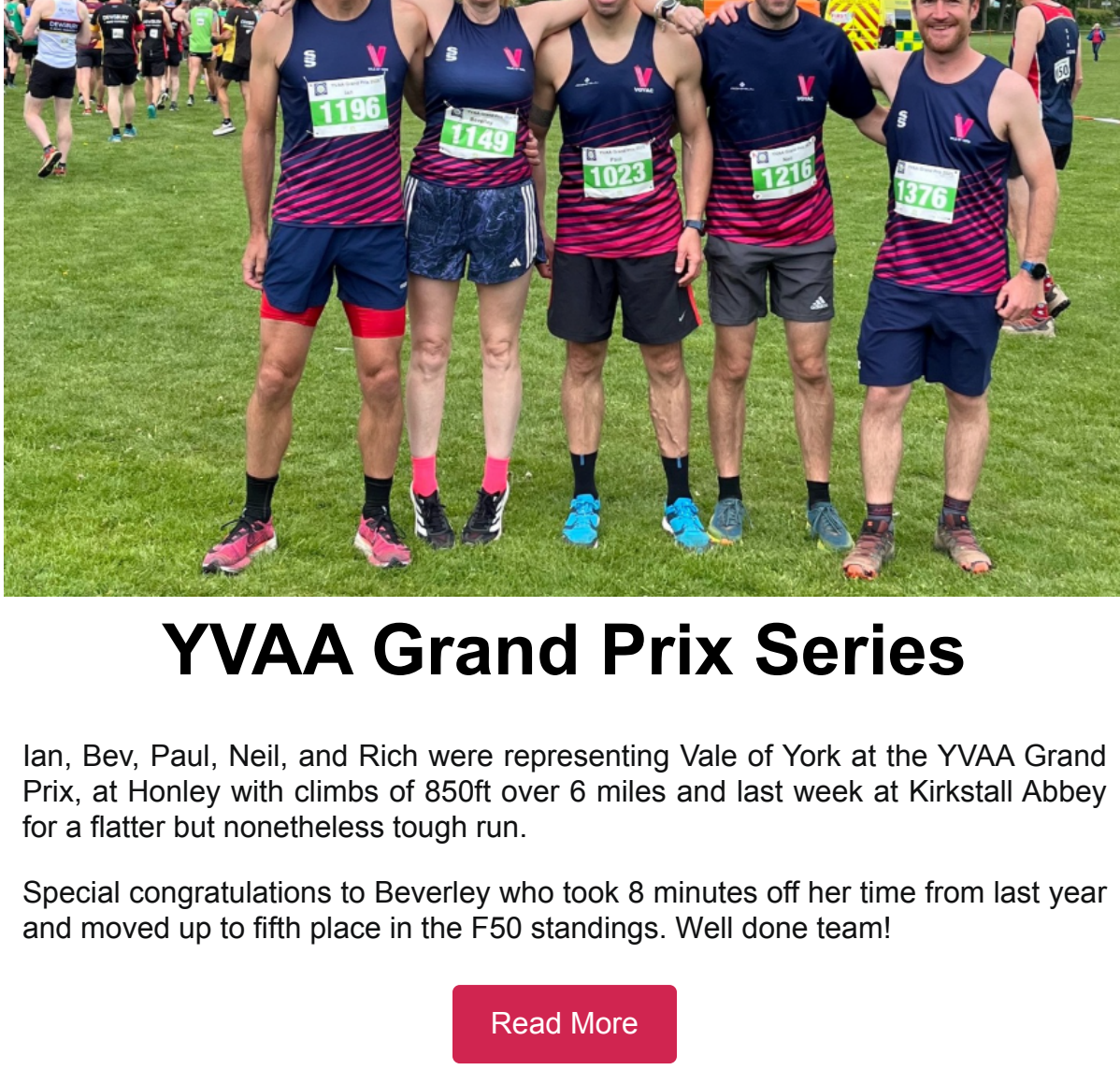


TALES FROM THE VALE

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

Top Stories

- YVAA GRAND PRIX
- FUN DAY GRANT SECURED
- YORKSHIRE COUNTY CHAMPIONSHIPS
- WEST YORKSHIRE T&F LEAGUE
- HUMBER OPEN SERIES
- EDINBURGH MARATHON
- COACH TRAINING EXCITEMENT
- YORK ROAD RACE LEAGUE
- FUN DAY
- COACH CORNER

