VALE OF YORK
ATHLETIC COMMUNITY

TALES FROM THE VALE

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

Top Stories

- WILL IS ON HIS WAY
- TRACK & FIELD TRAINING DAY
- SELBY ATHLETICS FUN DAY
- YVAA GRAND PRIX
- WEST YORKSHIRE T&F LEAGUE
- HUMBER OPEN SERIES
- COUNTY COMPETITION ELIGIBILITY
- SUMMER SOLSTICE RUN
- YORK ROAD RACE LEAGUE
- DALBY INFERNO
- MEET A MEMBER
- COACH CORNER

Will on his Way

Leeds Beckett student, Will Haw, is on his way from Yorkshire, UK to Michigan, USA on a scholarship this September, with a chance to mix it with some of the best athletes in the world.

Will has specialised in middle distance running during his time at Leeds Beckett and has made significant improvements over the last three years with Andrew Henderson's training group, lowering his 800 time to 1:51 and his 1500 to 3:54. He is also still our 100 metre club record holder (wind assisted)!

This year, Will has been active at the BMC meets at Leeds Beckett, and when not racing serves as a pacemaker. He recently led out Vale of York athlete Cameron Bryson to a 3:58 1500, and it was great to see our other University of York students, Will Walker, Thomas Fell and Colin Soppitt, battling hard in the 3,000 metres at the same series.

The next BMC meet is this Thursday and it's also Will's last week in Leeds as pacemaker and student. We wish him all the best with his degree results and will follow his progress stateside with pride.

Best of luck Will from all of us at Vale of York! And best of luck to all our students who are awaiting results of GCSEs, A-levels and degrees. Whatever your outcomes, we will always be proud of you!

Sunshine, Skills, and Smiles: A Fantastic Training Day at York University

On Saturday, June 28th, members of Vale of York Athletic Community spent a sunny afternoon training at the University of York Athletics Track. Thanks to a grant from England Athletics, and membership contributions, we are able to offer three sessions like these over the summer. These sessions provide valuable experiences for members to train at a facility that offers a full complement of Track and Field events.

With the sun shining all afternoon, and a little imagination, the session could have been mistaken for a warm-weather training camp! Athletes trained hard in endurance, jumps, and throws, all while having fun as a group. Many athletes tried new events for the first time, quickly showing confidence and skill. It was also great to see some parents taking on new challenges, even trying their hand at the throwing events. We might just have some future masters field athletes in the making!

The afternoon also provided an invaluable opportunity for our coaches to receive some valuable mentoring. Thanks go to Ben Frary, a multi-events coach from North East Lincolnshire, who generously gave his time to share his expertise in throws events. All our coaches enjoy development opportunities such as these, ensuring that as a club we can continue to offer high-quality training provision.

The highlight of the afternoon had to be the younger group trying out Pole Vault for the first time. Using broom handles and a long jump pit, they quickly mastered the grip and plant technique for this challenging yet fun event. There were plenty of smiles as they swung across the sand!

We have two more sessions planned over the summer, which are open to all Vale of York Athletic Community members. These are scheduled for July 19th and August 16th. If you are interested in attending but cannot see them listed on your Teamo calendar, please email Ian at ian@valeofyork.org.

Selby Fun Day

It was all smiles at our annual Selby Athletics Fun day on the astroturf at Selby Leisure Centre this month! We attracted over 100 young athletes to the afternoon event, where they took part in five different athletics challenges including standing long jump, high jump, nerf throw, speed bounce, and an obstacle course sprint.

Medals and goody bags were on offer to take home at the finish, together with a mini-booklet that served as a record of achievement on one side and a chance to design our new track and field facility on the other.

Thank you to all the coaches, leaders, and volunteers who made this happen and to our sponsors of the event: Selby Town Council, Active North Yorkshire, Broadacres Housing Association, Quickslide Windows and Doors, McDonalds Selby and Selby Town FC.

