

EMAC

Eastern Masters Track & Field League 2023

Northern

Corby AC, Peterborough & Nene Valley AC, Ryston Runners AC, West Norfolk AC

Central

Bedford & County, Biggleswade, Buckingham & Stowe RC, Cambridge & Coleridge AC,
Fairlands VS, Luton AC, Milton Keynes, Newmarket Joggers

Southern

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

Dates and Venues:

Match	Date	Day	Venue
N Division - Match 1	9 th May	Tues	Embankment Athletics Track, Peterborough
N Division - Match 2	7 th June	Wed	Rockingham Triangle Sports Stadium, Corby
N Division - Match 3	5 th July	Wed	Lynnsport, King's Lynn
N Division - Match 4	1 st Aug	Tues	Embankment Athletics Track, Peterborough
C Division - Match 1	10 th May	Wed	Stantonbury Campus, Milton Keynes
C Division - Match 2	7 th June	Wed	Cambridge University Athletics Track, Cambridge
C Division - Match 3	5 th July	Wed	Bedford International Athletic Stadium, Bedford
C Division - Match 4	2 nd Aug	Wed	Sandy Athletics Track, Sandy
S Division - Match 1	10 th May	Wed	Garon Park, Southend
S Division - Match 2	7 th June	Wed	Thurrock Athletics Stadium, Blackshots Lane, Grays
S Division - Match 3	5 th July	Wed	Bury St Edmunds Athletics Track, Bury St Edmunds
S Division - Match 4	2 nd Aug	Wed	Chelmsford Sport and Athletics Centre, Chelmsford
Final	9 th Sept	Sat	Bedford International Athletic Stadium, Bedford

Match 1						
100m (V35/V50/V60)	W35	M35	W50	M50	W60	M60
400m (V35/V50)	W35	M35	W50	M50	W60	M60
Mile Walk (A/B)	Two from 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)	W35	M35	W50	M50	W60	M60
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)	W35	M35	W50	M50	W60	M60
1500m Walk (A/B)	Two from 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)	W35	M35	W50	M50	W60	M60
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)	W35	M35	W50	M50	W60	M60
1500m (V35/V50/V60)	W35	M35	W50	M50	W60	M60
2000m Walk (A/B)	Two from 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)	W35	M35	W50	M50	W60	M60

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)	W35	M35	W50	M50	W60	M60
Medley 4,2,2,4 (V35/V50)	W35	M35	W50	M50		
LJ (V35/V50/V60)	W35	M35	W50	M50	W60	M60
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