**General Secretary’s Report for 2018**

Wow, where do I start? 2018 was a great year for EMAC!!! I can start back in February 2018 when we tied for first in the EAMA Inter-Area Challenge with Midland Masters!!

We had a great Spring/Summer with the Track & Field League from May-August and the finals in September in Milton Keynes on a great sunny warm day. Thanks to Paul Harrison for all of his hard work organising it all, to all the Division Team Managers and also the club team managers!! Also, we had a good EMAC Outdoors Championships in Southend, where they graciously volunteered to host again, and it will be on 20th of July this year.

Christine Anthony and Maureen McCarthy made the Inter-Area XC Challenge and EMAC Championships happen and it went very well and EMAC won!! Ty also helped with the poster as well. We even had a committee meeting during the summer at Christine’s house to go over the plans for the XC Championships and other matters.

Many of our members went to the World Championships in Malaga during September and it was great to record all the times and medals of our athletes on the Facebook page!! Was very happy to get the King brothers join EMAC and they came away with a lot of medals from Malaga, as did Christine Anthony, Cath Duhig, Helen Middleton, Alison Bourgeois and many others.

Ty Farrer, our Road Racing and XC Secretary did a great job organising the Road Racing Champs for us and was really good at getting the results on Facebook, I was a bit bad at putting them on the website though and still need to update it.

I believe we have a really hard-working group of people on our committee and I have felt well-supported during the year and without them we would definitely have gone under because there were only 3 of us left from the last committee!!

Congratulations to those who represented England in the British and N.I. Championships!!

Now onto the indoors season and I’m happy to say that the EMAC Championships had 96 participants with 113 gold, 21 silver and 10 bronze medals given away. We had 25 CBPs (championship best performances) and I had great support from the other committee members in helping me on the medals desk all day!!

Last, but not least, last weekend we stormed the EAMA Inter-Area Indoors T&F Challenge and won all 3 trophies!!! The men’s team lead all day, even though I kept having to change the team around, it all worked out in the end!! Thank you so much all for making it one of the best days ever!!

I want to thank all of the 700 EMAC members for your support this past year and want to say good luck to all of those who are going to Poland later this month for the World Masters Indoors Championships. I will be trolling through all the results daily, reporting on Facebook again. I do get a kick out of seeing all of the great results from EMAC athletes!!

I know I’ve missed a lot out of this report, but there were so many good memories and so much support for all of the events, I could go on for ages!! (I already have!)

2019 looks like another great year and I’m happy to say, all of the committee members have agreed to stay on and make it all happen for you all!!

#TeamEMAC RULES!!!

With lots of love to you all!!

Carey Hollick

EMAC General Secretary