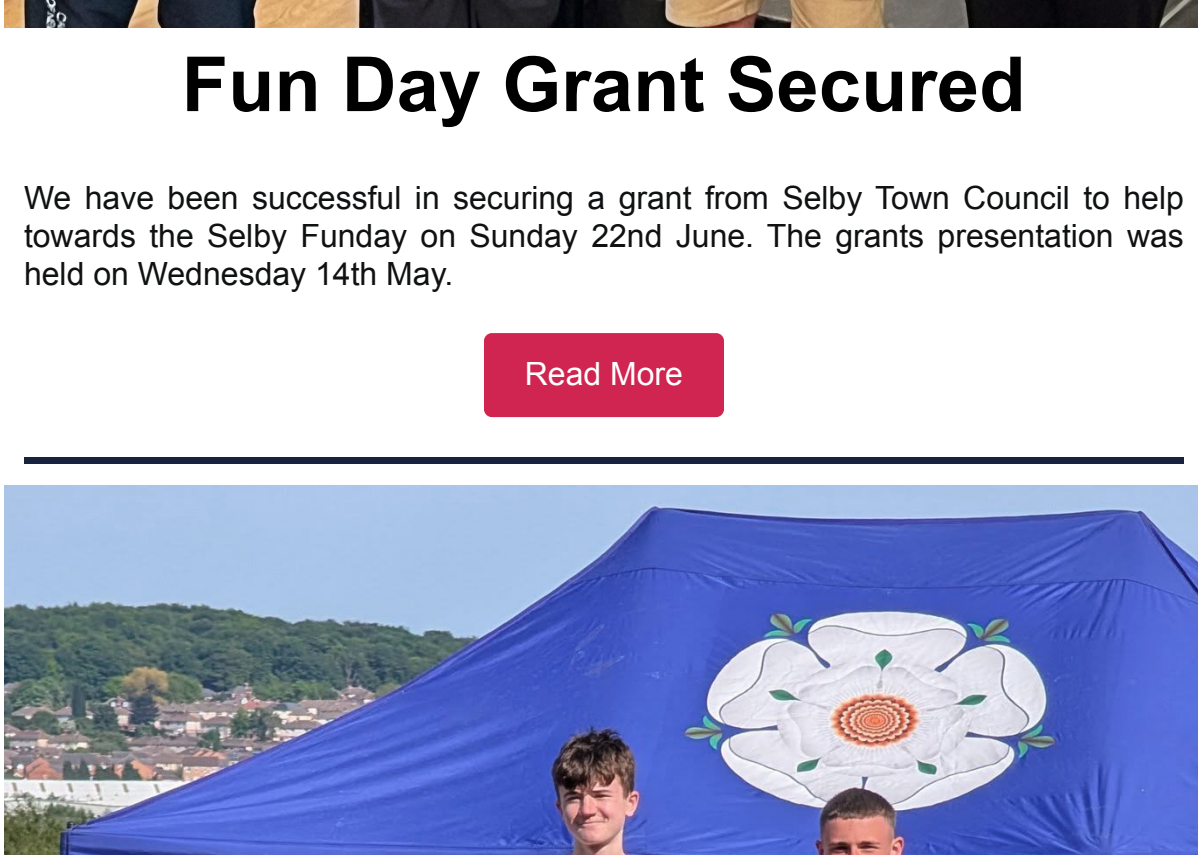


YVAA Grand Prix Series

Ian, Bev, Paul, Neil, and Rich were representing Vale of York at the YVAA Grand Prix, at Honley with climbs of 850ft over 6 miles and last week at Kirkstall Abbey for a flatter but nonetheless tough run.

