

Newsletter 2025 N.E.M.A.A. updated November 2024

Please inform Membership Secretary George Routledge if you change your address or email address and if you would like future newsletters in an email.

SUBS

2025 Subscriptions and Renewals are proposed by the Committee to be £15.00 if paid before January 31st 2025 or £25.00 if paid after January 31st 2025 . .

Subscriptions for brand new members are £15.00 throughout the whole year.

You can pay online via our website www.nemaa.co.uk If you have previously paid on line and have requested an annual invoice – you will receive an invoice by Email after November 30th 2024.. You may also send a cheque/order or cash for **£15 Payable to “ North East Masters Athletics Association“** to:- Membership Secretary, George Routledge, 5 St Hildas Avenue, Holy Cross, Wallsend, Tyne & Wear NE28 7AB. **Email** George if you wish to pay by bank transfer. If you are posting a cheque or cash for subs - please also include your Blue or Yellow Membership Card - so that it can be signed - and a stamped addressed envelope for its return.

There's no need to post your Membership Card if you pay online. It can be signed later at one of our events. *Please notify George if you change your club, your address or email address* and if you wish to receive the newsletter by email in the future. If you have not already paid your 2024 subscriptions please send an extra £25, if you have already paid your 2025 subscriptions or have just joined NEMAA in the last few months of 2024 - please ignore this reminder.

NB: Subs for 2025 sent after 31st January 2025 will be charged at £25.00

The Committee would like to encourage all masters (veterans) who have NEVER been a member of the Masters Association – in its present or past form – to join NEMAA for only £15. This rate is only for brand new first time members who have never joined NEMAA or VAANEE in the past.

BEST WISHES TO ALL NEMAA MEMBERS FOR 2025

We hope you have all been staying safe and keeping fit during the recent bad weather and can look forward to better and happier times now that athletics is making a comeback.

NEMAA A.G.M.

The 2025 NEMAA AGM is due to be held on Monday 13th January 2025 at The Lindisfarne Social Club lounge, West Street, Wallsend ,Tyne & Wear NE27 8LG at 7pm. Nominations for Officers and Committee members are required for the ensuing year.

NEMAA CROSS COUNTRY CHAMPIONSHIPS 2025

The NEMAA Cross Country Championships in 2025 is due to be held in conjunction with Middlesbrough & Cleveland Harriers (Mandale) on Saturday 1st February 2025 in Middlesbrough..

BMAF XC Championships 2025.

The British Masters Cross Country Championships is due to be held on Saturday March 15th 2025 at Tollcross Park, Glasgow..

NEMAA CROSS COUNTRY CHAMPIONSHIPS 2026

The NEMAA Committee would like to ask North East area clubs to consider staging this event in 2026 on the corresponding February weekend..

TRACK & FIELD 2025.

The NEMAA Track & Field fixtures details at Monkton Stadium in 2025 are now available (see newsletter and fixture list).

The NEMAA 2025 Track & Field fixtures at Monkton Stadium will be as follows:-

May 19th League # 1 June 2nd League # 2 June 30th League # 3 June 21st T&F Championships
July 14th League # 4 July 28th League # 5 Aug 4th League # 6
Sept 13th NEMAA Pentathlon Sept 20th Weight Pentathlon & 10k/5k Track Championships All dates to be confirmed.

NB: Women and M65+ will compete in

NEMAA 3000m Championships in the June 22nd Championship fixture. Women and M65+ will compete in 5000m Championships on Saturday September 21st 2024 on the day of the Pentathlon at Monkton.

NEMAA Track & Field League events provisional program for 2025 . Events at league fixtures still to be confirmed.

May 19th Hammer. Javelin Weight Long Jump. High Jump. 100m. 3000m. 400m
Jun 2nd Discus Shot . High Jump. Triple Jump. 2000m walk, 1500m. 100m 800m. 200m.
June 30th Hammer. Javelin. Weight Long Jump. High Jump. 100m 3000m . 400m.
July 14th. Discus Shot . High Jump. Triple Jump. 2000m Walk, Mile 200m 800m. 300m. .
July 28th Hammer Javelin (Weight) Long Jump. High Jump. 100m. 3000m. 400m.
Aug 4th Discus Shot , Triple Jump, High Jump, 800m, 200m, 4 x 100m & 4 x 400m relays.

