

NMAC NEWSLETTER 01/24

On behalf of Northern Masters AC committee may I wish you the compliments of the season and hope that 2024 is a year in which you will achieve all your targets on the athletic front.

We hope you all had an enjoyable festive period and managed to get in some training even though the weather may have been against it at times. My running club used to put on a Boxing Day 5K run for its members, to get rid of the excess of Christmas Dinner. Entry was free apart from a wrapped present. It was a handicap event with runners setting off at intervals depending on their perceived ability. The prizes were the presents and the ones shaped like a bottle usually went first. I am not sure if it could still be organised today due to the need for permits, risk assessments and first aid cover but it was enjoyable at the time.

NMAC are looking forward with expectation to 2024 as we have some interesting events which we hope to put on for its members.

We are already starting the year by holding a Run, Jump and Throw event at Sheffield where results are based on age graded scoring. The best AGR in each category will receive a trophy.

NMAC have been in discussion with various UK athletic clubs in the area to put on some T&F meetings during the summer. It is hoped to have them spread over the vast area of our club so that as many of our members as possible can participate without involving too much travelling. That is off course as well as our T&F Championships. If your club has a track and would like to put on a meeting, usually in the evening, then get in touch through the website by contacting a committee member. Details of the meetings will be on the website.

We are looking at holding our Cross-Country Championships later in the year within one of the many leagues run in the area.

As stated, before we are looking at holding our events within an existing event as it is not always possible for NMAC to organise them. Again, should there be any road races, especially a 10K, which may suitable for NMAC to use, please let us know.

Belated congratulations to all our members who represented England at the British and Irish Cross Country International in Glasgow in November. There were many fine performances either individually or as part of a team.

One I would like to highlight is that of Salford Harriers, Stan Owen, who competed in the M70 age group. I first met Stan in 1999 when the event was at Barnstable/Bideford and I was BMAF and EMAA cross country secretary. Over the next 24 years Stan has represented England on numerous occasions and been part of successful age group teams as well as gaining individual medals over the course of the years. Quite a remarkable achievement to be still competing successfully over such a long period of time.

The EMAA Inter Area T&F competition is at Lee Valley on 25 February. NMAC are looking to enter a team. If you are interested in participating, please let Team Manager Paul Kenna Barlow know.

The BMAF Cross Country Championship, which incorporates the EMAA Inter Area Challenge, will be held on March 16th at Corwen in North Wales. NMAC members who enter the BMAF event will automatically be included in the EMAA challenge. It is hoped that there is a strong representation from NMAC in what is an event almost on our doorstep. The EMAA event is based on teams of runners representing their gender/age group and their finishing positions in the BMAF event.

Remember to allow more time to get there as Wales is introducing a 20-mph speed limit in towns and villages very shortly.

The BMAF Marathon Championships are to held at Chester Racecourse on the 6th October. Again, it is an event on our doorstep.

For all fixtures, please check our website for details of what event, when it is on and how to enter will be displayed.

NMAC hope that over the course of 2024 there will be some form of competition to which you are able to enter and enjoy.

Best wishes to you all for a successful year.

Phil Lee Chair