Special congratulations to Beverley who took 8 minutes off her time from last year and moved up to fifth place in the F50 standings. Well done team!

[Read More](#)



Fun Day Grant Secured

We have been successful in securing a grant from Selby Town Council to help towards the Selby Fun Day on Sunday 22nd June. The grants presentation was held on Wednesday 14th May.

[Read More](#)



Yorkshire County Championships

Well done to those who entered the Yorkshire County Championships representing Vale of York. Some great performances on show and medals won at the event.

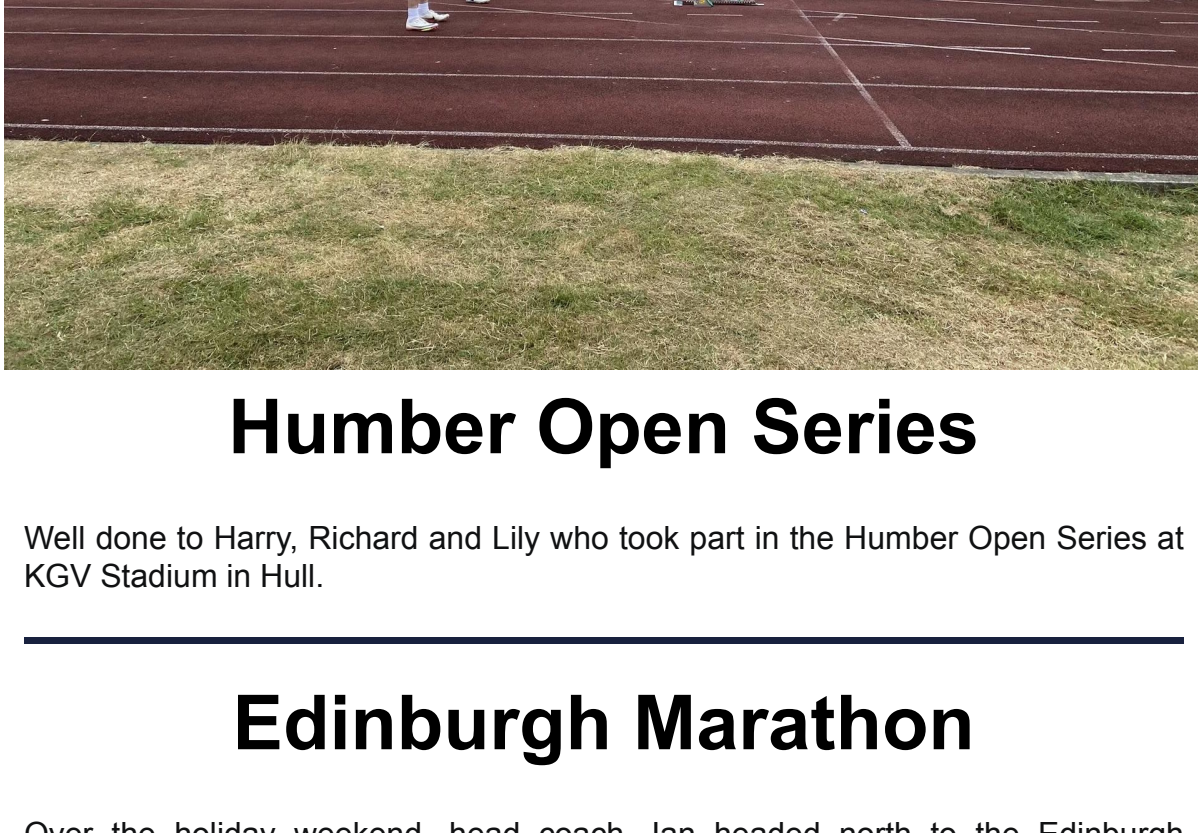
Daniel went on to be selected to represent Yorkshire in Hurdles at the Northern Championships, where the Yorkshire team won.



