

NMAC Newsletter – Jul 2026

With the track season in full flow, a short newsletter this month mainly to remind everyone of the upcoming deadlines to enter events and news of new NMAC records.

Club records Broken!

Well done to Anita Saunders (W55) who has set a new 100m & 200m NMAC record in times of 13.52s & 28.0s, and also fractionally bettering our President, Caroline's long-standing 20 year record in the 400m by 2/100s of a second in 66.80!

Rebecca Perry (W35) also, broke a longstanding NMAC record of 21 years (previously held by Kim Goodwin) for 100m in 12.02, very fast running!

Well done to Jonathan Cleaver (M45) on improving the NMAC Marathon record at The London Marathon by 5 minutes, in a fantastic time of 2:28:28!

We hope this form continues throughout the season.

NMAC 3000m Championships

We had a successful NMAC 3000m championship incorporated into the Joe Moran Memorial last month. Congratulations to all who competed and a report and photo's can be found here: [Photos from NMAC 3000m Champs](#), we will also hold the 2027 champs here.

Inter-Area – 2nd Aug Yate

As we look to defend our Inter-Area crown, the teams are in good shape, but there are still a small amount of gaps to close in the men's team, if you can help, check the latest team here: [INTER AREA MEN'S TEAM AS OF 09/07/26 - Northern Masters Athletic Club](#) and the timetable here: [EMAA-Outdoors-Inter-Area-Timetable](#). Thanks to the team managers Jo Rowland and Caroline Marler for their superb coordination.

NMAC Championships – Trafford – 26th July 26

We have a wide variety of events on offer including the 5000m. The closing date is 18th July, so don't delay! And remember, if you wish to compete at the NMAC Championships, then please ensure your membership is up to date, either via [opentrack](#) or if via BACS then please email membership@northernmasters.co.uk to request this.

England XC Selection

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

We rely on volunteers to run the club and still have a vacancy on the committee in the form of Fixture's Secretary, if you are interested, look here for [details](#).

Good luck to everyone training, competing or recovering in July and August!