**2022/2023 EACCL Winter series overview**

**Race 10 - 29th March - Catton Park & presentation**

So to the end of another amazing season. Some great weather & very little mud. The forecast for today was dismal but we got lucky and it held off so we could do the presentation outside.

Thanks you to David Robinson, Mark Garrett & Brian Moore for organising the NRR crew and for the route and car parking today. Also the fabulous Wednesday Wanderer Ladies for the refreshments and results service.

We started from the far side of the park where we headed up towards the hall and then back down through the rough. Next stop was the huge dead tree before trailing along the park back to the woods where we had some mud, yehh. Out of the woods avoiding any bears we did a full circumference of the park back to the start. The ladies doing 1 lap and the men headed back round for a second dose of fun.

Afterwards it was back to the lodge for some refreshments and socialising while we processed the final results. We were able to have the presentation out side which was great and we thank everyone for staying around to do this and support all the winners. We look forward to seeing you all next season. Please stick with us while we check all the results. We raised £247.93 through donations and parking towards the up keep of Catton Park, well done everyone.

Finally we would like to thank everyone taking part to make this such a fun winter series. More thanks to all the venue hosts and their helpers, this league is all put on voluntary with no financial support which is amazing. The entry money just goes towards the insurance, permits and presentation costs which enables us to keep it as cheap as possible so that as many people can participate as possible within our boundaries. As well as the event hosts we must also thank the regular pocket of people who help with the majority of events who are generally roped in by their running partners and friends and strangely take pleasure in standing/sitting in the cold on a regular basis for "pleasure". So the list for this barmy group is; Bobbie, Chris, Mum, Tim, Julie, Kay, Marie & Coops

[Race 10 results -](https://eaccl.webs.com/23.03.01-EACCL%20Race%208%2022-23.xlsx) Here you go, the final set of results

**Race 9 - 15th March - Cawston Park**

Perfect weather again for the league. Third teacher strike to affect us but hey ho we made it there. Huge thank you to Myles Hague, Aylsham Runners & the owners of Cawston Park for such an amazing venue. I am bias as it was my local turf.

So after our first visit last year we had a change to the start which I enjoyed as we jogged you down there. So then men set of first followed by the ladies and short course men a few minutes later. Heading through the park around the lake and into the woods to be completely disorientated. Love it. Ending around the old moto cross track believe it or not. the loop ending over the last motocross table top. Then the men went round again as the short course headed back to the lake then up heartbreak (lung busting) ridge to the end. Fabulous. Collapse in the grass to find your lungs before recording your finish.

So normal rules apply. We won't publish race 9 results as this is where it gets interesting as you can drop your worst results as best 7 count as we only did 9 races, for the individual points. All races count for the team results. We like to keep it exciting so see you in two weeks for a shorter course then a buffet and presentation. Please park in Catton Park and not on the roads or external car park. £1 per car and donations towards the food welcome. Hopefully we have good weather so we can be outside like last year. Come and celebrate another great season and such a friendly bunch of runners and supports. The league that survives on goodwill and a good time. See you on Wednesday 29th 2:30pm start

**Race 8 - 1st March - Whitlingham Park**

A change of location today. We headed to the lovely Whitlingham Park, hosted by Dale Cooper and the Norfolk Harriers with the help of Mark Philo and Tri-Anglia. Thank you all. The drizzly old showers held off for a great afternoon. This race also hosts the police regional XC to it was great to see everyone on their best behaviour.

The men set of with a 5 minute head start around the meadow, through the woods up the steep slope to the top wood heading along the Southern bypass before dropping down into the end carpark and back along the the lake. With two more laps to go. The ladies chased them down after 5 minutes with a two lap course. The 2nd and 3rd laps having the lung busting steps to heaven in them. Happy days.

We had just under 200 participants in total. The police only entrants being taken out of the EACCL results. Another fabulous event.

Thank you to Julie, Coops, Kay, Beres & my lovely mum for helping out with the results. Look forward to seeing you in two weeks at Cawston Park for a 2:30pm start on Wed 15th March. The points then get interesting if you have done all the races as your best 7 results count overall for the individual competition.

**Race 7 - 15th February - Stowmarket Rugby Club**

The weather gods were certainly on our side today. What fantastic weather for a February event. I think its the only time the wind hasn't been biting at this great event. Thank you to Mike and the Stowmarket Striders for another great venue and event.........where was the mud though? Ha ha

With it being half term and the furthest venue for most, we had 105 finishers. The change in route was lovely through the woods with the birds singing and the sunshine so bright. I've never ran in those woods or fields without mud so it seemed so fast. We headed round the rugby pitches down the trails with a small road section. Then headed up one of the fields with a longer loop in the woods in the opposite direction. The men did two loops in the woods, then we retraced the route back to the rugby fields for the finish.

Thank you to the ladies who provided refreshments too, which are always much appreciated. Also to Brian and Kay for the scanning.

See you in two weeks for race 8 at Whitlingham Park on the 1st March, please remember its a 1:30pm start. Make sure you pay and display as the fine for not doing it are high.

**Race 6 - 1st February - Shouldham Warren**

Wasn't it great to be back at Shouldham Warren thanks to Rob Simmonds and the Ryston Runners. The weather was perfect and the course was dry. A great combination of woodland trails, hills and flat out sections.