West Yorkshire Track and Field League

The West Yorkshire Track and Field Competition continues this Wednesday at Thornes Park Stadium. Well done to all our Athletes who took part and braved the cold weather at the last evening meet, let's hope this one is warmer.

Good luck to all those competing this Wednesday!



Humber Open Series

Well done to Harry, Richard and Lily who took part in the Humber Open Series at KGV Stadium in Hull.

Edinburgh Marathon

Over the holiday weekend, head coach, Ian headed north to the Edinburgh Marathon with one goal: securing a Good For Age (GFA) qualifying time for the 2026 London Marathon.

As a 58-year-old runner, Ian needed a sub-3:12 finish to stand any chance of a London slot.

Read the story of his pursuit of a London Marathon GFA at Edinburgh Marathon 2025.

[Read Story](#)



Coach Training Excitement

Coaches Jennifer and Sarah have been over in Manchester developing coaching skills when they met Reece Prescod (World Championship Athlete).



York and District Road Race League

It was a great evening at the Pocklington fixture with good weather to help boost the team's spirits throughout the hilly course. Last week in slightly damper conditions the Vale of York team completed another hilly route for the Easingwold leg of the 10K road race series. Coming up, the next road race will be held at York on the pan-flat Knavesmere.



Fun Day

Mark your calendars! Selby Fun Day is just around the corner, promising an afternoon of athletic excitement for the whole family. We're thrilled to invite you to join us on **Sunday, June 22nd, from 12 PM to 3 PM**, at the astroturf facilities of Selby Leisure Centre.

This year, we are once again focusing on getting kids aged 5-15 active and excited about athletics. Imagine your children running, jumping, sprinting, throwing, and even hurdling their way through a series of fun and challenging activities designed to test their skills and boost their confidence. It's not just about winning; it's about participation, pushing personal limits, and discovering the variety that athletics has to offer.

Please share the flyer with friends from local schools. We are trying to get as many children participating as possible who would not otherwise have a chance to do athletics. Last year we had 160 children take part from the local community.

More volunteers are required for the afternoon. Please message Beverley or Sarah for details. There are roles for everyone.

[Read More](#)



Coach Corner

Ian Martin
Endurance Performance Coach

As Head of Coaching and Development at Vale of York Athletic Community, I oversee coach and athlete development, along with all junior and senior training programs. I hold England Athletics' Event Group Endurance Specialist accreditation and have been an EA Athletics Coach for over ten years. I also serve as the Head Track and Field Coach for the University of York.

My nearly fifty years in endurance sport began as an 11-year-old schoolboy cross country runner who ran middle distance on the track.

I stepped away from competitive running as a teenager to pursue my love of music, but my sporting passions resurfaced in my early twenties when I took up competitive road cycling, inspired by watching ANC Halfords' 1987 Tour de France debut on Channel 4. I soon found my niche in cyclocross, a demanding sport akin to cross-country running for cyclists, where my running background gave me an edge.

I continued to run locally in various events around Manchester in the 1990s including the 56-mile Bullock Smithy Hike and various tough local road and trail races. We had a good group of lunchtime runners at my workplace in Cheshire and organised handicap races kept me fit for playing football twice a week and provided a much-needed work-life balance. The same was true in Milton Keynes. Workplace running clubs have been important to me throughout my life.

In 2011, a life-changing diagnosis of Type 1 diabetes spurred me to return to serious competitive running to manage my condition and to see if I could 'beat the disease'. This challenge rekindled my competitive running spirit, leading me to connect with an incredibly supportive online community of Type 1 athletes and join their online Zwift bike racing team.

Now, at 58, I feel I am fitter than ever and I enjoy competing regionally and internationally as a Masters athlete for the camaraderie as much as the competition.