NB: The Weight and walks will not count in the League and Individual competitions. See attached League rules.

Competitors must wear the club vest of the club they represent at all the Track & Field League fixtures. Failure to do so will result in disqualification. Numbers must be clearly visible at all times and must not be covered by long hair, ponytails or clothing.

Field events will start at 6.00pm (warm ups at 5.30pm) and Track events at 6.30 pm apart from 2km walk and 3km walk (5.30pm) Please register and warm up early for first events. The 4 main throwing events will be divided into two sections – Group A & Group B. Group A will be limited to a maximum of the best 15 competitors who have reached their own age group standard for Javelin, Discus, Hammer and Shot. Group B competitors must be proficient in the technical throws - and will be for competitors who have not attained the NEMAA standard distance for their age group. Group A will be allowed 3 trials then a further 3 trials if their age group stand is attained. Will all Group A throwers let us know in advance (on line) if you are unable to attend on the night and report to registration each night before your first event. Group B (due to the increasing number of competitors) will be allowed one warm up trial (if requested) followed by two consecutive trials. In order to speed up the competition – the distance of the first trial of the B competitors will be marked by a stake. If their second trial is further – only their second trial will be measured. Their first trial will only be measured if their second trial is less. B competitors who are unable to clear the concrete in front of the Hammer/Discus circle will not have their trials measured and may be asked to leave the competition on safety grounds. If B competitors attain their age group standard they may qualify to join Group A at the next fixture if places are available. Group B competitors should be competent in the more technical technique of the Javelin, Discus, Weight and Hammer and may be asked by the judges to have reached a minimum level of ability and safety before they compete. This timetable of events will be available on our website soon. “Weight events” – (the heavy ball on a short chain) are restricted to competitors who have obtained the event standard. Points scored in these events will NOT count towards individual awards or in the team competition. The Weight events will only take place if time allows. In the Long Jump, High Jump and Triple Jump - competitors will be divided into Groups A & B. Group A jumpers should be able to attain at least 8m for Triple Jump, 4m for Long Jump and 1.20m for High Jump. In the Long Jump and Triple Jump competitors will be allowed three trials and a further three trials if the NEMAA age group standard is achieved. In Group B competitors will be allowed two trials. In the High Jump the Group A opening height will be 1.20m. In Group B the opening height will be as low as requested (usually 0.85m) ALL EVENTS MUST FINISH BEFORE 9 PM EACH NIGHT.

NB. Different field event rules apply to the NEMAA Pentathlon and NEMAA T&F Championships

NEMAA TRACK & FIELD INTER-CLUB LEAGUE SERIES 2025

Six fixtures to be held at Monkton Stadium, Dene Terrace, Jarrow, Tyne & Wear for the NEMAA Mens and Womens Club Team Championships. Awards also to the top point scoring individuals in four disciplines : Sprints- 100m /200m /300m /400m. Distance- 800m /1500m / mile / 3000m. Jumps – Long Jump / Triple Jump / High Jump. Throws – Discus / Javelin / Shot / Hammer.

Competition will be in 5 year age groups for men & women - 35.40.45.50.55.60.65.70.75.80.85 with the top six in each event scoring points irrespective of the number of competitors in each event as follows: 6 points for 1st position, 5 for 2nd, 4 for 3rd, 3 for 4th, 2 for 5th and 1 point for 6th. Each club may enter as many competitors in an event in any of the age groups but only three competitors per club per age group may score points. All races will be seeded according to predicted times with the slower races starting first The Walk events and Weight events are non-scoring events. In order to qualify for the team competition- clubs must consist of at least 4 competitors for Men or 3 competitors for Women at each meeting.

