Valley Striders Juniors
2025/26 AGM – 4 November 2026
Some photos to get us started ….



Juniors Christmas Run

30 December 2025

1

Valley Striders Juniors



Proving that only one family is needed to set up a gazebo (the Steeres - dad Tim is also a VS member)

We have a WhatsApp group for the gazebo.

2

Valley Striders Juniors 2026

Simeon Tedd – Northern 1500m champion 2026





3

Valley Striders Juniors 2026

Harry Richards 2nd in English Schools U14 race walk





4

Valley Striders Juniors 2026

Emmy Deverill – European biathle champion



Biathle is

- 800m run
- 100m swim
- 800m run

5

Valley Striders Juniors 2026

Emmy Deverill – World biathle triple medallist



3 medals!

- Individual bronze
- Girls Team gold
- Mixed Team silver

By the way, don't we all wish we could run with this style?!

6

Valley Striders Juniors 2026
Northern XC Relays October 2026





7

V S Juniors 2026 - Thanks

I nearly missed this slide last year so putting it in early this year!

- To head coach Richard for representing juniors on the Committee
- To coaches Richard, Alex Gostling & Phillip Tedd leading the age 11-17 “competitive” group
- To leader Nicola Hartley retaining / increasing the age 12-17 girls group
- To leader Tom Venning for offering to start an age 12-17 boys group
- To Paul Furness, field events official at events and helping at GSAL
- To Alice Bonner (age 16), assisting at Leos and GSAL throughout 2026
- To Carol Reid for being our new Safeguarding Officer
- And, last but not least, to all parents who help in any way at our Tuesday sessions – that’s most of you and it wouldn’t work without you

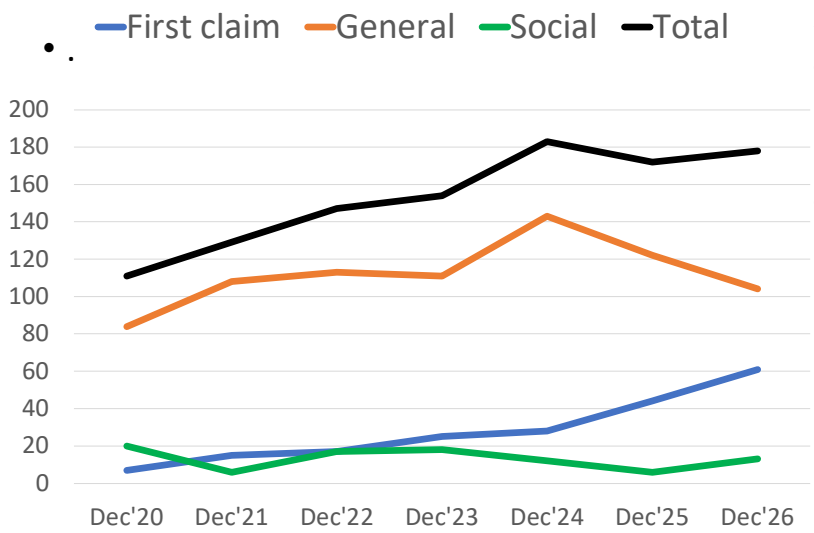
8

Valley Striders Juniors
2025/26 AGM – 4 November 2026

MEMBERSHIP NUMBERS

9

Junior Membership 2020 to December 2026



2026 Comments

- Total increase of 6 is mainly social (non-training members)
- Higher percentage of juniors now affiliated due to more competing and EA require competitive 9 & 10 year olds to affiliate

