

2023/2024 EACCL Winter series overview

Race 10 - 27th March - Catton Park & presentation

Final race of the season and luckily the weather held out for us. Thank you to Mark Garrett, Brian Moore and Norwich Road Runners for the course and to the lovely Wednesday Wanderer Ladies for the refreshments.

The beautiful Catton Park is a great venue for our last race of the season, making the most of the long grassy middle section meandering around the beautiful trees then charging around the outside path of the park. A shorter faster distance to allow us to process the final results so we can hold the presentation at the end. 231 of us enjoyed the last race of the season. A massive thank you to everyone for participating and making this series so much fun for the winter and so cheap. Remember everyone does this for free, no venues or people are paid it's all volunteer's which is amazing. As the entry fees are so low it also allows us to raise hundreds of pounds every season for various charities through car parking and refreshments so thank you everyone. See you next season for more fun. I would like to say a massive thankyou to Chris & Bobbie who have taken over ownership of the series to ensure it's continued success.

[Race 10 results](#) - Here you go, the final set of results

Race 9 - 13th March - Cawston Park

Back at a fabulous venue, Cawston Park hosted by Myles Hague and the Aylsham Runners. Where it all gets interesting if you've done all the races as you can drop your worst points towards the championship totals. The weather was kind and 159 of us headed off around the route.

A mixture of paths, woodlands, heath and past the lake before the final hill of hell to the finish, with the ladies doing 1 lap and the men 2. Lots of obstacles to challenge us with mud and fallen trees. With the treat of a cuppa and cake at the end. Thank you Aylsham.

Race 8 – 28th February – Ladybell Country Park

The sun was out and we had a new venue. How exciting. Thanks to Tony and the WAC Team. We parked in the quarry and had a lovely little walk to the starting hub with refreshments, baggage tent & loos, a great place to spectate from.

We started in meadow and headed past the finish into the woods, through a muddy lane and around a headland before going through a lovely muddy water logged ditch. More woodlands and open trails going past the lake and the beautiful ice house. We then had a muddy section and around a pond with another couple of lovely muddy ditches before popping out into the starting meadow and around the perimeter ending the lap for the ladies and the start of lap 2 for the men. Fabulous. Hope we can go back next year. Thanks everyone for a lovely afternoon and to Bobbie, Chris, Kay & Julie for all they do. We had XXX finishers today, great.

Gets exciting now with the points as from the next race if you've done all the races you get to drop your worst points. See you in two week for another muddy trail hopefully 😊

Race 7 - 14th February - Stowmarket Rugby Club

After all the rain at least it wasn't raining. Looking forward to moist conditions today didn't disappoint. It was mud & water all the way round.....brilliant. We headed out around the water logged pitches onto the rail and back road to the fields around the sloppy headlands before heading into the woods. It was fantastic, sloshing around 1 lap for the ladies and 2 for the men then retracing our steps back to the rugby club. Well done to the brave 116 to braved it.

Huge thank you to Mike, Bob and the Stowmarket Striders for all of their hard work and to the usual crew Bobbie, Chris and Kay. Looking forward to the new venue in 2 weeks, see you there.

Race 6 – 31st January - Shouldham Warren

Perfect weather again. The lovely Shouldham Warren was dry this year. Thanks to Rob Simmonds and the Ryston Runners for a great race and excellent refreshments afterwards. The headed around the woods, up and down the hills and around the edge of the fen before heading back into the woods. With a fast flat finish. 1 lap for the ladies and 2 for the men. Lots of different terrains. We had 146 finishers today.

Thanks to Bobbie, Chris, Kay and Julie for their usual help and hard work too.

See you in two weeks at Stowmarket Rugby club for more fun and hopefully plenty of mud.

Race 5 – 17th January – Broadland Country Park

First race of 2024 was a new venue for EACCL and another lovely day. We were at Broadland country park in Horsford. Car parking at the Egg Farm and supported by the Baby Bean coffee pod. Thanks to Coltishall Jaguars for this lovely route.

Starting near the bowls club we headed straight into the woods and all the beautiful leaves with the sun streaming through the bare trees and cutting out any wind. We steamed roughly around the perimeter of the woods, not taking your eyes off the course to keep the roots in sight. We had a few tumbles here and there but being the rough though lot we are everyone finished. Through the bomb hole we went and sensing you were near the end of the loop we ran on, but no. We then headed right and around the old NRR course from years ago, before popping up near the start of the loop again and heading back to egg farm for the finish of the ladies race and the start of the men's 2nd lap. 164 runners enjoyed today's race and the half way point of the season.

