



Club / Event	Time / Day	Contact	Website
Aylsham Runners		enquiries@aylshamrunners.co.uk aylshamrunnersyouth@gmail.com	Welcome to Aylsham Runners - Aylsham Runners
Attleborough Athletics Academy	Monday Evening Saturday Mornings	attleboroughathleticsacademy@gmail.com	Home (attleboroughathletics.co.uk)
Beccles and Bungay Harriers		membership@becclesandbungayharriers.org.uk	Beccles & Bungay Harriers - Running Club. (becclesandbungayharriers.org.uk)
Bure Valley Harriers		info@burevalleyharriers.com	https://burevalleyharriers.com/
City of Norwich Athletics Club		membership@conac.org.uk	City of Norwich Athletic Club #1 Athletics Club in the East of England (conac.org.uk)
Coltishall Jaguars		membership.coltishall-jaguars@mail.com	Coltishall Jaguars Running Club – Friendly and inclusive running club in Norfolk
Dereham Runners AC	Mondays and Thursdays from 18:45-20:00	contact@derehamrunners.co.uk	https://www.derehamrunners.co.uk/
Diss and District Athletics Club		dissathleticsclub@gmail.com	HOME (dissanddistrictathleticsclub.co.uk)
Harling AC		harlingathletics@gmail.com	HAC Home Harling Athletic Club (harlingac.com)
Great Yarmouth and District Athletics Club		website@gydac.co.uk	Home gydac
Great Yarmouth Road Runners		Contact Us — Great Yarmouth Road Runners (gyrr.co.uk)	Great Yarmouth Road Runners (gyrr.co.uk)
Norfolk Gazelles		membership@norfolkgazelles.co.uk	Norfolk Gazelles Home
North Norfolk Beach Runners		Contact Norfolk Norfolk Beach Runners (northnorfolkbeachrunners.com)	North Norfolk Beach Runners Club in Cromer
Norwich Road Runners		contact@norwichroadrunners.co.uk	Norwich Road Runners - Run - Norwich, England
Reepham Runners		secretary@rephamrunners.co.uk	Home Reepham Runners



Runners Next to Sea		clubsecretary@rnts.co.uk	Runners-next-the-Sea – A friendly running club, based in Wells-next-the-Sea, Norfolk. (rnts.co.uk)
Ryston Runners		ryston.membership@icloud.com	Home (rystonrunners.org.uk)
Thetford Athletics Club	Thursday 6pm – 7pm Under 11s	junior-membership@thetford-ac.co.uk	Thetford Athletic Club – Track, Field and Triathlon (thetford-ac.co.uk)
Tri Anglia		info@norwichtriathlon.co.uk	Tri-Anglia Triathlon Club – Swim, Bike, Run
West Norfolk AC		info@westnorfolkac.co.uk	West Norfolk Athletic Club (WNAC) – Running, Jumping, Throwing, Living since the 80s (westnorfolkac.co.uk)
Wymondham AC		clubsecretary@wymondhamac.com	Home Wymondham Athletics Club (wymondhamac.com)

- For Park Runs / Junior Park Runs, the following link has all the relevant info: [events | parkrun UK](#)