VALE OF YORK
ATHLETIC COMMUNITY

TALES FROM THE VALE

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

Top Stories

- NEW U10 U12 FMC COMPETITION
- LOUISE AWARDED BCA
- CLUB RECORD FOR HARRY
- SIX-PACK ZACH HITS 50
- CROSS COUNTRY UPDATES
- BEVERLEY'S LONDON DIARY
- INDOOR ATHLETICS UPDATES
- ADIE FINDING 10K FORM
- AUTISM IN SPORT
- UPCOMING EVENTS

New U10 U12 FMC Competition

On **Saturday 27 June**, we will be hosting a **Funetics Multi Challenge (FMC) Quadrathlon** at the University of York athletics facility. The event will give U10 and U12 athletes from schools and clubs across the region a chance to take part in an inclusive athletics competition designed specially for younger children.

Our FMC event is open to all children aged 7-11 of all abilities. Athletes will take part in four age-appropriate run, jump and throw events—sprint (50m/75m), endurance (400m/600m), nerf throw, and long jump—scoring points according to the PB Awards tables. The emphasis will be on personal improvement and effort rather than finishing position.

U10 and U12 athletes from Vale of York, as well as clubs and schools across the region, are encouraged to enter. Entries will be opening soon via Roster and will be limited to 150 children on a first-come, first-served basis.

We are supported by a grant and assistance from England Athletics, which allows us to trial ideas that will help grow FMC opportunities across the region. Our intention is to grow a network of interested parties with a view to expanding the number of regional FMC events offered in 2027.

Volunteers needed – training provided

Events like this only happen because parents and club members step in to help. We are looking for volunteers to assist on the day, including helping with basic officiating roles such as timing, measuring and event support.

No experience is required. England Athletics will provide simple training on the day, and you'll always be working alongside others. If you can spare a couple of hours in the morning and afternoon. Lunch and refreshments will be provided, and your help will make a real difference.

If you have any questions about the event, or would like to volunteer, please speak to **Jenni, Sarah, or Bex**.

Mark the **27 June** in your diaries if you have U10 or U12 children. We'd love as many of our young athletes as possible to be there for a really positive day of athletics.

Louise Awarded BCA

One of our newest members, **Louise Prashad**, was awarded a **British Citizen Award** last month at a ceremony in Parliament.

Louise received the award in recognition of her work promoting organ donation and supporting families affected by baby loss. In 2016, Louise developed a rare and life-threatening condition late in pregnancy and was given only a small chance of survival. She was saved by an emergency liver transplant, but tragically lost her twin babies.

Following her recovery, Louise chose to channel her experience into fundraising, awareness work and sport. She has since raised more than **£350,000** for charities including Tommy's, Sands, and St James's Hospital in Leeds, where she received her transplant. Alongside this, she has completed **over 350 running events** and delivered **hundreds of talks** in hospitals, schools and community settings, helping to educate people about organ donation.

Louise is a Corporate Partnerships Executive at Special Olympics Great Britain and is also a keen track and field athlete. She has represented **Great Britain at the World Transplant Games** and is set to compete at the **European Transplant Games** later this year.

She will also running the London Marathon as a guide runner in April and is taking on the 100km Race to the Stones trail ultramarathon in July!

Club Record for Harry

Harry Bromley led the Vale of York team home at the **Brass Monkey Half Marathon**, setting a **new club record** with an impressive time of **1:13:32**.

There were plenty of other personal bests on the day, including Kealan Brion (1:16:42), Blake Scaddan (1:18:27), Paul Bennett (1:27:18), Neil Ryan (1:32:35), Dawn Bennett (1:41:01) and Chloe Norton-Lamb (1:57:19).

It was a strong overall showing for the club, with Giorgia Beecher, Beverley Horsfield and Serena Lowes bringing the total to ten Vale of York athletes racing in club colours. The team attracted plenty of encouragement from the local crowd, along with start and finish support from the ever-reliable Bromley family.

If you're interested in running the race in **2027**, the club usually receives **five guaranteed places** for members of the **York and District Road Race team**, in addition to places available through the Brass Monkey ballot.

Six-Pack Zach Hits 50

Zach completed his 50th parkrun at Selby at the weekend, reaching a major Saturday morning milestone at just 11 years old.

He ran his first full parkrun back in November 2023, at Burn Airfield, running with his mum, dad and big sister, Amelia. Since then, parkrun has become a regular part of the family's running routine. In addition to 50 full parkruns, Zach has also completed 44 junior parkruns.

When asked after the event how it felt to reach the milestone, Zach had only one word to say: "Amazing."

Like many runners, Zach has his own ways of getting through the tough moments. Music plays a big part and his motivation last Saturday was *Devil in Disguise*. No, not the Elvis original, but a contemporary tune by Marino.

