

# Valley Striders Juniors

## 2024/25 AGM 27/01/2026



Juniors  
Christmas  
Run  
30 December  
2025



Proving that only  
one family is  
needed to set up a  
gazebo  
(the Steeres)

We have a  
WhatsApp group  
for the gazebo.



## Rafferty Mirfin

European U20 800m  
champion 2025

Athletics Weekly U20  
athlete of the year 2025

V S junior 2018-2019

## V S Juniors 2025 – Training Groups

“C” group (competitive)		Girls “A”	Main Groups
Ages	11 to 17	12 to 17	5 to 15
Genders	Mainly boys (historical)	All girls	Mixed 50-50
Total	35	12	120
Typical	25	8	65
Leaders	Richard, Alex, Phillip (coaches)	Nicola (LiRF leader)	Bob (admin) Parents (leaders)
Sub-groups	2	1	8 or 9

## V S Juniors 2025 – Training Locations

“C” group	1 * month Beckett Park track 2 * month Bodington cycle track 1 * month elsewhere e.g. Allerton Grange or Bedquilts
Girls “A”	2 * month Bodington cycle track 2 * month Leos, occasionally elsewhere Contingency – Alwoodley Primary School footpaths
“Main” groups	<b>Sept to March</b> – Leos – 3 timeslots * 3 groups Contingency – Alwoodley Cycle Path – 4 timeslots <b>April to August</b> – alternate weeks Leos as above and GSAL 2 timeslots * 4 or 5 groups

## V S Juniors 2025 – Special Occasions

**Golden Acre Relays** (93 competitors)

**Junior Sports Day** at GSAL (88)

**Bodington Cycle Track** for junior 1 mile races, and 5k handicap for older juniors and adults (47) (it was half term)

**Christmas run** at Roundhay Park (56)

## V S Juniors 2025 – Training Attendance



- Attendance
  - Attendance records broken – over 100 on 6 occasions
  - 89 attendance medals including 16 for 100 sessions
  - 6 plaques awarded for 200 sessions
  - Plaque for 300 sessions to Caitlyn Hartley on 06/01/2026

## 300 training sessions – Caitlyn Hartley



(with performance award winners Emmy Deverill and Ewan Reid)

## V S Juniors 2025 – Competition & Participation

### Winter 2024/25

- 77 took part in at least one Peco (average 46)
- 13 teams of 3 in Peco Relays – gold medals in U9G and U11G
- 10 in Yorkshire XC (year 7 & above)
- 11 juniors in Cross Challenge at T/newsam (part of GB & Ire series)

### Summer 2025

- 27 juniors in at least one track & field meeting
- Tilly O'Brien's 4m89 long jump was 6<sup>th</sup> best in the UK in 2025
- 23 juniors in Eccup junior races
- 31 teams of 4 in Golden Acre relays
- 18 juniors in Golden Mile or Tom Bosworth mile

## V S Juniors 2025 – Competition - continued

### Autumn 2026

- 4 teams in Northern XC relays
- 34 juniors (a record for us) in West Yorks XC League – silver for U11B, bronze for U11G & U13G, 4<sup>th</sup> place for U13B
- 59 have taken part in at least one Peco
- Over 70 have taken part in a Leeds Schools XC league ace

### Full year 2026

- 23 juniors ran at least one of the ten Leeds 5k races
- 130 juniors ran at least one parkrun, average 9 each

## V S Juniors 2025 – Participation Awards



- 2 cups
  - Presented every 6 months
  - Must have attended at least 13 training sessions
  - Must have taken part in at least 13 “races” (which may include parkruns)
- September 2024 to February 2025
  - Kirsten Reid and James Whittaker
- March 2025 to August 2025
  - Dahlia & Dotty Mills and Leo Robinson

## V S Juniors 2025 – Performance Awards

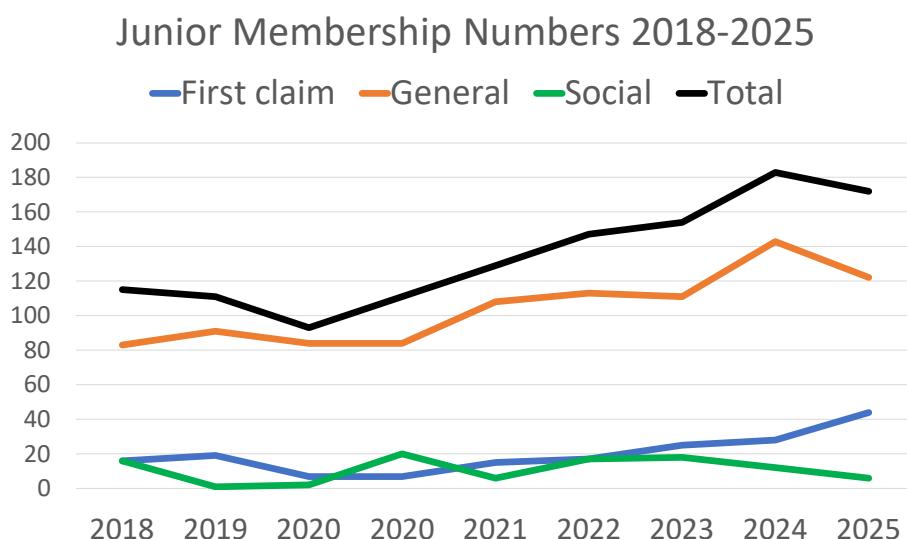


- 2 trophies
  - Awarded every 6 months
  - Best Age-graded performance at parkrun or junior parkrun
- September 2025 to February 2025
  - Best performances – Levi Woodger & Essie Molyneux
  - Awards – Elijah Tedd
- March 2025 to August 2025
  - Best performances – Sam Redmond & Essie Molyneux (pic)
  - Awards – Ewan Reid & Emmy Deverill

