



Information for Members



About Norfolk Gazelles

Norfolk Gazelles is a friendly, welcoming, and inclusive running club. Our members range from international competitors to those just starting out. All are equally welcome and celebrated.

The only expectations are that you enjoy your running and respect and support your fellow club members.



A Bit of History

Founded in the 1960s as a second-claim club for elite athletes, Norfolk Gazelles has undergone several revivals. In 1985, the club was reformed, and by the mid-1990s, it evolved into the friendly, all-inclusive club we know today.



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Volunteering

The club relies on volunteers for everything from making tea to marshalling races. If you have time, skills, or energy to contribute—please get involved!

- Valentine's 10km – February
- Alex Moore Festival – June
- Round Norfolk Relay – September



Training

Main sessions: Mondays at UEA Sportspark or seasonal venues, and Thursdays 6.30pm at Waitrose Car Park (NR4 6NU). Training is led by our Head Coach and a dedicated team. Check the website calendar for updates.

The sessions are planned by our Head Coach, and run by a team of coaches.

Within the club we now have a working group dedicated to evolving the training that the Gazelles can offer all lead by the Head Coach. Although it would be impossible to tick every box, every week, for every member we hope to be able to offer a good range of training that fits into people's plans whether their plan is to complete a marathon, a 5k, increase speed, increase endurance or to get out and enjoy a sociable run catching up with fellow members. We also have a bank of training plans for varying distances so if you're after a plan please ask.

These are all plans that have been gleaned from the internet over time or ones that people have used. But if you can't find one, just ask one of the coaches, who can point you in the right direction. We are all committed to growing on what we already have, so as the club develops so is the training.

The group does this planning in their own time, so please support them and the best support is to come along and make use of the training we offer.



Charitable Giving

Historically, the club has given to many charities through members' contacts, specific race aims and supporting individuals in their marathon charity fundraising ambitions. We have introduced a more cohesive and targeted charitable giving strategy, which will allow members to get behind a cause fully and collectively. Once a year, we will select a single charity to which all of our fundraising and



charitable donations will be directed. During January and February, we will request charity suggestions from members; the committee will shortlist the nominations and members will be able to vote for their chosen charity. The whole club can then rally behind a single charity at any given time and the club's donations can be of a meaningful size.

We also offer sponsorship to up to 4 members running marathons for charity (£250 each), selected via ballot in January. To be eligible to enter the ballot you must:

- have volunteered at a club race or RNR checkpoint in the last 12 months.



Special Events

London Marathon ballot

Each year the club is given places for the London Marathon (dependent on club membership numbers). It is a great honour to represent the club at the London Marathon, and the places are really popular, so to be eligible for the club place, we have created a few terms and conditions. The recipients are chosen in a draw in January (subject to confirmation from the London Marathon of the club's places). Reserves are also drawn. So, here's how to get your name into the draw... You must:

- ▶ have been a club member for at least a year on the date the marathon is scheduled to be held;
- ▶ have assisted at one of the club races or marshalled at Wells-next-the-Sea for the Round Norfolk Relay during the previous 12 months;
- ▶ be fit enough to run a marathon or able to complete 16 weeks' marathon training at the time of the draw;
- ▶ have not received a club marathon place during the previous five years.

Plus...

- ▶ If you become unable to complete the marathon between your name being



drawn and you registering (January), the place will be passed on to the reserve.

- ▶ In the event that the reserve cannot run, the committee will hold another draw.
- ▶ The final decision on awarding the London Marathon places will be made by the committee.

If you are successful in securing a club place, you will be required to run the marathon in the club kit.



Round Norfolk Relay

The Round Norfolk Relay (RNR) takes place in mid-September. It's a fantastic adventure that takes runners around the perimeter of the county, starting and finishing in Kings Lynn, competing over 24(ish) hours along 17 unequal stages. The RNR not only requires runners, but also a large support crew to marshal and to keep the runners safe. It is a privilege to be part of the RNR team. Therefore, to represent the club at the RNR there are some criteria that need to be met.

- ▶ You must be a member of Gazelles at the time of the event
- ▶ You must have raced as a Gazelle at some point within the calendar year.
- ▶ You must have marshalled at one of our races within the previous 12 months.
- ▶ The final decision on Round Norfolk Relay team selection will be made by the committee.

Anyone wishing to be considered for a Gazelles team place should advise the club captains. We will also need volunteers, not only to support our runners (cycling alongside each racer, ferrying cars from point to point, driving vans, timekeeping and many more jobs!) but also to marshal at the club checkpoint (making sure all teams come through).

