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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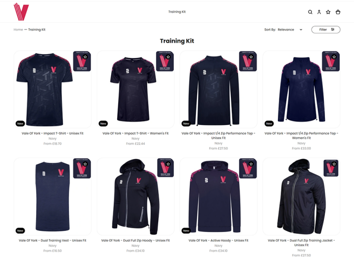

Training Kit

Vale Of York - Impact T-Shirt - Unisex Fit
Navy
From £18.70

Vale Of York - Impact T-Shirt - Women's Fit
Navy
From £22.44

Vale Of York - Impact 1/4 Zip Performance Top - Unisex Fit
Navy
From £27.50

Vale Of York - Impact 1/4 Zip Performance Top - Women's Fit
Navy
From £33.00

Vale Of York - Dual Training Vest - Unisex Fit
Navy
From £16.50

Vale Of York - Dual Full Zip Hoody - Unisex Fit
Navy
From £34.10

Vale Of York - Active Hoody - Unisex Fit
Navy
From £34.10

Vale Of York - Dual Full Zip Training Jacket - Unisex Fit
Navy
From £27.50

# New Training Kit Now Available

Our new training kit is now available to order online. The kit includes a selection of junior, women's and men's tops, bottoms and jackets to suit every weather. Available to all members and club supporters, we have some sample items in stock. Ask Marrieanne (maz@valeofyork.org) to see these.

Competition kit, which MUST be worn at all events when representing Vale of York, is still available for purchase through Teamo or in person from Beverley. Beverley will also be bringing kit to all training session this week so you can purchase in time for PECO.

Order the new training kit online here:
https://vale-york.surridgesport.com/en/training-kit

To order competition kit, scroll down in Teamo, or email: bev@valeofyork.org

There's still time to order competition kit for PECO and training kit before Christmas should anyone want to let Santa know. Be quick – and get your orders in now!

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NOW OPEN TO UNDER 10S!
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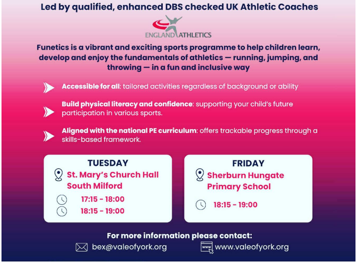
VALE OF YORK
ATHLETIC COMMUNITY
NEW CLASSES – BOOK NOW!
A fun introduction to athletics for children aged 4 to 7 years



**Led by qualified, enhanced DBS checked UK Athletic Coaches**

ENGLAND ATHLETICS

**Funetics is a vibrant and exciting sports programme to help children learn, develop and enjoy the fundamentals of athletics — running, jumping, and throwing — in a fun and inclusive way**

- **Accessible for all**: tailored activities regardless of background or ability
- **Build physical literacy and confidence**: supporting your child's future participation in various sports.
- **Aligned with the national PE curriculum**: offers trackable progress through a skills-based framework.

**TUESDAY**
St. Mary's Church Hall
South Milford
17:15 - 18:00
18:15 - 19:00

**FRIDAY**
Sherburn Hungate
Primary School
18:15 - 19:00

**For more information please contact:**
bex@valeofyork.org www.valeofyork.org

# Expanding West with Funetics

The Vale of York keeps on getting bigger. Supposedly stretching from the Humber Estuary in the South to the River Tees in the North, we are now expanding West towards Leeds with this week seeing the start of our first junior athletics classes in Sherburn in Elmet and South Milford.

Vale of York Coach, Bex Williams, will be leading three new funetics classes for under 10's at our two new venues to the West of the Vale.

There are still a few places left so please spread the word and let anyone know who may be interested with U10 children. Email bex@valeofyork.org for a free trail.

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REGISTER
YOUR PLACES

# London Marathon 2026

We have once again been allocated a club place for next year's London Marathon. It has been tradition to draw one London Marathon Ballot reject out of the hat at our Christmas Party who then goes forward and represent our club next April in London.

