



VALE OF YORK

ATHLETIC COMMUNITY

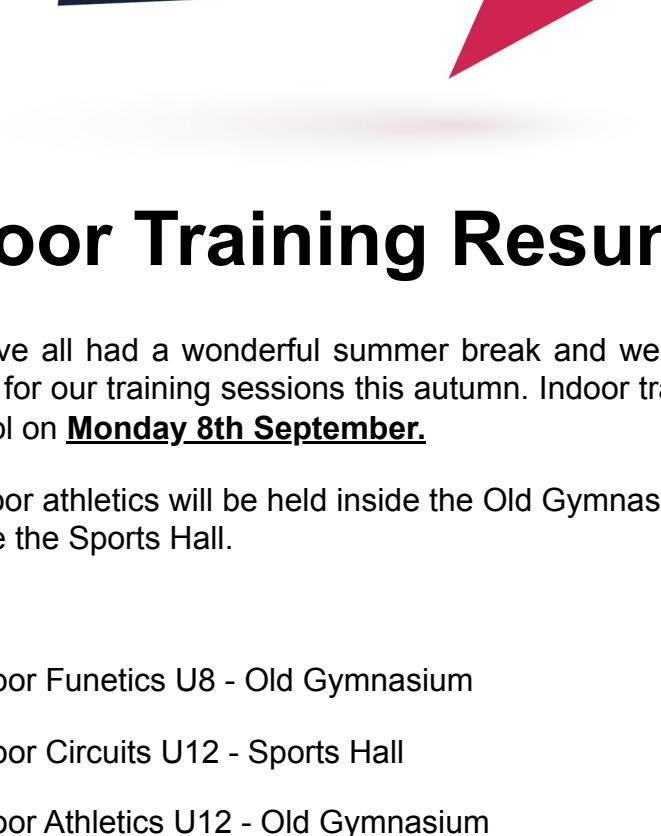
TALES FROM THE VALE

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



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Indoor Training Resumes

We hope you have all had a wonderful summer break and we can't wait to see you back indoors for our training sessions this autumn. Indoor training resumes at Selby High School on **Monday 8th September**.

Funetics and indoor athletics will be held inside the Old Gymnasium at Selby High and circuits inside the Sports Hall.

Indoor Timings

Monday 5.00 Indoor Funetics U8 - Old Gymnasium

Monday 5.45 Indoor Circuits U12 - Sports Hall

Monday 5.45 Indoor Athletics U12 - Old Gymnasium

Monday 6.45 Indoor Circuits 12+ and Adults - Sports Hall

Monday 6.45 Indoor Athletics 12+ and Adults - Old Gymnasium

Please come along 5-10 minutes early to be ready to start on time.

All groupings and communication will be in Teamo. There will be chance to switch groups at half term subject to availability.

Circuits will be led by coaches Ian and Beverley. Indoor Athletics by coaches Dave, Sarah and Jenni.

Indoors starts again Monday 8 September. Outdoors continues this week as before.

Outdoor Timings

Wednesday 7.00 Community Training Run 12+ - intervals on street circuits

Saturday 10.00 Track and Field training at York - track and field competitors only

We look forward to seeing you all back soon!



Track Development Newts

Our track and field planning application has addressed all Highways issues after much work, but now a great crested newt has been 'found' in the one of the resident's gardens at Friars Meadow.

Here it is in all its glory with the local resident and a bowl - **but please don't try this at home. It's illegal to disturb a great crested newt from its habitat. You could face prison or a fine.**

So as a responsible charity, we need to raise £600 to make sure this newt and its friends are properly looked after in the manner to which they are accustomed when we build our track and field.

If you would like to help us raise £300 next Sunday morning (7 September) and can help out volunteer at the Vale of York Half Marathon then we just need **five more people** to receive a cool £300 for our charity from the race organisers. Oh and you will also get free food and drink plus a £25 race voucher.

Message ian@valeofyork.org today if you can help. Deadline is 6pm today (Monday) for volunteers!

I know it's Track and Field Champs and Great North Run that day, but if you aren't involved in those, please do think of the newt.



Lynsey at Temple Newsam

In other track news, Lynsey was out supporting the Temple Newsam Track fundraising efforts on a blisteringly hot Sunday last month.

She had this to say after the event as she proudly showed off her "10K Fund Run" medal:

"A very hot hilly difficult run sandwiched between the warm up and cool down. All I can say is miles in the legs and I finished!"

Anybody who has run at Temple Newsam will know how hilly it is compared to the flat lands of the Vale. If you haven't been down to check out the 400 metre track there recently they have done a good job renovating the old Redgra surface. It is open to all and is completely free to use (parking charges apply).