Coaching Philosophy

As a former academic, my coaching approach attempts to fuse evidence-based science with extensive practical experience. My primary goal is to foster an athlete's holistic growth and cultivate a lifelong appreciation for sport. I firmly believe a "one-size-fits-all" approach limits potential. Consequently, my training plans are flexible guides, not rigid prescriptions, underpinned by a fundamentally 'soul-based' coaching ethos that respects individual needs and aspirations.

My coaching philosophy is built upon four pillars:

Consistency: This forms the bedrock of all athletic progress, emphasising showing up for training and competition. I design training plans with a gradual and progressive increase in load, both intensity and duration, ensuring effective adaptation and minimising injury risk. For instance, a runner might meticulously build their base of distance and speed over several months to peak for a goal race.

Variation: To stimulate continuous physiological adaptation and prevent plateaus, training must be dynamic, engaging, and enjoyable. This extends beyond altering running distances; it involves strategically integrating running at varying intensities and across diverse terrains. I also strongly advocate for cross-training to cultivate well-rounded fitness.

Athleticism: Developing fundamental athletic qualities—agility, balance, coordination, speed, strength, and power—is paramount at Vale of York. Sustainable endurance performance relies on a strong foundation of well-rounded athleticism. My coaching often incorporates tailored strength and conditioning components, specifically designed for endurance sports. Examples include plyometrics for enhanced running economy, targeted core work for improved stability, and mobility drills to increase range of motion and reduce injury risk. I run a weekly circuit class covering these elements and more.

Community: The transformative power of a supportive training and competitive community is essential. It provides invaluable encouragement, fosters accountability, and cultivates a strong sense of belonging. At Vale of York, I actively nurture a culture of camaraderie and mutual support through organized group sessions and opportunities for athletes to connect. Our community ethos celebrates both participation and individual personal growth, valuing these more than competitive outcomes. This embodies teamwork, persistence, and giving back to your club and fellow teammates.

Broader Community Commitment

Beyond direct athlete coaching, I am deeply committed to the broader development and well-being of the athletics community. My roles with UK Athletics as a **Safeguarding Educator** and with England Athletics as the **Regional Chair for Yorkshire and Humberside** underscore my dedication to creating a safe, ethical, and inclusive environment for athletes of all ages. Furthermore, as a Trustee and Chair of the Athletics Committee at Vale of York, I contribute to the strategic direction of our club, ensuring we effectively serve our community's diverse needs.

My overriding goal is to empower athletes to achieve their individual aspirations while nurturing a lasting love for their athletic and running. I am deeply passionate about helping athletes discover their full potential, not just as runners, but as well-rounded individuals. I utilize various online planning and analysis tools, including VDOT, Intervals.icu, and Runalyze, to help athletes structure and learn from their training.

Connect with Ian

I hold endurance coach clinics on **Wednesdays at 6:30 PM at Selby Leisure Centre**, before the Community Training Run. Drop me an email at ian@valeofyork.org to book a slot to discuss anything related to your training for events from 800 meters to ultramarathons. Zoom calls are also available during the day if you can't make Wednesdays.

Upcoming Team Events

- 4 June - WYTF 3 - Wakefield
- 7 June - Dalby's Inferno - Dalby Forest
- 10 June - YDRRL 4 - Knavesmire
- 12 June - YVAA GP 3 - Queensbury
- 15 June - Humber Open Series 2 - Grimsby
- 17 June - YVAA GP 4 - Morley
- 19 June - WYTF 4 - Wakefield
- 22 June - Selby Fun Day
- 24 June - YDRRL 5 - Bugthorpe
- 25 June - WYTF 5 - Wakefield
- 29 June - YVAA GP 5 - Pudsey

Sports Shoes Discount Code

The SportsShoes code for June is HZEP4LK35. It will give you 15% off SS25* products (exclusions apply) and is valid until 01/07/25.

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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