

TALES FROM THE VALE

Here's what's happening in our community and everything coming up!



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Positive Step Forward for Vale of York's Track and Field Project

On Wednesday, 12th March 2025, our planning application was heard by the Selby and Ainsty Area Planning Committee. We were grateful for the opportunity to present our case and highlight the overwhelming support we have received from the 94 members of the local community and key sporting bodies.

The development of our track and field training facility at land off Friars Meadow is vital to sustain and grow Vale of York Athletic Community. It will allow us to expand our activities, welcome more members of all ages and abilities, and further our mission to improve the physical and mental health of Selby residents.

Excitingly, the planning committee has decided to defer our application with a view to approval.

While not an immediate approval, this decision is a positive step forward as it allows council officers to work on conditions for approval, specifically addressing those concerns raised during the meeting regarding floodlights and hours of operation.

Ian is meeting the planning officer today (1 April 2025) to agree the conditions of use.

[Read the full update](#)



PECO XC Success

Well done to all athletes who took part in the PECO XC league this winter. The presentation evening was held on 21st March which allowed us the opportunity to celebrate personal and team successes. Ian Martin and Steve Middup both came away with an individual trophy whilst the ladies team were triumphant with their promotion.

Lots of fun was had throughout the season including the final race where many families stayed afterwards to have fun at Stockheld Park and relay event where you dressed up to mark the occasion!



To all those seniors and juniors who completed all the races in the series, you should have received your prize. Well done to everyone involved.

Dawn Bennett
Paul Bennett
Harry Bromley
Nicola Henderson
Steve Middup
Marrieanne Pal
Martin Senior
Tom Whiting
Daniel Wrigglesworth

Amelia Bennett
Zach Bennett
Mina Fash-Hill
Eva Harrison
Henry Henderson
Hugo Henderson
Lucas Jones
Jacob Kelly
Ewan Leadbeater
Isabella Leadbeater
Brody Pascoe
Edward Potter
Alice Wrigglesworth
Molly Willis
Rosie Woodhall

Safeguarding Update

Our welfare officers attended a safeguarding forum run by England Athletics at York Racecourse last month. The day was excellent and really focused on the need to be proactive to ensure all our athletes are kept safe when undertaking club activities and out in the wider community.

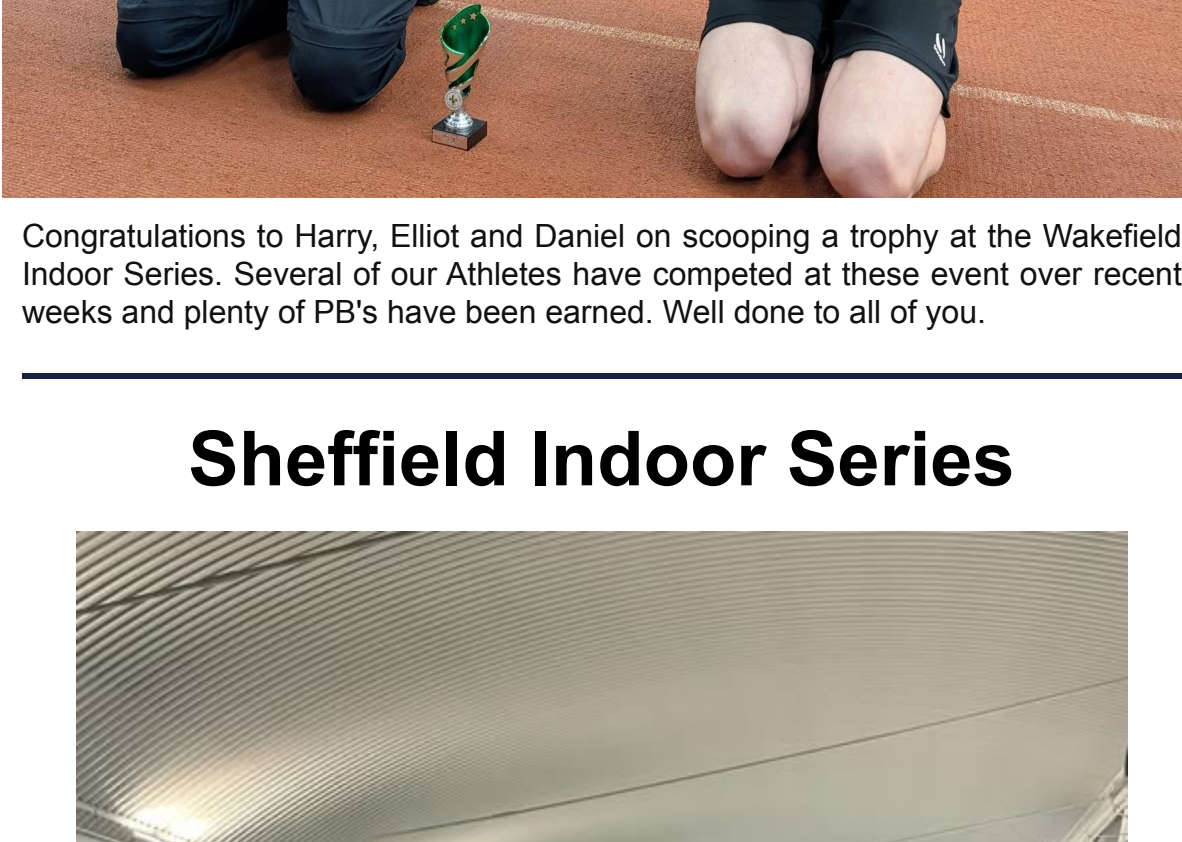
Ian and Heidi used personal experience to really bring home how important it is to listen to our members, and identify if they are not their usual selves. Safeguarding and welfare is the responsibility of all, from the youngest member, parents, volunteers to coaches. It is not just the Welfare Officer's role.

