

# Valley Striders AC Newsletter

April 2025



## What's Inside:

- Things to know
- Training information
- Joint Training Session
- Simon and Tim are off to France!
- James's Grand Prix Explainer Series
- Upcoming races
- Photos from yesteryear

# Things to know

- Please email Sam at [teams@valleystriders.org.uk](mailto:teams@valleystriders.org.uk) if you can run the 40<sup>th</sup> Calderdale Way Relay on 18<sup>th</sup> May
- Please contact Rachel if you can marshal at Leeds Half/Marathon
- Well done to our men's team for 15<sup>th</sup> place at Northern 12 Stage Relay at Redcar, and qualifying for National 12 Stage.
- Fantastic result for Sarah Shanks at Baildon Boundary Way, 1<sup>st</sup> Lady!
- Good luck to all our marathon runners this month, you've all put lots of effort into training, now's the time to chill and enjoy the taper
- Deadline for membership payment has now passed, anyone who hasn't paid will no longer be a member however they can always rejoin.

# Leeds Half/Marathon Marshals

- We are hoping to have a VS club marshal presence at Leeds Half/Marathon
- All marshals get a goody bag and a free race entry
- The club also gets free places to junior races and some gels!
- If you are interested in being a marshal please comment on Rachel Davidson's posts on Spond/Facebook or email [teams@valleystriders.org.uk](mailto:teams@valleystriders.org.uk)



*VOLUNTEERS*  
**NEEDED!**

# Volunteers Required

- Please contact [steph@valleystriders.org.uk](mailto:steph@valleystriders.org.uk) to discuss volunteering opportunities including helping out at MVT, becoming a run leader, supporting the committee



# James's Grand Prix Explainer Series

Have you ever wondered how the Grand Prix actually works and how you are placed into the various groups to compete against other members?

Having now taken over from Alan, my plan for the remainder of this year is to learn the ropes, fully understand the current process and get to grips with everything '*Grand Prix*'. I would also like to obtain the thoughts & feelings of our club members.

I've set myself a personal goal to enter as many of this year's Grand Prix events as I can, as I believe in leading by example and really want to fully embrace my new responsibility!

The Grand Prix is a fabulous element of our club, and I've hugely enjoyed partaking in it since joining Valley Striders. I'm not intending on making any significant changes, however if I do come across opportunities (e.g., perhaps include some new events?), these will be considered and implemented where practicable.

If you have any ideas or suggestions, I would love to hear from you.

Some early feedback I've received from a number of members is there's a perception that the Grand Prix is not widely understood and is seen as a bit of an 'enigma'. Yeah, I can see why that might be the case, **so I'm also setting myself another goal to try de-mystify the Grand Prix and increase everyone's awareness, which will hopefully lead to greater participation, by more members.**

For this month's edition of our newsletter, I have provided an introductory explanation in an effort to start to de-mystify the Grand Prix and help explain how you are placed into the various groups.

Please take a look at my article, which has been published on the VS website and can be accessed here:

[James's Grand Prix Update – March 2025 – Edition 1](#)

In the next newsletter I will build upon this introduction and explain more about the seven event categories and how the Grand Prix scoring works across them.

I hope you've enjoyed reading about the Grand Prix and feel a bit more informed about it. If any of the forthcoming events within the calendar take your fancy, give them a whirl and I'll see you there!!

All the best,

James





# Around le Tour in 60 days

In June, we will be cycling the entire route of the 1965 of the Tour de France over 60 days. Why 1965? Well, both of us are 60 this year, so have selected the Tour that coincided with the year of our birth.

It's quite a big undertaking, so we thought it would be a good opportunity to raise some money for charity as we follow 'le boucle' from Cologne in Germany to its conclusion in Paris.

We aim to raise a minimum of £6000 for Sue Ryder, a charity important to both of us. For Simon, Sue Ryder nurses provided invaluable support to his father and his family when he was diagnosed with stage 4 lung cancer. For Tim, a career in the NHS has highlighted the important work that hospices do to support people like Simon's dad, at the end of their lives.

