingham	Erpingham and Calthorpe Village Hall	Wednesday (10-11am) & Tuesday (7.30pm)	£2	anngoreham1@btinternet.com

*For further information, please contact Rachel.Cossey@NorfolkFA.com*

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Name	Venue	When	Cost	Contact Info
Fitness in Later Life Session	UEA Sportspark	Tuesdays (10am-11am)	Gold & Silver -Free Bronze- £2.85 Non-Members - £4.85	scd.sportspark@uea.ac.uk
Flegg FDC	FDC@Flegg	Thursdays (5pm-6pm)	£2.50	Elliot.Pride@NorfolkFA.com
Long Stratton Walking Football	Long Stratton 3G	Thursdays 7-8pm	First session free then £4	stevenrace1@btinternet.com
Age UK Walking Football Sessions	The Arena, NR7 9AT	Thursdays, 11am-12pm	Free	
Age UK Walking Football Sessions	Framingham Earl Sports Centre, NR14 7QP	Saturdays, 9-10am	Free	enquiries@ageuknorwich.org.uk
Horsford	FDC, Bowthorpe	Thursday 10am-12	£3	garycockaday@aol.com

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Name	Venue	When	Cost	Contact Info
Carleton Rode Walking Football	Carleton Rode Jubilee Hall 3G (NR16 1NQ)	Monday 6-7pm	Free taster then £2.50	crode.jubileehall@gmail.com
DNA Walking Football League	Diss Town FC	Monday 8.30pm-10pm	£3	steven.hicklin@icloud.com

*For further information, please contact [Rachel.Cossey@NorfolkFA.com](mailto:Rachel.Cossey@NorfolkFA.com)*