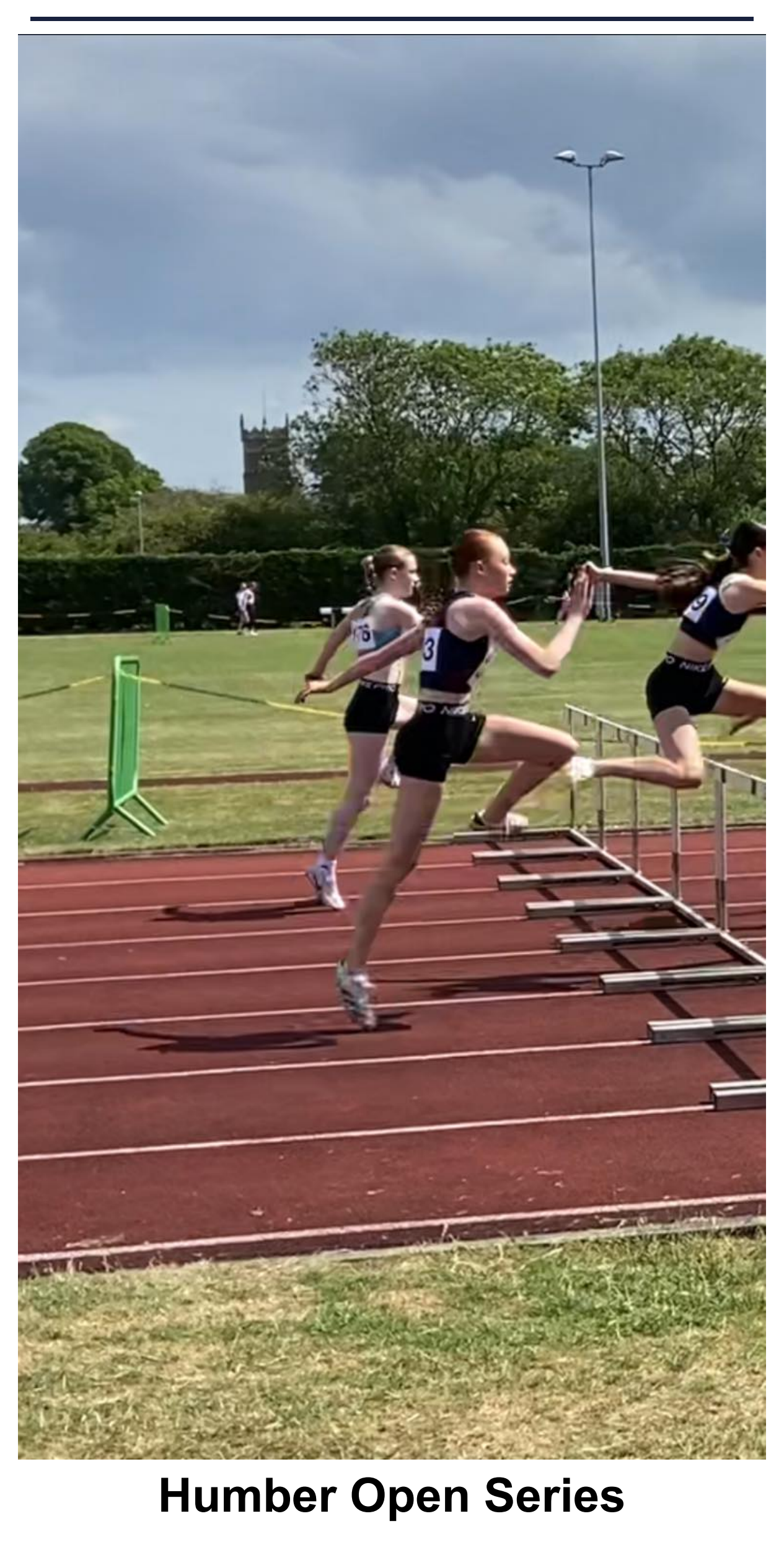
YVAA Grand Prix Series

Vale of York veterans, Paul Bennett and Ian Martin, were in off-road action this month at the latest YVAA Grand Prix held on a challenging two-lap hilly course in Pudsey. Both came home with a prize for their efforts on a swelteringly hot day.

West Yorkshire Track and Field League

The latest West Yorkshire Track and Field Competition took place last week, at Thornes Park Stadium on a warm evening in Wakefield. Thanks to a great set of team performances it looks like we are going to stay up in Division One this year. Currently in overall podium positions are Niamh, Beverley, Elliott and Archie.

The next event is Sunday 20th July.



Humber Open Series

Well done to Niamh, Daniel, Sarah and Lily who took part in the Humber Open Series at Grimsby. Delivering a mix of winning performances, debut events and PBs. The team had a great day at the stadium. If you want to get involved in the Humber Open Series and are not on the Teamo list, email heidi@valeofyork.org.

