# 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 Coaches 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 both coach and athletes.

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 deeper understanding of 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 7 Ps: Positioning, Pace and Poise — its help the leaders understand how small planning details can make a big difference.

They then focused on teaching ABC's (agility, balance, coordination and speed), delivering sessions to younger athletes and reflecting on what went well 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 I'm looking forward to continue it in the future. Thank you to the young leaders, you were fantastic!"

Next steps for Daisy, Rose, Harriet, Frankie, Charlotte, Ewan and Isabelle are to continue their volunteering at the Vale of York Relay on 2 August. Watch this space for the next phase of the programme and for details of a new cluster 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 coaches and volunteers.

If you wish to make a change to your membership or cancel completely then drop Sarah Whitley 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.

Notes

All memberships include registration renewal with England Athletics on 1 April 2026. Any new members joining from January 2026 will have their registration fee paid back two years. Please email sarah@valeofyork.org if you require Northern Athletics Affiliation.

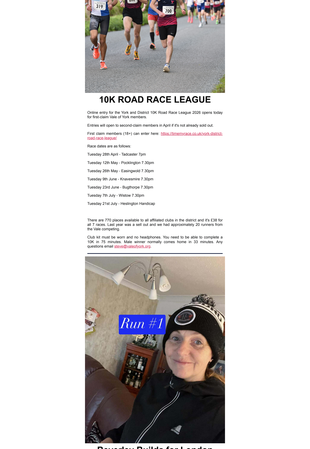
Discount for Selby Leisure Centre Membership included.

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 £10/year for one of 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 (10k+) can enter here: https://liverpool.ac.uk/york-district-road-race-league/

Race dates are as follows:

Tuesday 28th April - Tadcaster 7pm

Tuesday 12th May - Poppleton 7.30pm

Tuesday 26th May - Ewenground 7.30pm

Tuesday 9th June - Knavesmire 7.30pm

Tuesday 23rd June - Boghouse 7.30pm

Tuesday 7th July - Widdow 7.30pm

Tuesday 21st July - Heslington Hamdale

There are 770 places available to all affiliated clubs in the district and it's £36 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 90 minutes. The course is generally relatively runnable from 9 minutes. Any questions email steve@valeofyork.org

## Beverley Builds for London

You may remember from our December Newsletter that Beverley's name was picked 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 (Sharp Bollard Masters Athletics Woman 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 is so iconic."

So, with London locked in, she sat down with her coach to look at plans and see what she could realistically achieve in the time between now and October.

The plan kicked off with a gentle 3 mile easy run on the 23rd of December, but there was a Panda Warm-all-you-can- eat buffet to demolish first preceded by a tour of the Yorkshire Distillery.

So training actually started 24 December, but since then Beverley has stuck to the plan religiously. She has "no actually enjoying it," she said. "The worst is to believe in the plan."

Beverley already has a 10 mile "longrun partners" 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 training and fundraising.

"I'll have in the meanwhile I'll see some of you along the way and maybe see 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

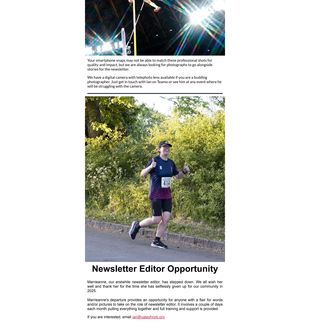
The final meet of the West Yorkshire Cross Country League 2025 took place at a boggy Middleton Park on Saturday 20 December.

The men's competition, and fight for second place overall behind Leeds City, went down to the wire. Vale of York A finished in third place by just 3 points behind Ilkley and Leeds City, with Ilkley B and Wakefield Indoors Meet 1 completing the top five.

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 Ben Hall who won the men's V40.

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.

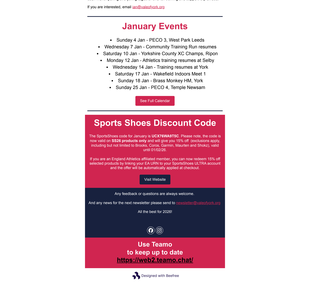


## Research Opportunity

Alana Revaley is a student currently completing a primary research project as part of her Extended 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, Sutton Bank and Gormire Lookout, the Vale of York Harriers headed to the high ropes for Christmas jumpers and tuck jam at the Tree Top Quiz on 17 December.

There were so many runners turned quizzers that the bike was cleaved into two teams. Then it all got a bit competitive. There was one clear winner running through the forest and climbing the ropes to get to the top of the course to pull out top. That'll 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 the start of a new building a monthly social in Selby. Forward any ideas you have to sarah@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, but we're sure that everyone 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 at any event where he will be struggling with the camera.



## Newsletter Editor Opportunity

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

Marmaduke's departure provides an opportunity for anyone with a flair for words and/or photography to step up to the plate and become the Guardian/Observer/Sun/Mail of Vale of York publishing together and full training and support is provided.

If you are interested, email sarah@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 **VEXYRMARTBC**. Please note, the code is now valid on **EVAS** products only as per last month's 10% off exclusions policy, including but not limited to Brooks, Craine, Garmin, Mountain and Shokz), valid until 31/01/26.

If you are an England Athletics affiliated member, you can now redeem 15% off selected products by entering your England Athletics membership number in the discount code box during checkout at Sportshoes.com

Visit Website

Any feedback or questions are always welcome.

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

All the best for 2026!

**Use Teamo to keep up to date**
**https://vyork2.teamo.chat/**

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