



Eastern Masters Athletics Club

Road Running 2021/22

The 2021 series started on the 23rd May with one of the first post lockdown events, the Peterborough Marathon and was well supported by the members. The 7th and final event of the year was at Willen lakes in Milton Keynes with David Hudson the first EMAC member home to start and end the series, along with a further 42 members that took part in at least one event across the series.

The series is based on age grade scoring with the average of the best scores to count - so you had to be in to win it! It was great to see a number of familiar faces returning and also to welcome some new members and see how they progressed through the year and although we maybe masters, there were a number of PB's to be celebrated throughout 2021.

8 runners managed to compete in 3 or more races throughout the season and feature in the overall results. All have their own story and the first one to recognise is Steve Paul, who has taken part and supported every series since I took over the role and ends the season in 8th place. Steve has progressed well throughout the season and hit his highest age grading at the Willen 10k event. 7th place went to Will Haining, who completed more events than anyone else this season, scoring a seasons best age graded score at the Willen 5k last month and been a consistent finisher throughout the season. Charles Arnold took 6th place for the season, with an age grade best at the Peterborough 10k which was one of the hottest races of the season, and only just missed out on 5th place, which taken by myself (Ty Farrer). Jane Ashby scored well in her three events for 4th overall and achieved her best age graded score of the season at the Fenland 10. Stefanie Godfrey took 3rd overall and made the podium after consistently strong performances throughout the season, culminating in a seasons best age grading at the Wolverton 5k. David Hudson finished runner up this season, after some excellent performances and race wins to add to the PB setting that has taken place throughout the season.

Our winner Chris Cooke averaged a fantastic 92.70% age graded score over the season and featured strongly in every race he took part in. He has been not only a fantastic competitor but also a great representative for masters athletics and role model

Other noteworthy performances

Jonathan Haynes, our 2018 champion averaged just under 90% age grading

Ty Farrer