When his legs start to tire, he also imagines himself as an army soldier on a secret mission to make it the finish line. The final push was there too, with a trademark sprint finish from around 100 metres out, timed to perfection from one of **Kevin's cones**.

Parkrun has not only helped Zach stay active and healthy, but it's also helped him work towards one of his personal goals — achieving a **six-pack.**

Zach's 50 parkrun t-shirt is on order.

Cross Country Updates

January saw two **PECO cross country** races bookend the month, with **Middleton Park** opening the series and **Temple Newsam** closing it — complete with its infamous water crossing.

Temple Newsam proved to be a real test. Heavy mud across the course, combined with heavy rain creating a larger-than-ever water crossing, made it one of the toughest PECO races in recent memory.

In the team standings, the **Vale of York men** currently sit **second in Division Two**, but it's incredibly tight at the top. Wetherby Runners and York Postal are level with us on points, making promotion very much up for grabs.

The **women's team**, promoted to Division One last year, are currently **third**, sitting just behind **Wharfedale Harriers**, with an outside chance of promotion to the Premier Division.

There have been strong performances in the **junior individual competitions**. **Archie** looks to have built **an unassailable lead** in the U13 Boys category. Esme is just outside the podium places in the U9 Girls, with Harriet currently sitting 7th.

Among the primary juniors aiming to complete all five races for the much-coveted "merch money can't buy", Hugo, Daisy, Isabella, Alistair and Henry are all still on track.

The secondary juniors, who have stepped up to the two-mile distance this year, have also impressed, with Connie, Charlotte, Ewan and Zach all still in contention to complete the full series.

In the senior individual standings, Harry Bromley currently sits 3rd in MSEN, Dawn Bennett is 3rd in F45, and Steve Middup is just off the podium in 4th in M65.

The **final PECO league race** takes place on **Sunday 15 February at Roundhay Park**. We need everyone who can race to bring their A-game as the league positions are finely balanced.

There's still plenty of cross country to come, including the **PECO Relays** — with the now traditional Vale of York fancy-dress element — on **Sunday 8 March at Rothwell Country Park** (note the change of venue this year).

For those picking up team or individual awards, or simply keen for an end-of-season social, the **PECO Awards Night** will be held on **Friday 20 March at the Brudenell in Leeds**.

Finally, a number of athletes will be travelling to **Durham** for the **National Cross Country Championships** on **21 February**. Good luck to everyone competing on the biggest stage.

Beverley's London Diary

Beverley's training continues to go well as she progresses on her London Marathon journey. She reflects on another month's running under her belt:

"January went like a flash, and a full month of training has been completed. It's been a mixed bag of slow jogs, long runs and community fun, with the added bonus of a cross country swim — and not forgetting the Brass Monkey Half Marathon!

There has been a huge increase in mileage, from **61.8 miles in December to 129.8 in January**. I have to admit that midway through January I was starting to feel tired. My legs were fatigued, and it was a real effort to get out there and register the miles. In the back of my mind was the thought: *"There's more than three months to go — how can I keep this going?"*

Anyway, I made it through, and I'm now feeling energised and starting to see real results in my fitness and strength. My parkrun times have tumbled, and the easy runs have become truly easy and enjoyable. For me, there really is nothing better than feeling strong.

Thanks to everyone along the way who checks in, stops me in the gym to ask how it's going, or offers companionship on training runs — it really makes it feel like a team effort."

Indoor Athletics Updates

The indoor track and field season is now well underway, and some of our young athletes have been busy competing in both the **South Yorkshire Indoor Athletics Series** in Sheffield and the **Wakefield Indoor Series** at Thornes Park.

