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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Young Leaders Shine

Last half term, Coach Jenni worked with a group of young athletes to launch our first formal Young Leaders Programme, designed to develop leadership skills and build confidence.

From the very start, all athletes showed enthusiasm, motivation, and a genuine desire to learn — qualities that made the programme rewarding and inspiring for Jenni to deliver.

Encouraging children to give back through volunteering strengthens our community and creates positive, inclusive environments. Young leaders develop responsibility and gain pride while supporting others.

For the leaders themselves, the benefits are huge: confidence building, improved communication skills, and a belief in their own abilities. These are all valuable life skills that extend far beyond athletics.

Throughout the programme, the group explored the structure of an effective session, emphasising the 3 Ps; Positioning, Pace and Praise — to help the leaders understand how small planning details can make a big difference.

They then focused on teaching ABCs (agility, balance, coordination and speed) within activities, before discussing potential challenges that can arise when delivering sessions and how to manage them positively.

The young leaders approached every task with curiosity and maturity, growing in confidence week by week.

Jenni said, "It was a genuine pleasure to watch each individual develop, learn and shine in their own right. The programme was undoubtedly a success and something we are keen to continue in the future. Thank you, Young Leaders, you were fantastic."

Next steps for Daisy, Rose, Harriet, Frankie, Charlotte, Ewan and Isabella are helping deliver our Athletics Fun Day in Sherburn on 3 January. Watch this space for the next phase of the programme and for details of a new intake at the end of the year.

Membership 2026

January brings a new year, fresh goals, and of course a time for membership renewals.

Payment requests will be sent out via Teamo during first week of January to all existing members with the exception of University of York students.

If you wish to make a change to your membership or cancel completely then drop Steve Middup a message on Teamo, or email steve@valeofyork.org as soon as possible.

Prices for 2026 are as follows:

Junior / Senior Athletics Membership £14.50 a month.

Including coached athletics*, circuits, road and off-road sessions in-person and online.

Senior off-track Membership ** **£40 a year.**

Coached road and off-road sessions in-person and online.

Senior off-track Household Membership *** **£60 a year.**

Coached road and off-road sessions in-person and online

Notes

All memberships include registration renewal with England Athletics on 1 April 2026. We also usually affiliate to Northern Athletics but this has seen very little use these last two years. Please email ian@valeofyork.org if you require Northern Athletics Affiliation.

Discount for Selby Leisure Centre Membership included.

Additional sessions (eg Circuits) for off-track members are £40/term.

*Saturday track sessions at York included for Junior & Senior athletes competing in 2026 West Yorkshire Track & Field.

**Senior Athletics membership discounted to £154/year for one off payment.

*** maximum 2 people living at same address.

10K ROAD RACE LEAGUE

Online entry for the York and District 10K Road Race League 2026 opens today for first-claim Vale of York members.

Entries will open to second-claim members in April if it's not already sold out.

First claim members (18+) can enter here: https://timemyrace.co.uk/york-district-road-race-league/

Race dates are as follows:

Tuesday 28th April - Tadcaster 7pm

Tuesday 12th May - Pocklington 7.30pm

Tuesday 26th May - Easingwold 7.30pm

Tuesday 9th June - Knavesmire 7.30pm

Tuesday 23rd June - Bugthorpe 7.30pm

Tuesday 7th July - Wistow 7.30pm

Tuesday 21st July - Heslington Handicap

There are 770 places available to all affiliated clubs in the district and it's £38 for all 7 races. Last year was a sell out and we had approximately 20 runners from the Vale competing.

Club kit must be worn and no headphones. You need to be able to complete a 10K in 75 minutes. Male winner normally comes home in 33 minutes. Any questions email steve@valeofyork.org.

Beverley Builds for London

You may remember from our December Newsletter that Beverley's name was pulled out of the hat for our London Marathon place and she was "very very excited."

Well, despite swearing she would never do another marathon, having fully embraced track and field in 2025 (Sheila Bolland Masters Athletics Winner nonetheless), Beverley has committed to her marathon challenge.

"I swore I'd never do another one because two marathons are enough for anybody," she said. "But I also did say that if I was to do another, it would have to be London because it's so iconic."

So, with London locked in, she sat down with her coach to look at plans and see how training could be adapted to her lifestyle, commitments and capabilities.

The plan kicked off with a gentle 2 mile easy run on the 23rd of December, but there was a Panda Mami all-you-can eat buffet to demolish first preceded by a tour of The Punchbowls of York.

So training actually started 24 December, but since then Beverley has stuck to the plan in every way. "So far, I'm actually enjoying it," she said. "The secret is to believe in the plan."

Beverley already has a 10 mile "longrun parkrun" under her belt and is looking forward to the Brass Monkey and a full month of January training. She promises to check in again next month to let everyone know how she's getting on in terms of mileage and feelings.

"I'm sure in the meantime I'll see some of you along the way and maybe ask for some help," she said. "Because I really don't like to run on my own – luckily there are crowds in London. Let's hope I'm still smiling like I was on Run 1."

Cross Country Finale

The final meet of the West Yorkshire Cross Country League 2025 took place at a boggy Middleton Park on Saturday 20 December.