York Open Competition

Sunday 31 August saw some of our young Vale of York athletes compete at the York Open Competition at University of York. With a mix of sprints, jumps and throws, between them they did really well and there were some PB's yet again! Well done.

Good luck to those competing next week at West Yorkshire Track and Field Championships on 7 September and at the Doncaster Open on 10 September. Entries are still open for Doncaster on [SportsHub](#). See Sarah for further details.



YVAA Grand Prix Series

The penultimate YVAA Grand Prix event of 2025 took place at Northorham on 14 August, which proved to be yet another very hilly Pennine course. Kudos to Beverley for taking on the challenge and bagging herself a Toblerone and bag of Freddos for her efforts at the social prize-giving ceremony at the end.

There is one more event to go in the series, which is Ackworth on Sunday 5 October. It's the flattest, fastest and the closest race to Selby and York so if you are old enough why not enter [here](#)?

If you're 35+ and fancy some challenging, and friendly competition, join the Vale of York YVAA team. The races and people are really good fun and it's a great way to meet other masters athletes from across the region while getting in some all-important hills. Message Ian on Teamo to be added to the YVAA group.

Don't forget we are holding the YVAA Road Relay Championships on **Sunday 27 September. Volunteers required to make our first road race a success.** Keep and eye open for further details this month.

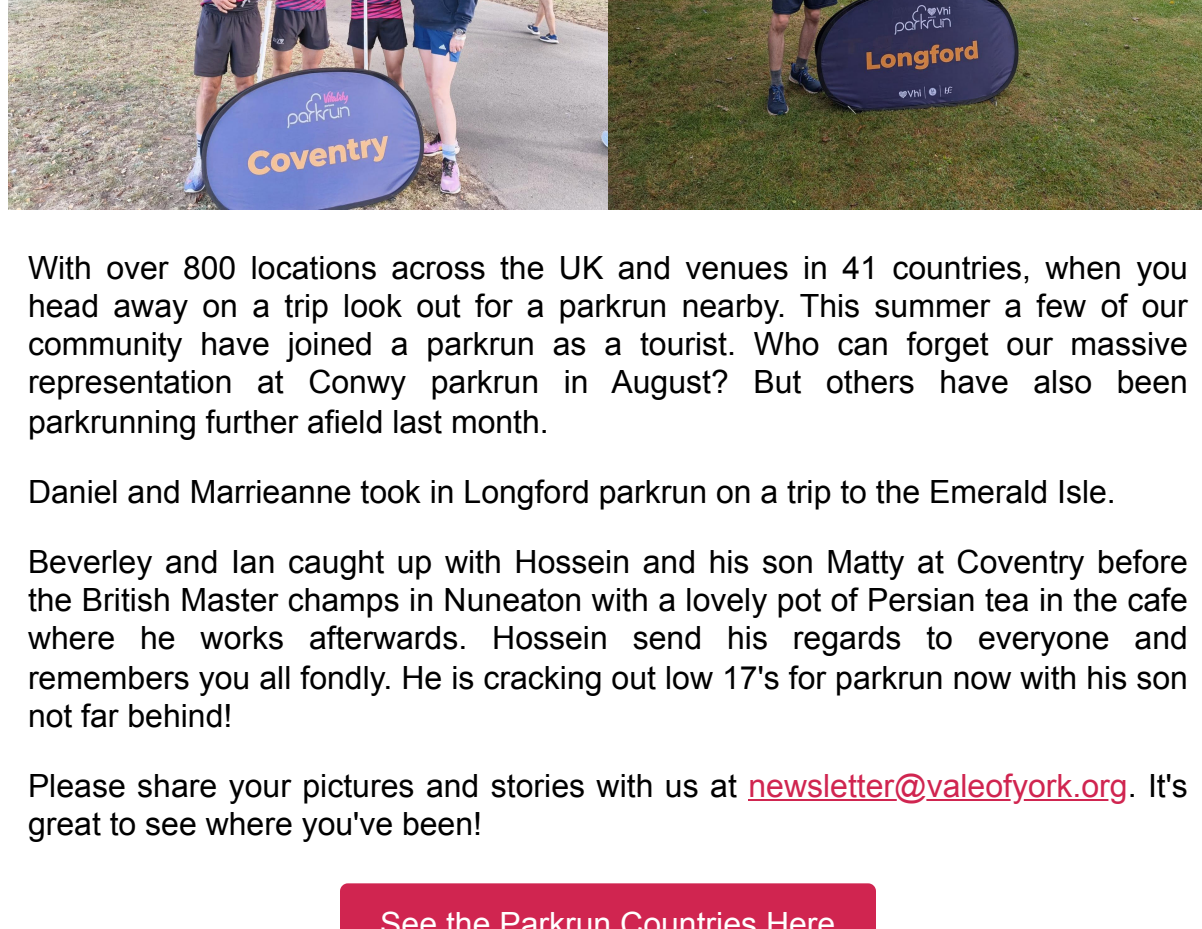
News from Kevin

Some of you may know that Kevin has not been well recently and has had some serious health challenges that have resulted in an extended stay in hospital. He is thankfully now back home and is on the long and slow road to recovery.