Let's continue to make Vale of York a safe environment for all with solid foundations for welfare needs.

Any concerns at all regarding safeguarding or the welfare of anyone in our community, please contact Dave Pascoe or Sarah Senior, or any coach at any session, or use the welfare email: welfare@valeofyork.org.

[Read More](#)

Wakefield Indoor Series Results



Congratulations to Harry, Elliot and Daniel on scooping a trophy at the Wakefield Indoor Series. Several of our Athletes have competed at these event over recent weeks and plenty of PB's have been earned. Well done to all of you.

Sheffield Indoor Series



The Sheffield Indoor series came to an end recently. A few of our juniors have taken part in several events. Congratulations to Lily who ended the series with a PB in the javelin. Overall Lily came a respectable 8th of our 40 in the U11 girls and was really pleased with herself.

Big Weekend of 5K Racing

In March, the pink and blue were out in force across multiple 5K events, with Vale athletes delivering fantastic performances and supporting each other every step of the way!

Podium 5K (Leicester)

Will Haw stormed to 15:03, just a second off his PB, still tantalisingly close to that sub-15 milestone. It will come!

York parkrun

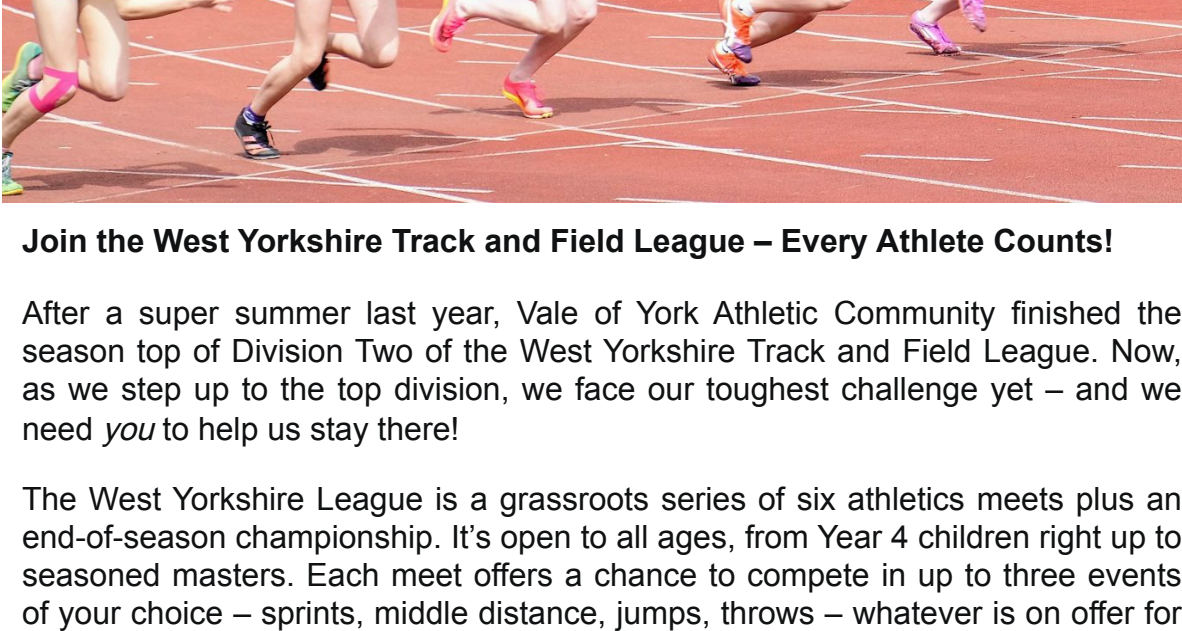
Beverley smashed her PB with 26:31, paced by parkrun aficionado Steve Middup Marrieanne Pal celebrated a double digit milestone—parkrun number 10!

