Enjoy a day out at the Spring Fling organised by the RNAA and Eastern Daily Press. This fun event for children is aimed at children aged 14 years and under. Come along and learn more about Food, Farming and the Countryside.

Children must be accompanied by a responsible adult.

Tickets £4 each, includes a hog roast lunch and a drink. Tickets must be purchased in advance. No tickets sold on the day.

Cheques to be made payable to RNAA and posted to Spring Fling, RNAA, Norfolk Showground, Dereham Road, Norwich NR5 0TT including a SAE.

Wear suitable clothing for taking part in the woodland walk and activities in the Countryside area. Bring along a pencil to complete the questionnaires with prizes for the first 500 completed.

The theme of the Spring Fling will be colours with many hands on activities

- John Innes Centre Flower colours
- **UEA Pollination of flowers**
- Spinners & Weavers
- Alpacas
- NCC Waste recycling
- Chickens, Eggs and Chicks
- **Rare Breed animals**
- NYFarmers & Countrysiders Marbling
- How to make sausages and burgers
- Little Red Tractor Competition



- Schools Scarecrow Competition
- Metal Casting Demonstrations
- Ride on John Deere Toys
- Heavy Horses & horse display
- Sheep and Lambs
- HM Prison Dog Display
- Gundog Display
- Fly Casting on the Lake
- Forestry pests and predators
- The Raptor Trust Birds of Prey
 - Pumpkin seed competition
 - **CRED & WFU Food Miles**
 - **Farmers Markets**
 - A walk with Gamekeepers and much more

Tractor & Trailer and Horse & Cart Rides

Gates open 9 a.m.

ROYAL NORFOLK AGRICULTURAL ASSOCIATION Norfolk Showground, Dereham Road, Norwich, NR5 0TT Tel: 01603 748931 Registered Office as above. Company Limited by Guarantee No. 1817702. Registered Charity No. 289581



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