All competitors must be paid up members of NEMAA prior to the fixture. NEMAA Subs and New Member applications will not be accepted on the day by George Routledge the Membership Secretary. Membership renewals and New Members can now pay on line on www.NEMAA.co.uk/SHOP and by bank transfer or in advance by post with cash or cheque. **The entry fee for each fixture will be £5.00. The closing date for entries for each fixture will be on the Friday (5pm) before each fixture. Sorry no entries on the night** due to our seeding system. Members may notify the Track & Field Secretary – Val Baxter – which events they wish to amend - by email (masterstracksec@gmail.com) prior to the Friday before each fixture. Members may enter a maximum of three events each night. Members may join the series at any one of the six fixtures. The numbers (Worn Front and Back) allocated to each member at their first registration should be kept and used at all NEMAA Track & Field League fixtures as well as The NEMAA Track & Field Championships and the 10k/5k Track Championships. Competitors MUST compete in their own age group. Throwing events will be seeded and divided into two sections on the night (see program on the night). Competitors who are moving up to a new age group during the League series will score points in both league and individual competition in the younger age group until their birthday. After their birthday they will score points in the older age group in the league competition. In the individual competition they can either continue to score points in the younger age group or start from scratch in the older age group. NB: Moving to an older age group may involve different standards and weight implements. Entries for each fixture will close the Friday (5pm) before each fixture so that races and throws can be seeded. Very limited amendments to events may be permitted on the night at the Track & Field Secretary's discretion. No amendments will be allowed at Championship fixtures. Competitors who are taking part in both the first field and track event must make their field event preparations and practice trials in plenty of time- and if necessary- take their first trial in the field event before going to the start of the track events. In track events- competitors – male and female together – will be seeded into races. The order of seeded races will be –slowest first. In Throws events Group A competitors will be

allowed three trials, with the best 3 competitors in each group being allowed a further three trials if their field event age group standard is attained. Group B competitors will be allowed only 2 consecutive trials. In Group A in the Long Jump and Triple Jump competitors will be allowed three trials and then a further three trials if the NEMAA age group standard is attained. In Group B competitors will be allowed one warm up throw (if requested) and then two consecutive trials. Competitors, with prior consent from the Registration Official, may compete in an event in a younger age group – but only as a guest. Such competitors in throwing events must use the younger age group weight of implement.

NECAA INDOOR TRACK & FIELD Championships 2025 The North East Counties AA Indoor T&F Championships will be held at Gateshead on 16th February (Field) and 2nd March (Track) and will incorporate the NEMAA Indoor Championships. Details on NECAA website.

If you have access – have a look at the **BMAF.org.uk** website and our www.nemaa.co.uk website.

*** IMPORTANT INFORMATION FOR ALL NEMAA MEMBERS*.**

NEMAA is affiliated to BMAF (the British Masters Athletics Association) and in order for NEMAA members to be able to enter BMAF, European and World Masters events they **must** be registered online with BMAF Open Track - and can usually **only** enter these events on line via BMAF Open Track.

If you are planning to enter future BMAF, European or World Masters events please ask NEMAA Membership Secretary George Routledge (**NTMMNEVACSEC2013@hotmail.co.uk**) to set up a BMAF profile for you. *Please do not try to set up a profile of your own.* BMAF OpenTrack can then be used directly by NEMAA

members to enter BMAF, European and World Masters events and also manage their membership data.

Assistance to open competitors and fallback technical support will be provided by the BMAF support team via the email address memsec@bmaf.org.uk. Queries from NEMAA members who are having problems signing up should contact the NEMAA secretary .

Paper entry forms will however, still be acceptable for most other NEMAA Championships, events and subs renewals.

