**2017/18 EACCL Season**

**March 21st - Catton Park - Race 10 & presentation**

What a beautiful day. The sun shone brightly for the last race of the season. A huge thank you to Nick Gurney and NRR who hosted the race.  We greatly appreciate all the work Nick has put into hosting this race over the last few years, and wish him all the best as Nick has stepped down from hosting this race. Hopefully someone will volunteer to do this in the future. If you are interested please let us or Nick know. We hope that Nick can participate in future seasons and enjoy it as much as we do.

We began the afternoon by taking a vote with the ladies as to where we should head with the league, with it's "archaic and prehistoric" set up allowing the men doing 10k and the ladies only 5k. As you are aware this has become a rising concern and hot topic in the last few months. It was a majority vote to continue with the present format. So we will continue with this format for the 2018/19 season. However as you appreciate, we do not shy away from progress and if anyone can come up with a proposal to "equalise" the format that will not discriminate anyone in many ways and it does not take any additional time or resource to process, we will always be prepared to consider it. To road test it to ensure that it is robust enough and is no more time or cost intensive the summer league of 2019 would be ideal test environment.

So after a briefing from Nick we set off across the park and around the perimeter and back to the bottom corner (Fifers Lane), then heading up and around the rough grass towards the Hall and on to the central path we bombed down towards the main gates. We did a hard left and into the woods towards the Spixworth Road entrance where the ladies went left to the finish and the men right for another lap. A great mixture of terrain on such a fabulous day.

Results all taken and heading in for the buffet and presentation. Well done to Jodie and her raffle for Wizz Kids raising £141 towards her London Marathon Charity Place, Jodie has now met her target so she can now concentrate on her training, good luck on the day. You'll be fabulous.

We also raised £107 for Catton Park with refreshments and car parking.

Thanks to everyone who helped make today possible especially my good ole mum, Judy (who is in her 80's....mums not far behind ha ha), Caroline, Carol B, Helen, Sandy, Sue, Christine, the NRR marshals and anyone I've missed.

Myself and Bobbie would like to thank each and everyone of you for taking park this season and for such a fun event. Long may it continue and we look forward to seeing you in the summer and next October.

[Race 10 Results](https://eaccl.webs.com/Results/18.03.21-Race10v3.xlsx)

Thank you all for another fantastic season. See you in May for the summer league

**March 7th - Nowton Park - Race 9**

So we headed to the Bury Pacers for the penultimate race of the season. Whilst miserable and raining in Norwich the sun was out and it was 9 degrees in Nowton Park and felt positively warm. Eloise and her merry band had set up a great route.

The route set off across the bridge and wound around the outer woodland paths of the park before we popped out in the inner parkland fields and some glorious mud. We doubled back towards the tennis courts and then through our favourite bomb hole. As for sporting spirit I would like to say a big well done to Beth, Bobbie and a GYRR lady who stopped their race to help Rachel up the hill after a fall, which I think summarises the camaraderie amongst the participants of the league. We then headed back to the start on the slippery grass or we thought we were. Oh no we then headed away from the start to the end of the avenue and then a sharp right onto the avenue back towards the start. 2 laps for the ladies, 3 for the men. A fantastic route. Thanks everyone and for every flavor doughnut that you can imagine.....well except chocolate.

9 down 1 to go. See you at Catton on the 21st. A shorter course so that we can sort the results and do the presentation. Please park at the recreation ground and walk across and keep the small outer car park of the park free for dog walkers. There will be a 50p charge for the car park and refreshments for the Catton Park upkeep. The usual buffet will also be available whilst we finalise the results. Finally Jodie of the Norwich Road Runners will be doing a raffle towards her charity place charity for the London Marathon, so please support her too she has some great prizes.

**February 21st - Stowmarket Rugby Club - Race 8**

Lots of lovely slippery mud at last on a dull, cold day. Thank you to Stowmarket Striders for a great event and a big thanks to Julia for picking up the gauntlet at short notice in Mikes absence. We wish Mike a speedy recovery.