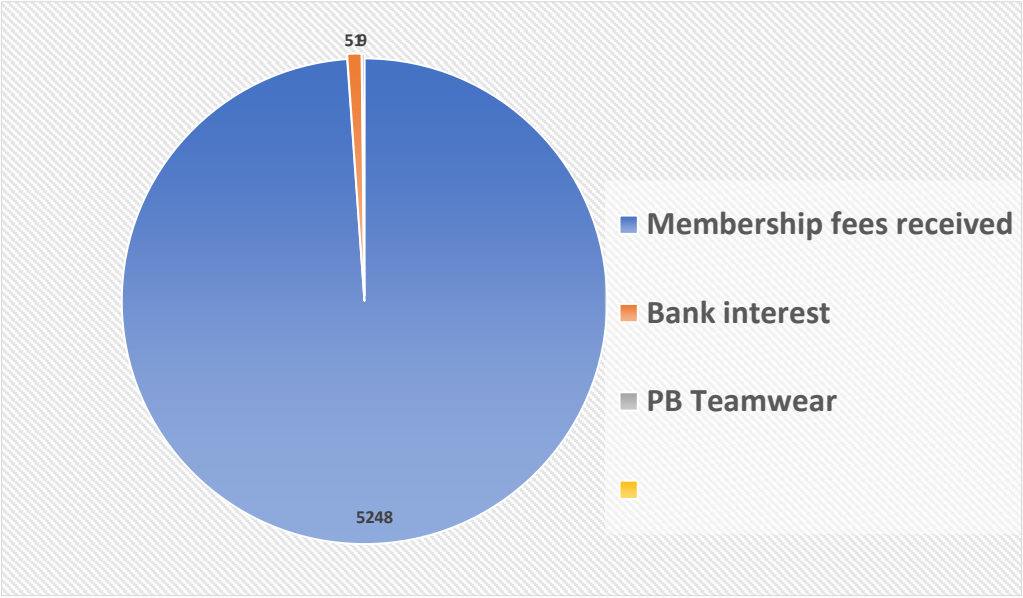
10

Valley Striders Juniors
2025/26 AGM – 4 November 2026

FINANCE

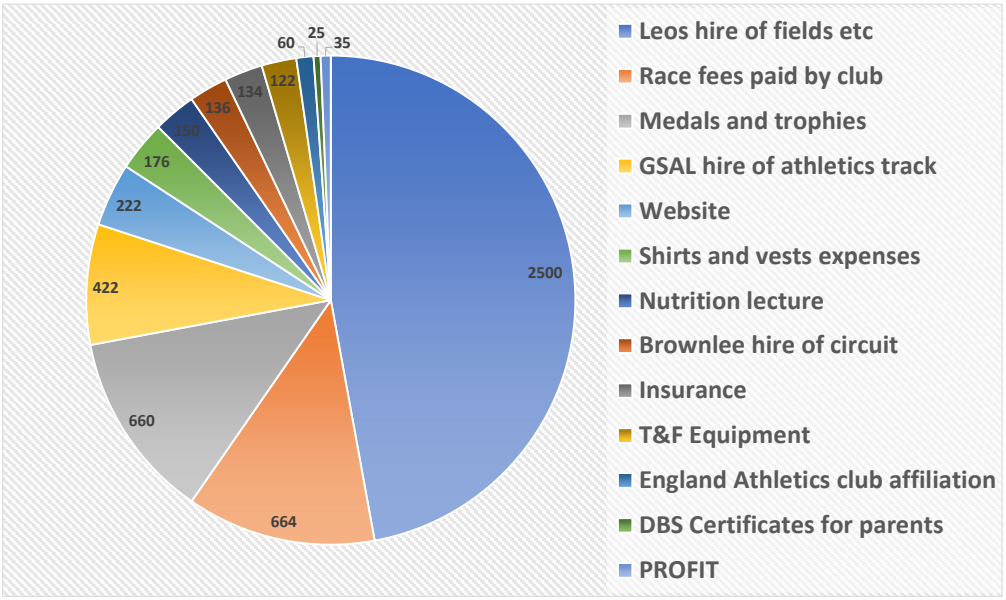
11

V S Juniors 2025/26 - Income



12

V S Juniors 2025/26 - Expenditure



13

V S Juniors – Accounts – 5 year summary

	2021/22	2022/23	2023/24	2024/25	**2025/26**
Opening Bal 1 Sept	£1,199	£2,035	£2,294	£3,909	**£5,589**
Income	£6,478	£6,717	£7,525	£8,694	**£7,441**
Expenditure	£5,641	£6,457	£5,910	£7,015	**£7,406**
Surplus	**£836**	**£260**	**£1,615**	**£1,680**	**£35**
Closing Bal 31 Aug	£2,035	£2,294	£3,909	£5,589	**£5,624**

