

# EMAC

## Eastern Masters Track & Field League 2019 - FINAL

### Northern

Hunts AC, Peterborough AC, Nene Valley Harriers, Corby AC, Stamford Striders,  
Ryston Runners AC, West Norfolk AC

### Central

Milton Keynes, Bedford & County, Luton AC, Biggleswade, Fairlands VS, Cambridge &  
Coleridge AC

### Southern

Southend AC, Loughton AC/Thurrock Harriers, Col & Tend/Ipswich Harriers, Basildon  
AC/Billericay Striders, WSAC/St Edmunds Pacers, Chelmsford AC/Springfield Harriers,  
Colchester Harriers

### Dates and Venues:

| Match                | Date                  | Day | Venue   |
|----------------------|-----------------------|-----|---|
| N Division - Match 1 | 1 <sup>st</sup> May   | Wed | St Ives Outdoor Centre, St Ives                   |
| N Division - Match 2 | 5 <sup>th</sup> June  | Wed | Rockingham Triangle Sports Stadium, Corby         |
| N Division - Match 3 | 1 <sup>st</sup> July  | Mon | Embankment Athletics Track, Peterborough          |
| N Division - Match 4 | 31 <sup>st</sup> July | Wed | Lynnsport, King's Lynn                            |
| C Division - Match 1 | 1 <sup>st</sup> May   | Wed | Sandy Athletics Track, Sandy                      |
| C Division - Match 2 | 5 <sup>th</sup> June  | Wed | Cambridge University Athletics Track, Cambridge   |
| C Division - Match 3 | 3 <sup>rd</sup> July  | Wed | Bedford International Athletic Stadium, Bedford   |
| C Division - Match 4 | 31 <sup>st</sup> July | Wed | Stantonbury Campus, Milton Keynes                 |
| S Division - Match 1 | 1 <sup>st</sup> May   | Wed | Bury St Edmunds Athletics Track, Bury St Edmunds  |
| S Division - Match 2 | 5 <sup>th</sup> June  | Wed | Garon Park, Southend                              |
| S Division - Match 3 | 3 <sup>rd</sup> July  | Wed | Chelmsford Sport and Athletics Centre, Chelmsford |
| S Division - Match 4 | 31 <sup>st</sup> July | Wed | Colchester Garrison Athletics Stadium, Colchester |
| Final                | 22 <sup>nd</sup> Sept | Sun | Stantonbury Campus, Milton Keynes                 |

| Match 1                |                |     |     |     |     |     |     |     |
|------------------------|----------------|-----|-----|-----|-----|-----|-----|-----|
| 100m (V35/V50/V60/V70) | W35            | M35 | W50 | M50 | W60 | M60 | W70 | M70 |
| 400m (V35/V50)         | W35            | M35 | W50 | M50 | W60 | M60 |     |     |
| Mile Walk (A/B)        | Two of any age |     |     |     |     |     |     |     |
| 3000m (V35/V50/V60)    | W35            | M35 | W50 | M50 | W60 | M60 |     |     |
| 4x100m (V35/V50)       | W35            | M35 | W50 | M50 |     |     |     |     |
| HJ (V35/V50)           | W35            | M35 | W50 | M50 |     |     |     |     |
| TJ (V35/V50/V60/V70)   | W35            | M35 | W50 | M50 | W60 | M60 | W70 | M70 |
| HT (V35/V50/V60)       | W35            | M35 | W50 | M50 | W60 | M60 |     |     |
| SP (V35/V50/V60)       | W35            | M35 | W50 | M50 | W60 | M60 |     |     |

| Match 2                      |                |     |     |     |     |     |     |     |
|------------------------------|----------------|-----|-----|-----|-----|-----|-----|-----|
| Sprint Hurdles (V35/V50/V60) | W35            | M35 | W50 | M50 | W60 | M60 |     |     |
| 200m (V35/V50/V60)           | W35            | M35 | W50 | M50 | W60 | M60 |     |     |
| 800m (V35/V50/V60/V70)       | W35            | M35 | W50 | M50 | W60 | M60 | W70 | M70 |
| 1500m Walk (A/B)             | Two of any age |     |     |     |     |     |     |     |
| 4x400m (V35/V50)             | W35            | M35 | W50 | M50 |     |     |     |     |
| LJ (V35/V50)                 | W35            | M35 | W50 | M50 |     |     |     |     |
| PV (V35/V50)                 | W35            | M35 | W50 | M50 |     |     |     |     |
| DT (V35/V50/V60/V70)         | W35            | M35 | W50 | M50 | W60 | M60 | W70 | M70 |
| JT (V35/V50/V60)             | W35            | M35 | W50 | M50 | W60 | M60 |     |     |

| Match 3                |                |     |     |     |     |     |     |     |
|------------------------|----------------|-----|-----|-----|-----|-----|-----|-----|
| 100m (V35/V50/V60)     | W35            | M35 | W50 | M50 | W60 | M60 |     |     |
| 400m (V35/V50/V60/V70) | W35            | M35 | W50 | M50 | W60 | M60 | W70 | M70 |
| 1500m (V35/V50/vV0)    | W35            | M35 | W50 | M50 | W60 | M60 |     |     |
| 2000m Walk (A/B)       | Two of any age |     |     |     |     |     |     |     |
| 4x200m (V35/V50)       | W35            | M35 | W50 | M50 |     |     |     |     |
| HJ (V35/V50/V60)       | W35            | M35 | W50 | M50 | W60 | M60 |     |     |
| TJ (V35/V50)           | W35            | M35 | W50 | M50 |     |     |     |     |
| HT (V35/V50/V60)       | W35            | M35 | W50 | M50 | W60 | M60 |     |     |
| SP (V35/V50/V60/V70)   | W35            | M35 | W50 | M50 | W60 | M60 | W70 | M70 |

| Match 4                  |     |     |     |     |     |     |     |     |
|--------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| 200m (V35/V50/V60)       | W35 | M35 | W50 | M50 | W60 | M60 |     |     |
| 300mH (W50/M60)          |     |     | W50 |     | W60 | M60 |     |     |
| 400mH (W35/M35/M50)      | W35 | M35 |     | M50 |     |     |     |     |
| Mile (V35/V50/V60/V70)   | W35 | M35 | W50 | M50 | W60 | M60 | W70 | M70 |
| Medley 4,2,2,4 (V35/V50) | W35 | M35 | W50 | M50 |     |     |     |     |
| LJ (V35/V50/V60/V70)     | W35 | M35 | W50 | M50 | W60 | M60 | W70 | M70 |
| PV (V35/V50)             | W35 | M35 | W50 | M50 |     |     |     |     |
| DT (V35/V50/V60)         | W35 | M35 | W50 | M50 | W60 | M60 |     |     |
| JT (V35/V50/V60)         | W35 | M35 | W50 | M50 | W60 | M60 |     |     |

NB: V70 are Promoted Guest Events