**2018/19 EACCL Season**

**March 26th - Catton Park - Race 10 & presentation**

Perfect weather yet again. Just what we needed for the final race. Its a bit shorter than usual to give us extra time to finalise the results and have a bit of a jolly to celebrate the season and carry out the presentation.

We had a fantastic turnout again. Thanks you to Jodie Causer and all of the Norwich Road Runners who somehow managed to mark out, marshal and clear away the course while having a right old giggle.....you know who the ring leaders are. Thanks also to the lovely Wednesday Wanderers who always help me out when I get us involved in things. Finally to Judy, mum, Potty and Cynthia for all of their help doing tags and serving you all refreshments. Bobbie and Chris had the results licked and all in control without them the league just wouldn't happen.

So off we went from the bottom corner of the park up through the wild grass around the magnificent trees (even the dead ones) in a W shape in the middle portion of the park, before heading towards the main gate. There we ducked into the woods and popped out the Spixworth Road end before following the path right around the park and through the woodland trails the St Faiths Road side of the park. Before popping out for the ladies to finish and the men another lap.

Then we had a flurry of activity taking and processing the results before enjoying the refreshments and presentation. Thank you everyone for another great season and an ever expanding league with many new friendships being made. I hope you enjoy it and hope to see you for our mini summer league before starting all over again in October. Hopefully with more mud next season. We made £287.35 towards the up keep of the Park today as well so thanks everyone. The homemade cakes were amazing thanks to everyone who contributed to them too.

[Race 10 Results](https://eaccl.webs.com/19.03.23-race%2010-Catton%20Park.xlsx)

**March 13th - Nowton Park - Race 9**

So on the day storm Gareth decided to batter the country it had eased by the time we got to the beautiful Nowton Park and the daffodils were out. What a treat I think 20 years I've only seen the out twice. The rain even managed to hold off. The Pacers put on an excellent race and even managed to get the gazebo up and tied down to keep the doughnuts safe.

So we headed away from the visitor centre and through the woodland muddy trails (great to see some mud), then we popped out onto the meadow to face storm Gareth who took your breath away but not for long as we kicked back and headed back towards the tennis courts and dipped back into a woodland trail and the lovely bomb hole. We emerged back into the meadow land trail and back through the woodland avenue with all the beautiful daffodils and molehills. Off we set again with 2 laps for the ladies and 3 for the men.

Thank you Eloise and all of the Bury Pacers another great event on a Wednesday afternoon. ( races to complete 1 to go with the presentation. Bring some pennies towards the teas and coffees and any donations for cake (all going to Catton Park).

**February 20th - Stowmarket - Race 8**

What a change weather wise from last year. The sun shone and it was a lot warmer. The welcome was as good. Thank you to Mike and the Stowmarket Striders. The terrain had changed from last year with the huge building project taking place swallowing such beautiful countryside to consume our increasing needs.

So we set off across the rugby fields and around the building area into the lane and around the fields into the woodland area. Not as much mud as last year. The ladies doing 1 lap of the woods and the men two. I hadn't managed a whole lap before the men started to pass by. Then it was back retracing our steps into the rugby pitch finish. Fantastic. Thank you Striders and the refreshment ladies.

2 races to go, see you in 3 weeks at Nowton Park. Hoping the daffodils may be out.

**February 6th - Thetford - Race 7**

What a lovely day, positively warm as of late and the sun shone. Fabulous. Our 2nd visit to this venue, we got to see the Police Championship finish before we started. Steve and his helpers put on a great race through the rugby grounds and into the forest and heathland. Mum came too as she loves to hand out the tags, we cant drag her away. Can I just remind everybody that the race rules clearly state that no headphone, dogs and pushchairs are permitted. Failure to comply will result in the loss of your points and continual non-compliance could result in the removal from the league. Sorry to have to say that, but we must maintain integrity for all competing.

So back to the great day we had. We set off around the rugby fields this time before heading into the heathland and woods. There was a mixture of terrain before the men headed around for a second lap and the ladies headed back to the fields and the finish. 162 finishers great turn out. Lovely coffee and cake afterwards and a brilliant atmosphere as we all enjoyed sitting outside enjoying the weather and the league cheering everyone in. Fabulous.

See you in two weeks at Stowmarket.

**January 23rd - UEA - Race 6**

Thank you to Alice, Callum, Liam, Bobbie and Chris for today's event and all of their marshals. The weather was a welcome improvement on last week. It was perfect really clear and cold with the added bonus of sunshine. With all the last minute changes with parking we had a great field and we appreciate your patience and understanding.

So we had the slight variation to the Colney Lane Park Run course. We set off from the pavilion, along the sports field, through the hedge and along the river. Then up the hill (glad I only had to do that twice), along the edge of Bluebell Road and around the top of the sports fields again with a drop of mud...lovely. Then it was another lap for the ladies and another three for the men.

