

TALES FROM THE VALE

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

Top Stories

- Cross Country is Back
- Podiums at WYTF
- Triathlon Updates
- England Vest for Steve
- British Masters Champs
- 100th Volunteering Milestone
- Great North Run
- Coaches Qualify
- Heidi's Virtual Running Crew
- Brass Monkey Ballot
- Newt News
- Sheffield Indoor Series
- Coach Corner
- Upcoming Events
- SportsShoes Code

CROSS COUNTRY IS BACK!

WYXC 12 Oct
U11 competitors upwards.
Entries close 6 October on SportSoft.

PECO 9 Nov
All ages all abilities. Enter now at Racebest.



Cross Country is Back

It's that time of year again! Cross country season kicks off this month with two leagues our athletes can compete in:

West Yorkshire Cross Country League (WYXC) starts 12 October. **Entries close at 5pm on Monday 6 October.** We normally field a strong team of students from York and Leeds Beckett in this league plus any higher ability children or adults (70%+ parkrun age grading).

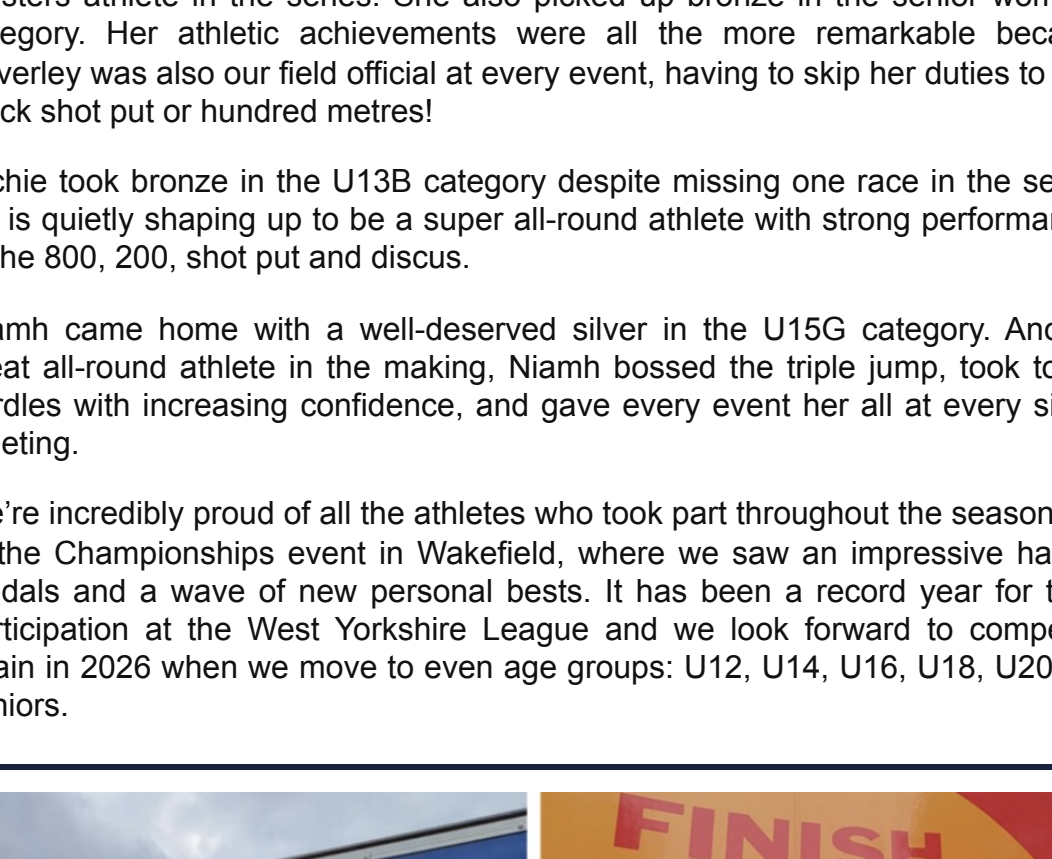
The last two years our men have narrowly finished second in the league to local giants Leeds City and Wakefield. We have had podium placings from women in the U20 category and a great team spirit amongst the students. **You can join the team and enter here on SportSoft** before 5pm on Monday. Currently we have 10 men and 3 women. We need more women to make up a team of 4!

PECO XC League starts 9 November, and welcomes runners of all abilities from Y2 upwards. Primary age children must be able to run one mile, secondary schoolers two miles, and everyone else approximately five miles. We have over 20 kids already entered and loads of adults. We normally have well over fifty from Vale of York running each race in the series so get your entries in now.

