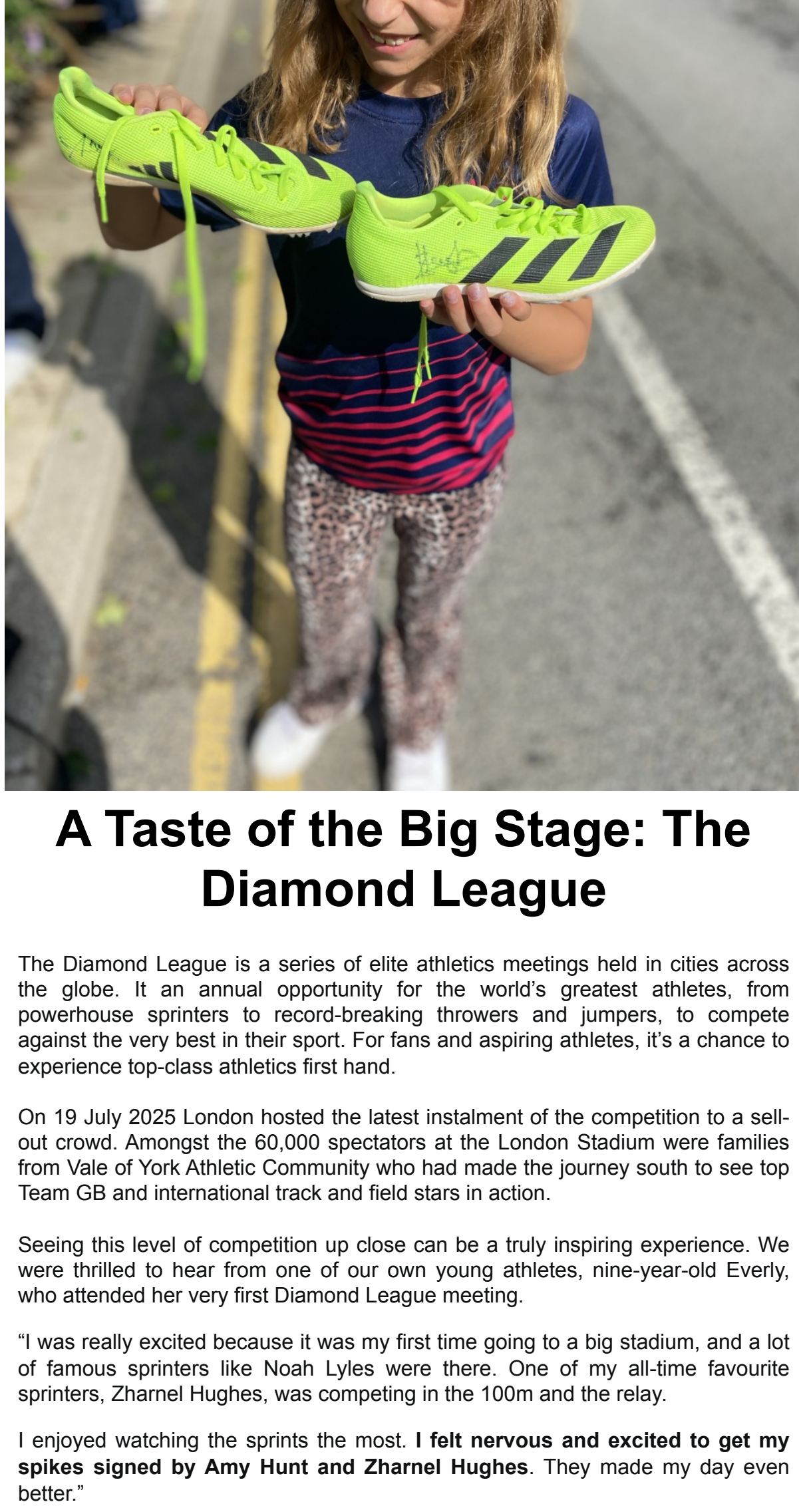


TALES FROM THE VALE

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

Top Stories

- A Taste of the Big Stage
- A Big Thank You from EA
- Wales Weekend
- Nurturing Potential
- YVAA Grand Prix Series
- York and District Road Race League
- Parkrun Performances
- West Yorkshire Track and Field League Podiums
- Open Event Opportunities
- Volunteer for Beer & Chocolate
- Survey Request
- Research Opportunity
- Coach Corner



A Taste of the Big Stage: The Diamond League

The Diamond League is a series of elite athletics meetings held in cities across the globe. It is an annual opportunity for the world's greatest athletes, from powerhouse sprinters to record-breaking throwers and jumpers, to compete against the very best in their sport. For fans and aspiring athletes, it's a chance to experience top-class athletics first hand.