We had 117 finishers today, 1 lap for the ladies and 2 for the men. Finishing with lovely refreshments & homemade cake afterwards it was a lovely afternoon all round. Thanks everyone involved and to Julie, Bobbie and Chris for helping me.

Next stop in two weeks is Stowmarket 2:30pm start, lets hope it has its usual standard of mud.

**Race 5 - 18th January - Blickling Hall**

What a cold bracing beautiful day, the sun crept out during the morning and we had blue skies for the race. We even had an air display by the RAF right above us before the race as two fighters went through their manoeuvres.

Thanks you to Mel, Rosemary, Adele and the Coltishall Jaguars for such a great race and for Katie at the National Trust all coming together to make it possible.

So the course was packed solid due to the cold spell. It was rerouted where possible to make it as safe as it could be and avoid any icy patches where the sun couldn't get. We all started in the beautiful sunshine and looped around the alternative park run route backwards where the ladies then finished and the men went on around the normal park run route to the pyramid and then to the great wood. Then we had a small 'blip/misunderstanding' and the leading men headed back around the alternative course. So it was quickly decided to get the whole field to do the same route to avoid any results issues. The men did run a bit further than planned. Well done everyone, apologies to anyone who struggled but the best laid plans and goodwill of all the volunteering & organisers with these events this does occasionally happen. At least the sun was out. Total finishers today was 166 runners which was great on a cold old day.

Thanks to the usual crew who help me and Bobbie every race to make these events happen too, Julie, Mum, Marie, Carol, Chris & Jon.

Looking forward to seeing you all in two weeks back at Shouldham Warren on the 1st February, 2:30pm start with Rob & the Ryston Runners.

**Race 4 - 6th December - Whitwell Station**

With another rainy start today and the forecast for the next few days not looking great, how lucky were we this afternoon? Another fantastic venue with heating too snd thstd brfore er headed outside.

Thank you to Whitwell Station for having us and to Nick Bowden and the Reepham Runners for putting on a fabulous race. So we headed down Marriott's Way as usual and off around the country lanes before heading through the tough meadows. Then our old favourite the water crossing....got to love it. After the wake up call, its out of the meadows with a quick dash up the road to heart break hill dodging the roots. Another road crossing, a nice muddy down hill & back on the Marriott's Way and sprint to the finish for the ladies and another lap for the men. Well done everyone 175 finishers.

We also raised £100 for Whitwell Station Charity through car park fees and the summer league raised £60 donated to the East Anglian Air Ambulance, Well done & thank you.

More thanks to Julie, Kay, Mum, Bobbie & Chris who continually help. Have a great Christmas and New Year and see you for race 5 at Blickling on January the 18th. Enjoy.

**Race 3 - 23rd November - Cart Gap Beach**

What an absolutely amazing afternoon after torrential rain all morning. The weather man got it spot on thank goodness and with perfect tides the venue was great. The added bonus with the RNLI shop being open and selling coffee. Thank you to everyone who supported them. The lady had to send a photo of all the cars to her husband to explain why she was late shutting up.

So we had an out and back along the shoreline for both races starting at the same time. The ladies course turning at the end of the first reef and the men at Sea Palling. Simple. 133 people took part and 2 mad people (Kev & Janice) had a dip in the sea.

We look forward to seeing you at race 4 on December 7th at Whitwell Station hosted by Reepham Runners. Remember this is a 2pm start due to lack of light.

Finally a huge thank you to Jodie, Beres, Chris, Kirsty, Karen, Louise, James, Damien, Gillian, Beth, Maureen, Kay and Coops who helped me & Bobbie host this race.

**Race 2 - 2nd November - Mousehold Heath**

We are back after having to cancel race 1. The weather was great and Mark Philo and the Tri-Anglia Team put on a great "lung busting" course. Thank you.

We had a 193 finishers which was amazing. A great mixture of terrain with plenty of hills and fast down hills to grab a breath. A little bit of mud and plenty of roots to keep us on our toes. Weaving around the lovely Mousehold Heath. Fabulous.

Followed by the ritual Jaffa Cakes to get your energy levels back. Thanks you to Kim, Coops and Brian helping out on the results and for anyone else I've missed.

3 weeks break and we'll be at Cart Gap Beach, 2;30pm start on November 23rd for a flat but tough beach run. Make sure you pay and display. See you then.

**Race 1 - Cancelled - October 12th - West Runton Beach**

It is with sincere regret that we have had to cancel race one. Martin and Louise from the Seaview Café, West Runton have been nothing but supportive to us over the years. They help us plan the events, have done concessionary car parking, donated car parking fees to EAAA, provided free teas and coffees during our post covid event, had additional staff on to accommodate us, opened when they were out of season and provided awards to the leading man and lady. So from us all we would like to thank Martin and Louise O'Shea from the bottom of our hearts and wish them well in all they do.

With this support in mind, we would like to remind everyone that the league survives solely on the good will of local businesses, clubs and groups to make this league possible. It is run on a shoestring and we pride ourselves on the fun league it is and we want it to continue to be. When joining this Facebook group everyone agrees to rules of the league and we will not tolerate breaches to these rules. So please be mindful of others and the hard work that goes into making this league happen. If you have any issues please direct them to myself, Bobbie or your Team Captain so they can be dealt with appropriately and without upset. Remember, when you post everyone can see.

At this late stage we doubt we will be able to host an alternative on October 12th, we will endeavour to see if it can be done elsewhere on an alternative date.