Dates and more details for PECO are here: <https://pecoxc.co.uk/>

From seasoned racers to first-timers, there's a place for everyone at cross country. Choose one or both of the leagues to enter and let's get out there in the pink and blue and have some muddy fun.

At all events there will be the Vale of York gazette with cake and hot chocolate at the finish line. So lace up those spikes or off-road shoes, layer up before stripping down to the vest, and let's make this season our strongest yet!



Podiums at WYTF

A huge well done to Beverley, Archie and Niamh for their fantastic podium finishes at the West Yorkshire Track and Field 2025 series.

Coach Beverley took home the Sheila Bolland trophy for most points scored by a masters athlete in the series. She also picked up bronze in the senior women's category. Her athletic achievements were all the more remarkable because Beverley was also our field official at every event, having to skip her duties to do a quick shot put or hundred metres!

Archie took bronze in the U18A category despite missing one race in the series. He is quietly shaping up to be a super all-round athlete with strong performances in the 800, 200, shot put and discus.

Niamh came home with a well-deserved silver in the U15G category. Another great all-round athlete in the making. Niamh bossed the triple jump, took to the hurdles with increasing confidence, and gave every event her all at every single meeting.

We're incredibly proud of all the athletes who took part throughout the season and at the Championships event in Wakefield, where we saw an impressive haul of medals and a wave of new personal bests. It has been a record year for team participation at the West Yorkshire League and we look forward to competing again in 2026 when we move to even age groups: U12, U14, U16, U18, U20 and seniors.



Triathlon Updates

We have athletes who like to swim and bike as well as run. Sisters, Evelyn and Alice, took on the York Kids Triathlon at York Sport over summer representing Vale of York. Evelyn recorded 29.37 in the Silver category and Alice recorded the second fastest time with 15.22 in the Bronze category. Both girls love their sport and provide strong support to everyone on the Snowdon climb at the Wales Weekend.

Meanwhile, Chloe, our resident sports psychologist, has only gone and qualified for the Triathlon World Championships in Korea, Hawaii on 14 October. This is the pinnacle of any triathlete's career, so we wish Chloe the best of luck on the big island and hope she has the experience of a lifetime.



England Vest for Steve

Steve Midup has been selected to represent England as part of the M65 Masters Marathon team at Abingdon this month. His dedication to running, and outstanding performances as a masters athlete have earned him a well-deserved spot on the national stage. This is a proud moment not just for Steve, but for everyone at Vale of York. All the best, Steve!



British Masters Champs

A massive well done to Heidi Bradley at the British Masters Athletics Championships in Derby.

After a tough 4th place finish in the Hammer that took place in a torrential downpour, Heidi came back better than ever.

She walked over to the Javelin and channelled all her energy into a MASSIVE seasons best throw, landing herself a 3rd place podium finish.

Pure grit in tough conditions. Incredible work, Heidi.