FIXTURES

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| Nov 3 rd Norman Woodcock Relays | Nov 10 th Heaton Memorial 10k | Nov 17 th Brampton – Carlisle 10 |
| Nov 21 st Gateshead Indoors | Nov 23 rd NEHL XC Eltringham Farm | Dec 1 st BMAF 5k London |
| Dec 1 st Blyth Sands Race | Dec 8 th Fell em Doon 5k Ashington | Dec 8 th Simonside Fell race |
| Dec 14 th NE XC Championships | Dec 21 st Saltwell 10k | Dec 22 nd Loftus Poultry Run |
| Dec 26 th W Bay Pudding Run | Dec 29 th Town Moor Mara & Half. | Jan 1 st Resolution Run Town Moor |
| Jan 5 th Run for Bob . W Bay | Jan 16 th Gateshead Indoors | Jan 18 th Quayside 10k Newcastle |
| Jan 19 th Brass Monkey Half | Jan 19 th NEHL XC Wrekenton | Jan 25 th Northern XC Knutsford |
| Jan 26 th BMAF Indoors Pent & 3k | Feb 1 st NEMAA XC | Feb 2 nd NEHL XC Sherman Cup |
| Feb 6 th Gateshead Indoors | Feb 9 th Old Monks Run Hart | Feb 16 th NEMAA Gateshead Indoors |
| Feb 16 th EMAA Indoors Lee Valley | Feb 16 th Valentines 10k and 5k | Feb 22/23 BMAF Indoor Champs |
| Feb 22 nd National XC Parl Hill | Feb 23 rd Snakelane 10 | Mar 1 st NEHL XC Alnwick |
| Mar 2 nd NECAA Indoors Gateshead | Mar 9 th BMAF Half M Champs | Mar 15 th BMAF XC Champs Glasgow |
| Mar 16 th Gateshead Indoor Pent. | Mar 16 th Alnwick Castle Half | Mar 16 th N Marske 20 |
| Mar 16 th Thirsk 10 | Mar 23 rd Carlisle Half | Mar 23 rd Spen 20 |
| Mar 23 rd Coniston 14 | Mar 30 th Vale of York 10 & 5 | Apr 6 th Blyth 10k |
| Apr 13 th Sandancer 10k | Apr 18 th Elswick Relays | Apr 20 th Leeds Half |
| Sep 21 st N Tyneside 10k | Apr 23 rd Quayside 5k | Apr 23 rd Redcar 5k |
| Apr 27 th Marina 5 Hartlepool | Apr 27 th LONDON Marathon | Apr 27 th Washington 10k |
| Apr 30 th Neptune Relays | May 4 th Gateshead Marathon + | May 7 th Gordon Smith Relays |
| May 11 th Sinderland Half & 10k | May 11 th Beverley 10k | May 11 th Raby Castle 10k |
| May 11 th Leeds Marathon | May 18 th Pier to Pier Run | May 18 th Ripon 10 |
| May 19 th NEMAA T&F #1 | May 21 st Clive Cookson 10k | May 25 th Northallerton 10k |

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| Jun 2 nd NEMAA T&F #2. | Jun 9 th Blaydon Race | Jun 21 st T&F Champs |
| Jun 30 th NEMAA T&F #3 | Jul 14 th NEMAA T&F #4. | Jul 28 th NEMAA T&F #5. |
| Aug 4 th NEMAA T&F #6. | Sep 7 th Great North Run | Sep 13 th NEMAA Pentathlon |
| Sep 20 th NEMAA 10k & Weight Pentathlon. | Sep 21 st North Tyneside 10k | All dates provisional |

GOLDEN RULE NUMBER ONE - IF THE EVENT HAS "NEMAA Championships" after it - there are NO ENTRIES ON THE DAY.

Please pay subs on our website www.nemaa.co.uk / Shop . Members who requested an annual invoice should receive it after 30th November 2024. If renewing by post, please download and print the correct form from **this page**, and send £15 / £25 cash or cheque payable to "North East Masters Athletics Association" (and not to " NEMAA" as previously - Please renew my Membership for 2024.

Please send with Blue or Yellow NEMAA Membership card and Self addressed stamped envelope to:- George Routledge, 5 StHildas Avenue, Holy Cross, Wallsend, Tyne & Wear NE28 7AB.

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--Please renew my NEMAA Membership for 2025

Forename.....Surname.....
 Address.....
 Postcode.....Male/Female*.....Date of Birth

E Mail address,(please print).....
 Club.....NEMMA No.....

I Consent * / do not consent to my Email address being sent to BMAF - Signed.....

Please send with Blue or Yellow NEMAA Membership card and Self addressed stamped envelope to:- George Routledge, 5 St Hildas Avenue, Holy Cross, Wallsend, Tyne & Wear NE28.7AB. **Please do not use this form for new members application.** Please use website form *delete