Without volunteers we cannot race. (Please note that places are not guaranteed)



Health & Safety

The club's health and safety policy covers all aspects and can be located on the website. We don't have many rules, but safe running is one, and there are a few things we consider mandatory:



- ▶ **Hi-vis** should be worn when running in darkness or low light. Consider the lighting at the end of your run, not at the start. Hi-vis means a proper vest with reflective strips. We will remind you as the nights draw in, so please do not get caught out; we do not want to have the embarrassing conversation asking you not to run.
- ▶ **Medication** You should carry any medication you may require during your run.
- ▶ **Illness and medical conditions** If you are unwell, please do not run. Running puts a strain on your body – deep down, you know whether you are fit enough. If you have a medical condition, please consult your doctor before running and follow their advice.
- ▶ **Run as a group** Most of our club runs will be training runs, not races. As a club, it is important we look after each other and are there to help a fellow Gazelle should something go wrong. So please have a look at who's running at your pace and stick with that group; if someone's struggling a bit, slow down a little, support each other.
- ▶ **Follow the highway code** Use crossings, run towards traffic if on the road, use the footpath, yield to cyclists. Do not run between moving cars just to gain a few seconds on your mate! Monday and Thursday club runs will normally follow standard routes, suitable for the time of year (you can see routes on our website). There is no specific risk assessment for each route; however, if you know of any hazards, please let the session leader know so we can tell everyone or amend the route accordingly.
- ▶ **Run at your own risk** The club does not have insurance for you while you're running and session leaders cannot be held accountable for your safety while running. We expect you to follow the above rules and take accountability for your own actions.
- ▶ **Accident and incident log** If you have an accident, please let us know. Also if you have any sort of incident or near miss while running with the club, please let us know.



Committee

The committee meets every two months and comprises volunteers. Elections held at the AGM. Interested in joining? Email: chairman@NorfolkGazelles.co.uk

Club Vest

As part of your affiliation to Norfolk Gazelles you agree to wear the club vest for all races you enter that are affiliated to English Athletics. This will cover the majority of races run across East Anglia. The only exception to this will be when members have received a place to represent a charity. Races above marathon distance are also excluded. .

Club Standards

Club standards give every member the incentive to improve their running times, they also allow a fair comparison across gender and age. Standards are a bit of fun and something else to aim for no matter what your running standard. The scheme runs from 1st Jan to 31 Dec each calendar year. Each year a runner starts with a clean sheet. Standards are based on the WAVA tables which set times by age and gender based on world record times. Note that your age is as at the time of the race completion and will update after your birthday that year. For Norfolk Gazelles, our standards are based on the following percentages of those world records;

Standard	WAVA %
Diamond	85%+
Emerald	80–84.9%
Platinum	72.5–79.9%
Gold	65–72.4%
Silver	60–64.9%



Bronze	55–59.9%
Copper	47.5–54.9%
Gazelle	<47.5%

All chip timed races on the Norfolk race calendar will be automatically included - you need to have been entered as running for Norfolk Gazelles, otherwise your time is likely to be missed. If you run in a race outside the county, please email standards@norfolkgazelles.co.uk with the chip time link. Parkruns will not be included. Results will be updated through the year no less frequently than quarterly. The website will list each member's standard achieved at each distance for the current year.

The 'Club' standard is set to equal the 4th highest standard reached for the member (noting that you must obtain a time for 4 or more distances to be awarded a club standard).

The website will list each member's standard achieved at each distance and their Club Standard.

At the end of the year, all members who achieve a Club standard will be awarded a certificate.

More information can be found with results on the Norfolk Gazelles website.



Club Races

Valentines 10km, February

This is our big club race, attracting 1000+ entrants. This race starts and finishes at The Easton College, with such a large number of participants, the club needs as many volunteers as possible in order to ensure the safety of all participants.

This is very definitely all hands to the pump!

Alex Moore Festival, June



This unique event is a unique relay race for teams of three runners. Historically the event was run around the village of Skeyton, starting and finishing at The Goat Inn. It celebrates the life of RAF corporal Alex Moore, a talented Gazelle who was killed in a skydiving accident in 2003. In 2018, we had 60 teams – this is a favourite fixture for many local clubs. Funds raised go towards our ongoing programme of charitable giving. In 2025 we moved the event to the Norfolk Showground where we have previously run the 'Big Stampede'.