Understanding County Competition Eligibility

Competition structures within Athletics, Road Running, and Cross Country can be confusing. Whilst there are many opportunities, it can be difficult to navigate all the competitions available, especially since there isn't one central place to find all the information. At Vale of York Athletic Community, we do our best to identify opportunities for all our members, exercising due diligence to ensure that the competitions we support meet our safeguarding and health and safety expectations.

One particularly confusing area involves competitions provided by County Associations. County Athletics Associations have a long history of supporting our sport, providing local competitions, county championships, and inter-county opportunities to athletes of all ages across various disciplines.

The two main County Athletics Associations that Vale of York athletes will encounter are the Yorkshire County Athletics Association and the Humber County Athletics Association. While Humberside as a government local authority no longer exists, it is still recognised in some areas, including the emergency services (such as Humberside Police) and several sports. It is therefore still possible in Athletics to represent the county of Humberside in Track and Field, Cross Country, and occasionally off-road events such as recent Mountain Running Championships.

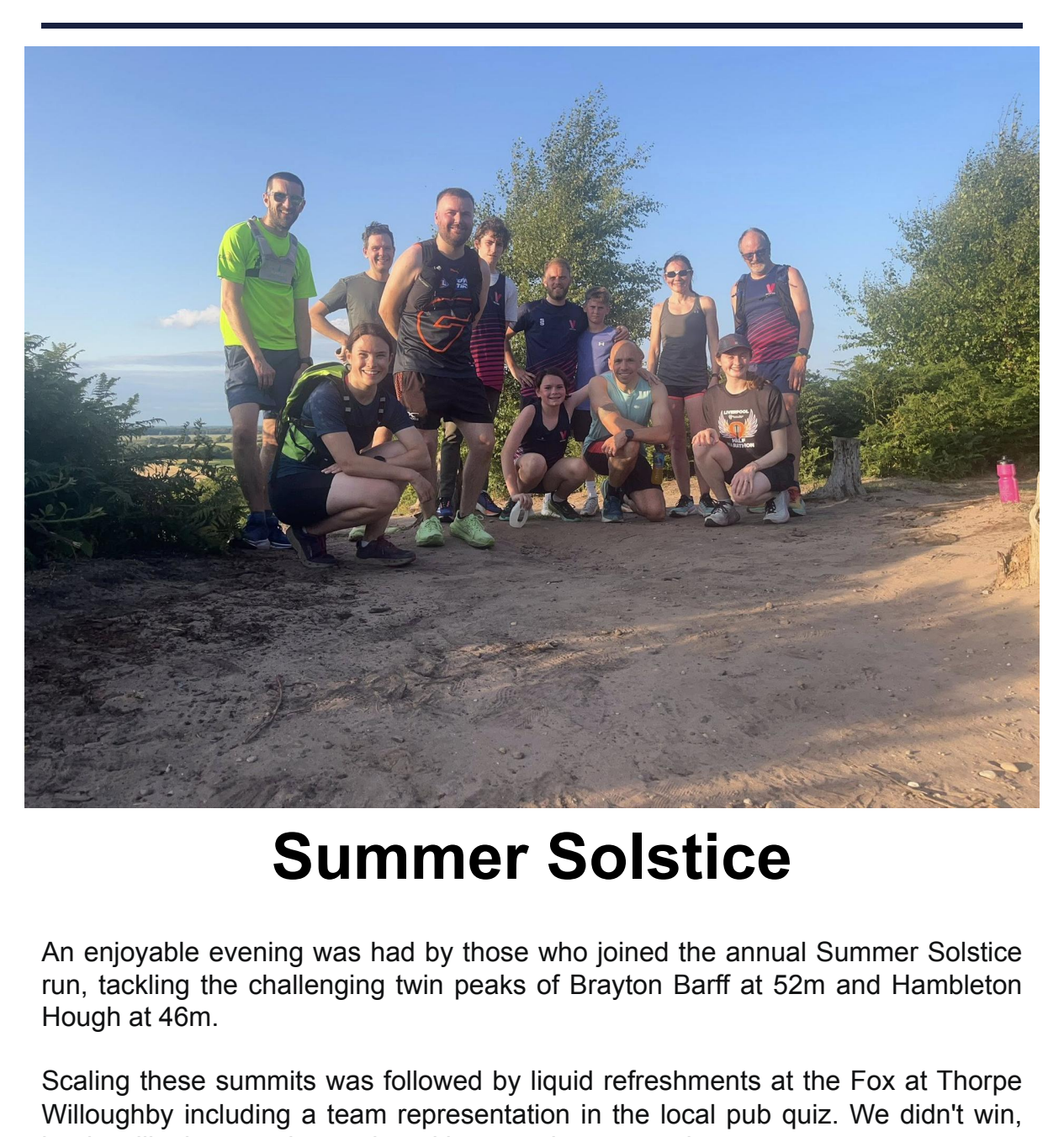
Eligibility for a County is determined by birth or residence. You will always be eligible to represent the county you were born in; however, you can also represent the county that you reside in, providing you have lived there for at least nine months continuously prior to the competition. It is also important to note that you can only represent one County within a calendar year across all disciplines.