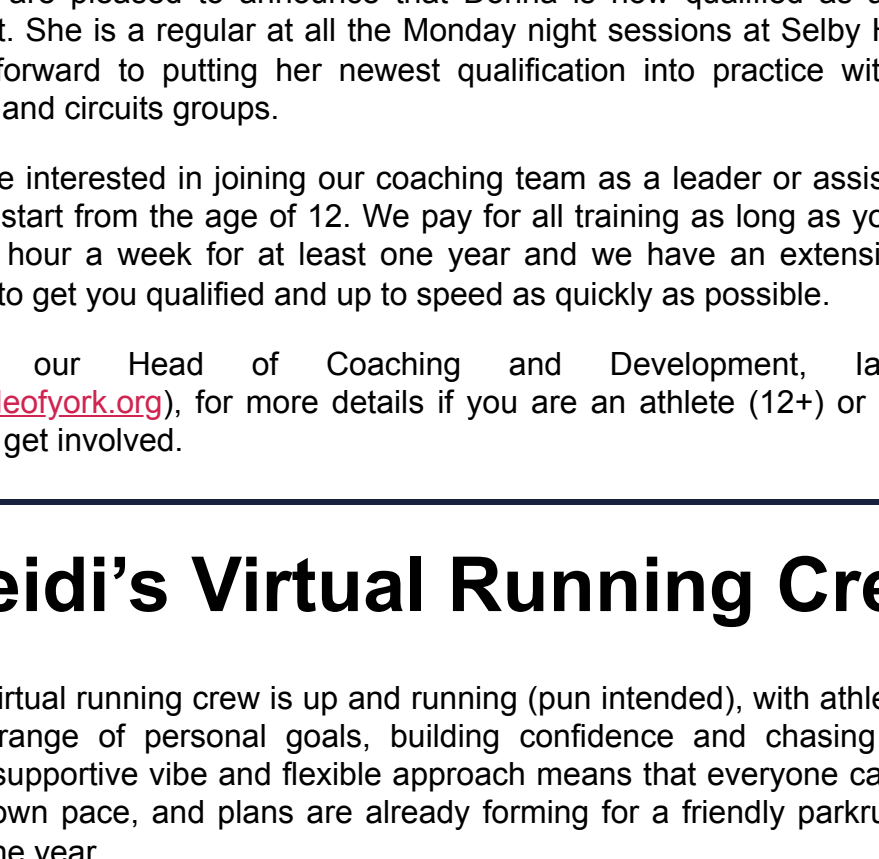


100th Volunteering Milestone

Shoutout to our Throws coach, Dave Pascoe, who reached his milestone of 100 volunteer credits at Brayton Academy Junior Parkrun last month.

His commitment, encouragement, and tireless support have made a lasting impact on countless young runners and their families in the Selby area. So it was great to see so many of our community come along to celebrate with him at his 100th volunteer event.

Dave's dedication to volunteering both on the field and at the parkrun finish line, is something to inspire us all. Thank you, Dave.



Great North Run

Bromley siblings, Harry and Giorgia, were snapped in their Vale of York colours on a bridge above the Tyne before taking part in this year's Great North Run. They were running in support of their sister, Isabel, to raise money for the ME Association.

Also representing Vale of York was Tom Haw (not pictured due to being on Spring Break).



Coaches Qualify

After a summer of prep, online training, knowledge tests, sessions plans, medium term plans and some nervous wobbles, Jenni and Sarah passed their England Athletics Athletics Coach courses with flying colours last month.

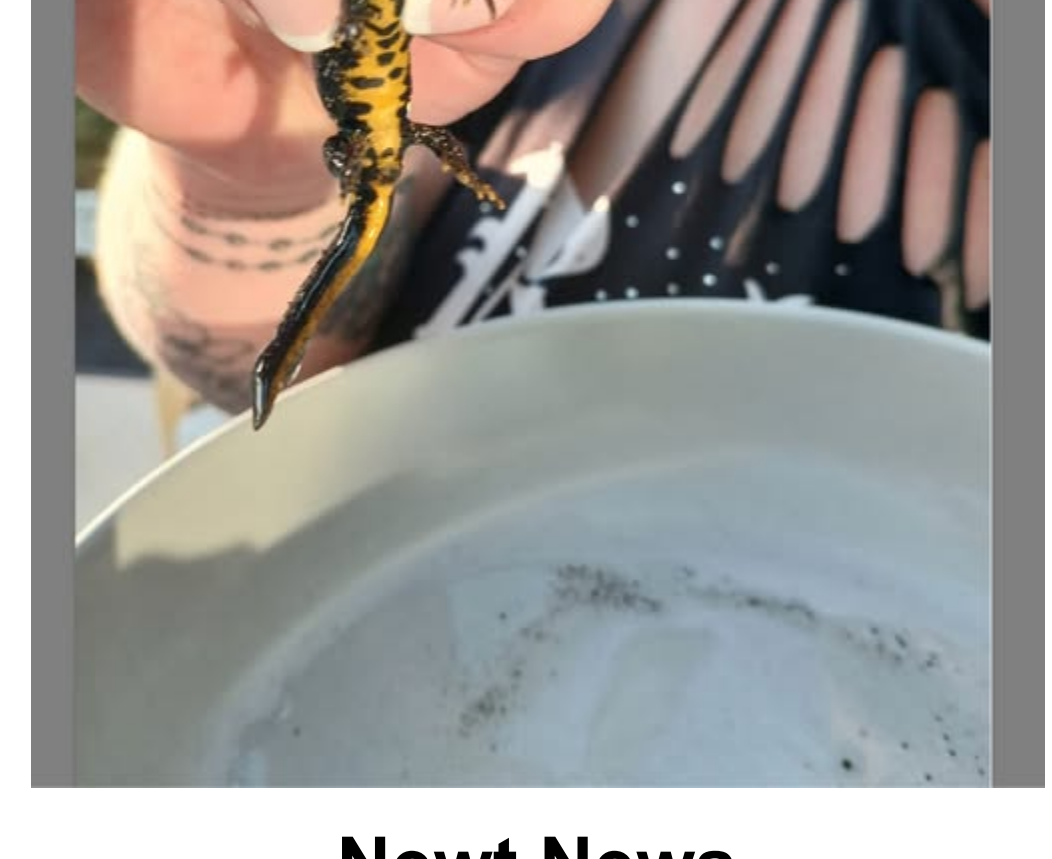
Jenni will be specialising in sprint training and Sarah in jumps. They will be at the University of York most Saturday mornings and Selby High School on Mondays. Do come an say hello and introduce yourselves to our newest Athletics Coaches.