## Your help

We'd like to ask you to consider donating some money to this valuable cause and also to suggest any organisations who might be interested in supporting our challenge with sponsorship or promoting and sharing what we are doing.

We've set up a [Just Giving page](#) to collect contributions (and will link it to our Strava accounts once we start training in earnest). We will also be keeping our followers up-to-date on the build up to our Grand Depart and our day-by-day adventures on the road on social media.

We are also hoping to organise some fundraisers before we leave, so keep a lookout on Facebook for more information on how you can get involved

Thanks

Simon Vallance and Tim Straughan

# THE VS FELL CHAMPIONSHIPS 2025 ARE UP AND RUNNING!

- After a good turnout at Heptonstall, the 2025 Fell Champs competition is up and running. Reigning champions **Mick and Liz** are our early leaders.
- The next local race is the second Bunny Run at Haworth on Tuesday (8th April), but all FRA races count.  
<https://www.fellrunner.org.uk/races>
- <https://www.valleystriders.org.uk/the-vs-fell-championships-2025-are-up-and-running/>



Men's Competition		Total Fell Races Completed			Scoring	Distance
	Points	Short	Medium	Long	Races	Categories
Mick Loftus	302	3	0	2	4	2
Simon Vallance	289	0	2	2	4	2
Matt Allen	196	1	1	1	3	3
Keith Brewster	191	3	0	0	3	1
Ronan Loftus	154	1	0	1	2	2
Tony Mills	153	0	2	0	1	1
Ian Sanderson	121	0	0	2	2	1
Dinesh Kaulgud	105	0	0	2	2	1
Paul Smith	74	0	1	0	1	1
Vernon Long	71	0	1	0	1	1
Steve Dixon	49	0	0	1	1	1
Alun Davies	48	1	0	0	1	1
Ladies Competition		Total Fell Races Completed			Scoring	Distance
	Points	Short	Medium	Long	Races	Categories
Liz Adams	288	0	2	2	4	2
Aileen Loftus	93	1	0	0	1	1
Sarah Shanks	89	0	0	1	1	1
Holly Button	81	1	0	0	1	1

*Competitors must complete 5 races, across all 3 distance categories (S/M/L)  
Points are scored by comparing competitors' times versus race winners' times*



# Baildon Boundary Way Success

A huge well done to Sarah Shanks who came first at Baildon Boundary Way, a very well deserved win there Sarah.



# Brilliant day for our Men's Team

We had a great day at Redcar today for the Northern 12 Stage relay equalling our best ever finish of 15th place.

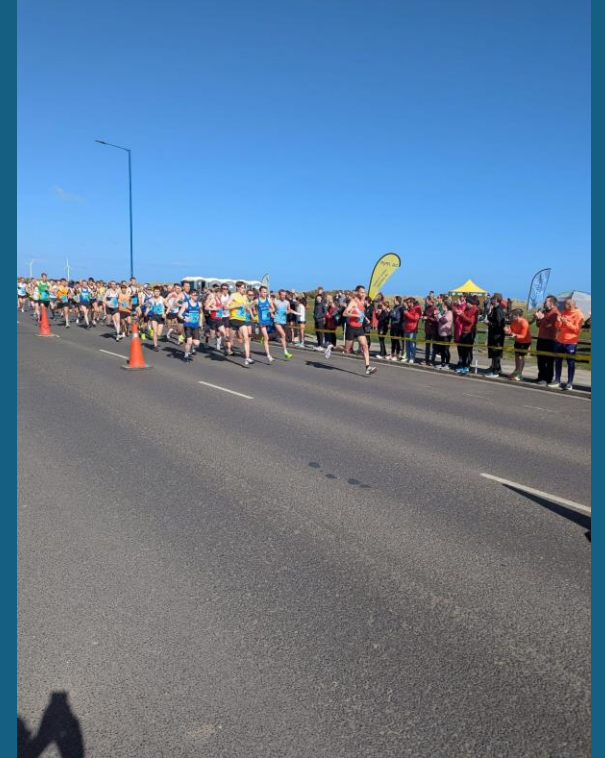
Everyone ran really well in testing conditions and we took some really good scalps! Finishing about 10 places better than last year too.