He has been in contact and wishes to pass on his best wishes to everyone in VOYAC and thank you all for the flowers. He also says, "I am sorry that this year is out for me. VOYAC is an incredible place to be, and be part of."

We all know there is no need to apologise and we all support Kev on his return back to health and fitness. Let's hope 2026 sees Kevin back at Selby parkrun - he is missed.

Parkrun Tourism



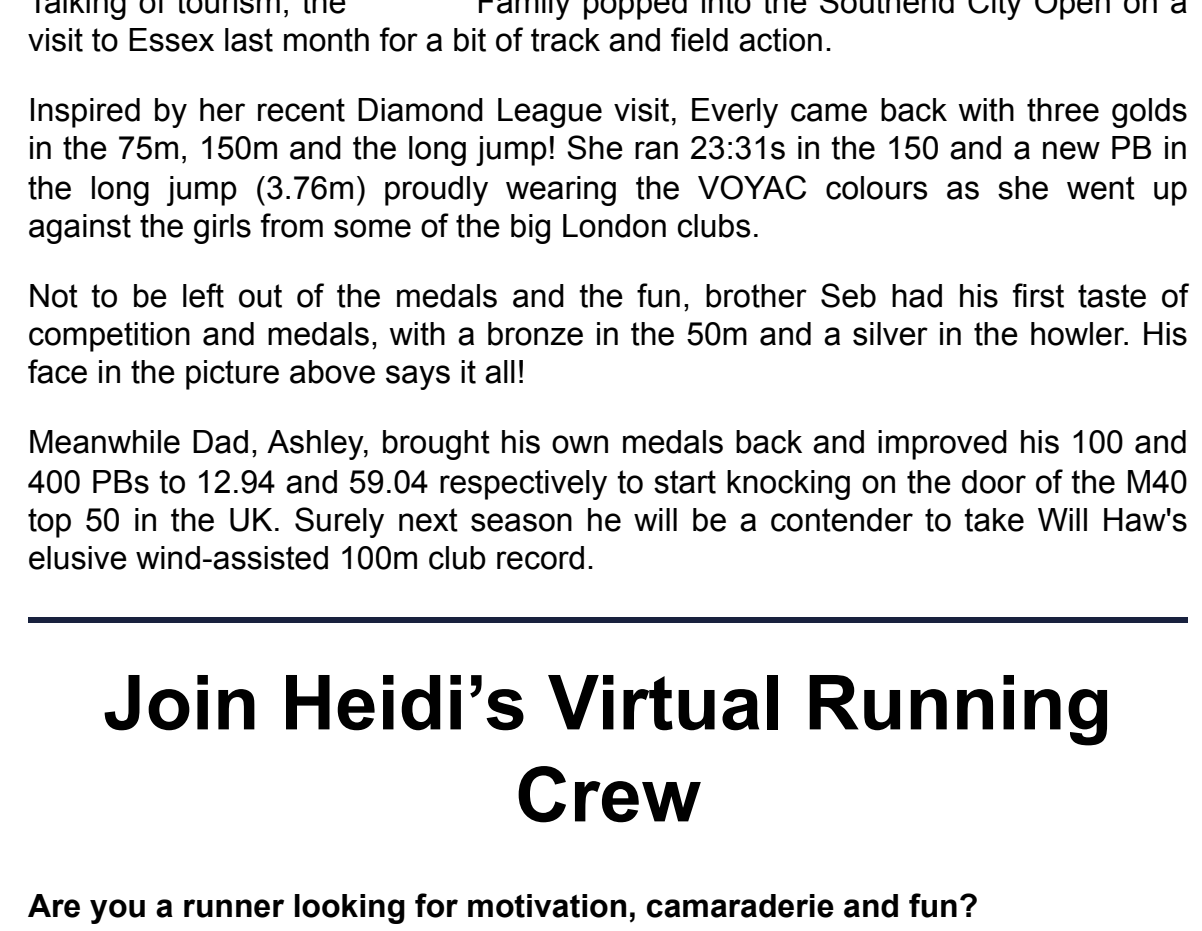
With over 800 locations across the UK and venues in 41 countries, when you head away on a trip look out for a parkrun nearby. This summer a few of our community have joined a parkrun as a tourist! Who can forget our massive representation at Conwy parkrun in August? But others have also been parkrunning further afield last month.

