VALE OF YORK
ATHLETIC COMMUNITY

TALES FROM THE VALE

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

Top Stories

- Warm words from a community member
- Walter's Year 3000
- Katie's Year 3000
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- Team spirit shines in Yorkshire League
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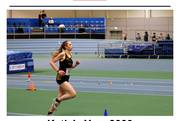
'Running is all about people'

Kevin reflects on the value of meeting up with members of our community at the PSCO Relays in March, six months after being seriously ill with life-changing conditions. Read Kevin's life-changing story on our website.

Read more



Katie's Year 3000

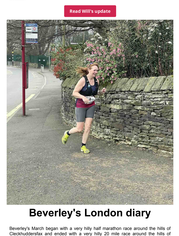
Some athletes have a breakthrough season, but Katie Adams is having a breakthrough two months. Since February she has run three 3000-metre races and gone faster every single time. She has taken over seventeen seconds off her personal best and set two new Vale of York club records along the way to her sub-11:00 breakthrough. Head to our website to read her full story.

Learn more about Katie

Will in the USA

Will Haw is in his first year of an athletics scholarship at Northwood University in Michigan, and he's just completed his first ever indoor track season in the USA. Five times under 1:53 for the 800, a conference championship relay medal, and a lot of learning about himself and what he wants from his athletics. Will's got a lot to say about life and competing over there too. Read Will's full update on our website.

Read Will's update



Beverley's London diary

Beverley's March began with a very hilly half marathon race around the hills of Clackhuddersfax and ended with a very hilly 20 mile race around the hills of Huddersfield. In between she ran a 10k race in London, and a 5k race in Leeds. Is Murray played by a woman. Would Beverley ever break out of her never ending loop-the-loop? Find out in her London Diary.

Read Beverley's London diary

100s up for Dawn

Congratulations to Dawn Bennett on completing 100 parkruns. Dawn reached the milestone at Heslington on March 7. **If you're reaching a running milestone, let us know.**

Any more milestones? Let us know

Team spirit shines in Sheffield

A trio of junior athletes represented Vale of York at the South Yorkshire Athletics Indoor Series in Sheffield on Sunday. There's a write up on our website.

Read more

Join the team

Represent Vale of York in the West Yorkshire Track and Field league – the only one the club enters.

Open to all ages from 10 to 70, the seven events start in Clackheaton on Sunday 19 April. You don't have to make every event. Share any questions on Teamo.

Sign up now

The art of parkrun pacing

Ian Martin shares everything you need to know about how to pace a parkrun and also has a review of the Vale 20 and Leconfield Half as part of his 2026 in 2026 blog series.

Read more

Sign up for our junior event

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.**

You can also read about how 44 has powered the event scheduling.

Any questions, email sarah@valeofyork.org.

Senior and masters running opportunities

YORKSHIRE VETS GRAND PRIX SERIES

Masters runners aged 35 or over who enjoy challenging multi-terrain running can now enter the Yorkshire Veterans Athletic Association (YVAA) Grand Prix Series.

The series includes ten races from May to October which you can enter on an individual or series basis. The events are typically shorter than a 10K and almost always feature some serious ascent and descent. Perfect for hill training for those of us usually confined to the flat lands of the Vale!

The YVAA are a very sociable bunch and there are plenty of prizes available for all participants. Last year we had five runners from the Vale take part. We welcome any others for 2026. Speak to ian@valeofyork.org if you want to know more.

YORK AND DISTRICT 10K ROAD RACE LEAGUE

There are just 54 places left for the York and District 10K Road Race League which begins on 26 April at Tam in Tadcaster.

If you are first-claim Vale of York you should enter now and join our team of 21 runners. Second claim entries open 7 April – if there are any places left.

Lifts available from York and Selby and all abilities welcome as long as you can run the 10 in 75 minutes. The male winner usually comes home in 33 minutes and the first female in 38 minutes. Complete four races and you will qualify for the overall prize.

There are pan flat PB opportunities throughout the six-race plus-a-handicap league as well as some beautiful yet challenging hilly terrain in the Yorkshire Wolds.

It's a nice way to see some more of the countryside around York if you like running road 10Ks. Speak to steve@valeofyork.org if you want to know more.

Track and Field county championships

County Track and Field Championships take place on the weekend of **Saturday 9 May.**

For Vale of York athletes born, or currently living for nine months or more, in North, West or South Yorkshire you are eligible for the Yorkshire Track and Field Championships at Cudworth.

For those born or living for nine months or more in the Humber (includes East Riding of Yorkshire) you are eligible for the Humber AA County Championships.

Talk to a coach before entering as the standard can be high.

You can only enter one county championships per year. If you are eligible to represent both athletics counties then speak to a coach about which one would be best for you.

April Events

- Saturday 11 April - Humber Open #1
- Sunday 12 April - West Yorkshire League entries close
- Monday 13 April - Training resumes after Easter break
- Sunday 19 April - West Yorks Track & Field League begins
  - Sunday 26 April - London Marathon
  - Tuesday 28 April - York & District 10K Tadcaster
  - Thursday 30 April - County T&F Champs entries close

See Full Calendar

Sports Shoes Discount Code

The SportsShoes code for March is SF19/1003075. Please note, the code is now valid on **5/26 products only** and will give you 15% off (exclusions apply, including but not limited to Brooks, Cona, Garmin, Maurten and Strykz), valid until 01/05/26.

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. Happy Easter Holidays!

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

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

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