The men's competition, and fight for second place overall behind Leeds City, went right down to the wire. In the end, despite a valiant effort and 100% commitment from our students, we were beaten into third place overall by City of York who pulled together a very strong team.

As well as the 3rd place team prize for the men, individual prizewinners at the award ceremony included Will Walker who won the men's U20 competition and Harry Bromley who came 4th U20.

Katie Adams also came 4th U20 in the women's competition and we are chasing her medal and cash along with the rest of the men's medals as I write.

Cross country continues with the third race in the PECO series this Sunday 4 January at West Park. Further details on Teamo.

Research Opportunity

Alana [redacted] is a student currently completing a primary research project as part o [redacted] xtended Project Qualification. Her research focuses on how participation in sports impacts mental health and overall wellbeing.

She is reaching out to ask whether members would be willing to participate in a short survey. All responses would be much appreciated and only used for educational purposes.

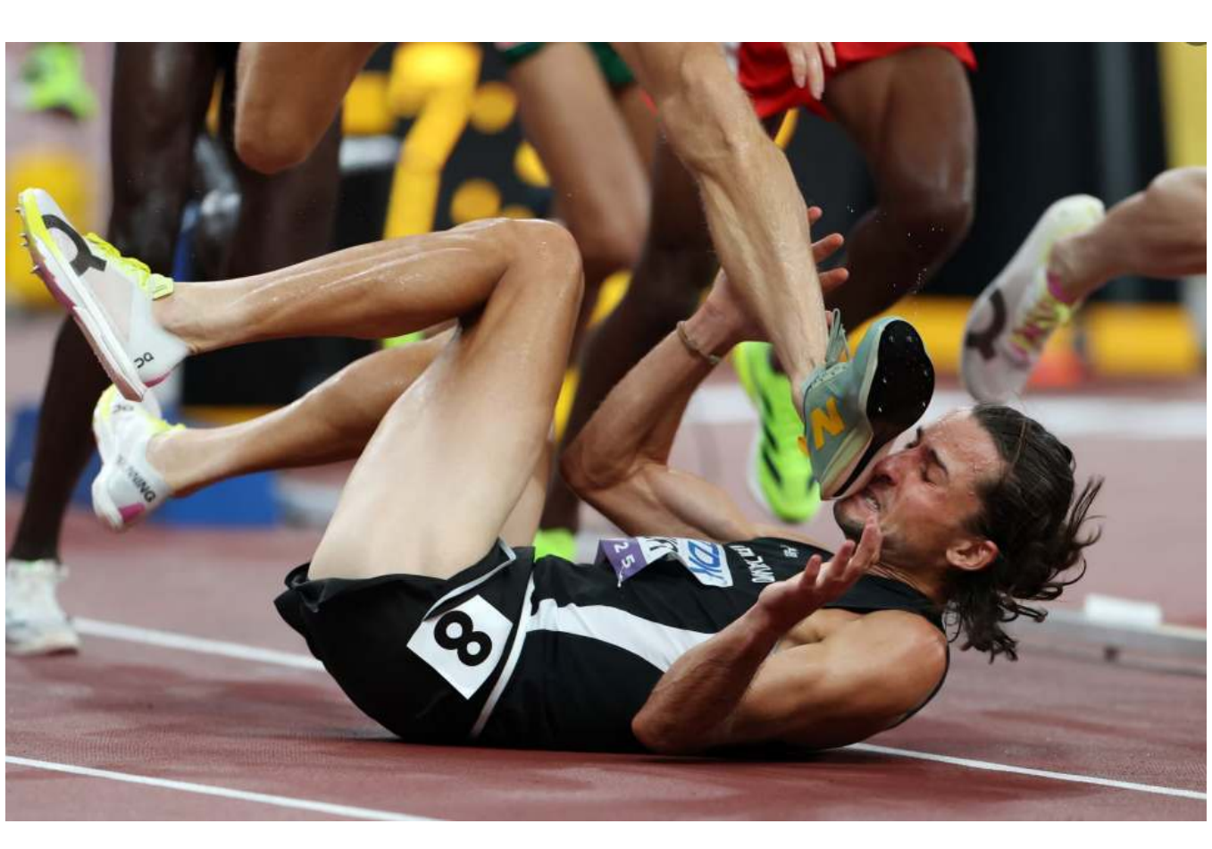
You can fill out her short survey here.

Cirque du Sore Legs

After the annual Winter Solstice Run between the two highest points in the Vale of York, members of the Wednesday Community Training Run group swapped their high vis for Christmas jumpers and took part in the Fox Pub Quiz on 17 December.

