**2023 EMAC Cross Country Championship Results**

**Horseheath, Saturday 18th November**

Congratulations to the following winners, and well done to everyone who ran and conquered the cold and blustery field at Horseheath. Our fastest man this year was James Connor M40, and fastest woman was Ginte Bailey W35, both from Havering AC. Our oldest hero was 81 years old Roger Head of Fairlands Valley Spartans. Men ran 12K and all women and men over 60 ran 6K. The full results are on EMAC FB/Eastern England Athletics Association website: https://easternaa.com/wp-content/uploads/2023/11/Eastern-CC-2023.pdf

**Men**

M35 1. Jack Nixon 39:42 Saint Edmond Pacers

2. Joey Bendall 42:43 Newmarket Joggers

M40 1. James Connor 38:02 Havering AC

 2. Robert Warner 40:41 Havering AC

 3. Michael Eccles 41:00 Bure Valley Harriers

M45 1. Lee Taylor 41:26 City of Southend on Sea AC

M50 1. Simon Coombes 42:03 Leighton Buzzard AC

 2. Ty Farrer 45:29 Huntingdonshire AC

M55 1. Paul Parkin 60:14 Peterborough & Nene Valley AC

M60 1. Simon Le Mare 25:33 Leigh-on-Sea Striders

 2. Greg Davis 26:52 Newmarket Joggers

 3. Derek Darnell 28:00 Huntingdonshire AC

M65 1. Shane Lawrence 36:08 EMAC

M75 1. Jim Stocker 32:51 Huntingdonshire AC

M80 1. Roger Head 43:38 Fairlands Valley Spartans

**Women**

W35 1.Ginte Bailey 25:43 Havering AC

W45 1. Cath Jeffery 26:06 Saint Edmond Pacers

 2. Emma Coombes 37:41 Bedford & County AC

W55 1. Jane Packman 32:02 Cambridge & Coleridge AC

 2. Angela Drury 36:47 Newmarket Joggers

W60 1. Joan Lasemby 25:59 Cambridge & Coleridge AC

W65 1. Sue Clarke 31:54 Mid Essex Casuals