Special mentions to **Matt Chipping**, finishing 10th on Leg 1 in his first race for the club, and **James Morris** finishing 10th on Leg 12.

Onwards to the National 12 Stage in two week's time as the top 25 teams qualify!

There's still time to get a womens team registered for Nationals as qualifying isn't necessary!

Tom Thomas



# Training Sessions

## Tuesdays

6pm: Improvers, relaxed and friendly group, catering for all runners, sessions tend to be a combination of social runs with some intervals. Generally suitable for people starting out running, wanting to build fitness or those who'd prefer a gentler, more relaxed run.

6:15pm: Fast paced interval session at West Park, suitable for all runners under 19 minutes for a 5k and for runners 19-21 minutes who want a harder session.

6:30pm: Advanced (sub 24 5k) and Intermediate (24-30 5k). Intervals including monthly hill session. We all run together with options for shorter runs for Intermediates, people returning from injury. Good transition for those from Improvers who want to improve on their times, have a harder session.

Track Tuesdays: Available to all, second Tuesday of the month.

All sessions advertised on Spond: [Spond - Valley Striders](#)

# Joint Improvers/Intermediate/Advanced Session

Join us at Roundhay Park Bandstand (where Roundhay Parkrun meets) for a joint session accommodating all runners from 18 minutes upwards for a 5k.

We will ensure there are lots of options for people so they can choose how far they want to run.

Plan is to run round the Cricket Pitch dependent on the weather.

Hope to see you there

# Tuesday April Sessions

Date	6pm	6:15	6:30
April 8th	Roundhay Park, Tram Car Park	Track – check Spond session for details	Roundhay Park, Tram Car Park and Track
April 15 <sup>th</sup> – Joint Improvers/Intermediate/Advanced	Roundhay Park Bandstand (6:30pm)	Ancaster Road	Roundhay Park Bandstand
April 22nd	Goodrick Lane	Ancaster Road	Hills - Leo's
April 29th	The Myrtle Pub – social afterwards	Ancaster Road	Beck and Call
Track Session	Second Tuesday	Leeds Met Sports Centre	£5 entry card payment



# Thursday & Sunday Runs

- Thursday Social: 7pm Scott Hall Leisure Centre, 7-8 miles at 8:30 minute mile pace with stops to regroup.
- Intermediate Thursday Socials 6pm start, meet at 5:50, 5 miles at 10 minute mile pace with stops to regroup, sets off from various locations, please say you are going on Spond so the leader knows you are going.
- Sunday: 8:45am, top of Church Lane, Meanwood, approximately 10-12 miles at 9 minute mile pace.
- Adhoc Runs: There are runs for the faster group planned informally throughout the month, please contact Tom Thomas or Andy Parkinson for more details

