

TALES FROM THE VALE

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



Top Stories

- WALES LONG WEEKEND AWAY
- TRACK UPDATE
- LONDON MARATHON
- WORLD MASTERS ATHLETICS
- WEST YORKSHIRE T&F LEAGUE
- YORKSHIRE 10K
- YORK ROAD RACE LEAGUE
- COACH CORNER



Wales Long Weekend Away

We are planning a trip to Snowdonia, North Wales in the school summer holidays for up to 32 Vale of York members.

Take a look at this place which we can hire out in Llanrwst, North Wales: <https://www.bbrcc.org.uk/properties>

Yr Wyddfa (Snowdon) is close by and Zip World, plus Conwy parkrun and the smallest house in Great Britain and a little further up the road Llandudno, the Great Orme, and the seaside.

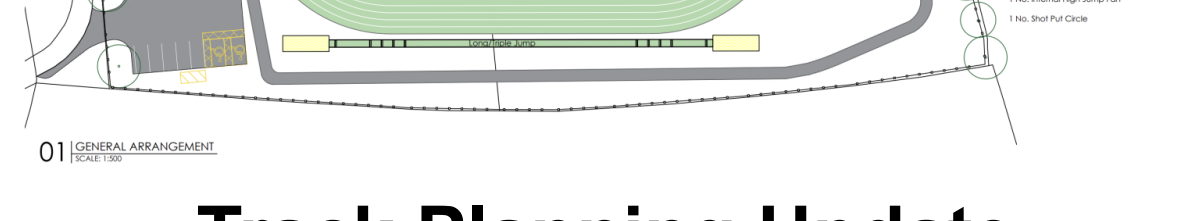
We are planning to arrive Thursday evening and leave Sunday morning near the beginning of the school holidays. Friday the plan is for those who are fit enough to walk up Snowdon or another less challenging walk - while others could go on the train and walk down? Saturday AM might be parkrun followed by beach and barbecue. Sunday morning Zip World and Betws-y-Coed then home. All subject to change depending on who fancies what.

The bunkhouse is approximately three hours drive from Selby and in a very good location for outdoor activities. Children would need to be accompanied by a parent, but it would be perfect for team building and a mini-trial for an overseas warm weather training camp next winter maybe?

The property sleeps 32 over 5 rooms in a bunk bed format and would work out at approximately £20 per person per night if we can fill it.

It is rougher and readier than a hotel, but it's cheap and communal and definitely a step up from camping. There's a posh hotel up the road in Llanrwst called The Eagles if you prefer, and also a halfway option of hiring one of four self contained units on-site for a family of four for extra cost.

Current availability at Cae Groes is good for end of July and start of August so we are looking at **31 July for 3 nights**. We need to get moving quickly so have a look and let ian@valeofyork.org know as soon as possible if you are interested.



Track Planning Update

On Wednesday, 30th April 2025, our deferred planning application was heard for the second time by the Selby and Ainsty Area Planning Committee.

Due to last minute changes to the highways decision and recommendation for refusal, the decision was deferred again while some conditions are set regarding access. This is likely to be dropping a kerb, moving a pillar and removing some trees.

Whilst these are all achievable, the planning committee decided to defer its decision once again so these conditions can be drawn up and we can demonstrate that we can meet them.

We are continuing to persevere with the process and will provide further updates after the next planning committee meeting.

You can watch all the action from the planning committee meeting here: <https://www.youtube.com/live/yCusCX1xnX1?e=9340s>

[Watch the meeting here](#)



London Marathon

Sam and Steve both ran a very hot London Marathon last weekend.

Sam, who was the winner of our club ballot place at the Christmas Party, had this to say after the event:

"Loved the marathon, couldn't believe how loud the crowds were for pretty much all the course. I have not been put off doing another marathon. Hoping to do York at the end of the year."

There are over 1.1 million entered for a place via the general ballot for 2026. Keep your rejection slip when it comes, and, if you are a fully paid-up first claim member who has not benefitted from a club place before, you go into the draw at the Christmas Party.

Steve's place was via the Good for Age (GFA) route.

Well done to both.



World Masters Athletics

Our very own head coach, Ian Martin, spent a week in Gainesville, Florida at the World Indoor Masters World Athletics Championships, running the 8K cross country, 3,000 meters, and 10K road race.

"It was a great opportunity, not only to complete but to meet new friends and contribute as fully as possible to the heart and soul of the masters athletics community," said Ian.

Well done Ian on coming first in the 3000m B final and bringing home a bronze for the M55 GB Team in the 10K road race. Read his report in the link below.

[Read Full Article Here](#)



West Yorkshire Track and Field League

Sunday 13th April saw the start of the West Yorkshire Track and Field Competition. The event held at Thornes Park in Wakefield was an enjoyable one with lots of team work and fun involved for everyone!

We are currently lying fifth in the 1st Division and are holding our own against the bigger clubs thanks to participation levels and a solid team spirit.

The next fixture is on Wednesday evening this week (7 May). Gook luck to all those competing.



Yorkshire Wildlife 10K

Well done to Paul who was representing Vale of York at the Yorkshire Wildlife 10k and came first in his age category.



York and District Road Race League

It was great to see so many Vale of York members at the York and District Road Race League this Tuesday 29 April at Tadcaster for the first race. The next race will be held at Pocklington in two weeks' time. A big thanks to Steve who brought the team ice cream and lollies to finish the evening.



Coach Corner

Les Grant Sprints, Jumps & Hurdles Performance Coach

I started sport at school where I played football, tennis, badminton, basketball, rugby, and athletics.

At my school sports day I won the Victor Ludorum trophy two years running. At that time I met a coach called Arthur Oxley and he invited me to join Doncaster Plant Works Athletics Club. I joined a group of 400m sprinters under Arthur's coaching and my first competition was the Yorkshire Championships. It was a nervous day but I had a good race and finished third behind my two coaching partners.

I then caught the bug and started to compete in 400 hurdles and went to the English Schools at Hull. I continued with my athletics when I went to University and came third in the 400m Hurdles. I managed to beat Steve Soles South Yorkshire 400m hurdles record. I stopped competing when I finished University and started working.

When Doncaster opened the track at Doncaster Stadium I went to have a look and stood behind me was Brian Davey who was another coach who worked with me. I started competing again and he convinced me to start coaching which was great. I learnt a lot from the coaches around me and I continued competing as a senior.

I was invited to the NCDP for both Youth Development and then for Speed and those National Coach Development Programmes helped me develop my coaching and provided a network of coaches I could learn from. It's great when the athletes you work with have success at any level and I've been lucky enough to see the athletes succeed at local and national competitions.

I now have the honour of being able to help other coaches on their coaching journey as a tutor and as Regional Club Coach lead for Yorkshire and Humberside.

I enjoy coaching many disciplines and I especially enjoy sprinting, hurdling, long jump and high jump.

I have England Athletics Event Group Jumps, Sprints & Hurdles qualifications.

Upcoming Team Events

- West Yorkshire T&F League - Wednesday 7 May
- Yorkshire Track and Field Championships - 10-11 May
- York and District Road Race League - Tuesday 13 May
- Humber Open Series Meet 1 Grimsby - 18 May
- YVAA and District Road Race League - Tuesday 27 May
- YVAA Grand Prix Series Race 2 Kirkstall - Tuesday 27 May

Sports Shoes Discount Code

The SportsShoes code for May is N2981RX8. It will give you 15% off £25+ products (exclusions apply) and is valid until 01/06/25.

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

Your newsletter needs to you!



Visit our website
to keep up to date

www.valeofyork.org