They want to thank all the supportive and knowledgeable team members at Vale of York for helping them through the qualification.

Also we are pleased to announce that Donna is now qualified as a Coaching Assistant. She is a regular at all the Monday night sessions at Selby High and is looking forward to putting her coaching qualification into practice with the U12 athletics and circuits groups.

If you are interested in joining our newest coaching team as a leader or assistant coach you can start from the age of 12. We pay for all training as long as you can give back an hour a week for at least one year and we have an extensive support network to get you qualified and up to speed as quickly as possible.

Contact our Head of Coaching and Development, Ian Martin (ian@valeofyork.org), for more details if you are an athlete (12+) or parent that wants to get involved.



Brass Monkey Ballot

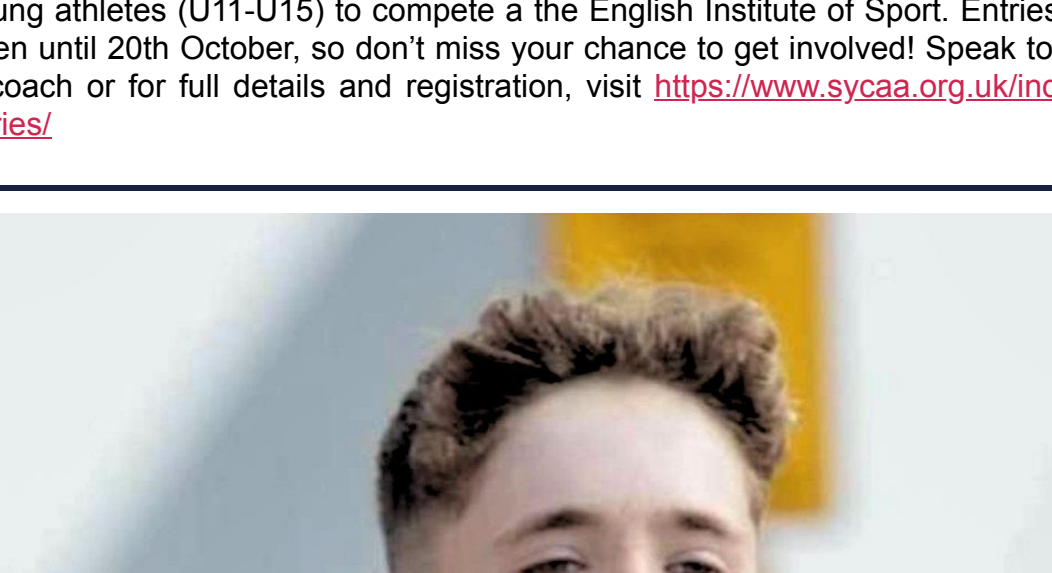
The Brass Monkey Half Marathon ballot closes tonight (Friday 3 October at 9pm). You can enter this sell-out, fat and fast local race here:

<https://resultsbase.net/event/7525>

If you are unsuccessful in the ballot you do have a second chance! Like last year we will have a few club places up for grabs.

We don't know how many places we will be allocated yet but if you get a rejection slip then sent it to givev@valeofyork.org and your name will go into a club draw.

You need to enter the main ballot and show a rejection slip and you must be a fully paid up, 1st claim member of Vale of York on 1st October 2025 and run in club colours on race day.



Newt News

Our ever-popular Newt News column returns this month with some good news, or should that be good newts.

Volunteers from the Vale including, Donna, Dainagh and Neil Ryan, James and Ewan Jo and Rob Hossie, Sarah Sturdy, Beverley Horsfield and Ian Martin, were out in force at the Vale of York Half Marathon and Yorkshire Vets Road Relays last month.

At the Vale of York Half they raised £200 by car park marshalling and volunteering out on the course.