Daniel and Marrieanne took in Longford parkrun on a trip to the Emerald Isle.

Beverley and Ian caught up with Hossein and his son Matty at Coventry before the British Master champs in Nuneaton with a lovely pot of Persian tea in the cafe where he works afterwards. Hossein send his regards to everyone and remembers you all fondly. He is cracking out low 17's for parkrun now with his son not far behind!

Please share your pictures and stories with us at newsletter@valeofyork.org. It's great to see where you've been!

[See the Parkrun Counties Here](#)



The Only Way is Essex!

Talking of tourism, the Family popped into the Southend City Open on a visit to Essex last month for a bit of track and field action.

Inspired by her recent Diamond League visit, Everly came back with three golds in the 75m, 150m and the long jump! She ran 23.31s in the 150 and a new PB in the long jump (3.76m) proudly wearing the VOYAC colours as she went up against the girls from some of the big London clubs.

Not to be left out of the medals and the fun, brother Seb had his first taste of competition and medals, with a bronze in the 50m and a silver in the howler. His face in the picture above says it all!

Meanwhile Dad, Ashley, brought his own medals back and improved his 100 and 400 PBs to 12.04 and 59.04 respectively to start knocking on the door of the M40 top 50 in the UK. Surely next season he will be a contender to take Will Haw's elusive wind-assisted 100m club record.

Join Heidi's Virtual Running Crew

Are you a runner looking for motivation, camaraderie and fun?

Are you wanting to get back in to running or perhaps you are a parent wanting to start for the first time?

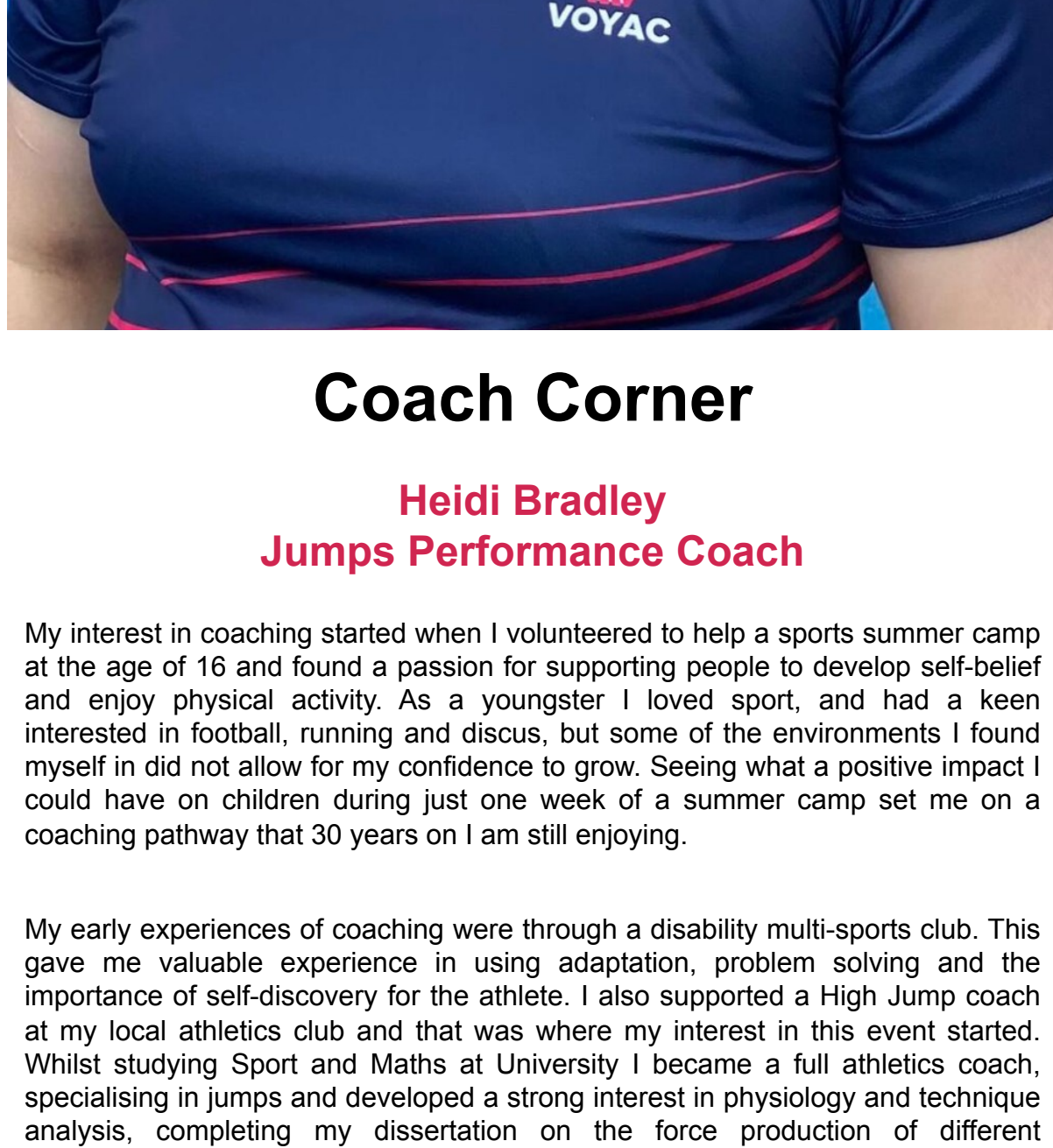
Would you like to set yourself a goal this autumn and have some supporters to help you achieve it?