Thanks everyone and see you in two weeks at Thetford

**January 16th - Marham Camp - Race 5**

Well that was a surprise today, one that we will be loosing Ben and Adam from Marham. They have been an immense help to the league and to Bobbie and myself. We wish them well in their posting and maybe they can organise an annual race at their new location in the summer months and we can have a day out. The 2nd surprise was......where did that rain come from? We haven't had rain at an event in over a year.

So we got there on a grey day and at the start in the warm up it started to rain. Went we started it threw it down, I couldn't see a think, with my glasses smeared and steamed up, so I just trusted the person in front of me as we legged it down the hill and a cracking pace. A short dash down the road and into the fen, fabulous. Quick clean of my specs....still couldn't see a thing. Alan missed the start again and shot past me on on route to catching the men. The fen was lovely and out of the wind. 1 lap for the ladies and 3 for the men. Back to the road and then for the drag back up the hill before the short flat finish. Fabulous course. Absolutely soaked.

The indoor base was more that welcome today. I think my change of clothes was quicker than my run and hilarious with the ladies laughing about the weather. Thanks to all the the marshals and Caroline for their support in the rain today. See you all next week at the UEA for more fun and hopefully mud.

**December 12th - Whitwell Station - Race 4**

What a surprise for Whitwell, the sun was shining, fabulous. It was a cold crisp day with beautiful sunshine as we headed to Whitwell for an early start to make the most of the light. Reepham Runners hosted this great event with the added luxury of the hall facilities with drinks, cake and the added bonus of toilets. What a treat.

So before we head into the Christmas and New Year break we had to work extra hard over a mixture of terrain. Got to burn some calories off before any over indulgence. Starting on the fast Marriotts Way leg before leading along the lanes and meadows with a brief feet wetting dip in the chilly stream, before heading towards the road. A quick dash on the road heading up the rooty lane back to a field and finishing for the ladies on Marriotts Way in front of the station. For the men they got a second lap before the ladies ate all the cake.

Thanks Reepham Runners for a great event and to mum for dishing out the tags. 187 finishers another marvellous turnout, hope you enjoyed it. Thank you everyone for for continued support, Merry Christmas and Happy New Year. See you on the 16th Jan at Marham for race 5.

**November 21st - Fritton Lake - Race 3**

What another fantastic day for a run. The setting was beautiful especially with the setting sun. A huge thanks to Andy & Nicola Baker and the fantasic Great Yarmouth Road Runners for hosting such a great event. Thank you to Lord Somerleyton to for having us.

So as we started we dropped around the lake which was beautiful and ran roughly alongside it through the trails. The colours of the leaves were beautiful if you were skillful enough to grab a peek. Then we headed through the lodges and up around a woody trail which has been much improved since the last time we used it, so the course was fast. Then we headed back through the lodges and over the meadows back to the finish for the ladies and a second lap for the men. Another amazing turnout of over 200.

Then it was to the doughnuts as a treat. Thanks everyone and see you in three weeks at Whitwell Station hosted by Reepham Runners. Please remember this is the only race of the season that starts at 2pm as the light fails so quickly. Bring spare dry shoes and socks.

**November 7th - Whitlingham Country Park - Race 2**

The weather improved in the afternoon as the wind got up too, for our annual trip to Whitlingham Country Park. A great event hosted by Tri-Anglia thank you to Mark and all of the helpers you had. We also trialled the new biodegradable cups. So as usual it was 2 laps for the ladies and three for the men, this year the men had a 5 min head start to try and minimise the congestion on the first hill up the steps. This was a big help to the ladies.

So we went around the field and along the trails up the hills along side the southern bypass in the woods before heading down into the play area. Out the other side on the trails by the tree felling before heading alongside the lake and back to the start for the next lap.

The biggest suprise today was the turnout. This is normally the busiest of the season but we had an incredible 250 finishers. Thanks for your patience with the results logging and hope to see you in two weeks time at Fritton.

**October 10th - West Runton - Race 1**

What an absolutely beautiful day for the first race of the season. A huge thank you to the Seaview Cafe and all of their support and for sponsoring the first race providing two gorgeous trophies for the leading lady and man.

We had a great turnout of around 150 runners. The mens race going to Sheringham and back around our lovely turning point "Kim". Then to chase down the ladies who ran to Cromer and back. The tide was perfect, the sand glorious, a few wet feet, the sea was blue and there was only one precarious outcrop of rocks to negotiate. The it was straight back to our lovely finishing tag assistant Ray. Before heading back to the Cafe to hand the tags into Anne, Carol, Kim and Caroline.

Hope you all had a great time and see you in a few weeks for more fun.