

TALES FROM THE VALE

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



Top Stories

- Sign up for West Yorks League
- York parkrun takeover: March 14
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- See the new junior athlete profile
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ALL VALE OF YORK ATHLETES

WEST YORKSHIRE TRACK & FIELD LEAGUE 2026

SEASON STARTS SUNDAY 19 APRIL!

Calling all Vale of York Athletes! It's time to get ready to compete in the West Yorkshire Track & Field League 2026. Don't miss your chance to represent our club!



ENTER NOW: [VALEOFYORK.ORG/WYL](https://valeofyork.org/wyl)



Join our track & field team

The West Yorkshire Track and Field League is back – and we need you to join what is fast becoming a cornerstone of the Vale of York community calendar.

Open to all ages from 10 to 70, this is the only track and field league Vale of York enters. The league is a priority for our club as it is a team event. Sign up to continue the high levels of participation and success of recent years. The league starts in Cleckheaton on Saturday 19 April, with seven events in total on Wednesdays and Saturdays running until September.

[Sign up now](#)

London: no news is good news

Beverley is happy with an incident-free 113 miles in February as she ramps up the mileage preparing for London.

[Read Beverley's London diary](#)



Henry hits a parkrun century

Vale of York athlete Henry Henderson has received his 100 wristband as he completed a century of junior parkruns on 1 March.

[Find out more](#)

Help VOYAC take over parkrun

Our University of York students need your help to take over York parkrun, on the Knavesmire, on Saturday 14 March. Please volunteer or run in your Vale of York colours this weekend.

[Register here](#)



PECO reward for team spirit and commitment

A strong PECO season for the Vale of York community has come to an end. 13 juniors completed all five races, with Archie Hadfield winning the u13s age category, while a true team effort has secured promotion for the Vale of York Women.

[Read more](#)



PECO relays

Vale of York rounded off the cross country season in style at the PECO XC Relays at Middleton Park, Leeds, with what was the club's best ever turnout for fancy dress.

[Read more](#)



Welfare first: junior athlete profile

We are introducing a junior athlete profile for our U12 to U18 athletes. Find out how this simple tool will help coaches, parents and athletes keep track of training load, even in the busiest of schedules.

[Find out more](#)



Indoor success in Wakefield

VOYAC junior athletes saved some of their best performances for the last meet of the indoor series, with personal bests for Everly (long jump) and Lily (long jump and 50m).

Everly received her first ever athletics trophy for first place overall in the U11 girls, while Niamh took home silver in the under 17s. Special mention to Molly, who was unable to complete the competition due to injury.

[Indoor results](#)

In brief

A reminder that we're offering to cover the full cost of volunteers who want to attend the **Autism, Sport and Physical Activity** course run by the **National Autistic Society**. Email lan@valeofyork.org if you are interested in this or any other coaching courses.

Earn yourself a **free place in the St Aidan's 10k** by **volunteering at the Vale of York 5 and 10 Mile races at Rufforth, near York on Sunday 29th March**. Most roles required from 8.30am until 12.00pm. [Sign up here](#).

Read the [latest](#) on Ian's progress in his challenge to run 2026 miles in 2026.

We are hosting an inclusive athletics competition for 7 to 11 year olds at the University of York on **Saturday 27 June**. [Read more](#) about becoming an athlete or to volunteer for our first ever **Funetics Multi Challenge (FMC) Quadrathlon**.

March Events

- Saturday 14 March – York parkrun takeover
- Friday 20 March – PECO Awards Night, Leeds
- Saturday 28 March – Start of Easter training break

[See Full Calendar](#)

Sports Shoes Discount Code

The SportsShoes code for March is **P0UQ28N8T6**. 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 01/04/26.

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](#)

Feedback or questions always welcome.

Please send news for the next newsletter to newsletter@valeofyork.org



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