



## **Cross Country Secretary Report – AGM 2024**

It was a rather quieter year for EMAC XC Section this season. I mean the number of participants was fewer at the international team selection race in Derby in October and Inter Area Challenge in North Wales in March. It may be partly due to some of our top regulars being out of action due to their injuries or illnesses. Also, the venues of event were quite distant from our region. Nevertheless, there were some brilliant performances by our members. The details of results were on our website and the summary of events is as follows.

### **International Cross Country**

We had only 22 members (12 women 10 men) who applied for selection down from 35 last year, 10 (5 men 5 women) were selected for the team and a further 4 women were selected for the reserves after the selection race. There were some hiccups in the post race selection due to a finishing funnel fiasco having caused two tiers of results.

Nonetheless, the real event in Glasgow on 11<sup>th</sup> November 2023, was a big success, England regained the title which was lost to Ireland the previous year.

### **EMAC Cross Country Championship**

This was once again incorporated with the Eastern AA Cross Country Championship on 18<sup>th</sup> November at Horseheath Racecourse, near Cambridge. We had 44 entries, 30 men and 14 women. The overall winner was James Connor(M40) who had a string of success in the regional XC championships coming out of injury this season. The female overall winner was Ginte Bailey (W35). Both were from Havering AC. It was supposed to be a rare occasion for the EMAC family to enjoy a post-race get together, but due to the cold, wet and blustery condition, it was not to be. The venue has a classic atmosphere of a XC race and the field and hills looked spectacular, but the committee is now looking into a new venue for smaller championship of our own.

### **British Masters Inter Area XC Challenge**

The event was incorporated into the BMAF XC Championship held at Rhug Farm, Corwen, North Wales on 16<sup>th</sup> March 2024. It was extremely difficult to form with both 6 men and 6 women teams, despite no selection or age grouping required. So as many other regional master clubs, we did not have a team. However, we have 6 members (5 men 1 woman)



who braved the travel and raced over the extremely difficult field course. Our sole female representative, Rebecca Luxton won silver (W40 and overall), only 11 seconds behind the winner. The detailed event report from our Shane Lawrence is on our FB. The full results are on BMAF open track.

**Yuko Gordon**