Small surplus in 2025/26 and very healthy bank balance

14

Valley Striders Juniors
2025/26 AGM – 4 November 2026

TRAINING AND AWARDS

15

V S Juniors 2026 – Training Groups

	"C" group **(competitive)**	**Girls "A"**	**Boys "A"** **(started Sept26)**	**Main Groups**
Ages	11 to 17	12 to 17	12 to 17	5 to 15
Genders	Mainly boys (historical)	All girls	All boys	Mixed 50-50
Total	35	12	8	110
Typical	25	8	6	60
Leaders	Richard, Alex, Phillip (coaches)	Nicola (LiRF leader)	Tom Venning	Bob (admin) Parents (leaders)
Sub-grps	2	n/a	n/a	8 or 9

16

V S Juniors 2026 – Training Locations - Monthly

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

17

V S Juniors 2025/26 – Special Occasions

Golden Acre Relays 2026 (83 competitors) (93 LY)

Junior Sports Day at GSAL Sep 2026 (74) (83 LY)

Bodington Cycle Track for junior 1 mile races, and 5k handicap for older juniors and adults
(47 in Oct'25, 29 in Apr'26, 86 in Jun'26, 36 in Oct'26)

Christmas run at Roundhay Park 2025 (56)

18

V S Juniors 2026 – Awards

- Attendance medals
- Attendance trophies
- Biannual Participation cups
- Biannual Performance trophies
- Junior parkrun Challenge certificates
- Adult parkrun Challenge certificates
- Some of these in photo from July



19

V S Juniors 2025/26 – Training Attendance



- Attendance
  - Attendance records broken – over 100 on 7 occasions
  - 66 attendance medals including 9 for 100 sessions
  - 3 plaques awarded for 200 sessions
  - Plaque for 300 sessions to Caitlyn Hartley on 06/01/2026

20

V S Juniors 2026 – Caitlyn Hartley 300 sessions



Caitlyn 100
December 2020

Caitlyn 300
January 2026



21

Valley Striders Juniors
2025/26 AGM – 4 November 2026

COMPETITION, PARTICIPATION AND AWARDS

22

V S Juniors 2025/26 - Competition & Participation

Winter 2025/26

- 34 in West Yorks XC – teams 2nd in U11B, 3rd in U11G & U13G, 4th in U13B
- 74 took part in at least one Peco (average 44) (year 2 to 11)
- 14 teams of 3 in Peco Relays
- 10 in Yorkshire XC, 10 in Northern XC (year 7 & above)
- 11 juniors in Cross Challenge at T. Newsam (part of GB & Ire series)
- 71 VS juniors in Leeds Schools XC League (year 3 to 10)

Summer 2026

- 33 juniors in at least one track & field meeting (many at Beckett Park)
- 17 juniors in Eccup junior races
- 28 teams of 3 in Golden Acre relays
- 8 juniors in Golden Mile

23

V S Juniors 2026 - Competition & Participation

Autumn 2026

- 3 teams in Northern Road Relays, 3 teams in Northern XC relays, 4 teams in National XC relays
- 34 juniors already entered for West Yorks XC League started 11 Oct
- Peco starts 8 November
- Leeds Schools XC league starts 7 November

Full year 2026

- 18 juniors ran at least one of the ten Leeds 5k races
- TBA juniors ran at least one parkrun, average TBA each

24

V S Juniors 2026 – 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 2025 to February 2026
  - Tilly Beardsworth & Alfie Rees
- March 2026 to August 2026
  - Awaiting calculations (will be presented at Xmas)