This year, however, London Marathon have moved the registration deadline forward by two months so everything needs to be done and dusted by 16 December.

This means no draw at the Christmas Party (see below for dates), so the plan is to make the draw on **Wed 3 December** before the Community Training Run. We will probably get Andy Sim or another member of North Yorkshire Council staff to make the draw in the foyer of Selby Leisure Centre to ensure impartiality.

At the moment, I have the following people who have sent me their rejection slips and will have their names in the hat for our London Marathon draw: Giorgia Beecher, Beverley Horsfield, Paul Bennett, Brad Plows, Neil Musgrove, Neil Ryan.

If you are a London Marathon Ballot reject and were a fully paid-up Vale of York member at the start of this year then you can take part too. Just send your rejection slip to ian@valeofyork.org by **31 November 2025** and I'll add you to the list.

Terms and conditions apply. You still need to pay for your place and all travel and accommodation as well as committing to running in Vale kit and following a sensible training plan. Monthly updates for the newsletter would be nice too.

Free
For Everyone
Forever

# Parkrun Meet Up

You may remember in the September newsletter, one of our members, Heidi, was looking to set up a virtual run group for people getting back to running, trying it for the first time, or with a target to work towards over an eight-week period.

A small group of members did get in touch and over the last eight weeks they have been encouraging each other to get out there and run. There has been some great progress and, as a fitting finale to the group, they are attending York parkrun on the 22nd November.

It would be lovely to see other Vale of York members there too. So if you are up for a parkrun that Saturday and can make it to York Racecourse please come along in your Vale of York colours to give them your support.

WEST YORKSHIRE XC LEAGUE 2025
566

# West Yorkshire Cross Country League

Skyrac hosted the opener of the West Yorkshire Cross Country League at Guiseley on Sunday 12 October. It was a beautiful sunny day and our young men and women from the University of York with help from Harry from Leeds Beckett supported each other admirably.

York alumnus Thomas Fell was first male Vale athlete home with a very strong 7th place that began with a bike ride warm up from Leeds. Harry Bromley was third in the U20 competition after an impressive 5K PB alongside the York students at EvenSplits just two days before. The men's team have assumed their customary second place in the league behind the mighty Leeds City and in front of City of York.

Our women fielded a full team for the first time in a long time and currently lie sixth, just behind Keighley and Craven. Their positive attitude and strong vocal support for everyone running was remarked upon by a number of marshals. The women participated with style and positive attitude and this is what cross country should be all about.

Ian took some photos of the senior races which are available as a Google Photo album here. Thanks to Clare Bromley and Beverley Horsfield for refreshments and team management.

See you all at the next WYXC on 16 November at Wakefield.

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ENGLAND ATHLETICS
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# PECO this Weekend

This weekend sees the start of the PECO Cross Country, at Middleton Park on Sunday 9th November. PECO is one of the biggest and most inclusive cross country leagues in the country.

Entries for PECO **close at 2.00pm on Friday 7th November**. Anyone not already entered should enter the series at RaceBest as soon as possible. The junior entries are almost at capacity so please make sure you enter now before it's too late. We have 80 members entered so far.

Seniors: https://racebest.com/races/hsy34

Juniors: https://racebest.com/races/gc4xx

**ALL your numbers will be available for collection from the Vale of York gazebo from 09.15 on Sunday morning**. There is the inevitable swimming gala on at John Charles so get there early if you are driving and want a parking space.

The first junior race is at 10.00 and the seniors at 11.00. Athletes will need plenty of time to warm up, go to the loo, get numbers pinned on and apply war paint so give yourself plenty of time.

Good luck to everyone who has already signed up, we'll see you all there for post-race cake, hot chocolate, and more!

NEW for this year, Beverley has got some Vale of York coloured long socks ready to purchase, grab yourself a pair and make our team stand out this season.

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# Yorkshire Marathon and 10

Great to see everyone out on the roads for the Yorkshire Marathon and 10 a couple of weeks ago.