On 19 July 2025 London hosted the latest instalment of the competition to a sell-out crowd. Amongst the 60,000 spectators at the London Stadium were families from Vale of York Athletic Community who had made the journey south to see top Team GB and international track and field stars in action.

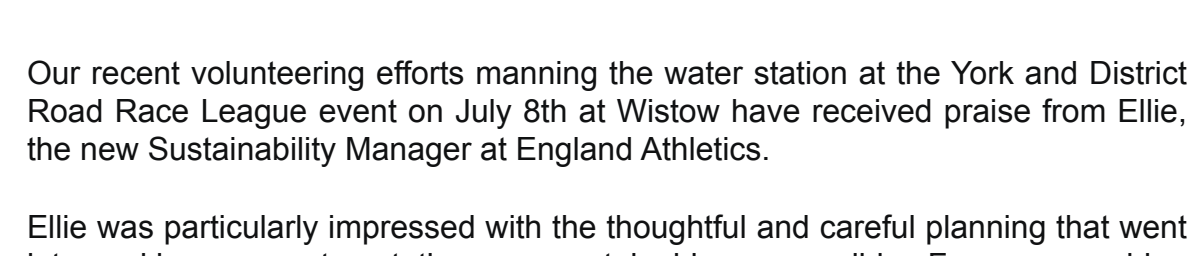
Seeing this level of competition up close can be a truly inspiring experience. We were thrilled to hear from one of our own young athletes, nine-year-old Everly, who attended her very first Diamond League meeting.

"I was really excited because it was my first time going to a big stadium, and a lot of famous sprinters like Noah Lyles were there. One of my all-time favourite sprinters, Zharnel Hughes, was competing in the 100m and the relay.

I enjoyed watching the sprints the most. I felt nervous and excited to get my spikes signed by Amy Hunt and Zharnel Hughes. They made my day even better."

Everly's story is a reminder of how powerful moments like these can be. Seeing your heroes on the track, feeling the energy of a packed stadium, and getting a signature on your spikes can transform an initial passion into a lifelong ambition. It's these experiences that inspire the next generation of athletes to train a little harder and dream a little bigger.

Who knows, with continued dedication, maybe one day it will be Everly signing spikes for her own young fans!



A Big Thank You from EA for Our Sustainable Practices

Our recent volunteering efforts manning the water station at the York and District Road Race League event on July 8th at Wistow have received praise from Ellie, the new Sustainability Manager at England Athletics.

Ellie was particularly impressed with the thoughtful and careful planning that went into making our water stations as sustainable as possible. From researching environmentally friendly materials to finding eco-cave ways to reduce waste, our efforts haven't go unnoticed.

A special shout-out was given to our dedicated volunteers who were encouraged to arrive by bike, including the young helpers who cycled over 11 miles to lend a hand! Our commitment to active travel and reducing our carbon footprint truly reflects our club's values. As Ellie highlighted, travel often makes up the largest portion of an event's carbon footprint, making our volunteers' efforts even more impactful.



Wales Weekend

The inaugural Vale to Wales trip was a huge success! The Vale of York crew (parents, kids, friends & all) took on Yr Wyddfa (Snowdon) like champs — and conquered it together.

From garden games to parkrun fun in Conwy past the castle walls, it was non-stop action (and laughter).

Curry for all, teamwork in everything, and friendships that blossomed all weekend long. Our athletes young and old have made memories to last a lifetime.

We are currently looking into options for another trip next year.



Nurturing Potential: Introducing the Vale of York Coaching Manifesto

We are pleased to announce the launch of our new coaching manifesto, a document that formalises the values and philosophy at the heart of the Vale of York Athletic community. Agreed at our coaches' meeting on 3 July 2025, with 18 of our coaches and leaders present, this manifesto is more than just a statement of intent—it's our commitment to our athletes.

[Read It Here](#)



YVAA Grand Prix Series

Neil Musgrove and Ian Martin took on Race #8 of the Yorkshire Veterans Grand Prix in Slaithwaite — an extremely steep hilly course over 5½ miles! With the temperature climbing and magnificent views from high up in the hills, runners started and finished at Slaithwaite Cricket Club, brilliantly hosted by Slaithwaite Striders.

Results:
Ian – 3rd place M55, won a too-tight mustard t-shirt.
Neil – finished beaming, saying he really enjoyed this great course once again!

After the race there were refreshments for everyone, prize-giving, spot prizes, and plenty of post-run chat and laughter.

If you're 35+ and fancy some challenging, and friendly competition, why not join one of the [YVAA events](#)? They're really good fun and a great way to meet other masters athletes!

We're also looking forward to hosting the YVAA Road Race Relays at Wyke Cycle Circuit next month — keep an eye out for volunteer opportunities!



