

TALES FROM THE VALE

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



Top Stories

- Farewell to Amelia
- Big turnout for West Yorkshire League
- Beverley's London diary
- Help us put on a great event for young athletes
- Marathon season for Vale runners
- Another Bennett Centurion
- Around the meets: Humber open
- Bubwith added to our training locations



Farewell to a pioneering young leader

All our best wishes to Amelia Griffiths, one of our pioneering female Young Leaders, as she prepares to start university in September.

[Read more](#)



Big turnout for WY league

Thanks to all the Vale of York athletes and supporters who came out in force at the first West Yorkshire Track and Field meet at Cleckheaton on Sunday 19 April. The deadline to [register](#) for the second meet is Sunday 10 May.

Our team is lying [fifth in Division One](#).

[Check out the action on Instagram](#)



Beverley's London diary

Beverley can't quite believe it has been five months since Andy Sim surprised her at Selby Leisure Centre by pulling her name out of our London Marathon Ballot hat.

You can read the final instalment of her London Marathon diary on our [website](#).

If you fancy running London next year, save your rejection slip and as long as you were a fully paid up 18+ member on 1 May (who has not won our ballot before) you have a chance to win a spot. Terms and conditions apply.

[Read Beverley's diary](#)

Please help with Funetics event

We're hosting a Funetics Multi Challenge event on Saturday 27 June and need your help to deliver a great competition for our under 10s and under 12s.

There's a role to suit everyone, from raking the sand to finish line tech. Don't worry if you've never volunteered before - you won't be left alone and it's a very supportive team effort.

There'll be a training session at 10am on the day, but you can arrive up to 11:30 to help, and the event will be finished by 4pm.

Please get in touch with Jenni, Bex or [Sarah](#) as soon as possible if you can help our community put on a great event.

[Read more and sign up](#)



Marathon season for the Vale

Members of the Vale of York community have taken on marathons in Manchester, Boston and London in the last month.

Ian has also written up his [coaching insights](#) on how to build a sub-3 marathon at 60 and launched his own [sub_3_at_60_YouTube_channel](#). Give him a like and subscribe!

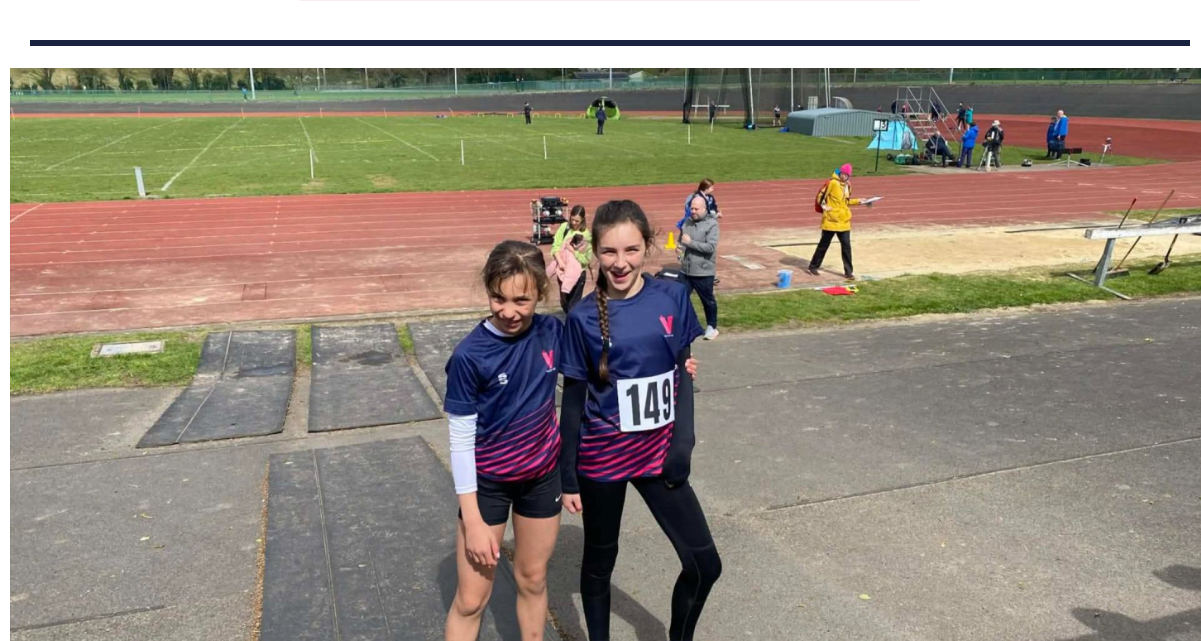
[Read more](#)



Another Bennett Centurion

Hot on the heels of Dawn's parkrun century in March, Paul Bennett completed his 100th parkrun at Heslington on May 2. **If you're reaching a running milestone, let us know.**

[Any more milestones? Let us know](#)



Fab four take on Humber Open

Four Valers had a fantastic day in Quibell Park for the first of the Humber Open Series.

VOYAC's U12 duo Everly and Lily competed in the 75m and Howler, with Everly then choosing the Long Jump and Lily the Shot for their third event. Our 'O40s duo' Heidi and Lisa took on the Javelin, Shot and Discus.

You can find updates on this and other events - including Heidi's debut at a throws pentathlon - on our facebook community page.

[Read more in our Facebook members group](#)



Bubwith is latest location

We welcome Bubwith Sports and Leisure Centre into the Vale of York Athletic Community this week. Sixteen young athletes from the local area aged 7-11 joined us on the grass field this Thursday for run, jump and throw athletics.

The partnership works like this: we're running seven weeks of free sessions for the community in exchange for access to their facilities (a 575 metre rubberised loop and well-maintained indoor and outdoor spaces). All sessions are now fully booked with a waiting list, but we've got plans for more cohorts and a special fun day coming soon.

[See all our locations in the Vale of York](#)

May Events

- Saturday 9 May - Track & Field County Champs Weekend
 - Sunday 10 May Yorkshire Vets Grand Prix Honley
 - Tuesday 12 May - York 10K League Pocklington
- Wednesday 13 May - West Yorks Track & Field League
 - Sunday 17 May - Great Selby Bike Ride
- Sunday 17 May - Humber Open Track and Field Hull
- Wednesday 20 May - Last coached session University of York
 - Saturday 23 May - Half Term Training Break
 - Tuesday 26 May - York 10K League Easingwold
 - Tuesday 26 May - Yorkshire Vets Grand Prix Kirkstall

[See Full Calendar](#)

Sports Shoes Discount Code

The SportsShoes code for May is OT90TF17DM. 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, Mauten and Shokz), valid until 01/06/26.

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. This is your community.

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



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