VALE OF YORK
ATHLETIC COMMUNITY

CLUB NEWSLETTER · NOVEMBER 2026

Entries shut at 2pm tomorrow for PECO Race 1

PECO Race 1 is at Temple Newsam this Sunday and online entry closes at 2.00pm tomorrow. Also in this newsletter, our first set of road records including a new club marathon record, full teams in both races at WYXC Cliffe Castle, Adie's run from Glasgow to Edinburgh, and we are looking for a new trustee to join our team of four.



ENTRIES CLOSE 2.00PM TOMORROW

It's nearly PECO time

Race 1 is at Temple Newsam this Sunday, 8 November, hosted by St Theresa's and Nidd Valley Road Runners. Temple

Newsam means two things for the seniors: hills and the water jump.

We say water jump, but hardly anybody actually jumps it. There is no elegant way through. You can attempt to clear it, as some do and mostly fail, or you can accept your fate and run straight in. Either way it is always the bit you talk about afterwards, back at the tent, over hot chocolate and cakes.

Online entry closes at 2.00pm tomorrow, Friday 6 November. After that you can still run, but only as a guest, which means no individual series points and no counting towards the team score.

Senior entries → **Junior entries →**

Your entry is a season ticket covering all five races and the PECO Relays in March. **£17 for seniors and £8 for juniors.** Seniors need to be a paid up Vale of York member and registered with England Athletics. Juniors just need Vale of York membership.



Our first ever junior cross country team, the primary age group, at Temple Newsam in 2021. Fifty juniors ran the series last season. We have grown a bit.

Juniors, cross country is fun! PECO is introducing junior team tables this season, from Vale of York's own proposal, so every junior who runs counts. Complete all five races in the series and you get the merch money cannot buy. Two junior races at Temple Newsam, the first at 10.00 and the second usually 10.20, both before the seniors. Neither of them goes anywhere near the water. One mile for school years 2 to 6, two miles for years 7 to 11.

Seniors, promotion has raised the bar. Our women are in the Premier division after back to back promotions, which means **eight runners** have to score at every race. The men are in the Second division where seven count. We have 28 seniors entered. We need a couple more who are up for the challenge, to cope with injuries, illnesses and absences.

The full guide to Race 1, categories and all →



WEST YORKSHIRE XC · NEXT RACE SATURDAY 14 NOVEMBER AT THORNES PARK, WAKEFIELD

Two full teams at Cliffe Castle

We had thirteen Vale of York athletes turn out at Keighley on 11 October for the first race in the West Yorkshire XC series, and we came away with something special: a full team in both senior races! Congratulations to everyone who ran,

particularly the women, who have struggled with numbers to make up a full team in previous years.

Alice Bates led the women home 8th overall in 18:05 and was sixth senior woman. Emma Cox was second U20 woman and recorded our best individual category placing of the day. William Walker was 8th in the men's race in 22:17, sixth senior man.

We managed it with one spare runner in each race. The league team award needs a full team at **every** meeting of the season, at least four women and six men, so one injury or one absence and that is the team podium chance blown for the year.

The next race is Saturday 14 November at Thornes Park, Wakefield. The team is almost entirely University of York students plus Harry from Leeds Beckett. It is not exclusively for students, so if we have any higher ability non-student athletes who would like to join them you would be most welcome. Come and help us make up two full teams again.

Full results from Cliffe Castle →

FROM THE CLUB

What members have been up to since the last newsletter.



YORKSHIRE MARATHON AND TEN · 18 OCTOBER

A club record, a thirteen minute PB and another silver for Steve

Six athletes represented Vale of York at the Yorkshire Marathon and the Yorkshire Ten Mile. One came home with the club record, another took thirteen minutes off his best, and another was second in his age category.

Dan Lloyd finished in **2:55:46** to set a new men's club marathon record. The club's previous best was 2:59:15, set by Ian Martin at Boston in 2022 and matched by Dan at Yorkshire last year. Two men, two races, three years apart, set on different continents, but exactly the same time!

Neil Ryan ran **3:14:07** on his first marathon as an M50, thirteen minutes off his all time personal best, using a custom VDOT based plan and following it to the letter. What makes it a real breakthrough rather than a spectacularly good day is what came before it: a three year plateau of running two minutes either side of 3:30 at the same race.

Steve Middup came home in **3:35:12** and finished **second M65**, not for the first time in that category, on his 29th marathon and his 11th at Yorkshire. Teseo Poma ran 3:22:20 after an aggressive first half. In the Ten, Daniel Ley ran 1:09:43 off a five mile split of 35:16 to demonstrate perfect pacing, and Damian Scantlebury finished in 1:33:50 as he continues his fitness journey.

Read the full story →



CLUB RECORDS

Our first set of road records, and some are there for the taking

Will Haw, our resident statto, has compiled our first set of club road records, and they now sit alongside the track and field list on one page. Sixteen of them, 5K to the marathon. Sam Gunning and Will share the men's 5K road record at 15:04, and both 20 mile records were set at the same race on the same morning at the Spen 20. Some of

these are there for the taking: have a look and see if you fancy having a go.