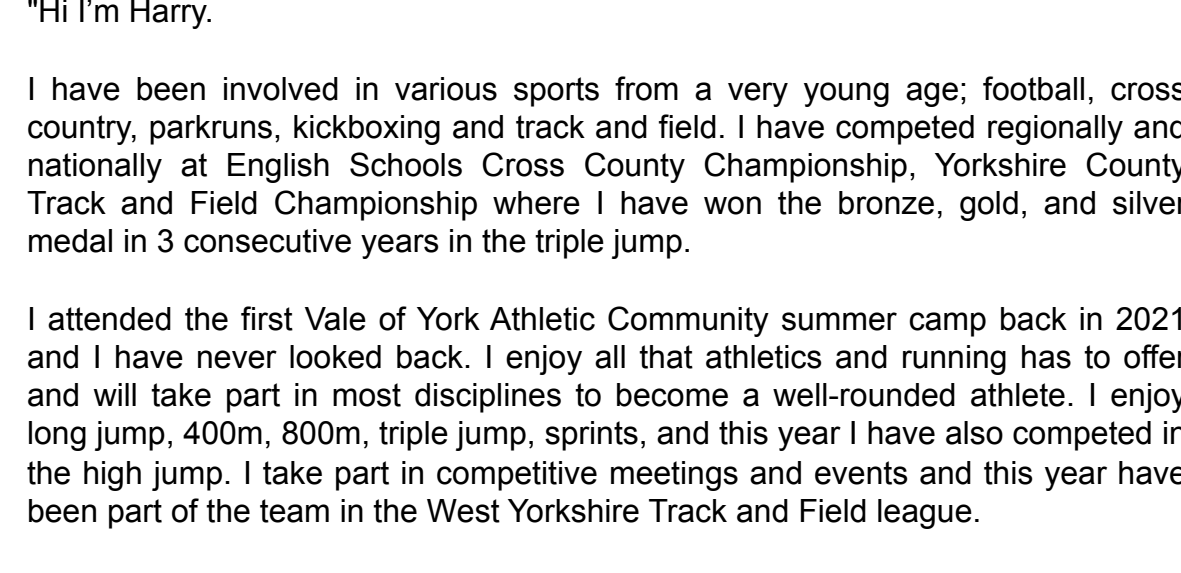
The Yorkshire Vets Road Relays saw us organise our first road race from scratch at the Wyke Cycle Circuit in Bradford. Sixty five teams took part from across the region and the event was a resounding success. We earned £250 for the club and now have the know-how to put on other road races in the future.

Thanks to all those who came forward to offer support for the Road Relays including Nicola Henderson, Jo and Rob Hossie, Jenni Hadfield and Neil Musgrove. And to all those that supported Ian as Race Director with course reconns and measurement and general advice.

We now have £550 to give our newt a newly(ish) home and we have also received a generous offer of pro bono legal support from a top law firm in Leeds to help our track and field planning application finally cross the finishing line.

Sheffield Indoor Series

The Sheffield Indoor Series is just around the corner, offering an opportunity for young athletes (U11-U16) to compete at the English Institute of Sport. Entries are open until 20th October, so don't miss your chance to get involved! Speak to one a coach or for full details and registration, visit <https://www.sycsa.org.uk/indoor-series/>



Coach Corner

Harry Bromley
Sprints Coach

Many of you may have realised that Harry has not been around recently. Harry is starting a new athletic journey with a degree in Sport and Exercise Science at Leeds Beckett University. We all wish Harry well with his studies and look forward to him joining us for the West Yorkshire Cross Country League match at Nunroyd Park in just over a week's time. Before heading off to university he successfully completed his Athletics Coach (speed) training which is a great achievement at such a young age.

Another one of our young leaders, Nate, has also left for the University of Lancaster to study Law. We hope to see Nate at the ever-popular Roses matches between Lancaster and York and wish him well with his studies and his ongoing participation in sport.

Here's some more about Harry in his own words...

"Hi I'm Harry.

I have been involved in various sports from a very young age; football, cross country, parkruns, triathlon and track and field. I have competed regionally and nationally at English Schools' Cross Country Championship, Yorkshire County Track and Field Championships 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 the triple jump 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 in 2025, 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 Events

- Friday 3 October - Brass Monkey Ballot closes
- Sunday 5 October - YVAA GP Ackworth
- Monday 6 October - WYXC entries close
- Friday 10 October - EvenSpills 5K York
- Sunday 12 October - WYXC Race 1 Guiseley
- Sunday 19 October - Yorkshire Marathon & 10 Mile
- Saturday 25 October - Manchester XC Relays (students)
- Thursday 5 November - PECO entries close
- Sunday 9 November PECO Race 1 Middleton Park

[See Full Calendar](#)

Sports Shoes Discount Code

The SportsShoes code for October is U52960063S. It will give you 15% off AW25* products (exclusions apply) and is valid until 01/11/25.

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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www.valeofyork.org

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