



## Information for Members

### About Norfolk Gazelles

Norfolk Gazelles is first and foremost a friendly, welcoming, inclusive club. Gazelles have competed in the world's toughest races and represented Great Britain. Gazelles have just started running and completed their first parkrun. Gazelles are these people and everyone in between. All are equally welcome and equally celebrated.

The only things we ask are that you enjoy your running and respect and support your club and its members.

### A bit of history...

Back in the early 1960s, Norfolk Gazelles was created as a second-claim club to attract the talents of the best athletes from county clubs in order to compete in big events such as the National Cross Country. Sadly, by the late 1970s the club had disbanded. Other local clubs were starting to enter teams in XC events and because Gazelles was mostly for second-claim athletes, there weren't enough bodies.

In 1985, Gazelles rose from the ashes: runners joined from across East Anglia and once again Gazelles grabbed medals at county and national fixtures. Again, though, this "elite athletes" model proved unsustainable, and membership started to dwindle.

But as running rose in popularity during the mid-1990s, Gazelles once again saw an increase in membership. A breakaway group from another club joined forces with Gazelles and the new, larger club adopted the friendly, welcoming-all ethos we know and love today.

### Volunteering

For the club to operate at its best, we need volunteers. If you think there's something you could bring to the club, please let us know. Throughout the year we are looking for people to do everything from making tea to running training sessions, organising a raffle to litter-picking – and, of course, marshalling at our races: Valentines 10km, Alex Moore Relay and Buxton 5km Fun Run and our newest race, the Norfolk Gazelles Championship Relay. The club can only operate with volunteers, so please do volunteer your time where you can.

### Training

We have two main training sessions per week: Club Night on Mondays alternates between the UEA Sports park & City Academy 299 Bluebell Road, Norwich NR4 7LP (6.30pm for 6.45pm) and the Thursday night run (6.30pm for 6.45 pm at Fitness Space, Cringleford Business Centre, Intwood Road, Cringleford, Norwich NR4 6AU).

2020 is expected to be an exciting year with a few new changes to how we organise training sessions. Over the past year Monday nights have grown in numbers, and we have started having more regular sessions at the Sports park for part of the year to be able to use the track. Every Monday having the choice of an effort's session or an out & back run. Either Dave, Steph or Phil leading sessions and then Paul Evans, Jude, Chas etc. coming in to help with sessions. Thursdays have been a focus too and we have now evolved and included a more gentle paced run each week, plus the infamous "Lee's 3 peaks" to give hill sessions.



We have listened to the feedback members are giving and we want to grow on what we have already accomplished. Within the club we now have a working group dedicated to evolving the training that the Gazelles can offer. 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.

In 2020 we will be having 2 coaches each Monday evening, running 2 different sessions aimed at different effort levels, time based, and distance based. This will allow members to choose depending on what they require at that particular time. Maybe somebody has had a big race the day before, or has one coming up or are returning from injury or time out from running. With the different options they can choose what's suits their needs best and if they are not sure, we will be on hand to help advise. We will obviously still have the out & back option and will be adding new routes. Sessions won't always be at the Sports park, we want to keep things exciting so we will still use areas such as the Henderson track and UEA for sessions in the lighter months, check the website and the shared calendar for most up to date information.

Thursdays we hope to continue to grow, continuing the 2 groups with a tempo/faster out & back and also growing the gentle run. We will also be introducing first Thursday hills so the first Thursday each month will be dedicated to hills.

There will also be some additional sessions such as the bleep test and circuits, these too will continue over the year with the addition of a few more ideas. On top of this we now have a plan for the year so training can be more tailored to the time of year such as conditioning in the winter months, endurance in spring etc. 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. Within the training group there is David M, Phil, Steph, Lee, Jeff, Helen Terry and Neil Staveley and we are all committed to growing on what we already have, so as the club develops so is the training. We are also touching on ideas such as a beginner running group and a trail running group.

The group do 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. From 2019 we aim to introduce 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 charitable year will run from 1 April-31 March. 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.



## Special Events

### London Marathon ballot

Each year the club is given a 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 bib, we have created a few terms and conditions. The recipients are chosen in a draw at the club awards evening in November/December. Reserves are also drawn. So here's how to get your name into the draw... You must:

- ▶ provide a copy of your rejection slip from the London Marathon ballot for the year in question
- ▶ have been a club member for at least a year on the date the marathon is scheduled to be held
- ▶ have marshalled at one of the three club races during the previous year (this doesn't include the Round Norfolk Relay)
- ▶ be fit enough to complete 16 weeks' marathon training at the time of the draw
- ▶ not have had the club 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.

### 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 have been a member of Gazelles for a year 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 (Valentines, Buxton, Championship Relay or Alex Moore) within the previous 12 months.
- ▶ The final decision on Round Norfolk Relay team selection will be made by the committee.

As soon as our 2019 entry is confirmed and we know how many teams we have, we'll email all club members. Anyone wishing to be considered for a Gazelles team place should reply. 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; if you have regularly run a stage over the last few years do not assume, you'll run that stage in 2019.)



## Club Races

We organise four races each year in different parts of our beautiful county. Historically Gazelles do not take part in our own races – we ask all members to marshal or undertake other race-day duties. However following the survey feedback we propose to start a trail at the Alex Moore Relay in 2020.

It was agreed that we would allow people to nominate themselves for NG race subject to marshalling at 2 or more races inc RNR in last 12 months or making a contribution to running of club as agreed by committee. Race participants will be withdrawn one week prior to race if enough marshals have not been identified (random draw). Pilot for Alex Moore only. Teams can only be NG members. Entry to be opened 3 weeks after general entry and closed 1 week prior to race or if race is full. A review of whether to extend to additional races will be held following the Alex Moore Relay..

### Valentines 10km, February

This is our big club race, attracting 700 entrants and celebrating its 10th anniversary in 2019. It's part of the Sportlink Grand Prix series. This race starts and finishes at Easton College and, 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 Relay, June

This unique event is a relay race for teams of three runners 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 (see page 3).

### Norfolk Gazelles Championship Relay 4 x 5km Relay October

This is the Gazelles newest race and was first run in 2019. The race starts and finishes at Easton College and is a challenging but enjoyable course which takes in some of the same routes as our popular Valentines route.

### Buxton 5km Fun Run, December

A pre-Christmas favourite; a real family event (there's a children's race, too) for which fancy dress is positively encouraged. Taking place across a variety of terrains around this lively Norfolk village, there's also a raffle and plenty of cake, and all funds raised go to support a local charity.

## Health & Safety

The clubs 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 who give their time to ensure the club runs efficiently. If you would like to help, please talk to a committee member or email [chairman@NorfolkGazelles.co.uk](mailto:chairman@NorfolkGazelles.co.uk). Committee members are elected at the AGM, are expected to attend most meetings and to be involved actively in the running of the club.

The club constitution outlines how we govern the club and the roles and members of the committee. The constitution can be found on the club's website.

## Club Standards

### Norfolk Gazelles Standards - Rules

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;

Diamond      85%



|          |        |
|----------|--------|
| Emerald  | 80%    |
| Platinum | 72.5%  |
| Gold     | 65%    |
| Silver   | 60%    |
| Bronze   | 55%    |
| Copper   | 47.5%  |
| Gazelle  | <47.5% |

All chips 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](mailto:standards@norfolkgazelles.co.uk) with the chip time link. Parkruns will not be included for 2020. Results will be updated through the year no less frequent 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.