Some photos of Vale of York and University of York athletes are in a Google Photo Album here, including guest appearances from a few local club runners,, wheelchair athletes, and two blokes who juggled the whole of the ten miler!

Great effort from everyone who took part with some impressive PB's. As ever, fantastic local support along the roadside for everyone taking part.

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## Adie's 10k Comeback

Well done to Adie Turford who completed the Brigg 10k inside 44 mins to mark a PB after a comeback!

Adie is continuing to push on with speedier stuff and has just entered the Dewsbury 10K. Good luck with your training, Adie.

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## Steve Represents England

Congratulations Steve on completing the Abingdon Marathon, which was the England Masters representative race.

Despite broken training, the race went really well for Steve, holding a good even pace for 20+ miles and finishing in 3:36:26 to take 7th place.

Steve is now back to training and looking forward to the Boston Marathon USA in 2026!

ENGLISH INSTI
SHEF

# Hurdles Coaching from Olympian

Under 17 athlete, Daniel, went along to Sheffield last month to take part in a specialist England Athletics training session on hurdling techniques.

Daniel received some top class coaching from Olympic hurdler, Damien Greaves, which he is looking forward to putting into practice at hist next competitions in 2026.

SAVE
THE DATE

# Christmas Parties Booked

Christmas Parties have been booked by Beverley for the kids on the afternoon of Sunday 21st December at Staynor Hall Community Centre, Selby. Father Christmas will hopefully be making an appearance once again and there will be the usual music, games and festive fun for our younger athletes.

Due to popular demand, this year an adults-only do will be held in York on the afternoon and evening of Tuesday 23 December starting with an all-you-can-eat buffet at Panda Mami. Everyone welcome 18+ for a chance to let your hair down before the Christmas break.

Put the dates in your diary and start thinking about outfits. More details will follow soon.

VALE OF YORK

# Coach Corner

## Steve Middup
## Leader in Running Fitness

Steve, our hardworking Membership Secretary, has processed a lot of new membership applications recently. We now have over 260 members and Steve has registered every single one. However, you may not know that Steve is also one of our England Athletics Run Leaders and an accomplished Masters runner in his own right.

Here he describes, in his own words, his journey to this year's PECO podium and winning an England vest in the marathon.

"After a brief period of running in my early twenties, taking part in the 2nd London Marathon in 1982, I took up running again in 2006 when I was in my late 40's. I entered the Selby Half Marathon that year and broke 2 hours in 1 hour 54 minutes.

I continued to run and train on my own entering a few races until I was persuaded to join a local running club. About this time parkrun came to Pontefract so I started frequenting this event on Saturday morning or another parkrun venue where I was visiting.

In 2014 I ran the London Marathon again and finished in 4 hours 14 minutes. I ran a few more marathons and half marathons over the next few years, but with no real structure to my training.

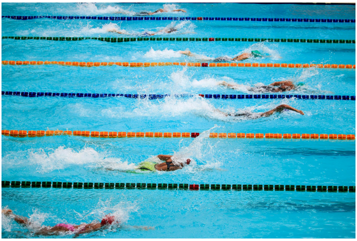
Then came lockdown. It was during lockdown that The Vale of York Athletic Community was conceived. It started with some online seminars and once we were allowed to meet up again, ran small group runs with qualified run leaders. I joined at the beginning as they offered a structured and proven philosophy to training, adaptable to anyone's capabilities.

Over the last couple of years my fitness and running has improved tremendously following a more structured, but flexible, training plan so much so that I have achieved personal best times in 5K, 10k 10 miles, half marathon, 20 mile and marathon distances this year.

I wanted to give back to the club that had given me the opportunity to improve my running so I have now qualified as an England Athletics Leader in Running Fitness and am now part of the core team that run the Vale of York Community runs.

I also take part in road and cross country races representing the club and next year plan to tackle some track and field events. My favourite time for running is early morning. I rarely run with music choosing to listen to the sounds of the countryside and find it a great time to clear my mind and think things through.

Most Saturdays you can find me at a parkrun. I have competed 400 runs at 140 different locations. If you see me at your local parkrun do come and say hello."



