



Eastern Masters Athletics Club

Cross Country Secretary Report

The cross country season had a rather hesitant beginning on the part of both organisers and athletes due to the ongoing pandemic.

It was suggested that the club could host and organise an early season event in September 2021 to encourage our athletes to return to cross country.

I explored the organisation of an event at Santon Downham, Suffolk. Although significant progress was made, resistance was encountered from the Forestry Commission regarding covid. Therefore the event could not be carried forward.

The Home International race in Dublin in November 2021 was cancelled and so selection race at Derby was also cancelled, both due to covid.

The EMAC club cross country championship went ahead in November 2021 at the Horseheath Course near Haverhill within the Eastern Cross Country Championships with the help of the local club Haverhill AC and it was well supported by clubs from across the region. Both the men's and women's races were competitive on a cold and windy but dry day on a course of hills and a water splash.

Results

Men

4	41:22	WARNER, Robert	Havering AC	E40
9	43:27	LEACH, Andrew	North Herts RR	E55
10	43:41	SMITH, James	Newmarket Joggers	E40
18	45:59	MCKEE, Rod	Hunts AC	E50
20	47:17	FELL, Simon	Peterborough & Nene Valley AC	E45
22	48:32	SPOWAGE, Paul	Colchester Harriers	E55
24	49:04	AULD, John	North Herts RR	E35
25	52:47	HENINGTON, John	Colchester & Tendring AC	E40
26	54:24	PARKIN, Paul	Peterborough & Nene Valley AC	E55
27	55:21	HOBBS, Glenn	Colchester & Tendring AC	E40
29	57:05	HALL, Steve	Peterborough & Nene Valley AC	E50
33	73:16	ROBINSON, Trevor	Ilford AC	E45

Women

1	22:24	LUXTON, Rebecca	Chelmsford AC	E35
3	23:09	HEATHER-HAYES, Alice	Ipswich Harriers	E45
5	24:38	DUFFY, Shelley	Hunts AC	F40
6	25:25	GODFREY, Stephanie	Cambridge & Coleridge AC	E55
14	44:09	ABBOTT, Pamela	Cambridge & Coleridge AC	E55

Men 60+

1	23:45	LEMARE, Simon	Eastern Masters AC	E60
2	23:59	TULLETT, Pete	Chelmsford AC	E60
3	24:19	DARNELL, Derek	Hunts AC	E60
4	25:56	PAUL, Steve	Eastern Masters AC	E60
6	29:40	GRIMLEY, Bruce	Hunts AC	E65
7	31:57	LAWRENCE, Shane	Eastern Masters AC	E65

For 2022, the Championships will again be with the Eastern, provisionally at Shuttleworth College Beds in November. We also will explore the possibility of an EMAC hosted cross country event in the 2022-23 season. The cross country secretary will be pleased to hear from anyone interested in helping to organise the event or compete in it.

Next year BMAF will hold the international selection race in Derby in October, the Home International is due to be held in Dublin. BMAF will also hold a cross country relay in the Autumn and their Championships in March 2023.

Shane Lawrence
EMAC Cross Country Secretary