Thanks to Mel, Rosemary, Adele and the Coltishall Jaguars for another great race and for Bobbie, Chris, Kay & Julie. We raised £224 for East Anglian Air Ambulance from the car park too.

See you in two weeks at Shouldham Warren

Race 4 - 13th December - Whitwell Station

Last race before the Christmas break and we've had a lot of wet weather. So much that our usual route across the meadows and through the stream was not an option. The water was too deep and dangerous so with this in mind Nick Bowden & the land owner had to have a quick re-think. Most of the usual lap was still an option so a new shorter route was chosen with a bit longer road section.

So we headed out on Marriotts Way on a grey old day and forked left up the steps near the Black Water bridge heading along the muddy old footpaths through to the road. Instead of heading over the meadows we turned left along a very quiet, muddy country lane to the usual footpath with the long draggy hill past the camp site, across the road down the slippery field and back on to Marriotts Way to the Station. Then it was round again for the ladies and twice more for the men. 183 Finishers another great turn out.

Thanks to Whitwell station for their lovely venue and refreshments. The warmth is always welcome and its festive decorations. Thanks you to Nick Bowden and the Reepham Runners for hosting & marshalling the race and for Bobbie, Chris, Kay & Julie for their usual attributes. The car park also raised another £100 for Whitwell Station and £84 for Dereham Food Bank.

Have a great Christmas and see you in the New Year at the new venue, Broadland Country Park, Horsford.

Race 3 – 29th November - Caister Beach

We headed back to the beach for race 3 on another beautiful day a far cry from previous years weather. Thank you to Caister Lifeboat for allowing us the use of the use of the Lifeboat house and facilities again, and for their lovely

cakes and refreshments that all go towards helping keeping this independent lifeboat in service. We also collected money on the car park to help contribute towards the Lifeboat too.

So we started on the beach opposite the boat house and headed down the beautiful beach in the sunshine. The sand firm mostly under foot. Then up into the dunes along an old section of road way and back down the steps on the beach across the soft draining sand back onto the shore line and back to the boat house finish and one lap for the ladies and two for the men. 159 finishers before a cuppa and cake, the perfect end to the day as the sunset.

We'd like to thank Andy Baker and the Great Yarmouth Road runners for taking over the organisation of this race. Thanks Bobbie, Chris and Kay.

Race 2 – 15th November - Mousehold Heath

Back to Mousehold for race 2 and the sun was out. Fabulous. Mark Philo and the Tri-Anglia team had been working hard to put this tough hilly race on. Which this year we ran backwards which was still as tough. Heading around the field to spread us out a bit and the men starting 5 mins before the ladies. From the field we headed up our first hill and hit some mud.....yehhh. Across the old sports field and back into the woodland trails up and down through the undulating heath and bomb holes (which several people seems to miss ha ha) weaving around eventually popping out along side the starting field to be greeted by the spectators before heading around the ladies 2nd lap and the men's third lap. A lung busting course but of course we love it and with a customary Jaffa cake at the end. We had a phenomenal 226 participants today which is nearer pre covid entries.

So thank you Mark and the Tri-Angia Team, Bobbie, Chris, Kay and Marie for all of help.

Race 1 - November 1st – Cart Gap Beach

So off we go for another winter series of fun. A new beginning for Chris taking over from me after a fun filled 12 years of organising. So good luck Chris and pretty sure the new partnership with Bobbie will be plain sailing. So we headed to Cart Gap after a soggy old week. The rain cleared so we thought until the warm up and pre-race briefing when the heavens opened and we ended up bent double under the lifeboat slipway for a humorous briefing. Then we had a mad dash to the start line and we were off.

You chose your own route to the first reef on the horizon where Beres & Angie bravely stood out as the turning point where we headed back to the slipway for a one lap race for the ladies and the men bravely turned and headed back for another rain battered lap. We had a fantastic 170 runners for the first race. Thank you everyone and for your patience with the parking so that we could get everyone in.

Big thanks to Bobbie & Chris, Kay & Marie doing the results, Beres, Jane & Angie for helping me set up the course and the tag lady

See you in two weeks at Mousehold for more fun