



# Norfolk Gazelles Running Club



## **About the Norfolk Gazelles**

Norfolk Gazelles is first and foremost a friendly, welcoming, inclusive club.

We have members who have just started running and completed their first Park Run and other members who have competed in the world's toughest races and represented Great Britain. The Norfolk Gazelles has members of all types, and the club strives to provide a club that serves all members, of all abilities, and backgrounds. The only thing we request of our members is that you enjoy your running and respect and support your club and its members.



## **A bit of history...**

Back in the early 1960s, the Norfolk Gazelles were 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.

By the late 1970s the club had disbanded due to other clubs starting to enter teams in cross country events, and as the members of the Gazelles were mostly comprised of members who were second-claim runners, there were just not enough members to keep the club viable.

In 1985, The Norfolk Gazelles rose from the ashes: runners joined from across East Anglia, competing and winning medals at county and national events. As the popularity of running rose in the 1990s the membership of the club grew. With this growth the club moved from a highly competitive club, to a club which 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 is 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, organizing a raffle to litter-picking – and of course, marshalling at our races: Valentines 10km, Alex Moore Relay, and the Buxton 5km Fun Run. The club can only operate with volunteers, so please volunteer your time where you can.



## **Club Races**

The club organises three races each year in different parts of our beautiful county. Details for each of the races can be found on the website. We ask all members to marshal or undertake other race-day duties, as without full club support we may be unable to stage these events (which raise funds and subsidise our membership fee).

**Valentine's 10km** - <https://www.norfolkgazelles.co.uk/valentine-10k.php>

This is the biggest race the club puts on each year, and the main revenue generator for the club. Gazelles members do not take part in the race, and the club needs as many members to volunteer as possible to ensure the safety of all participants.

**The Alex Moore Relay** - <https://www.norfolkgazelles.co.uk/alex-moore-relay.php>

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. This relay is a favourite fixture for many local clubs. Funds raised go towards our ongoing programme of charitable giving.

**Norfolk Gazelles 'Big Stampede'** - <https://www.norfolkgazelles.co.uk/big-stampede.php>

Taking place at the Norfolk Show Ground, this is an event comprising of a 2km race for juniors, individual 5km runners, and the Championship Relay (4 X 5km). We encourage groups to come and set up for the morning of fun and help cheer all the teams. Clubs and groups are also encouraged to bring Gazebos and Tents to create your own HQ on the day.

## **Training**

The club offers two main training sessions per week:

### **Monday Night Training (6.30pm at the UEA Sportspark track)**

These training sessions are geared towards improving run times, run form, and conditioning. Training sessions are coordinated by our Head coach, who works tirelessly at putting together training sessions to help all runners of varying abilities to improve. All members are welcome. For session description and to book yourself onto a session please use the following link [GAZELLES BOOKING](#)



### **Thursday Night Group Runs (6.30pm at Waitrose Eaton)**

Thursday night sessions are “out and back sessions” announced weekly via Facebook and email. Sessions start from the Waitrose Car Park, Eaton. These sessions can be used by members as a serious training tempo run, or a social run, it is entirely up to the individual. Most Thursday’s there is a group of us who meet at the Cellar House Pub in Eaton after the run. For session description and to book yourself onto a session please use the following link [GAZELLES BOOKING](#)

## **Club Benefits**

- 15% off at Sportlink, Taverham, NR8 6HT
- 10% off [www.sportsshoes.com](http://www.sportsshoes.com) (code required at checkout – request this from membership secretary)
- Free entry to the East Anglia Cross Country League (you must register at [www.eaccl.org.uk](http://www.eaccl.org.uk) first). Races every second Wednesday 2.30pm
- Discount in entry fee to races



## Club Kit

If you are competing as a Gazelle at an official race it is mandatory (Under UK Athletics conditions) that you wear a club vest. Not wearing a club vest puts any potential team prizes in jeopardy. Club kit consists of Race Shirts & Vests, Training Shirts & Vests, lightweight training jacket, winter training top, puffer jacket, fleece lined jacket, pull over hoodie, zip hoodie, High Viz vest, High Viz long sleeve top, Black & Red Beenie, Fleece Headband, & neck warmer.

Club kit is available to order via the member's website <https://www.norfolkgazelles.co.uk/kit.php>

RACE VEST, £21

Ladies 32"-40", Mens 34"-44"



RACE T-SHIRT, £23.50

Unisex sizes XS to XL



TRAINING T-SHIRT, £17

Ladies XS=8 to XL=16, Mens XS=34" to Mens XXL=47"



TRAINING VEST, £16.50

Ladies XS=8 to XL=16, Mens S=34" to XXL=47"



FLEECE-LINED JACKET, £29

Ladies sizes 8-16, Men's sizes S - XL



NECK WARMER, RED OR BLACK, £8

1 for £15 - if you want different colours, add note for Julie at payment stage

One size



BEANIE, RED OR BLACK, £9

One size



## Club Committee

The committee meets approximately 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 [chairmain@norfolkgazelles.co.uk](mailto:chairmain@norfolkgazelles.co.uk). Committee members are elected at the AGM for a 3 year term and are expected to attend most meetings and be actively involved in the running of the club.

For the current members on the Committee, see <https://www.norfolkgazelles.co.uk/committee.php>

## **Special Events**

### **London Marathon Ballot**

Each year the club is given a place (or two) for the London Marathon. It is a great honour to represent the club at the London Marathon, and the place is really popular, so to be eligible for the club bib, we have created a few terms and conditions. The recipient is chosen in a draw at the club awards evening in December. A reserve is also drawn. The terms and conditions to get your name in the draw can be found here: [https://www.norfolkgazelles.co.uk/documents/Norfolk\\_Gazelles\\_Club\\_Rules.pdf](https://www.norfolkgazelles.co.uk/documents/Norfolk_Gazelles_Club_Rules.pdf)



### **Round Norfolk Relay**

The Round Norfolk Relay (RNR) takes place in mid-September. It is 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 as one of the runners there are some criteria that need to be met. The criteria can be found here: [https://www.norfolkgazelles.co.uk/documents/Norfolk\\_Gazelles\\_Club\\_Rules.pdf](https://www.norfolkgazelles.co.uk/documents/Norfolk_Gazelles_Club_Rules.pdf)

### **Target Races**

The club targets certain races each year <https://www.norfolkgazelles.co.uk/target-races.php>

But Gazelles run at many different races throughout the year, including - Wymondham New Year's Day 10k, Reedham 10 mile, Cambridge Half Marathon, Mike Groves 10k, Wymondham 20 miler, Great Yarmouth 5 mile series, Trowse Easter Sunday 10k, Breckland 10k, Aylsham 10k, Dereham 10 mile, Holt 10k, Wroxham 5k, Run Norwich, Worsted 5 mile, Bure Valley 10 mile and Ekiden relay. All of these had at least 10 Gazelles running, and several with over 50.