**2015/16 EACCL Season**

**March 23rd 2016 - Catton Park - Race 10**

So another season draws to a close with the final event being held in Catton Park. Thank you to Norwich Road Runners for sponsoring this event. Thank you to Wendy, Brian, Lynda, Richard, Caroline, Anne, mum, Bobbie and Chris for helping set this up and to all of you for a fantastic attendance.

Lots of the categories went down to the final race which always makes it exciting too. The weather held out and was perfect. Always a slightly shorter route on the last day to enable us to have more time to process the results which is always a bit stressful. So 1 lap for the ladies 2.5m and 2 laps for the men 5m. A tough little course through the long grass on the in field meandering around the "pretty" trees and then a full lap around the perimeter pathway. Lots of gentle up hills with a nice fast finish.

Followed by the customary cuppa and buffet to warm us up before the presentation. Well done to everyone who has taken part this year it makes the hard work worth it. We are just verifying the results at the moment. We hope to make them available very soon.

**Photos:**  We have set up a FLICKR account to make it easier to record photos and videos. So if you have anything I can add please let me know then non Facebook users can see everything too.

**March 9th 2016 - Nowton Park - Race 9**

So our good weather bubble burst today. It was still warm though and the rain did ease off for the race. Thanks to Eloise and the Bury Pacers for a great route through the daffodils which was a real treat. Never been that way around the park. With lots of sloppy mud to plod through it was lovely. The bomb hole was a slippery crita to get out of. Nice hard work on a Wednesday afternoon. 2 laps for the ladies and 4 for the men.

To top it off plenty of doughnuts to celebrate Keiths "21st" birthday. Well done everyone and see you at the last race in two weeks. This will be a slightly shorter course to enable us to process the results so that we can do the presentation afterwards with a small complimentary buffet to celebrate another season. Coffees and teas will be sold to raise money for the park so please bring your money. Please also bring clean shoes to wear in the lodge afterwards.





**February 24th 2016 - Bacton Woods - Race 8**

I can't believe how lucky we have been yet again with the weather. Thanks to Wendy, Caroline, Pete and Jane for helping me set up the course. Enjoyed seeing Wendy push a wheel barrow filled with sawdust the complete course. Then we had time for a nice cuppa and biscuit before everyone arrived.

A slightly different course to last year with a bit of everything. A fast start with small whooped sections through the mountain bike course, meandering around the woodland paths with some nice climbs and down hills over varying terrains. Oh and a few sections of nice slidey mud for good measure finishing off with a fast finish. 1 lap, 3.25m for the ladies and 2 laps, just over 6 miles for the men. Hope you enjoyed it as much as us.

Then we had a leisurely 3rd lap collecting any markers with Wendy, while you you all ate cake and drank coffee kindly provided by Bobbie and Chris. Thanks to Brian for marshalling and to Julie and Pat for collecting the results.

Two races to go. Due to the mild winter hoping we might get to see the daffodils out at Nowton Park. See you in two weeks for the penultimate round

**February 10th 2016 - Blickling Park - Race 7**

Again the showers cleared for another beautiful day. How lucky we have been. Thank you to Blickling Park allowing us to use the park run route. To change it a little we decided to run it backwards. 1.75 laps for the ladies and 3.75 for the men. The mud had cleared from a few weeks ago leaving it very fast.

Thanks to Bobbie for her usual help making this event happen very last minute. Today thanks to Chris, Stuart, Julie, good old mum, Anne and Carol for helping with the chores to make it a success.

See you on the 24th at Bacton Woods

**January 20th 2016 - Shouldham Warren - Race 6**

A beautiful winters sunny day. Thank you Adam and all of your marshals.The course was well marked and a fantastic route along heathland trails with a great mixture of sandy and muddy trails and a few hills for good measure. It wound round the area beautifully in and out of the trees. 1 lap for the ladies and two for the men.

Finished with a Jaffa cake and a doughnut a great end to the day. A great turnout again. Well done everyone.

