

JUNE 24 NEWSLETTER

NMAC hope that you are able to make use of the longer light hours to increase the intensity of your training and make use of the number of track and field meetings that are available to see how the training is going..

Unfortunately, the meeting at East Cheshire track was cancelled due to not being able to find a Class 2 official who was needed for the event to go ahead. However, there are still a number of events planned that members can participate in.

On June 5th there are two meetings available, a second event at York and the Joe Moran Meeting in Manchester. Also in Manchester but on the 26th June is the Manchester Mile.

The main event is the NMAC Track and Field Championships at Leigh Sports Village on Saturday 2 June. Details of how to enter are on the website. There has been strong support for all the throwing events.

For those of you who prefer to run on the road there is the BMAF 10K Championships which is being incorporated within the Halifax 10K on July 7th.

Further into the future is the EMAA Inter Area T&F Challenge which this year is being run at the Rockingham Stadium in Corby on September 7th. NMAC are again hoping to put out a strong team and are looking for any walkers to include in the team as there is a great number of points available in this category and NMAC have not always fully utilised the Walking section. Could NMAC do so this year?

NMAC asked if any of its members would be interested in running in a team in a cross country league. Unfortunately, only two members expressed an interest and as the cost of entry would be around £300 it was felt that entry could not be justified by this amount of support. Unfortunately, NMAC had to confirm interest in the league by July when the league would make final arrangements. NMAC will try again for next year and hope for a better response.

With regards to the Postal Championships, several members entered their London Marathon times into the Marathon Championship. After the Manchester Half Marathon in May perhaps more members will submit their times. Don't forget you can enter as many times as you like as long as you include your name, age, gender, club, event and most importantly your time. For those of you who are contemplating completing in an event or even doing another race the BMAF Marathon Championships are being held in Chester on October the 6th. Not too far to travel for some of our club members, why not give it ago as you will be competing against your contemporaries and not people in fancy dress.

For those of you wanting to purchase any club clothing there will be the opportunity at the T&F Championships. However, it will be CASH only and it would greatly help if you can have the correct amount. Thank you in advance for being so understanding.

NMAC hopes that your training is going well and that you are keeping injury free.

Yours in Sport

Phil Lee NMAC Chair