25

V S Juniors 2026 – Participation Awards



Biannual participation awards December 2025

Trophies presented by original donors – Bob and Pat

26

V S Juniors 2026 – Performance Awards



- 2 trophies
  - Awarded every 6 months
  - Best Age-graded performance at parkrun or junior parkrun
- March 2025 to August 2025
  - Best performances – Essie Molyneux & Sam Redmond
  - Awards – Emmy Deverill & Ewan Reid
- September 2025 to February 2026
  - Best performances – Emmy Deverill & Sam Redmond
  - Awards – Charlotte Parsons & Jimmy Burns
- March 2026 to August 2026
  - awaiting calculations / will be presented at Xmas

27

V S Juniors 2026 – "Parkrun Challenge" Awards



- NEW in 2026
- Junior parkruns – all 6 junior parkruns in Leeds TWICE between September 2025 and August 2026
  - Harry Francis, Lucy Allman
- Adult parkruns – all 11 adult parkruns in Leeds ONCE between September 2025 and August 2026
  - Isla Robinson, Evie Kendell, Milly Booth

28

Valley Striders Juniors
2025/26 AGM – 4 November 2026

SPECIAL TRAINING GROUPS

29

"C" Group – from Richard Irvine







- "C" stand for competitive.
- The group is for athletes aged 11 – 18 who continue to compete in endurance running at an advanced level.
- Numbers remain stable (~35).
- Each Spring we assess school year 6 athletes.
- Each athlete has a progressive and personalised plan that follows the race calendar.
- Most "C" athletes are involved in other competitive activity.
- We have 4 qualified coaches + brilliant parents who support.
- 2026 has been a year of notable successes, both in terms of regional and national participation, as well as victories/ podiums.

30

"C" Group – from Richard Irvine



- Alongside Valley Striders AC, most of our athletes compete for Leeds Schools, and some for West Yorkshire.
- Athletes are committed to training, and attendance is high.
- The group benefits from increasing integration with the Girls A Group and, more recently, the Boys A Group.
- We mostly train at the Brownlee Centre and Leeds Beckett. Once per month we have a grass or a hill session.
- Outside of the regular Tuesday training, each athlete follows their training plan, plus we occasionally offer a Saturday session when not racing.
- Coaches advise on strength and conditioning, plus the C Group and Girls A group have attended a nutrition session.
- Most of all, we want our athletes to enjoy running, build lasting confidence and feel rewarded by personal progress.

31

Girls A Group 2025-26 from Nic Hartley



- Over the past 12 months, the girls' running group has continued to show remarkable commitment and enthusiasm, with an increasing number and variety of events being entered.
- During the year, two athletes from the group represented the club in the West Yorkshire Cross Country League, while several of our group aged over 15 successfully participated in local 10km road races, including Abbey Dash, Wakefield and Leeds 10km.
- Commitment to training and competitive events remains high, with strong regular attendance at sessions, parkrun events, Evensplits and PECO.
- The group continues integrate effectively with the C group for two/three of the four-week training cycle and this has helped retain consistent attendance. This integration has become an established and valuable part of the overall training programme, helping improve fitness levels, confidence and overall development for everyone in the group.

32

Girls A Group 2026-27 from Nic Hartley



- 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.
- Over the next 12 months, one of the key objectives is to support the progression of younger Valley Striders members in Years 7 and 8, enabling them to transition successfully into the Girls A Group
- We also aim to continue encouraging the social aspects of running outside of Valley Striders training sessions for the older athletes (Year 10 and above). This will help maintain consistency in training and participation in 10km events, while ensuring athletes continue to develop the speed and confidence required for shorter-distance club competitions
- Overall, the past year has seen continued progress in participation, performance and confidence, with athletes increasingly embracing opportunities across cross-country, road racing and club competition. The group remains a positive and supportive environment.

33

Miscellaneous (same as last year)

<u>Insurance</u>

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

<u>Social</u>

- Xmas run was Thu 28 Dec 2025 in Roundhay Park (another planned for 2026)
- Food after training?