**January 13th 2016 - UEA - Race 5**

Another fabulous weather day warm and funny. A huge turnout again today, well done everyone and anyone new I hope you enjoyed it. Thanks to Kate and Jack for an amended route due to flooding along the river. Gutted that's my favourite bit. It felt like a really fast course today too.

We headed out from the pavilion along the pitches and up he hill along beside the road, ducking down to the lake.We then went right around the lake along the board walk and up the hill towards the road. Sharpe left across the grass and the lake towards the bridge. Then a great stretch through the woods into Eaton park before a kick back to the road way across the bridge. For the ladies it was back to the start and the men the joys of a second lap. Happy days.

**December 16th 2015 - Whitwell Station - Reepham Runners - Race 4**

What a fabulous event today. A bit of everything. The season continues to get better and stronger. The weather also held off the rain and was unseasonably warm. Nice to see Whitwell Station going strength to strength with their new function room and toilet block. Thank you to the staff for their warm welcome. Thanks to Nick Bowden for putting on another marmite race (love it or hate it). I thought it was great, a little of everything to suit all runners, the grassy fields being particularly tough. Also thanks to the marshalls from Reepham Runners who helped today, plus Lou, Nigel and good old mum for offering some help.

So two laps for the men and 1 for the ladies. Starting along Marriotts Way and then heading along a trail into the meadows and through the stream to wash your shoes before heading up the rooty old lane and back round the field. Finishing back on Marriotts Way outside the station.

Sorry I forgot the headcam today, so no footage.

**November 25th 2015 - Whitlingham Country Park - Tri Anglia - Race 3**

A beautiful start to the race with a nice soggy bit to splatter your friends. Not many mole hill this year in the field before the woodland trail to the steps, oh yes what joy. Always a good way to increase the heart rate on a Wednesday afternoon. Then alone the ridge and down through the play area. After a short trail besides the road the rest of lap is by the beautiful lake. Where a glimpse of a great black sky gave a clue to what was looming in the second and third laps. Yes hail and rain to add a little more excitement. 2 laps for the ladies 4.4m and 3 laps for the men 6.5m.

Thank you Mark and the Tri Anglia team for another great race and the biggest turnout of the season to date I should imagine. Nice to see a few new faces again. Well done to Bobbie for rescuing the results that were getting soggy.

See you in three weeks and Whitwell Station. Bring spare shoes and clothes as Nick normally has a few wet surprises for us.

**November 11th 2015 - Fritton Outdoor Centre - GYRR - Race 2**



What a beautiful autumn day for a run in a new location. Thanks you Andy Baker and the Great Yarmouth Road Runners for such a fantastic run with a bit of everything. Approx 4.5m for the ladies and 6.75m for the men.

It started off at the centre and incorporated some of the park run route and then went off into the woods for some lovely muddy sections with plenty of roots and leaves to keep you on your toes. That is unless you were unfortunate enough to fall over. Thank you to all of the marshals. Great to have the use of the hose at the end of the race too along with all of the other facilities.

See you in two weeks at Whitlingham Park

**October 28th 2015 - Knettishall Heath - Honington - Race 1**

So the new season begins. We have four new teams to welcome, Sportlink, Norwich Road Runners, Norfolk Gazelles and Norfolk Harriers which is a great start to the season. Sportlink has taken the reigns over the old Runners Centre team, Pete Johnson will hopefully be joining us and if we are really luck you never know Steph and Neil might occasionally join in the fun.

What a beautiful afternoon after such a soggy morning. It made the course nice and wet and slippery, enough to go home with wet feet. A great warm up to the season with two laps for the ladies and three for the men. Thanks as usual to Ritchie Parkin for putting on a great race. I'd like to take this opportunity to thank Ritchie for all of his help and commitment in the last few seasons and wish him luck in pastures new. He has set the bar high for Ian to take over. Welcome Ian.

We had 117 finishers which is also a great start to the season. Next stop is Fritton Lake. It will be held at the outdoor centre this year. More details to follow. Does anyone have any photos?

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