

CLUB NEWSLETTER · SEPTEMBER 2026

A new season, and a new look website

Autumn sessions are under way across Bubwith and Sherburn, with Tadcaster next week and York at the end of the month. The website has been rebuilt around them, and there has been some fine news to report.

FROM THE CLUB

Race reports and results from members over the summer.



► CLUB RECORD · WATCH THE RACE

Cameron Bryson takes the club mile record

Cameron ran 4:21.74 for the mile at the Monument Mile Classic in Stirling on 5 September, to set a new club record under the flames on a floodlit track. The video on the post starts at Cameron's race.

[Read it and watch →](#)



CLUB RECORDS

Thirty-three club records, now on the website

Will spent part of his summer break, home from his scholarship in the States, compiling our first set of track and field club records. Have a look, and tell us what we have missed or if we've got anything wrong.

[See the full list →](#)



8 SEPTEMBER 2026

Six medals, one family: the Waldens at the Southend City Community Open

Everly, Seb and Ash Walden came back from Essex with three golds and three silvers between them. A Funetics age child, a junior squad athlete and a masters athlete, all racing the same afternoon in the same vest.

[Read the full story →](#)



21 AUGUST 2026

A gift of books, and the start of a library

At the Selby Fun Day, Kevin Moseley donated a table of running books to the club, the start of a coaching library. Kevin's own story, of illness, recovery and finding his way back to the club, is worth reading too.

[Read the full story →](#)



7 AUGUST 2026

Summer Loving: Beverley's York 10K

After the high of the London Marathon, Beverley found it hard to stay motivated. Then the York and District 10K Road Race League came along at exactly the right moment.

[Read the full story →](#)



1 AUGUST 2026

Ash Walden crowned Northern Masters M40 400m champion

One lap of the Trafford track in an M40 personal best of 56.47, and a Northern title to go with it. Part of a Vale trio pushing each other on through the summer.

[Read the full story →](#)



31 JULY 2026

Three ways we delivered Funetics Multi Challenge this summer

From a village green with nine children to a stadium full of 96 young athletes: how we built up England Athletics' new entry-level format across Bubwith, Selby and York.

[Read the full story →](#)



9 JULY 2026

Selby High sports day report features three Vale of York athletes

Isaac stepped in to fill a gap in a race, Amelia took a 300m school record and Niamh won

the John Darley trophy. The report was co-written by a former Vale of York athlete.

[Read the full story →](#)



1 JULY 2026

Vale competitors in good form at the Humber open meets

Six competitors across two Humber open meets, with three under 12s taking on the triathlon of sprint, jump and throw, and personal bests along the way.

[Read the full story →](#)



10 JUNE 2026

Dalby's Inferno 2026

Ten laps of 5.5km around Dalby Forest, and unfinished business from a 2024 attempt that stopped at eight.

[Read the full story →](#)

[All club news](#)

ACT BEFORE 4 OCTOBER

West Yorkshire Cross Country League, 2026 to 2027

Entries for the first meeting close on **Sunday 4 October**, and there are no entries on the day. Entry is individual through SportSoft rather than something the club does for you. One fee of £25 covers all five meetings, and you need to run four of them to qualify for a league award.

Meeting 1	Sunday 11 October 2026	Cliffe Castle, Keighley
Meeting 2	Saturday 14 November 2026	Thornes Park, Wakefield
Meeting 3	Saturday 5 December 2026	Middleton Park, Leeds
Meeting 4	Sunday 17 January 2027	Nunroyd Park, Guiseley
Meeting 5	Sunday 14 February 2027	Oulton Sports Club, Rothwell

Juniors, please speak to a coach first. This league is aimed at higher ability athletes and can be intimidating for a child new to racing. It starts at U12, there is no U10 group, and the fields are strong. For most children new to cross country, PECO is the better place to start and we will happily point you there instead.

Enter through SportSoft

Meetings are a mix of Saturdays and Sundays, all in and around Leeds and Wakefield. We are looking at minibus hire for the senior teams. Dates were amended in August, so check the league page before each one.

