**EMAC Track & Field Report 2019**

EMAC members had another busy year competing both home and away in 2019.

**BMAF Championships Birmingham - August**

EMAC athletes turned up en-mass to deliver some extraordinary performances and claim 30 gold medals. Notable wins for Simon Combes in the m45 1500m with a massive winning margin of over 14 seconds while Gary Crush won the m40 1500m in a thrilling photo finish. EMAC athletes did well at the complete range of events but particularly well in race walking where we took several golds.

**EMAC championships**

**February Indoors - Lee Valley.** An amazing 25 CBP performances at this event. EMAC athletes on fire.

**Outdoor Championships Southend July**… Despite a mix of sunshine, rain and hail, EMAC athletes achieved an amazing 12CBPs.

**EMAC Inter Area Championships**

I**ndoor - February**. Great news at these championships as EMAC is proving itself to be one of the strongest regional Masters club. EMAC won all three trophies: male, female and joint. A particular area of strength was the shot putt where Mike Hausler won the m60 shot putt by over 2 metres and Geoff Tyler won the m70.

**Outdoor - July.**EMAC Another strong performance by EMAC athletes finishing 2nd in male, female and overall. 12 CBPs

**International Championships**

2019 was the year for European Masters championships - named after **EMAC**

**European Masters Championships - Torun Poland - March**

Torun was a superb venue for the European Masters Indoor Championships. A single, high tech stadium created a great atmosphere for all the indoor activities many of which were televised live.  Thousands of athletes competed for Great Britain and Northern Ireland and Eastern Masters were well represented across all ages and disciplines with strong performances.

**European Masters Outdoor Championships - Venice Italy**

Venice was the location for the European Masters outdoor track and field championships. With three separate  venues. Some notable performances from Eastern Masters athletes included a win for Cath Duhig in the W60 20k walk as the oldest competitor.

The most notable EMAC performance was a world record for Christine Anthony in the 4 x 400m relay.