York and District Road Race League

The last event of the York and District Road Race League for 2025 was the end-of-series 10K handicap held at Heslington. The race was followed by a presentation evening with pies and pints for all. Vale of York managed to win a t-shirt, after novice runner and newsletter editor in chief, Marianne, romped home to a top twenty place.



Parkrun Performances

Whilst many of the Vale were at Conwy parkrun for the Wales Weekend, we still had athletes taking part in Selby parkrun closer to home. Pictured are Harry Bromley and Nicola Henderson who came home 1st male and 1st female with Nicola recording a new PB.

If anyone is near Coventry on 23 August there is a chance to meet up with our old friend Hossein and his family who will be at Coventry parkrun that Saturday morning. Let Ian Martin know and he will co-ordinate.

West Yorkshire Track and Field League Podiums

The final West Yorkshire Track and Field event at Thomas Park Stadium took place last week, leaving Vale of York in a solid mid-table position in Division One. Team spirit was a strong as ever and there is some serious emerging athletic talent amongst the young athletes and adult competitors.

Special mentions go to Niamh taking a silver in the U15G overall, Archie taking bronze in U13B, and Beverley taking bronze in the senior women category. Beverley not only achieved this while officiating at every event for us, but also picked up the Sheila Bolland Trophy for best Masters performance. Well done!

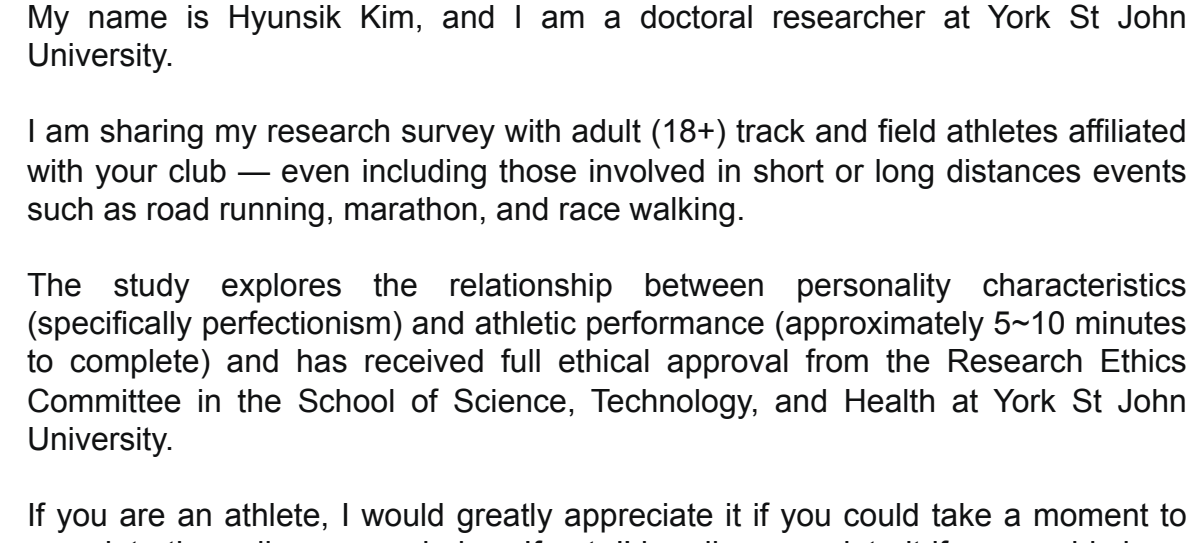
Open Event Opportunities

Two track and field open events are coming up at Doncaster and York. All competing athletes are encouraged to sign up and take part in these events. Team managers for each event have been allocated so please get in touch and let them know if you are entering. Don't delay as some events are already full.

York - 31 August - Team Manager: Jenni Hadfield

Doncaster - 10 September - Team Manager: Sarah Senior

[Enter on Sportsoft Here](#)



Volunteer for Beer & Chocolate

Lotherton Hall Trail Race need volunteers this Friday 15th August.

Our friends at Racebest are looking for last-minute volunteers for the Lotherton Hall Trail Race this Friday evening. Volunteers need to be on site from 6.00pm until 8.30pm at the latest.

If you are interested sign up to the volunteer database using this link and select 'Lotherton Hall Trail Race' from the Entry Type drop down list: <https://racebest.com/traces/sx4wu>

All volunteers will receive chocolate or beer, plus the usual £25 Even Splits race entry voucher.

Survey Request

My name is Hyunsik Kim, and I am a doctoral researcher at York St John University.

I am sharing my research survey with adult (18+) track and field athletes affiliated with your club — even including those involved in short or long distances events such as road running, marathon, and race walking.

The study explores the relationship between personality characteristics (specifically perfectionism) and athletic performance (approximately 5–10 minutes to complete) and has received full ethical approval from the Research Ethics Committee in the School of Science, Technology, and Health at York St John University.