This is year 2 at this event and it didn't let us down. A bit longer for the ladies at 7k and the men 10k. We headed out around the rugby fields and weaved our way around pathways between the fields and around the headlands which were lovely a slippery, no ideal footwear today. The terrain was up and down too so it was hard work. We ran out to a woodland section that had a diverse mixture of terrain and obstacles that kept most of us on our toes. Rodney had a nice role in the mud at some point which we have a lovely picture of. The men did 2 laps of the wood and the women 1. Four of the faster men had overtaken me before we got of of the woods. Then we retraced our tracks back to a certain point before a lovely uphill section around the headlands with a sprint around the rugby pitches to the finish. Excellent.

To finish a great day there were lots of homemade cakes and refreshments on offer to raise some funds for a trail event planned later in the season. Thanks you to all of the marshals and helpers for another great event. Two more to go.

See you in two weeks at Nowton Park, Bury St Edmunds, lets hope the daffodils are out.

**February 7th - Thetford Rugby Club - Race 7**

What a beautiful day and a new event. Thanks to Steve, Dale, Pete, Brian and the Norfolk Harriers. The Rugby Club was set in the woods so felt warm in the sunshine. An easy venue to find with plenty of parking and lots of facilities so we we thoroughly spoilt.

It was such a fast course the men managed 5:30mm and Nicole completed the ladies race in 19 minutes. So Steve Jones set us off down the edge of the pitch straight into woodland trails which was up hill to start with which you didn't realise until you headed back. We wove around the wood and heath land bathed in winter sunshine. I was completely disorientated but there were plenty of people to chase. We all met Rodney coming the other way as he ran to the loop in the opposite direction to us all which made us smile. We headed back to the Rugby Club where the men went round for lap two and the ladies headed back to the finish.

It was great to incorporate the Police's cross country with our own to make the field more exciting for everyone. With participants from Suffolk, Kent, Hertfordshire and they were only the ones I saw come past. Here's looking forward to it next year.

See you all in two weeks at Stowmarket, for another great course.

**January 24th - UEA - Race 6**

Well it was another grey miserable day but the wind had dropped and the heavy rain had passed so it was quite warm. Today we had a new route thanks to Alice and her merry band of helpers, a special mention to the lady at the top of the hill who was full of beans and encouragement for us all.

So the new route was the Colney Lane Park Run route. Starting near the pavilion and skirting the football pitches then along the trails nearly to the metal bridge, where we hung right and up through the woodland trails where we ran along side Bluebell Road. Then we had my favourite section through the mud back to the start of the lap. To a great mixture of terrain. The ladies did 2 laps and the men 4. Thanks everyone great race and turnout again.

Parking at the Triangle car park was a lot better this year too.

See you in 2 weeks at a new location in Thetford. Please remember just for this race it will be a 2pm start.

**January 10th - Marham Sandringham Centre - Race 5**

This was a new route to many that Ben and Adam put together for the summer league. It worked really when then and we all thought it would be a great route to adapt to accommodate the winter league and a lot cheaper. So apart from a blunder with the post code it was a great event.

With a great meet and greet point in the Sandringham Centre, we had a welcome briefing in the warmth of the centre before the short walk to the start. The lads held the traffic for a short while so we had a safe short dash along the road before hanging a left down a footpath in a field. At the bottom we had to negotiate some kissing gates "ohhrrr misses" (and get a breather) to get onto the road section through the village. Just after the whiff of the pizza shop we hung a left down to the fen, where we all ran out together to a certain point, where the men hung a left and did an out and back leg beside the river, negotiating the mole hills. This gave the ladies a chance to get a head as we hung right then double backed on another lane running parallel where the men also ran once they had completed their extra section. We worked our way back to the Pizza Shop and through the village to the field. This was a tough old leg back to the finish. Fabulous.

