### 2019/20 EACCL Season

### Race 10 - Postponed due to COVID

We are intending to piggy back a 2020/21 race to complete the perfect 10 category and distribute the awards. The season results will be based on 9 races and for those doing all 9 your best 7 will count towards the individual prizes. So watch the news page, email updates and Facebook page for details to follow.

### March 11th - Nowton Park - Race 9

So what an amazing day, sun, warmth, not to much wind and lots of beautiful daffodils.....oh bit of mud and doughnuts. Happy days. Thanks to Eloise and the Bury Pacers.

So 3 laps for the men and 2 for the ladies. All within the beautiful Nowton park between the daffodils, through the woodland trails and across the grassy areas into the lovely bomb hole

with a bit of mud to add to the fun. With a lovely fast finishing straight if you had anything left in the tank. Fabulous. Then if you were quick enough a doughnut to finish a great day. Well done everyone. 158 finishers.

9 races down one to go. We won't publish race 9 results to keep it exciting for the final race and the presentation so please don't chase them. See you in 2 weeks (25th March) for more fun and the presentation. Please allow more time so you can enjoy the race and the presentation. As we have to process everything on the day please remember your barcode. No barcode no result. Photo it on your phone as a back up. Please bring some pennies as a donation towards the buffet and a pound for the car park. Please park in the car park as directed and not on the surrounding roads.

Race 9 results will not be published as usual, to keep it exciting for the final event.

### February 26th - Marham Camp - Race 8

So three weeks on the bounce we must be getting faster. We headed to Marham Camp today for race 8. Thank you to Luke and all of his marshals. We were lucky with the weather and it was a lot different to the weather last year.

We had an out and back route today. With a fast dash down the hill in the field, through the kissing gate with a fast section along the road. Then we all went through the fen where the ladies turned at a mile and a half and the men carried on along the river and turned at the three mile marker. Then we all retraced our steps for a slog up the hill back to the finish.

Lovely race on a beautiful day. 131 finishers. Looking forward to race 9 at Nowton Park, Bury St Edmunds in two weeks and the beautiful daffodils. See you there.

### February 19th - Stowmarket Rugby Club - Race 7

So the sun shone as we rose this morning and I thought we'd broke the cold gloom and wind of Stowmarket Rugby Club. Wrong, as we got closer the cloud smothered the sun and the drizzle began. However as usual the benefits were the wonderful muddy course, great marshals and wonderful cakes.

A huge thank you to Mike Munson and the Stowmarket Striders for a great race. Heading out around the rugby field, along the fields to the woodland wonderland of mud glorious mud. 1 lap of the woods for the ladies and 2 for the men. It was a great mixture of terrain. Doubling back along the field paths and rugby field dash home. 4m for the ladies and 6m for the men.

So heading straight into race 8 next week, its a long time since we've done 3 on the bounce. See you at Marham for more fun. This is when it gets exciting as those who do all ten races get to drop their worse two results. Don't forget though that all 10 count towards the team awards though, which makes the final results interesting.

### February 4th - Thetford Rugby Club - Race 6

What a beautiful day. 3 years on the trot its been amazing at Thetford. A huge thanks to Steve, Dale, Pete and the Norfolk Harriers for this lovely event. thanks to mum, Adele and Coop's for their help too.

Starting on the edge of the rugby field straight out into the forest on another fast course of woodland and heathland trails with a loop in the middle which the men did twice and the ladies once. 10k for the men and 7k for the ladies.

Thanks for the refreshments too and look forward to seeing you all in a couple of weeks at Stowmarket.

### January 29th - Blickling Park - Race 5

We were lucky yet again with the weather. A nice new venue for the league with great facilities. Thank you to Mel, Adele and all of the Coltishall Jaguars for adopting this race. Thank you to Blickling Park for the use of the park too. A fast route and terrain, so to add an odd hill in the mix to make you work hard was a bonus.

Thanks to everyone who participated we had 180 finishers. We started at the main gates as I led the way.....for all of ten paces. Heading up the hill and around the the alternative park run route in reverse, back to the start where the ladies finished. The men then headed around the normal park run route backwards to the pyramid where they veered off right and through the bluebell woods back to Woodgate car park. Swinging a left up the short sharp hill and straight back to the finish.