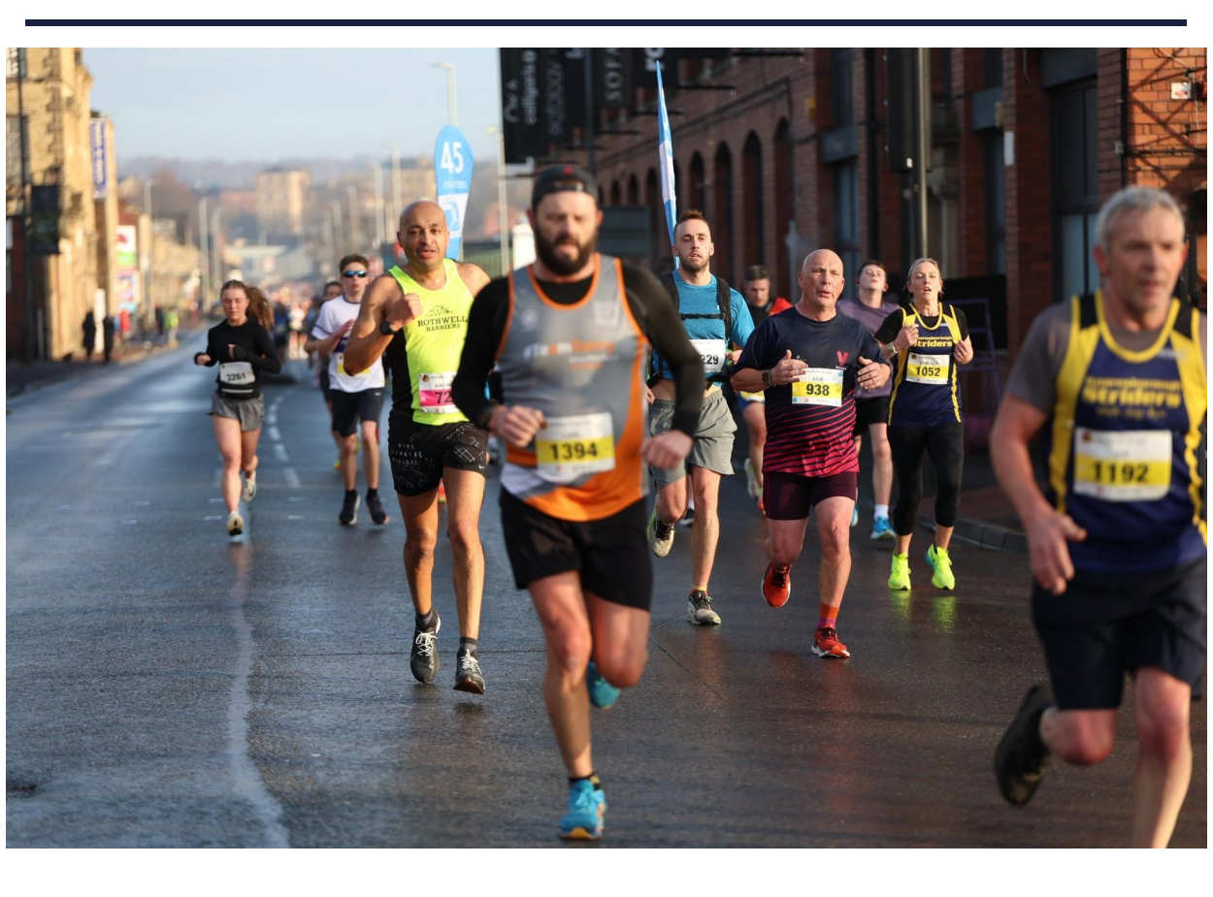
Lily and **Everly** have been competing in the Sheffield series and were joined by **Niamh** at the Wakefield event.

The Sheffield series began in October and has included **three competitions so far**. Everly has been competing in the **Under-11s**, while Lily stepped up to the **Under-13s** for the winter season. Both girls have really enjoyed the experience, and it's been great to see them supporting and cheering each other on throughout. The series has clearly boosted their confidence, with Everly recording several wins and PBs, and Lily achieving PBs while gaining valuable experience in new events.

The Wakefield Indoor Series has just held its first competition, where all three girls represented Vale of York with pride. They've all made a strong start to the series, with Niamh producing particularly good performances in both the hurdles and sprints.

The indoor season provides a great opportunity for athletes young and old to build confidence and gain competition experience ahead of the outdoor season.

University students were also in action at the Sheffield EIS for the Steel Cup this week. Points scorers for York were Katie Adams (3000), Jamie Walker (3000), Gabriel Paynter (HJ), Klara Hoffmannova (LJ) and Emily Algeo (TJ).



Adie Finding 10K Form

One of Vale of York's more experienced road runners, **Adie**, opened his 2026 road racing season with a solid performance at the **Dewsbury 10K**.

The Dewsbury 10K is known for its flat and fast out-and-back course that attracts runners of all abilities and fills up quickly each year with pacers helping competitors achieve target times across a wide range of goals.

At the race last weekend, Adie recorded a time of **44:26**, which he described as "not bad after feeling ill for a few days."

Over the past few years, Adie has steadily improved his 10K times:

