# **2017 Summer Season**

## **September 6th 2017 - Marham -Race 4 and presentation**

So back to Marham we went and with better weather. A new route that was 5k for everyone so that the results could be calculated and presentation made.

We started on the road for a short section and then went down a bumpy path between two fields to the road at the bottom. Following a short road section and a quick wiff of pizza it was a sharp left turn into a track. Past the houses we then turned right into the fen along near the river (which you can't see) this section felt like a triangle. We went to the end on single track grassy trails to do a hard left at the end and grabbed a breather on a well used track before diving back parallel to the leg outwards and went back to the fen start. Then we retraced our route out. The first field being fast on the way out being a tough uphill section on the way back (as the pictures showed).

A fabulous new route and would make an excellent winter route with the fen loop being completed twice by the men. Thank you to Ben, Adam and the other guys.

Once everyone had finished we headed back for the buffet and presentation that strangely enough was won again by Marham. Well done. A great fun summer league which has grown this year. Again thank you to Ben for organising the summer league and for the ever fabulous Bobbie for doing the results and permits. Looking forward to seeing everyone for the fast approaching winter league.

[Race 4 results](https://eaccl.webs.com/Results/17.09.06-Summer%202017-race4.xls)

1st - Marham A           2nd - Norfolk Gazelles          3rd Marham B          4th Sportlink         5th Wymondham AC

## **August 30th 2017 - Brandon Country Park - Race 3**

What an absolute contrast to last years race. Last year was baking hot this year was 13 degrees and rained continuously....fabulous. A huge thanks to Bobbie and Chris we always love Bobbie's race brief and hope you've all checked your crevices ;-)

A beautiful course and personally I think better that way round. I didn't notice the up hills on the first lap but sure did the second. Not sure what Eloise did managing to go the wrong way and Carol followed initially. Haven't caught Eloise all season but this isn't how I would have liked to beat her, but am glad she retraced her steps and emerged safe and sound. 1 lap of 5k heath land for the ladies and two laps for the men with the optional 2 laps for the ladies with lure of extra points. So its all down to the final race next Wednesday at Marham a mixture of on and off road. Come and join the fun.

## **July 26th 2017 - Marham - Race 2**

Thanks to Ben and Adam we had a great 5k road loop and ran along with the Lincolnshire league to have some company. The ladies had the option of one or two laps and got some bonus points for doing 10k to add to the excitement of this team event. For a summers day the weather was a bit wet it was nice to keep us cool though. Thanks to everyone who turned out a good atmosphere as usual.

See you for race three in Brandon country park

## **June 21st 2017 - Cart Gap - Race 1**

So another gathering of the 2nd year summer league. The Wednesday Wanderers hosted this race. Asthe tide was coming in, we started at the launch slope and headed out along the beach to the first man made reef. The idea was to turn at the 2nd safety light on he reef and then head back. This didn't quite go to plan and several people turned slightly early, but us old plodders at the back put this right and did the full 5k. This added to the fun and results in some bonus points being awarded. This was our biggest turnout for the beach and it was fabulous to see Colleen heading the field. The sand was tough and the sea as blue as the sky. Roll on race 2, wonder if this will have a twist too.

W