Well done everyone and see you next week on the 6th February at Thetford Rugby Club. I have some lost property in my possession, one black glove, a black body warmer and a black pair of shorts all festering nicely in my box ready for next week.

PS: Thanks to the freezing cold results ladies too. Please process your tags asap then grab your coffees please.

### December 11th - Whitwell Station - Race 4

What an amazing day, no wind and plenty of sunshine bathing the countryside. A real treat of late. We headed back to Whitwell Station a great venue, which we've never had the pleasure of sunshine at. Hence the early start for such a short day light wise. Thank you to Nick and the Reepham Runners for hosting the event, to all the staff at Whitwell Station, mum and to the results ladies. The car park money was donated to the food bank.

We had 194 finishers today. The race starting at the station platform and heading down Marriotts Way to the railway bridge where it was a quick charge up the steps. There we double backed along the footpaths and lanes before heading across the beautiful meadows (thank you to the farmer for this access). Then for our favourite shoe shine across the stream. We then popped onto the road before the rooty slog up the lane to the road. Dropping back down to Marriotts Way for a sprint across the bridge to the finish for the ladies and the start of another lap for the men. Thanks to Kerri for keeping Rodney company on his 2nd lap. Well done everyone. Thanks for cooperating with the abandonment of your shoes and socks to keep the venue as clean as possible and to Bobbie and Chris who mopped the foyer and toilets.

Have a great Christmas and New Year and see you on the 29th at Blickling Park for another new route.

### November 20th - Caister Beach - Race 3

We ventured into the unknown today with a new EACCL venue at Caister Beach, hosted by Martin Rendle and the Dunerunners. The Lifeboat station kindly opened their cafe and we raised money on the car park for them too. The weather was perfect with the sunshine and a nice winter breeze.

So we headed left up the beach along the shore line before turning. Straight into a head wind meandering through a mixture of paths, dunes, and beach and back to the Lifeboat Station. 1 lap for the ladies and two for the men. It was a tough (maybe brutal) but a beautiful course and made you work hard trying to pick the best line through the sand and shingle.  Then it was back to the Lifeboat station for fabulous homemade cakes. Thank you to all the Dunerunners and their helpers. A special mention to the lovely marshals who ran in with Rodney who completed 2 laps. Fantastic. Thanks to the results ladies too, you seem to like this far more than participating.....strange.

We head into a 3 week break before race 4 at Whitwell Station. Remember this is the only race that starts at 2pm due to light issues. Please check out the website and Facebook before the event if you get to the event via the Fakenham Road and Nowhere Lane. This road is currently closed under the bridge, so watch this space.

### November 6th - Whitlingham Country Park - Race 2

A massive thanks to Mark Philo, Ali, Rob, Chris, Brian and the other TA members who made today's race such a success. I'd also like to thank Carol, Julie, Kim, Kerri and Jodie my lovely mates who gave their afternoon up to  the scan the results, so you didn't get cold.

This is normally our biggest the race of the season so Mark kindly tweaked the route to avoid bottle necks on the stairway to heaven and started the ladies 5 minutes later. This all seemed to work really well, thanks Mark. So we had a lap of the picnic field and then along the woodland trail up the hill along side the bypass and then back down in to the play area and car park. Back through the woodland trails across the road to the lake. Along the side of the beautiful Whitlingham Broad and across the road back to the start. 2 laps for the ladies and 3 the men with the subsequent laps to include the stairway to heaven. Fab bring on race 3.

Race 3 is a new race on the beach so sand, sand and more sand. See you there.

### October 16th 2019 - West Runton Beach - Race 1

Well here we go again, a new season, an old location and new results recording. Massive thanks to Martin, Louise and all their staff for their support and sponsorship. It was a grey drizzly day which didn't deter the cross country mad people who have a Wednesday free for some fun.

The men set off towards Sheringham and the ladies towards Cromer. Ladies turning and straight back for a free for all route on the beach whilst the men were in hot pursuit. A lovely head wind on the way back in the drizzle to add to the fun. We had 206 finishers (& starters). Fantastic. Thank you for your support and for the new recording system, that went really well (huge thanks to Jon Beverly at Total Race Timing). Also thanks to the Wednesday Wanderers, Nick, Craig and Mum for your help and marshalling skills and helping me make the race possible.

Results with be with you soon. Look forward to seeing you at the next race, Nov 6th at Whitlingham Country Park.