

## North East Masters T&F League 2019 Review

(28th Aug)

The NEMAA Track and Field League was held over 6 meetings all at Monkton Stadium, Jarrow and Blyth athletes competed in all 6 leagues.

Tony Dunn, Phil Battista, Henry Madden, Steven French , John Mallon, Rob Wilson, Clair Southern, Anne Craddock and Helen Morris all performed superbly in various track and field events throughout the season competing in their own age group and also for the club team competition.

The individual scoring championship is in 4 disciplines- i.e. sprints, distance, jumps and throws.

The competition is in 5 year age groups for men and women with the top 6 scoring points irrespective of the number of competitors in each event. This also includes the inter club team championships for men and women. Clubs must have at least 4 competitors for men and 3 for women at each meeting.

Events range from track distances -100m up to 3000m; throws including hammer, discus, shot, javelin and jumps include- long jump, triple jump, high jump.

In the Grand Prix team competition -ladies finished on 188 points in 6th place, while the men finished 13th on 77 points.

South Shields Harriers won the team competition for both men and women.

Anne Craddock was top individual league winner for track distance F60.

Clair Southern was top individual league winner for throws F40 by an outstanding margin of 63 points.

There were wins throughout the season in various heats for:

Phil Battista - 400m & 800m,

Rob Wilson- 400m

Tony Dunn -1500m, 800m, 100m

Henry Madden- 800m

John Mallon- 400m.

Everyone enjoyed a great Masters track and field season and the healthy competition of racing against athletes of similar ability to yourself.

The meetings are extremely friendly, relaxed and very supportive and there is always good interaction with athletes from other local clubs.

Many thanks to all that took part and we hope to see more Blyth athletes take part in 2020.

All information is on the website

@ [www.northeastmastersathletics.weebly.com](http://www.northeastmastersathletics.weebly.com)

Helen