The two main events organised by the County Athletics Associations each year are the County Track and Field Championships and County Cross Country Championships. These events are great opportunities to challenge for a County title and are often the first step for athletes to compete at a national-level competition. In addition, some counties, including Humber, also put on championship events for Road Runners.

Athletes who perform well at these championships can get selected to be part of a county team and take part in one or more inter-county matches where you will wear the colours of your county instead of representing your club. These events are always a great opportunity for athletes to compete against others from a wider area and experience the pride of representing your county.

While we know that the majority of Vale of York athletes have Yorkshire eligibility, it would be helpful to know who is also eligible for Humber. This will allow us to share information about any opportunities and ensure the committee at Humber is aware when making team selections in the future.

If you have Humber eligibility and would like further information about the opportunities available, please email heidi@valeofyork.org with your/your child's name and whether the eligibility is through birth or residence.



Summer Solstice

An enjoyable evening was had by those who joined the annual Summer Solstice run, tackling the challenging twin peaks of Brayton Barff at 52m and Hambleton Hough at 46m.

Scaling these summits was followed by liquid refreshments at the Fox at Thorpe Willoughby including a team representation in the local pub quiz. We didn't win, but just like in sport, it was the taking part that counted.

York and District Road Race League

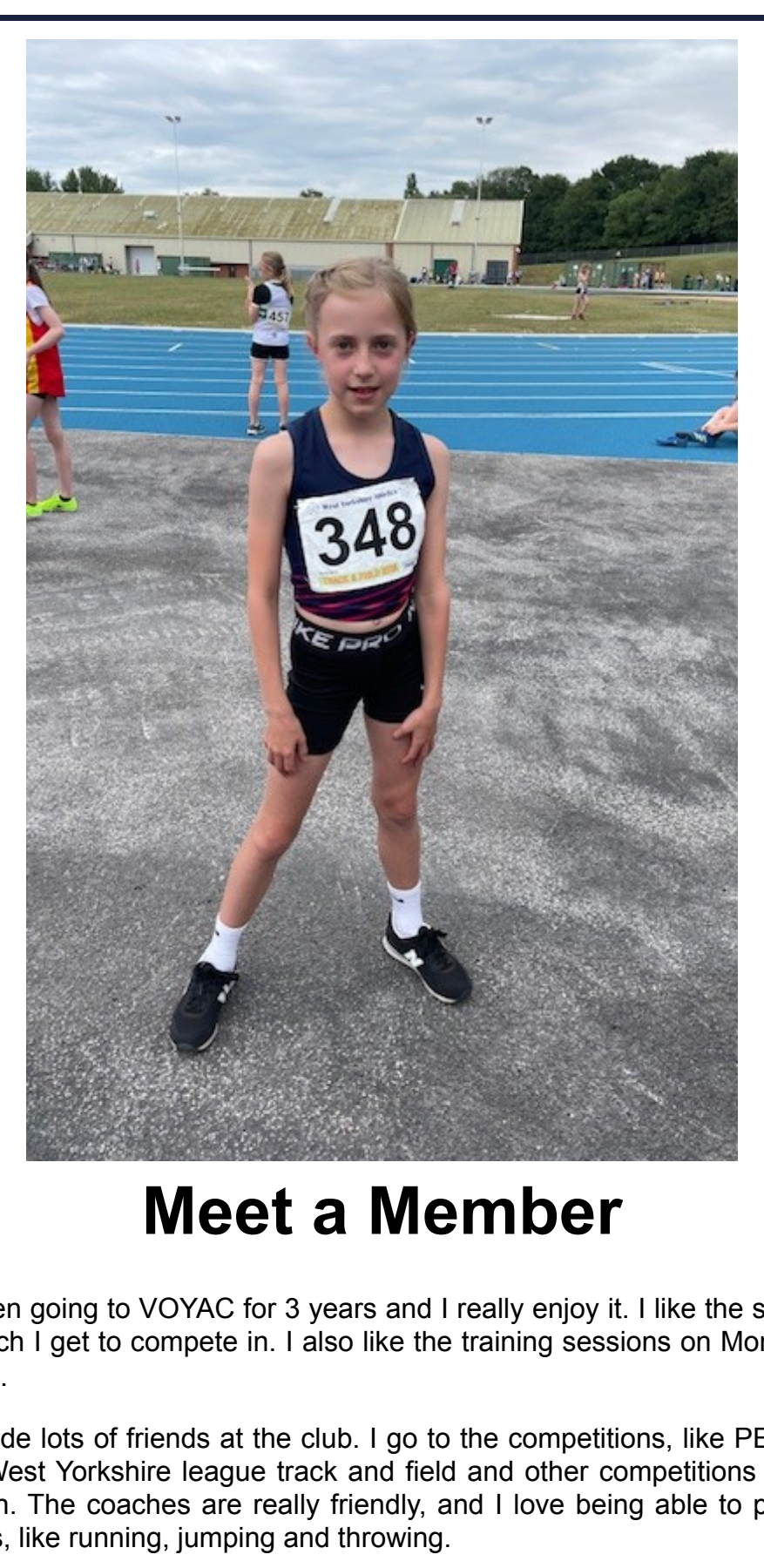
The 10K road race league continued this month with the all flat Knavesmire giving way to the monstrously hilly Bugthorpe. This leaves only Wistow and the Heslington Handicap races before the series completes in three weeks' time.