As I don't live local to the Vale of York, I tend to run alone, which is okay, but I do miss the camaraderie of being part of a group. I am very much at the beginner end of running and my aim is to brave a parkrun before the end of 2025.

I know that sounds easy for most of you and trust me just writing that in a Club newsletter took some bravery! So, I wondered if there is anyone out there in a similar situation where they have a target and would benefit from some virtual support would like to join me in a Teamo group to cheer each other on.

We would share our goal for between now and the end of October and then support each other each week, sharing our plans, being accountable to acting on them and giving each other support. You can be a different level of runner to me, with a bigger goal, it just about connecting with others for 8 weeks and seeing how we all get on.

If you would like to be part of the group then please message Heidi on Teamo.



Coach Corner

Heidi Bradley
Jumps Performance Coach

My interest in coaching started when I volunteered to help a sports summer camp at the age of 16 and found a passion for supporting people to develop self-belief and enjoy physical activity. As a youngster I loved sport, and had a keen interest in football, running and discus, but some of the environments I found myself in did not allow for my confidence to grow. Seeing what a positive impact I could have on children during just one week of a summer camp set me on a coaching pathway that 30 years on I am still enjoying.

My early experiences of coaching were through a disability multi-sports club. This gave me valuable experience in using adaptation, problem solving and the importance of self-discovery for the athlete. I also supported a High Jump coach at my local athletics club and that was where my interest in this event started. Whilst studying Sport and Maths at University I became a full athletics coach, specialising in jumps and developed a strong interest in physiology and technique analysis, completing my dissertation on the force production of different techniques in High Jump. However, I never lost that passion for wanting to support individuals to develop and ultimately, I knew that would be where my focus would go back to. During my uni years, I had the privilege of coaching seated throws for a local Disability Athletics Club, often introducing people of all ages to sport for the first time in their lives, which was some of the most rewarding work I have done.

On returning home I took on the role of Lead Jumps Coach at my local athletics club and worked with a regular squad for over ten years. Watching this group of athletes foster friendships, champion each other and genuinely see how proud they were of every member of their team was what those ten years were about for me. I also continued my support to disability sport, providing strength and conditioning training to a paralympic wheelchair racer who had been a member of the London 2012 team. Despite taking part in a different event, he was very much part of the squad, and they all trained together in the gym. We trained hard but we certainly had fun along the way.

To ensure I could give them my best, I continued my own personal development and in 2014 qualified as a Level 4 Coach, Personal Trainer and Exercise referral specialist. I was also invited on to the National Coach Development Program where I received some great mentoring from national coaches.

The group had successes, with athletes reaching English Schools and one going on to win a national High Jump title. Great achievements. But the memories that group of athletes still talk about are the times they spent together training, in the gym, on the beach and on the track. Seeing them all as adults now with confidence, compassion and a lifelong interest in sport is the success that I see from that group.

After taking a break from regular coaching in 2016, I joined Vale of York Athletic Community in early 2025 with a desire to get back into coaching once more.

Despite this club being a fair distance from me, it feels like home, with a vision that matches my passion for helping individuals to grow and enjoy this great sport.

Upcoming Team Events

- 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 September is XVV/RETEV. It will give you 15% off **AWZS** products (exclusions apply) and is valid until 01/10/25.

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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