

Cross Country Secretary Report 2023

It was my first season as XC secretary, it took time to figure out how much to press EMAC members the majority of whom, myself included, are second claim. As a result, I didn't extend my effort to form an EMAC team for various regional/national events as those have to be registered/entered by first claim clubs.

International Cross Country My major role as a EMAC XC secretary was to organise sending our athletes to International selection race in Derby in October. We had 35 members (M27 F8) applied for selection and 17 (M11 F6) were selected including reserves after the selection race.

Traditionally, England Team has dominated the competition in the past but we had a rare underachieving outcome in Dublin this year. The home favourite, Ireland Team won with a clean sweep of all age groups. The championship will be in Glasgow this year, and I hope to see many more EMAC members trying out the selection race.

EMAC Cross Country Championship

It was once again incorporated in the EAA XC Championship along with other regional championships of juniors, seniors and masters on 19th November at the beautiful Southill Park in Biggleswade. Steady numbers of XC enthusiasts of all ages and supporting families showed up despite pouring rain, and there were many great competitions all afternoon. Medals were presented to our EMAC winners by our chairman, Carey Hollick.

Most of the arrangements for the event were carried out by Rob Lands, our membership secretary, Thank you Rob.

British Masters Inter Area XC Championship on 4th March in Croydon could have been a good opportunity to form our team in the vicinity of London, but the event was not finalised until very late by the original organiser and most of our athletes had committed to other events by then. I hope we can do this next year. We would make our team open to all members as the competition will all be age graded score and the participants number is not limited unlike T&F.

Yuko Gordon