---

www.valeofyork.org

Dalby Inferno

Vale of York were 'on fire' at the Dalby Inferno this year despite a heavy downpour on lap eleven. It was 60K in total this year to mark the 60th anniversary of Scarborough and Ryedale Mountain Rescue who organise the event. The team covered a whopping 500 kilometres and 12,000 metres elevation in total.

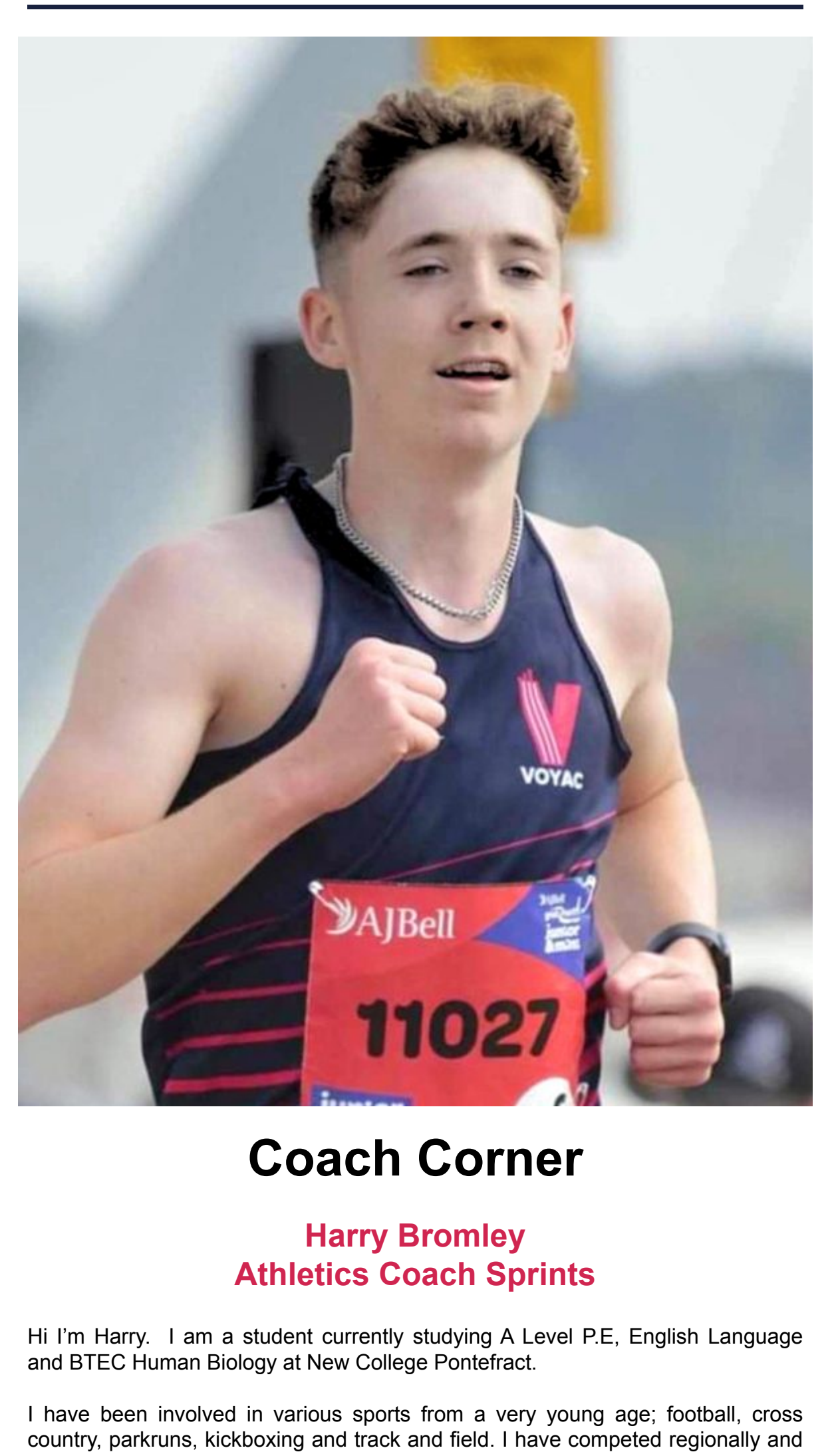


Meet a Member

I have been going to VOYAC for 3 years and I really enjoy it. I like the sprints and 600m which I get to compete in. I also like the training sessions on Mondays and Saturdays.

I have made lots of friends at the club. I go to the competitions, like PECO cross country, West Yorkshire league track and field and other competitions which are always fun. The coaches are really friendly, and I love being able to practice all the events, like running, jumping and throwing.

By Molly, age 9



Coach Corner

Harry Bromley
Athletics Coach Sprints

Hi I'm Harry. I am a student currently studying A Level P.E, English Language and BTEC Human Biology at New College Pontefract.

I have been involved in various sports from a very young age; football, cross country, parkruns, kickboxing and track and field. I have competed regionally and nationally at English Schools Cross County Championship, Yorkshire County Track and Field Championship where I have won the bronze, gold, and silver medal in 3 consecutive years in the triple jump.

I attended the first Vale of York Athletic Community summer camp back in 2021 and I have never looked back. I enjoy all that athletics and running has to offer and will take part in most disciplines to become a well-rounded athlete. I enjoy long jump, 400m, 800m, triple jump, sprints, and this year I have also competed in the high jump. I take part in competitive meetings and events and this year have been part of the team in the West Yorkshire Track and Field League.