If you are an athlete, I would greatly appreciate it if you could take a moment to complete the online survey below. If not, I'd really appreciate it if you could share the link with your athletes (over 18) and encourage them to participate. Your support would significantly contribute to the success of my research.

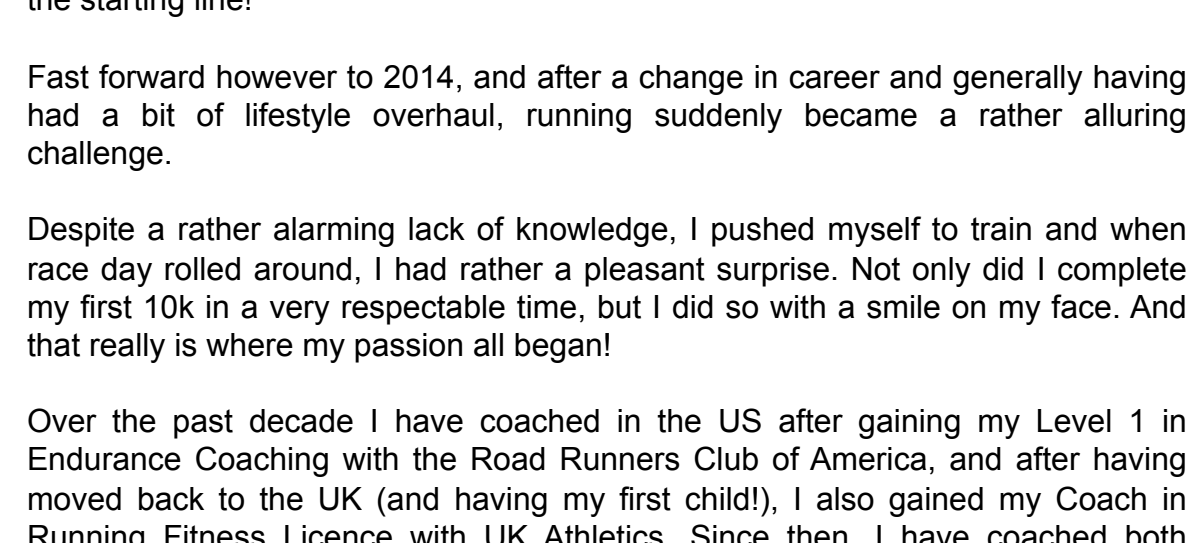
Your support would be invaluable and deeply appreciated in helping me successfully complete my doctoral course.

[Link to Survey](#)

Research Opportunity

University of York student and Vale of York athlete, Sophie Bradford, is currently interning at a lab at UCLAN in Preston and is carrying out a study on circadian cycles in conjunction with exercise and age.

She is looking for participants for her research study. It would entail two visits to Preston for about an hour each time. Please spread the word with anyone who might be interested (age 18-40 or >65). If interested send an email directly to Sophie - sophieb22@uclan.ac.uk



Coach Corner

Bex Williams
Coach in Running Fitness & Funetics coach

Hi, I'm Bex!

Funnily enough running was never on my radar whilst growing up.

Don't get me wrong, I gained a love of sport from a young age and really enjoyed playing sports such as netball and hockey during my school years. But when cross country season came around, you would not have seen me eagerly toing the starting line!

Fast forward however to 2014, and after a change in career and generally having had a bit of lifestyle overhaul, running suddenly became a rather alluring challenge.

Despite a rather alarming lack of knowledge, I pushed myself to train and when race day rolled around, I had rather a pleasant surprise. Not only did I complete my first 10k in a very respectable time, but I did so with a smile on my face. And that really is where my passion all began!

Over the past decade I have coached in the US after gaining my Level 1 in Endurance Coaching with the Road Runners Club of America, and after having moved back to the UK (and having my first child!), I also gained my Coach in Running Fitness Licence with UK Athletics. Since then, I have coached both groups and individuals right through from beginners to experienced marathoners.

I am excited to now be a part of the Vale of York Athletic Community. In particular, having recently become a Funetics Coach, I am really looking forward to working with the younger athletes. I want to help young athletes discover their potential and enjoy the process of learning new skills by creating a positive, energetic environment where they feel encouraged to try their best, laugh a lot, and enjoy being active!

Upcoming Team Events

- York Open T&F Event - Sunday 31 August
- West Yorkshire T&F League - Sunday 7 September
- Vale of York Half Marathon - Sunday 7 September
- Doncaster Open T&F Event - Wednesday 10 September
- YVAA Road Relays - Saturday 27 September

[See Full Calendar](#)

Sports Shoes Discount Code

The SportsShoes code for June is BF2ZF7FKM. It will give you 15% off AW25* products (exclusions apply) and is 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 UBN to your SportsShoes UK TRA 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

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