START HERE · YEAR 2 AND ABOVE

PECO Cross Country League, 2026 to 2027

More inclusive and less intimidating than the West Yorkshire Cross Country League, PECO is for everyone. The dates below are **provisional, subject to landowner permission**, so please check with us before travelling. Venues are all in and around Leeds, so expect to travel.

Race 1	Sunday 8 November 2026	Temple Newsam
Race 2	Sunday 13 December 2026	Pontefract Park
Race 3	Sunday 3 January 2027	Middleton Park
Race 4	Sunday 31 January 2027	West Park and Beckett Park

Race 5	Sunday 21 February 2027	Roundhay Park
Relays	Sunday 7 March 2027	Middleton Park

Entries are not open yet. When they are, entry is through RaceBest, and only advance and season ticket entries count towards the team; entries made on the day do not.

[See PECO on the website](#)

THIS SUNDAY

Two of our runners take on the Great North Run

Richard Johnson and Clare Bromley are both racing on Tyneside this Sunday, each raising money for a cause close to home. If you can spare anything before the start gun goes, it would mean a lot to them.



RUNNING FOR THE MS SOCIETY

Richard Johnson

Richard was diagnosed with MS in his late teens, and rediscovered running four years ago. This Sunday he takes on the Great North Run to combine a personal challenge with raising money for a charity that means a great deal to him.

Sponsor Richard →



RUNNING FOR THE ME ASSOCIATION

Clare Bromley

Clare's final month of training has not gone entirely to plan, with shin splints forcing a late switch from tapering runs to the gym. She is running for the ME Association and for Isobel, who she says amazes her every day with her strength and determination. Her son Harry is also taking on the Great North Run this weekend.

[Sponsor Clare →](#)

NEW ON THE WEBSITE

If you have not looked in a while, it is worth a visit.

A page for every session

Each session now has its own page with times, venue, who it is for and how to ask about a place.

[See where and when we train →](#)

A new junior athletics page

Funetics for 5 to 7 year olds, age group athletics for U10 to U18, and an honest explanation of how the waiting list works.

[Read the junior page →](#)

The map links straight through

Tap any venue on the locations map and you can now go straight to that session's page.

[Open the map →](#)

THIS TERM'S SESSIONS

Tap any session for the full details.

Monday 5.30 to 6.15pm	Funetics, ages 5 to 7 Tadcaster Grammar School
Monday 6.30 to 7.30pm	Age group athletics, U10 to U18 Tadcaster Grammar School
Tuesday 5.15 to 6.00pm	Funetics, ages 5 to 7 FULL All Saints Church, Sherburn in Elmet
Wednesday 7.00 to 8.00pm	Interval training Bubwith Leisure Centre
Thursday 5.00 to 5.45pm	Funetics, ages 5 to 7 Bubwith Leisure Centre
Thursday 6.00 to 7.00pm	Circuit training Bubwith Leisure Centre
Friday 6.15 to 7.00pm	Funetics, ages 5 to 7 FULL Hungate Primary, Sherburn in Elmet
Saturday 10.00 to 11.30am	Track, September to May University of York

Sessions are led by England Athletics licensed coaches who are Enhanced DBS checked.

[Ask about a place](#)

ADULTS · NO WAITING LIST

You can train too

Most of our adult members started by standing at the side of a session their child was in. Junior places are limited, but the adult side is not, and there is no waiting list. Four coached sessions a week across Bubwith, Tadcaster and York cover cross country, circuit training and intervals, plus the road league on Tuesday evenings in the spring.

Book a free trial

Or read [what the adult side involves](#). Your first session is free either way.

Vale of York Athletic Community

A charitable incorporated organisation running athletics for all ages across Selby, Tadcaster, Bubwith and York.

[Junior athletics](#) · [Where we train](#) · [Join](#) · [Calendar](#) · [Contact](#)

You are receiving this because you are a member, parent or friend of the club.

Know someone who might enjoy this? Forward it on to a friend or family member who may be interested.