The way I view athletics is not all about the winning, but how I can achieve my personal best and working with the coaches on how I can improve. I enjoy the camaraderie in our club and how well we all work together, and encourage and support each other no matter what our age.

This year I have also been part of our senior endurance team for the 10K York & District Road Race League. I am committed to improving my muscular endurance and aerobic capacity and I was the youngest entrant in the Brass Monkey Half Marathon this year, with a finish time of 1:18:47.

I am an England Athletics trained Sprints Coach and this year I would like to develop my coaching skills further so I can share my knowledge and experience and help to develop our future athletes.

Upcoming Team Events

- York and District Road Race League - Tuesday 8th July
- YVAA GP South Leeds - Tuesday 8th July
- West Yorkshire T&F League - Sunday 20th July
- YVAA GP Stainland - Sunday 20th July
- York and District Road Race League - Tuesday 22nd July
- Humber Open Meeting 3 - Saturday 26 July

See Full Calendar

Sports Shoes Discount Code

The SportsShoes code for July is TXZK8FCPS. Please note, the code is now valid on **AW25** products and will give you 15% off (exclusions apply, including but not limited to Brooks, Coros, Garmin, Maurten and Shokz), valid until 01/08/25.

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 you!

Visit our website to keep up to date www.valeofyork.org

Designed with Beefree