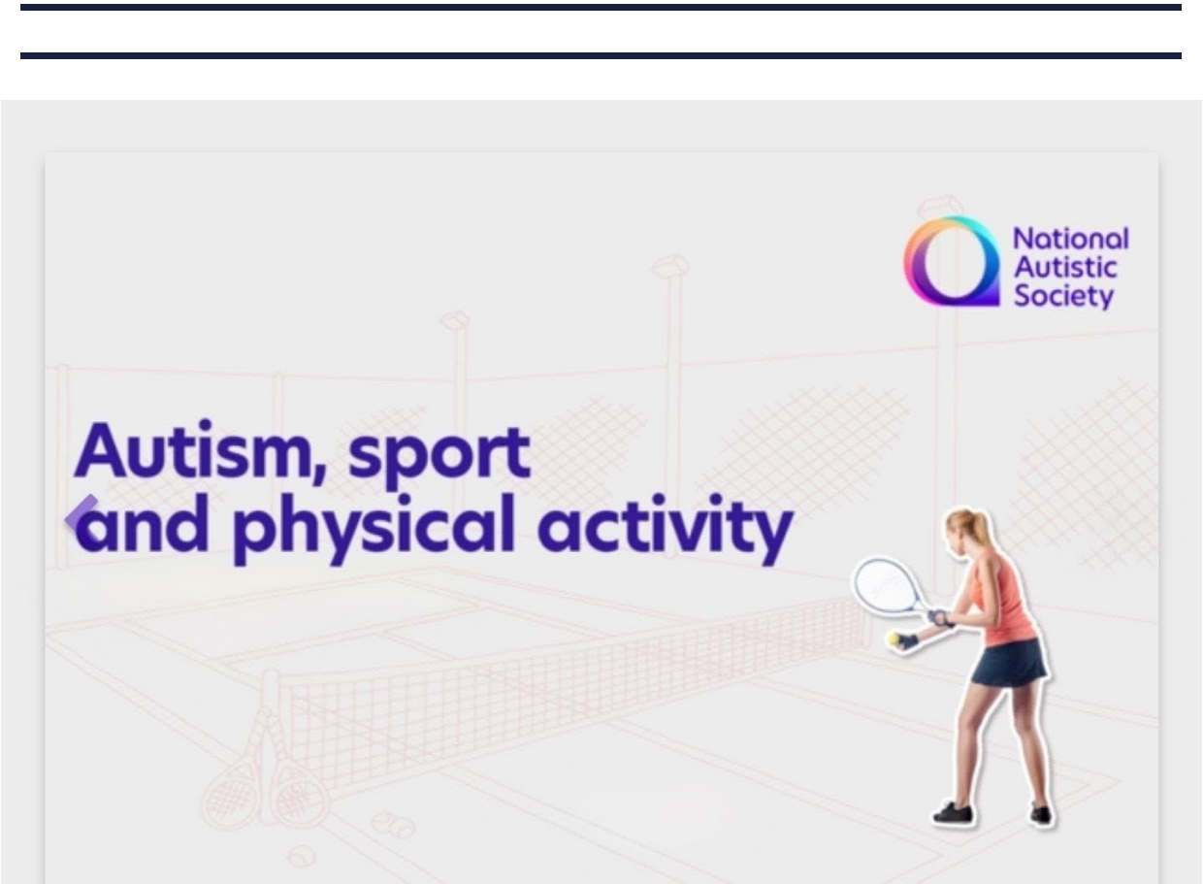
2022: 53 minutes

2024: 47 minutes

2026: 44:26 at Dewsbury

This sets him up well for the rest of the spring and summer racing season, with his entry already in for the York and District 10K Road Race League. You can join Adie and the rest of the team by entering here.

Adie has also entered the Glasgow to Edinburgh 57 Mile Ultra in October. If you were wanting to join him for a long run North of the Border, you are out of luck — the 2026 race is already full.


National Autistic Society
Autism, sport and physical activity

Autism-Aware Coaching

Last month Coach Bex completed the **Autism, Sport and Physical Activity** course run by the **National Autistic Society**. She says, "It's given me a better understanding of how autistic athletes experience sport — and how small changes in coaching can make a big difference."

She adds:

"Autism isn't one thing, and there's no single 'right way' to coach. What the course really reinforced to me is that some of the things we take for granted in sport — noisy environments, unclear instructions, changing routines — can be barriers for athletes with additional needs."

The training focused on practical ways to reduce those barriers, including:

- using clear, direct communication and visual prompts

- being aware of sensory overload, such as noise or crowded spaces

- keeping sessions predictable, so athletes know what to expect

Everyone benefits from an environment where athletes can concentrate, enjoy their training and get the most out of themselves.

Vale of York has always aimed to be inclusive, but the Autism, Sport and Physical Activity training helps coaches and leaders be more thoughtful about how we put that into practice.

Bex is looking forward to putting this course into practice and supporting athletes and families who may previously have felt that athletics wasn't for them.

If you are interested in booking this or any other course, please email Ian with details. **We cover full costs for all our volunteers.**

February & March Events

- Friday 13 Feb - BUCS Indoors Weekend, Sheffield EIS
- Sunday 15 Feb - PECO 5, Roundhay
- Monday 16 Feb - Half Term Training Break
- Saturday 21 Feb - National XC, Durham
- Sunday 22 Feb - Snake Lane 10, Pocklington
- Sunday 8 Mar - PECO Relays, Rothwell
- Friday 20 Mar - PECO Awards Night, Leeds

See Full Calendar

Sports Shoes Discount Code

The SportsShoes code for February is **R4FPVJK06C1Z8**. 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.

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