**May 24 Newsletter**

The track and field season has got under way and NMAC are supporting several events around their region. All details will be found on the website so please ensure that you look for details of events and how to enter.

The major event will be the T**rack and Field Championships** on **Saturday 29th June** at **Leigh Sports Village.** With a closing date before the event there may not be as much time as you think to get your entry in.

To give you the opportunity to have a practice at your event before the Championships there are events at **York, June 5th, East Cheshire June 19th** as well as a **Run, Jump and Throw event at Sheffield on June 12th and the Joe Moran meeting at Manchester on June 5th.**

You can continue the theme at **York 4th July** and **Sheffield 3rd July.**

**There is also the Masters Grand Prix at Sheffield on July 13th and the BMAF Champs July 26-28th and the World Masters Champs in Gothenburg, Sweden in August 12th-25th.**

All this culminates in the **EMAA Track and Field Challenge** on **September 7th at Corby.** Hopefully all this activity will ensure that NMAC wins the EMAA Trophy.

For those of you who like a longer distance to run over, then you are catered for as well. **The NMAC 10K Road Championships 2024** are being held in conjunction with the **Halifax 10K Road Race** on **Sunday 7th July.**

Please also look on the website for information regarding a possible opportunity for those amongst you who enjoy Cross Country.

The **Half Marathon and Marathon Postal Championship**  is still on going. Some of you may like to include your London Marathon results amongst your entries. Also in **October** there is the **BMAF Marathon Championships** which are being held in **Chester** this year.

Remember to always look on the website for more information regarding all events concerning NMAC and also the BMAF/EMAA websites for events on a national basis.

Good Luck with whatever you do this year on the athletic front.