

## EMAC LEAGUE 2024

<b>Divisions</b>	<b>Central West</b>	<b>Central East</b>	<b>South</b>
<b>Div Sec/Leader</b>	Wilson Paterson (Corby)	Claire Smith (PNV)	Carey Hollick Colchester & Tendring)
<b>Clubs</b>	Bedford & County Biggleswade/Luton Corby Fairlands Valley Spartans  Marshall Milton Keynes	Cambridge & Coleridge Helpston Harriers Newmarket Joggers Peterborough Nene Valley  Ryston Runners St Edmunds Pacers West Norfolk	Chelmsford City of Southend Colchester Harriers Colchester & Tendring/Ipswich Thurrock/Loughton
<b>Match 1</b>	Corby Weds 1 <sup>st</sup> May	Peterborough Tues 30 <sup>th</sup> April	Chelmsford Weds 1 <sup>st</sup> May
<b>Match 2</b>	Bedford Weds 5 <sup>th</sup> June	Kings Lynn Weds 5 <sup>th</sup> June	Southend Weds 5 <sup>th</sup> June
<b>Match 3</b>	Milton Keynes Weds 3 <sup>rd</sup> July	Cambridge Weds 3 <sup>rd</sup> July	Colchester Fri 5 <sup>th</sup> July
<b>Match 4</b>	Sandy(Biggleswade) Weds 31 <sup>st</sup> July	Peterborough Tuesday 30 <sup>th</sup> July	Thurrock(Grays) Weds 31 <sup>st</sup> July

League Final Sator Sun 14<sup>th</sup> or 15<sup>th</sup> September to be confirmed once a venue is confirmed

Additional teams may be added to these divisions before the start of the League season but this will not change venues.

Matches should start at 7.00pm but this may be flexed to reflect permitting requirements in relation to lighting for the long throws.

Programme of events should be consistent across the 3 divisions but will be adjusted to reflect local circumstances.

Divisional Secretaries will circulate the detailed match programme of events reflecting local circumstances.

Graeme