EveningSplits 5K (York)

Will Walker stormed to second place overall in a stacked field with a 15:12 PB Cameron clocked a 15:33 PB—Huddersfield hills paying off!

Harry (16:41 PB) and Sophie (20:35 PB)
Sam ran a strong 15:58 as part of his 10K preparation
Coach Ian had a brief timing controversy... but his official 18:02 is locked in!

West Yorkshire Track & Field League



Join the West Yorkshire Track and Field League – Every Athlete Counts!

After a super summer last year, Vale of York Athletic Community finished the season top of Division Two of the West Yorkshire Track and Field League. Now, as we step up to the top division, we face our toughest challenge yet – and we need you to help us stay there!

The West Yorkshire League is a grassroots series of six athletics meets plus an end-of-season championship. It's open to all ages, from Year 4 children right up to seasoned masters. Each meet offers a chance to compete in up to three events of your choice – sprints, middle distance, jumps, throws – whatever is on offer for your age group on the day.

Event choices for each meet are listed on the [West Yorkshire Track and Field League website](#) along with more information about the league.

Why should you compete?

Every Athlete Counts – This year, new for 2025, participation points make all the difference! Even if you don't place in the top six, simply finishing an event earns our club a valuable point. Every single effort matters.

Become a Total Athlete – Track and field is the best way to build all-round strength, speed, and endurance. Whether you're a sprinter, distance runner, jumper, or thrower, these meets will sharpen your all-round athletic skills and fitness.

Great Atmosphere & Team Spirit – Our coaches and team managers will be there to support you at every meet. It's a fantastic opportunity to bond with your teammates, make new friends, build your confidence, and enjoy friendly competition, and represent Vale of York AC with pride.

The league kicks off soon, and we want as many athletes as possible competing at each event. Let's show the top division what Vale of York is made of!

Thinking about signing up for the first time? Check out the full details at [West Yorkshire Athletics](#) and check with a coach or team manager to make sure it's right for you.

Were you a valued member of last year's team? What are you waiting for? Sign up now for the 2025 season on [SportsSoli](#). It's £35 for the whole series, which works out at less than £2 per event! Entries close Saturday 5 April.

Let's get on that track and field – and let's fight to stay in the top tier!

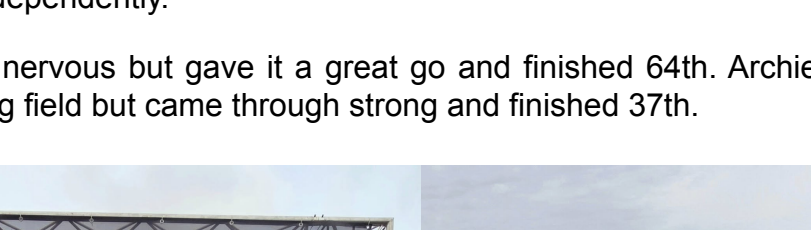
And, just a reminder, all athletes aged 8+ need to represent our community in some way in order to continue training with us. We have a very long waiting list of children wanting to join who also want to compete. **Representation = track and field, cross country or regular (junior) parkruns.**

New Kit Coming Soon!

Our fresh new logos and [website](#) have officially been launched, and our kit supplier is producing a new batch of t-shirts and vests in time for the new season. We want you to look your best while competing for our community this summer!

If you've rejoined us for the new athletic year, you're eligible to claim your FREE updated kit. Simply contact Beverley on Teamo with your size and preferred item (t-shirt or vest), and we'll get your new look ready for the upcoming summer competitions.

Don't miss out - gear up for the season ahead.