## V S Juniors 2026

### parkrun Participation Challenges

- New for September 2025 to August 2026
- Junior parkrun challenge – run at least twice at all 6 junior parkruns in Leeds in 12 month period to 31/08/2026
- and/or
- parkrun challenge – run at least once at all 11 adult parkruns in Leeds in 12 month period to 31/08/2026



- Big increase in first claim members
- Overall numbers slightly down
- Will have more space at Leos to recruit younger members in 2026
- 15 volunteer parents now have DBS (not on chart)

## "C" Group – from Richard Irvine



- "C" stands for competition.
- This group is for athletes aged 11 – 17 who wish to continue competitive endurance running.
- Numbers have increased to 35.
- Each Spring we assess school year 6 athletes for new additions to the group.
- We offer athletes a more progressive and personalised plan that follow the race calendar.
- Most "C" athletes are involved in other competitive activity.
- We have 3 qualified coaches + parents who support.
- There is a link to the senior advanced group, and "C" athletes attend sessions when appropriate. This link will undoubtedly become stronger through 2026.

## Girls A Group - from Nic Hartley

- Over the past 12 months, the girls' running group has continued to show remarkable commitment and enthusiasm.
- Throughout the year, they have consistently attended and represented the group at Even Splits events, PEKO Cross Country races, and weekly parkrun
- The group is now training regularly with the C group for 2 weeks of a 4 week training cycle and embedding this has increased the fitness and confidence across the group.
- The aim for the next 12 months is to assist some of the older girls with increasing their distance in preparation to be eligible to take part in road 10km races by offering a further social run over the weekend for those who may wish to attend.
- Another fantastic year of running from the girls and a huge thank you once again to all of the parents who regularly show up to help, encourage and participate week after week.

## V S Juniors 2024/25 - Expenditure

Leos hire of fields etc	2000
GSAL hire of athletics track	209
Races run in 2025 paid for by the club in 2025	288
Awards - 25/50/100 medals, Annual awards	411
Sports day trophies/medals	150
Coach / leader / first aid courses	160
DBS certificates (required by GSAL)	260
Share of additional Insurance	135
Share of England Athletics club affiliation	59
Miscellaneous (website, shirts & vests)	-27
<b>TOTAL EXPENDITURE</b>	<b>3645</b>

## V S Juniors 2024/25 - Income

Membership fees received	5778
Cashback for races run 2024	-620
Donation from Peco League	100
Bank interest	57
Miscellaneous	0
<b>TOTAL</b>	<b>5315</b>
Total Expenditure	3645
<b>SURPLUS - Income - Expenditure</b>	<b>1670</b>

## V S Juniors – Membership Fees 2026

- Proposed Membership Fees for 2026
  - Standard member – unlimited training - £40 (no change)
  - Standard member with EA affiliation - £65 (up £3 because of EA)
  - Limited training (max. 10 sessions) - £20 (no change)
  - Limited training member with EA affiliation - £45 (up £3 for EA)
  - Junior Social (no training) - £5
  - Competitive “C” group member - £40 – includes EA affiliation – they pay their own training fees at Beckett and Brownlee
- Cashbacks see next slide

## V S Jnrs – Cashbacks 2026 for races run 2025

- For Standard and Limited Training members only
- When renewing in 2026, cashback will be given as a discount on membership for the following races run in 2025
  - Peco XC Series £2 per race, Peco XC Relays £1, Golden Acre adult relays £3, Eccup junior race £4, and a few others , total value £20.
  - NB Golden Acre junior relays (value £2.50) were paid for by the club in 2025
    - This is capped at 50% of the 2025 or 2026 membership fee
- Similar discounts will apply in 2027 if funds are available

## V S Juniors 2026 - Various

### Insurance

- Renewed policy to cover things not covered by E.A. policy

### Social

- Food after training?
- Xmas run was Thu 28 Dec 2025 in Roundhay Park

### Communication

- 95% on Facebook
- Hidden group for leaders – please join if interested!
- Regular updates to website
- Feedback to juniors@valleystriders.org.uk

## V S Juniors 2026 – Accounts Forecasts

- In 2024/25 has £1600 surplus, so in 2025/26
- No change to membership fees ... except to reduce “C” group
- Hand out bigger cashbacks based on all races run in 2025
- Increase younger membership nos (but reduced income from “C”)
- Pay £2500 rather than £2000 of the £4000 Leos fee
- £1000 for 4 LiRFs and safeguarding
- Extra £300 for GSAL (last year we only did 6 sessions)

## V S juniors – Vacancies 2026

- 1 or 2 safeguarding officers – full training will be given
- We will pay for another 6 to 8 parents to get DBS certificates to ensure all sessions at GSAL are covered
- 4 LiRFs (Leaders in Running Fitness) – this will give general experience to our leaders and also allow us to have another on-road group for age 12+ (for boys?!) ...  
... and can cover sessions at Leos when Bob unavailable
- and more LiRFs in 2027

## V S Juniors 2025 - Thanks

- To head coach and co-conspirator Richard
- To coaches Richard, Alex Gostling & Phillip Tedd leading the year 7-11 “competitive” group
- To leader Nicola Hartley retaining / increasing the year 7-11 girls group
- To Paul Furness, helping with field events at GSAL and being an official at track & field events that we attend
- To James Slater for being our Safeguarding Officer
- And, most important, to all parents who help in any way at our Tuesday sessions – it wouldn’t work without you