EMAC TRACK and FIELD REPORT 2018-2019

EMAC members have been busy this year competing both home and away in Track and Field.

CBPS

3 CBPs were broken at the outdoor championships in Southend in August and many more were broken during the track and field leagues. Links to these can be found on the EMAC website under documents.

Edith Caux broke the French 400m W 60 record at the outdoor inter area in Solihull in July

I am aware that several were broken at the successful indoor inter area and our own indoor championships in February but these are yet to be updated on the website.

BMAF Champs

We had a good representative of competitors at the BMAF Track and Field champs in Birmingham in August with several medals brought home by EMAC members. The weather was not conducive to fast time and distances over the two days but many used it as preparation for Malaga.

International

I believe EMAC had the highest number of competitors, out of the area clubs, at the World Masters track and field champs in Malaga in September. This was a very successful competition for EMAC members, Carey has mentioned a few names in her report. There are so many successes it is impossible to name all of them.

We look forward to hearing about the competitions in Poland at the end of March.

The Track and Field league continues to be a success and is a great source of friendly competition and social interaction too.

Results are always posted on Power of Ten as soon as possible after each event