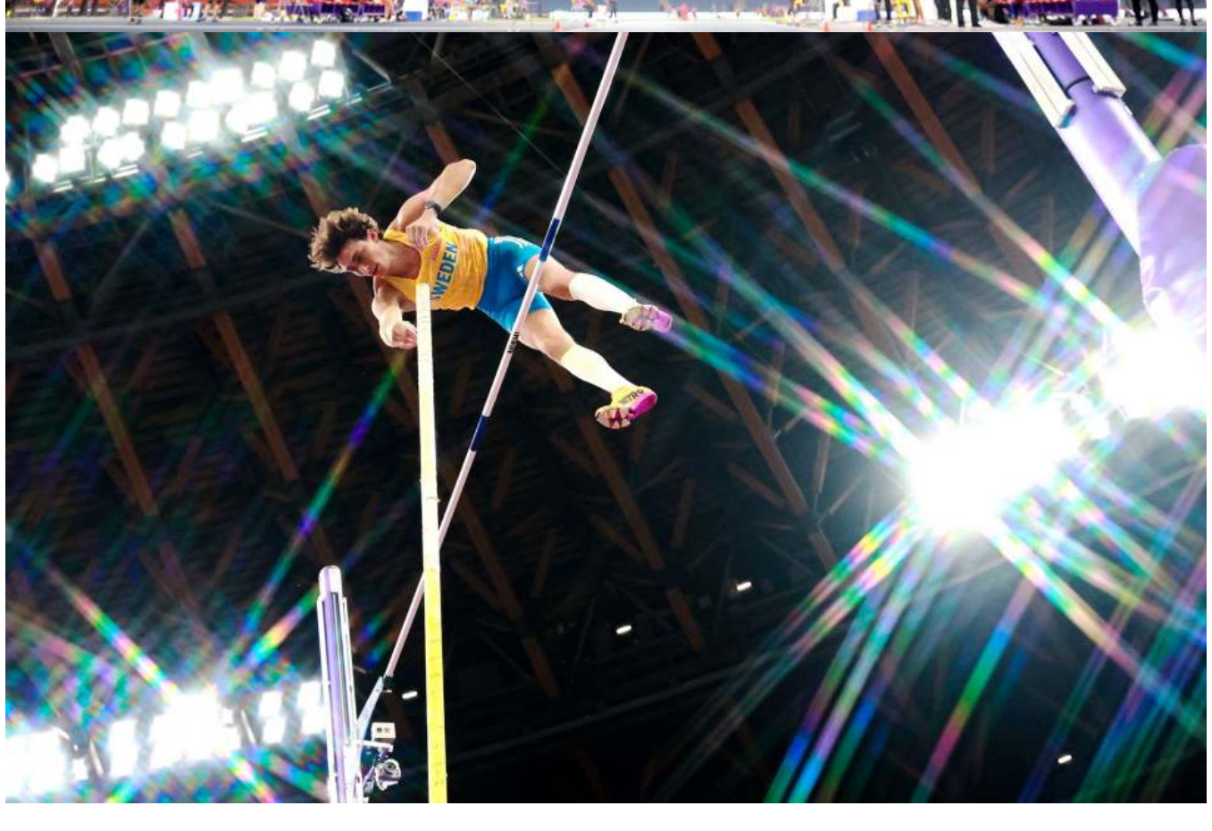
There were so many runners turned quizzers that the Vale was cleaved into two teams. Then it all got a bit competitive. There was one clear winner running-related team name competition though, with Cirque du Sore Legs coming out on top. That's a name for a PECO relay team when the relays come around!

Alongside the fun had at all the other Christmas parties this December, there has been talk of bringing back a monthly social in Selby. Forward any ideas you have to bev@valeofyork.org and she will do the rest.



Photos of the Year

The Guardian published its Best Sports Photos of 2025 last month. Three were of athletics and are truly spectacular. We thought you might like to see them.



Your smartphone snaps may not be able to match these professional shots for quality and impact, but we are always looking for photographs to go alongside stories for the newsletter.

We have a digital camera with telephoto lens available if you are a budding photographer. Just get in touch with Ian on Teamo or see him at any event where he will be struggling with the camera.

Newsletter Editor Opportunity

Marrieanne, our erstwhile newsletter editor, has stepped down. We all wish her well and thank her for the time she has selflessly given up for our community in 2025.

Marrieanne's departure provides an opportunity for anyone with a flair for words and/or pictures to take on the role of newsletter editor. It involves a couple of days each month pulling everything together and full training and support is provided.

If you are interested, email ian@valeofyork.org

January Events

- Sunday 4 Jan - PECO 3, West Park Leeds
- Wednesday 7 Jan - Community Training Run resumes
- Saturday 10 Jan - Yorkshire County XC Champs, Ripon
- Monday 12 Jan - Athletics training resumes at Selby
- Wednesday 14 Jan - Training resumes at York
- Saturday 17 Jan - Wakefield Indoors Meet 1
- Sunday 18 Jan - Brass Monkey HM, York
- Sunday 25 Jan - PECO 4, Temple Newsam

See Full Calendar

Sports Shoes Discount Code

The SportsShoes code for January is **UCX76WA9T5C**. Please note, the code is now valid on **SS26 products only** and will give you 15% off (exclusions apply, including but not limited to Brooks, Coros, Garmin, Maurten and Shokz), valid until 01/02/26.

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 feedback or questions are always welcome.

And any news for the next newsletter please send to newsletter@valeofyork.org

All the best for 2026!

Use Teamo
to keep up to date
https://web2.teamo.chat/

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