2013/14 EACCL Season

**March 5th - RAF Barnham - Race 9 and presentation**

What a beautiful day and a lovely course. Thanks Ritchie and Steve for organising this. A great turn out for the last race too. Nice to see so many people stay for the presentation afterwards too. Hope you enjoyed the season, the presentation and buffet. Here is looking forward to next season.

Thanks Bobbie for all of your hard work with the results and helping me with the league.

[Click to view results](https://eaccl.webs.com/14.03.05-EACCL2013_race%209%20%282%29.xls)

[Races 1 - 9](https://eaccl.webs.com/14.03.05-EACCL2013_race%209%20%282%29.xls)

**February 11th - Bury Pacers - Nowton Park - Race 8**

A massive thank you to Eloise and her merry band of marshals today, on such a beautiful warm day with clear blue skies......I wish. It was a horrible day but it made for a great race in the wind, rain and mud. Yes glorious mud and lots of it. It absolutely poured down the whole race and blew a hooley, the woods were a welcome respite from the driving rain. A lovely fast course weaving around the park. Oh and did I mention lots of mud. 1 lap for the ladies and two for the men. Straight into the very impressive Pacers tent for a doughnut.....or two, you know who you are ha ha

Two more rounds to go, so the results should now start to get interesting as those who have completed all the races start to loose their worst results

See you in two weeks at Easton College.

**February 5th - Wattisham Station - Orwell Park - Race 7**

Thank you to Ben and Lee for hosting this race. Very well marked and marshalled, thanks to the marshals too, they must have been cold. No beach section this year due to nesting birds, but who noticed. A truly tough cross country, mud, logs, hills, steps, what more could you ask? Them damn hills are tough and having to do them twice for the ladies and three times for the men put us right through our paces. That coupled with the wind and rain along the shore should lead to a good nights sleep tonight. Well done to all who turned out. Another great turnout.

**January  22nd - RAF Marham, Shouldham Warren - Race 6**

A lovely start to the race with the Wing Commander Andy Gilbert setting the scene and summarising the origins of the league and its present status and results. That was greatly appreciated, thank you.

The sun had broken through from a miserable old Norwich area and it was a warm beautiful afternoon with a fabulous turnout again. The terrain was a mixture of woodland and heathland, mostly fast surfaces with some rooty areas and plently of gentle ups and downs in a clover leafy shaped route. Thanks to Adam and his Marshalls.

**January 15th - UEA - Race 5**

Very lucky with the weather yet again, especially after such a soggy morning. So that meant mud horrah. A nice course a little different to last year which was good. Around the pitches and along edge of woods down to the lake and back through the woods to Earlham park and along the river. The men got a extra muddy bit joining the two laps, before the fast grassy finish. Thanks Dennis and your marshal's.

**Queries**

a) There are two "unknowns". if anyone can fill these in I'd be grateful.

b) We have two items of lost property. One sock and one grey long sleeve T shirt. they've been washed. Please collect from Bobbie at Shouldham or let me have a postal address please?

c) Roger Manton has now joined Bury Pacers. He started the season as an individual. If no-one objects we will give his points from the earlier races to St Edmund Pacers too. This won't affect the top of the table.

**December 11th - Whitwell Station - Runners Centre race 4**

Yet another beautiful day and a new course. A very fast start along Marriotts Way. Then upsome steps into a lane and around a rough margin on the edge of a field, with a little incline for good measure. Through a leafy lane onto water meadows and as only Reepham could a good dose of ditches and a stream section taking you under a foot bridge. Last couple of sections through a rooty lane and the egde of a field before the finish for the ladies and a second lap for the men.

Thank you Reepham Runners for hosting, setting this up and marshalling. If you enjoyed it your can do the course another three times as a one off or as a series click here more more details.

Results for race 4 to follow

[Reepham Runners XC series](http://reephamrunners.webs.com/crosscountry.htm)

**December 4th - Whitlingham Country Park - Tri-Anglia race 3**

We have been lucky so far with the weather another beautiful day but with a kick in the air. Thanks to Mark and the team for a tough race those steps drain the legs.

Around the picnic field avoiding the mole hills, through a thinner bark laidened pathway to the notorious steps, thats make you work extra hard. Across the top of the ridge and back down through the play area and carpark. Across the road to the lake. A beautiful lap of the lake avoiding the dogs and to the finish for the ladies, and around again for the map as the sunsets over the lake.

**October 6th - Caldecott Hall - GYRR race 2**

Another beautiful day. Thanks Great Yarmouth for your hard work making this happen out of the forest devastation. It made it a taxing but fun course. Great to see another big turnout of 120 plus runners.

By the side of the golf course around the edge of a muddy field and into what was the woods. No time to appreciate this year to busy watching your step and avoiding the devestation of the tree felliing. It made for an interesting course with plenty of obstacles with the slow drag back to the finish.

**October 23rd - RAF Barnham Race 1**

A lovely run to start the season off with a great turn out. Here,s looking forward to the next race. Thank you Ritchie

The lovely soft surface of the heathland around the training area through a section where live testing was taking place. Into the tank training area up and down through the ruts. Yes I managed to throw myself over not concentrating, that woke me up. Hopefully that the only fall for the season. Back on to the heathland and through the rooty path in a woody area before the fast sandy track to the end of the lap.

Results attached. Mens points start at 150 this year as we had 98 men finishing which is a great start to the season. Please could you check your teams name spellings and age categories. Also-one unknown runner. She was a young girl dressed all in black running just in front of Bobbie, possibly from UEA, can anyone identify her? Please email Jude