

## **NMAC Newsletter – June 2026**

It's that time of year where woolly hats and gloves are swapped for competition vests and racing flats as we start the T&F season, where many of our NMAC are active.

Before we look ahead, the spring saw some of the longer distance Club records fall with M35 Rob Hodges running a sprightly ½ marathon in 71.27mins, and an update in our records (from 2024) in the M45 category Marathon with Richard Coen 2hr 33mins - congratulations!

The European Indoor T&F Champs in Torun were extremely fruitful for NMAC athletes, with World, European and National records being broken, along with a haul of medals and strong performances - in fact too many to mention here, but do read Caroline's excellent summary on our website here: [Torun Report NMAC athletes](#). Well done for representing our club and GB so well.

Looking forward the T&F season, many of you have already started the season in the [Mid Lancs League](#), with more meeting to come: 4th July (Blackburn), 25th July (Bury), 15th August (location TBC), 29th August (location TBC).

Next week (10 June), the Joe Moran Memorial masters event will also be host to our own NMAC 3000m championships. There is usually a great turnout from NMAC across all events and many of the committee will also be competing, so please come and say hello!

The NMAC 5000m champs will now be incorporated into the NMAC T&F Championships at Trafford on 26<sup>th</sup> July.

You may remember NMAC winning the Inter-Area T&F (Outdoor) last year... can this be repeated again at this year's edition at Yate on 2 Aug? Please contact team captains to be considered for selection: Women's captain Jo Rowland ([j.rowland@shu.ac.uk](mailto:j.rowland@shu.ac.uk)) and Men's captain Caroline Marler ([carolinemarler@hotmail.co.uk](mailto:carolinemarler@hotmail.co.uk)) – *and thanks to our president Caroline for filling this gap!*

Away from the track, entries to the EMEA Trial & selection race for the England Masters Cross Country team for the BIMCCI championships at Abbotstown, Dublin on Saturday 14<sup>th</sup> November 2026 are now open. It is also the inaugural England Masters Cross Country Championships. Further information and entries via BMAF [Open Track](#).

If you need new kit or NMAC merchandise for the coming season, please visit our [website](#).

Membership is (over) due, so please make sure you are all up to date before competing.

We have a vacancy on the committee in the form of Fixture's Secretary, if you are interested, look here for [details](#). Huge thank you to Jason Newell who has done an excellent job of this for many years!

Finally, we look forward to 25th June at Worcester where an M65 4x800m World record attempt is to be made, with three of the team coming from NMAC (Jed Turner, Steve Taylor & Chris Ireland). Good luck gentlemen!

The committee wish you all the best as you run, throw or jump in to the T&F season!