See the club records →



GLASGOW TO EDINBURGH ULTRA

Adie goes the distance

Adie Turford ran from Glasgow to Edinburgh on Saturday 10 October, 57 miles from the Riverside Museum on the Clyde to the athletics track at Saughton, in 13 hours and 2 minutes. Towpath, then more towpath, past the Falkirk Wheel and the Antonine Wall. His first ultra, and his own account of it is on the post.

Read Adie's story →



THE UNIVERSITY PARTNERSHIP

Tom Whiting, the president who went sub 17

Tom was President of the University of York Athletics and Running Club from 2025 to 2026. In the same year he ran for us at West Yorkshire, at PECO and in the York and District Road Race League, and he broke 17 minutes for 5K in his final week in the job. He refused to buy carbon shoes until he had done it, and there was a

bet involved that cost a fellow student a lap of York in his speedos. He has graduated, he is in Australia, and he is still a member.

Read the Q and A →

THE ONE THAT GOT AWAY

A DNF at York, and what came out of it

Ian Martin was a DNF at York. He has written and vlogged about what it means for his attempt at a sub three hour marathon at 60 next year. Now that the club record has moved to 2:55:46, maybe Ian's A goal has to move with it?

Read the lessons →
Subscribe to Ian's YouTube channel, Sub 3 at 60? →

All club news

WE NEED YOU

We are looking for a new trustee to join our team of four

Vale of York Athletic Community is a charitable incorporated organisation, which means it is run by a board of trustees rather than a committee. We are growing that board as our community grows.

You do not need to have been a trustee before, and you do not need to be an athlete. What you need is an interest in the community doing well and a willingness to sit down four times a year and help decide what it does next.

There is plenty in front of us. The club has a track and field planning application in progress, handled by our legal team at Pinsent Masons, and whatever comes of it the board has to decide how we provide facilities, coaching and competition for our members. We already provide a lot: Funetics and age group athletics across four venues, Saturday track, intervals and circuits, hosting the Yorkshire Vets Road Relays and a Funetics Multi Challenge that grew from nine children on

a village green to ninety six athletes in a stadium. The question is what comes next, and that is what a new trustee would help decide.

The commitment is four meetings a year. You need to be a member of the club or the parent of a member, over 18, and not disqualified from acting as a charity trustee, which for almost everyone is a formality.

Ask what it involves →

No commitment in asking. Email **ian@valeofyork.org**.

LOOKING AHEAD

London Marathon 2027, the club ballot

The Good For Age window closed on 29 October. On the club ballot place, we do not yet know whether we have been allocated one. As soon as we hear, we will say so and open the draw.

If you are hoping to go into it, keep your rejection slip from the main ballot. You will also need to have been a first claim member on **1 April 2026**. Send slips to **ian@valeofyork.org**.

THURSDAYS AT BUBWITH

Circuits training for everyone



An hour of strength, speed and cardio in one session. Eight stations indoors with jog recovery rests, to build muscle, strengthen bone and keep your heart rate up. There is a themed playlist most weeks, and circuits should form a core part of winter training for athletes and non-athletes alike.

Every exercise has an easier version and a harder one, so nobody is left behind or held back. Several of our regulars had never done structured exercise before their first session. If you already run, this is the strength and durability that mileage alone will not give you. If you are not a runner, this is a more effective way to start getting fit and fast than trudging the pavements.

> *"My fitness level at the start was pretty dismal but with the help, guidance and encouragement of Ian and his team, as well as the rest of the class, my fitness levels are slowly creeping up. No one is judging me or my shape or size and I find that very nice."*
>
> **Jackie Lingard**
>
> *"As a parent I found myself wanting to join in as there was no pressure for the kids to be the best, it is more about being inclusive. So I joined the adults circuit class. Everyone is welcoming, and there are opportunities to differ the exercises if you are struggling or have an injury."*
>
> **Sally Bowden**

WHEN	**Thursdays, 6.00 to 7.00pm**
WHERE	Bubwith Leisure Centre
WHO FOR	Teenagers to adults, any fitness level

Book your free trial →

Led by England Athletics licensed coaches who are Enhanced DBS checked. All our other sessions, from Funetics to Saturday track, are on the **where we train** page.

MEMBER BENEFIT

15% off at SportsShoes this month

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The November code gives 15% off autumn and winter 2026 stock, and runs until **1 December**.

Worth knowing before you fill a basket: exclusions apply, including but not limited to Brooks, Coros, Garmin, Maurten and Shokz.

OVER TO YOU

Your newsletter needs you

Almost everything in this one came from members sending things in. A race report, a result, a photograph from the side of a course, a few lines about how the day went. It does not need to be written well, that is our job. It just needs to reach us.

Send us your news →

Or email **newsletter@valeofyork.org** directly. Spotted a club record we have missed? That one goes to **clubrecords@valeofyork.org**.

Vale of York Athletic Community

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

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