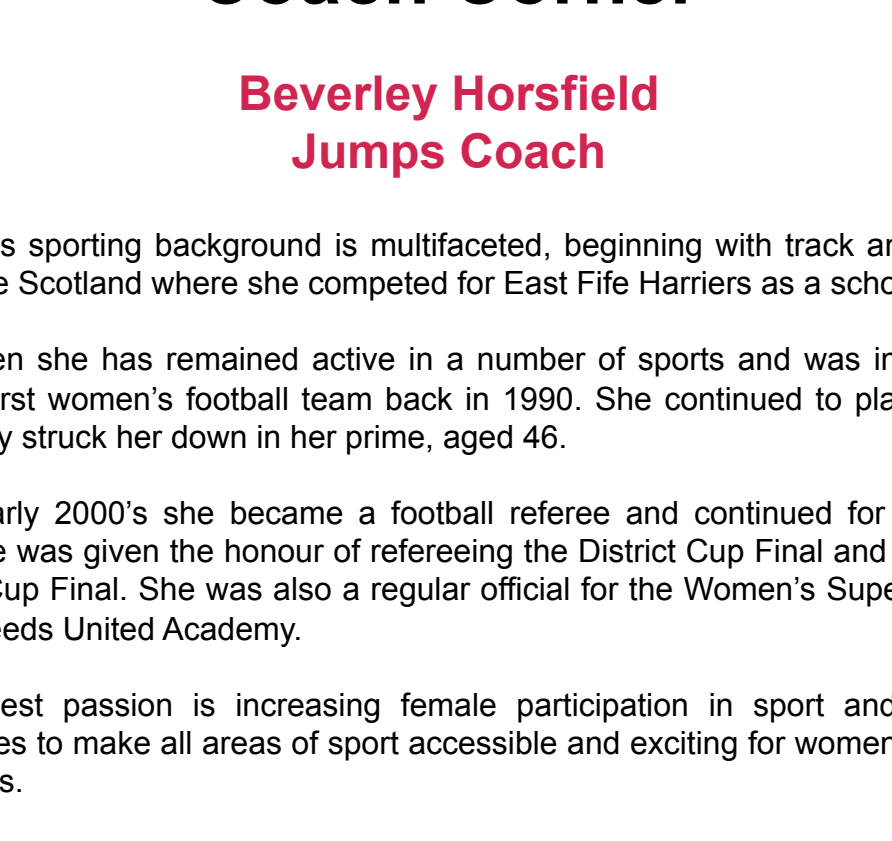


National Primary Schools Final

A huge well done to Archie and Daisy who were in Warwickshire for the National Primary Schools Cross Country finals.

Archie was there representing North Yorkshire and he was joined by sister Daisy who ran independently.

Daisy was nervous but gave it a great go and finished 64th. Archie had a tricky start in a big field but came through strong and finished 37th.



Coach Corner

Beverley Horsfield Jumps Coach

Beverley's sporting background is multifaceted, beginning with track and field in her native Scotland where she competed for East Fife Harriers as a schoolgirl.

Since then she has remained active in a number of sports and was involved in Selby's first women's football team back in 1990. She continued to play football until injury struck her down in her prime, aged 46.

In the early 2000's she became a football referee and continued for 14 years when she was given the honour of refereeing the District Cup Final and Woman's County Cup Final. She was also a regular official for the Women's Super League and at Leeds United Academy.

Her biggest passion is increasing female participation in sport and pushing boundaries to make all areas of sport accessible and exciting for women and girls of all ages.

She has been athletics coaching for three years and brings a wealth of sporting knowledge and competition experience to Vale of York.

In Beverley's own words: "I can honestly say I've been really surprised at how fulfilling it is to lead young people in athletics. They are so enthusiastic, eager to learn and make me laugh at every session."

Beverley is currently back in training as a track and field masters multi-event athlete and recently won the F50 Yorkshire Veterans Athletic Association gold medal for the indoor pentathlon.

Calendar Updates

- ATHLETICS TRAINING IN SELBY RESUMES 28 APRIL
- ATHLETICS TRAINING IN YORK RESUMES 26 APRIL
 - Doncaster Open - Saturday 5 April
 - West Yorkshire T&F League - Sunday 13 April
- York and District Road Race League - Tuesday 29th April

Sports Shoes Discount Code

The SportsShoes code for April is G7BGF8U9A05. It will give you 15% off SS25* products (exclusions apply) and is valid until 01/05/25.

If you are an England Athletics affiliated member, you can now redeem 15% off selected products by linking your EA URN to your SportsShoes ULTRA account and the offer will be automatically applied at checkout.

[Visit Website](#)

Any questions or comments please send them through.

And any news for the next newsletter please send to newsletter@valeofyork.org

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