Great goodies at the end. Thank you Marham

**December 13th - Whitwell Station - Race 4**

So we knew we were going to get wet feet come what may and as usual Reepham Runners delivered that mud and even rain to add to the event to make it as enjoyable as possible. Thank you.

So we set off down Marriotts Way on a fast stretch which spread the field. Then up the steps near the bridge where we double backed on ourselves on a rooty old path and across some grassy land into a great track with a bit of everything and down to the road. We then double backed on the track across the grassy meadows and through the muddy gateways. There were shoes stuck and people hopping around trying to get them and random people falling gently into the mud. Then it was what we'd all been waiting for a dip in the stream. It was knee deep with a little wade up stream bobbing under the bridge trying not to put your hands down and not wanting to look the stiffest person around you. With a quick splodge around in the sticky mud out of the stream, it was a quick dash through the remainder of the meadow to the road. A quick dash across the road was followed by a nice woody lane up the hill to the back of Whitwell Station. One last road crossing down the field and back onto Marriotts Way and the finish for the ladies and the start of another lap for the men. The men had the added bonus of catching the rain.

Then into the warmth of the station and their fabulous refreshments. Happy Birthday to Mark Tayler and condolences to Pat Brightman with love from all of the EACCL.

Enjoy a 4 week break and have a wonderful Christmas and New Year. Can the ladies around me especially enjoy if and eat to much to slow them down for 2018.

See you all on the 10th January 2018. Please note that it is not at Shouldham Warren but on the base. Please see the locations page. Please do not park at the Sandringham Centre please park at the field down the road. Go past the Sandringham Centre and shop. You will go around a sharp right hand bend and the field is just on your right hand side.

**November 22nd - Fritton Lake - Race 3**

So race 3 headed back to Fritton Lake, thanks to the Great Yarmouth Road Runners for a great venue and course, they even managed to secure a beautiful day. The course had changed this year, running alongside the lake was an absolute treat if you dared to look. The colours of the trees were incredible, I appreciated the ones laying on the floor more so I didn't fall over. Then there was a dash around the lodges before cutting in around the meadow. 3 laps for the men and two for the ladies.

Another brilliant turnout again, thanks everyone. This can increase the time it takes to log the results, so please be patient or if you have time and nice clear hand writing please feel free to grab the next sheet and help log the results.

All finished off with a great doughnut. Another lovely day out.

See you in three week at Whitwell Station.

**November 8th - Whitlingham Country Park - Race 2**

Race 2. What an absolutely fabulous turnout. Thank you everyone. This is a tough course with two laps for the ladies and three for the men. Around a marshy, mole hilly field, along a trail to the steps to heaven (or hell) however you see them. Up to a ridge not to far from the bypass. Back down through the play area and car park. With a kick dash across the road and follow the lake back to the start before embarking on another lap. The rain stopped for the race and it was fabulous. Thanks to Mark and the Tri-Anglia crew for an outstanding and tough race.

See you in two weeks at Fritton.

**October 18th - West Runton Beach - Race 1**

So here we go again, a new season with more new teams. Joining the fun this year we have East Coast Runners and Wymondham Athletics Club. So we headed off to the coast myself, Jodie and Kim chalked the groynes so that it would make the men's race easier. Waste of time that was as it chucked it down with rain, thank goodness the glamorous Kim agreed to be the turning post. So after the briefing and explaining the only groyne touching would be of the wooden kind we set the men off towards Sheringham and the ladies towards Cromer. The sea was at low tide so we had plenty of glorious sand to run on. There was also a high sand content to the beach this year so we only had one awkward rocky outcrop to negotiate.

So the men went to Sheringham turned and came back to the starting point and then did the ladies race. The ladies ran to Cromer touched the first groyne and turned to come back. The wind was behind us on our return which was much better than last year. Great turn out with 131 runners. Thanks to the Wednesday Wanderers helping me host the event and to the Seaview Cafe for their support. Looking forward to seeing you in two weeks time at Whitlingham Park.