<u>Communication</u>

- 95% on Facebook
- Hidden group for leaders – please join if interested!
- WhatsApp groups for “C” group, Girls “A” group, West Yorks XC entries etc
- Regular updates to website
- Feedback to juniors@valleystriders.org.uk

34

V S juniors – Vacancies 2027

- 1 further safeguarding officer – 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

35

Valley Striders Juniors
2025/26 AGM – 4 November 2026

FINANCE
(more detail)

36

V S Juniors 2025/26 – Income & "Profit"

INCOME	
Membership fees received	5248
Donation from Peco League	0
Cashback from PB Teamwear	9
Bank interest	51
TOTAL INCOME	5307
TOTAL EXPENDITURE (next slide)	5272
PROFIT	35

37

V S Juniors 2025/26 – Expenditure

Leos hire of fields etc	2500
GSAL hire of athletics track	422
Brownlee hire of circuit	136
England Athletics club affiliation	60
Membership Discounts - race fees paid by member in prev yr	420
Races paid by club in current yr	244
Awards - 25/50/100 medals, Annual awards, Parkrun awards	469
Sports day trophies/medals	191

T&F Equipment	122
Shirts and vests expenses	176
Coach/Leader/First Aid courses	0
Nutrition lecture for athletes	150
DBS Certificates for parents	25
Insurance	134
Website	222
Miscellaneous	0
TOTAL EXPENDITURE	5272

38

V S Juniors 2025/26 – Changes from Last Year

More income than last year			**Less Income than last year**	
Nothing!			Membership fees	530
NB the table only shows items >£10			Donation from Peco	100
			Total	638
Less Expenditure than last year			**More expenditure than last year**	
Race fees previous year	44		Leos hire of fields etc	500
Coach course	170		Website	213
Race fees current year	200		GSAL hire of athletics track	213
DBS certificates	225		Shirts and vests expenses	212
Total	640		Nutrition lecture	150
			Brownlee hire of circuit	136
			T&F Equipment	122
			Medals and trophies	100
Net change (for the worse)	**1643**		Total	1646

39

Valley Striders Juniors
2025/26 AGM – 4 November 2026

FOR 2027

40

V S Juniors – Accounts – 5 year summary

Reminder – bank balance is healthy

	2021/22	2022/23	2023/24	2024/25	**2025/26**
Opening Bal 1 Sept	£1,199	£2,035	£2,294	£3,909	**£5,589**
Income	£6,478	£6,717	£7,525	£8,694	**£7,441**
Expenditure	£5,641	£6,457	£5,910	£7,015	**£7,406**
Surplus	**£836**	**£260**	**£1,615**	**£1,680**	**£35**
Closing Bal 31 Aug	£2,035	£2,294	£3,909	£5,589	**£5,624**

41

V S Juniors 2027 – Accounts Forecasts

- 2025/26 broke even
- Still carrying forward £5.5k bank balance
- Probably no change to membership fees …
  - but need to review Girls “A” and Boys “A” groups
  - Also consider alternative scheme for “C” group
- Increase younger membership nos
- Continue to pay £2.5k rather than £2k of the £4k Leos fee
- £1000 for 4 LiRFs and safeguarding

42

V S Juniors – Membership Fees 2027

- Proposed Membership Fees for 2027
  - Standard member – unlimited training - £40 (no change)
  - Standard with EA affiliation - £65 (**plus any increase by EA**)
  - Limited training (max. 10 sessions) - £20 (no change)
  - Limited training member with EA affiliation - £45 (plus EA incr.)
  - Junior Social (**max. 3 sessions**) - £5 (was no training)
  - Competitive "C" group member - £40 – includes EA affiliation – they pay their own training fees at Beckett and Brownlee
  - Girls "A" and Boys "A" to discuss
- Cashbacks see next slide

43

V S Jnrs – Cashbacks 2027 for races run 2026

- For Standard and Limited Training members only
- When renewing in 2027, cashback will be given as a discount on membership for the following races run in 2026
  - Peco XC Series £2 per race, Peco XC Relays £1, Eccup junior race £4, Wetherby £3, total value £20.
  - NB Golden Acre junior and adult relays (value £2.50/£4) were paid for by the club in 2026
  - This is capped at 50% of the 2026 or 2027 membership fee
- Similar discounts will apply in 2028 if funds are available

44

THE END

45