# Swim Coaching in York

If you would like to improve your swimming or are thinking about having a go at a triathlon in 2026, then we have invites to coached swim sessions from Swans Tri Club. Training take place at the Mount School in York every Tuesday evening 7.15pm - 8.30pm.

Individual sessions cost £7.50 with block bookings available at £6 each paid upfront. You will need to be able to swim 100 metres continuously, but as long as you can then the training is open to all ages and abilities. Email swanstriclub@gmail.com for more information, or see Ian who can introduce you to a member of the club. A free trial is available.

And, if you have a child in Y3 - Y13 that likes swimming and running, you may be interested in the Yorkshire Schools Biathlon Qualifier event being held in Hull on Sunday 23 November. Biathlon is swimming and running and this event is a pool swim followed by a track run. Closing date for entries is 10 November and there are more details here.

# Guidance for Children

To ensure we provide the very best levels of care for the children and young people in our community, we want to clarify the rules and guidance for participation in all club-related events and training for anyone under the age of eighteen.

**Parkrun Participation**

You must follow the official guidance provided by parkrun.

**5k Events:** Children under 11 must be kept within **arm's reach** of a designated adult at all times during the event. This includes children that are not running.

*See official rule:* parkrun: Can children participate?

**Junior parkrun:** These events have different guidelines, as they are designed specifically for children and participants should always be within sight of a marshal.

**Other Events & Competitions**

For all other non-parkrun events, guidance from **both** of the following must be followed:

The event organiser.

England Athletics and/or UK Athletics.

See England Athletics' guidelines for young endurance athletes

**Training & Welfare**

**Training Load:** All training and competition loads must be appropriate for the athlete's age. For example, it is **not appropriate** for younger athletes to participate in a parkrun immediately before or after another training session. Ideally, all athletes should have completed an athlete profile that considers training load across all sports and PE at school. We will be rolling out athlete profiles for all U18 athletes very soon.

**Transport:** When transporting children to and from events, best practice guidelines must be followed. We require adherence to the NSPCC Child Protection in Sport Unit (CPSU) guidelines on transport.

**Our Commitment & Who to Ask**

We must all work together to ensure these best practices are followed, providing the safest possible environment for our young athletes.

**If in doubt, always ask.** Please speak to a Vale of York coach for guidance on any regulations or best practices.

# Upcoming Events

## Regular Coached Sessions

- **Monday** Funetics & Athletics Skills - Selby
- **Monday** Circuit Training - Selby

- **Tuesday** Funetics - South Milford
- **Wednesday** Student Track and Field - University of York
- **Wednesday** Community Training Run - Selby
- **Friday** Funetics - Sherburn in Elmet
- **Saturday** Track and Field - University of York

## Events

- Sunday 9 Nov - PECO XC, Middleton Park
- Friday 14 Nov - EvenSplits 5K, York
- Sunday 16 Nov - WYXC, Wakefield
- Saturday 22nd Nov - Parkrun Meet Up, York Racecourse
- Sunday 23 Nov - First Aid Training, Brayton

See Full Calendar

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# SportsShoes Discount Code

If you've read this far you might be the kind of person that prefers to shop local and support our high street businesses instead of buying everything online. Did you know that **Inov8 York** stock a good range of its well-regarded off-road shoes and clothing and is staffed by knowledgeable and friendly local athletes and runners including our very own Sophie Bradford of New York and Old York, and Adam Nodwell who some of you may know from PECO and Great Owl Running.

**Inov8 York offers 15% discount to all our members** and is located on High Ousegate in the centre of York where you can try everything on before you buy and help keep the high street alive. Pop in on a Saturday to see Sophie who will sort you out with anything you need for PECO and beyond from the Inov8 range.

If you simply scrolled through to get to the discount code for SportsShoes then I'll get out of your way.

The SportsShoes code for November is **U5749NCGS**. It will give you 15% off AW25* products (exclusions apply) and is valid until 01/12/25.

As 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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