# Upcoming Races - April

SFC	01-Apr	Bunny Run 1 (Haworth)
	05-Apr	The Woldsman (LDWA) / The Calderdale Hike / Lakes / Dales/ Moors Northern Traverse (until 9/4)
GP	06-Apr	Baildon Boundary Way
	06-Apr	Heartbeat Hobble / Spring in Lakeland (LDWA) / London Landmarks HM / Lad's Leap Fell Race / Yorkshire Duathlon/HM/10k/5k, Bramham Park / Lincoln 10k
	08-Apr	Bunny Run 2 (Haworth)
	09-Apr	Loughrigg Fell Race / LURGY #31 Meanwood Park (5th anniversary)
	11-Apr	Even Splits 5k (York)
GP	12-Apr	Spring Grand Prix parkrun Roundhay
RELAY	12-Apr	National 6 and 12 Stage Road Relay Championships, Sutton Coldfield
	12-Apr	Meanwood Spring Hustle & Spring Super Hustle (Great Owl) / Wensleydale Wander / LDWA Capital Challenge / Newlands Memorial Race / PP Ripon Stinger
	13-Apr	Guisborough Moors / Paris Marathon / Boston (Lincs) Marathon / HM/ 10k / 5k / Flat Caps 10k
	15-Apr	Bunny Run 3 (Haworth)
	18-Apr	GOOD FRIDAY Salford 10k / Marske Easter Coast 5 mile / Caldervale 10
	19-Apr	Lakes 40
GP	20-Apr	EASTER SUNDAY Guiseley Gallop 10k
	20-Apr	EASTER SUNDAY Leeds Running Festival, Roundhay / Brighouse 10k
	21-Apr	EASTER MONDAY Boston USA Marathon
	22-Apr	Bunny Run Relays (Haworth)
GP	23-Apr	Even Splits 5k (Leeds)
	23-Apr	Newcastle Quayside 5k
	25-Apr	Selside Bunkbarn Trip (until 27/4) / Sandnes Ultra Trail (to 27/4)
GP	26-Apr	Three Peaks Fell Race
RELAY	26-Apr	Three Peaks Fell Race Relay
	26-Apr	Three Peaks Junior Race / Calderdale Way Ultra / Fellsman (until 27/4) & Fellsman Dart / Clumber Park Duathlon / The Wolds 20 Challenge (LDWA) /Blackpool 10k/5k/2k / Eskdale Elevation / Burnsall Trail Half / 12k
GP	27-Apr	London Marathon
	27-Apr	Manchester Marathon / Hooded Horse Fell Race / Balckpool Mar/HM / Harrogate Spint / Super Sprint Tri
	29-Apr	Orchan Rocks Fell Race
GP	30-Apr	Spring Handicap (Eccup Reservoir)
	30-Apr	Piglove by the River 10k/5k (Great Owl) / XO Leeds #1 Spring Sunshine

# Photo from yesteryear

Terry Lonergan's First Race win in a Valley Striders Vest with a time of 2:28:57

17 10 25 2 30  
ON THIS DATE

## MARCH 4TH 1984

### EARLY SEASON MARATHON WIN FOR TERRY LONERGAN

#### MORECAMBE HERITAGE MARATHON

IN APRIL 1968, Terry Lonergan, an aspiring 19-year-old running with Sale Harriers, and Ron McAndrew, then with Reading and already making a name for himself as a Welsh international, contested third and fourth places in the Rivington Pike Fell Race, behind Jeff Norman and Alan Blinston. Lonergan beat McAndrew to the top but lost third place on the way down. 16 years on found the two battling up the hills again; only this time, perhaps more fitting to their age, in contesting the lead in one of the year's first marathons, the Morecambe Heritage, on March 4th.

The two had shared the lead up to the 10M point, reached in just under 55 minutes, at which Lonergan stopped to have a drink. This left McAndrew free to establish a lead of 200m or so. However, on the hilly section between 11 and 16 miles, Lonergan's hill strength emerged again as he recaptured the lead and subsequently was alone from the last hilltop to the finish on the seafront at Morecambe. The winner was unaware of developments behind, as debut marathoner, Guy Woolnough of Kendal, was working his way through and was eventually only 22 seconds adrift.

243 finished the race on a cool damp day. It may not be the flattest course around, but for anyone preparing for the London Marathon, as the winner was, it proved a very useful exercise coming as it did ten weeks before. The event can only go from strength to strength.

Ian Wranwell

1, T. Lonergan (Vall. S) 2:28:57; 2, G. Woolnough (Ken) 2:29:19; 3, H. Bates (Sky) 2:30:53; 4, A. Trigg (Leeds P) 2:31:19; 5, B. Smith (Bol) 2:32:27; 6, S. Baker (Horw) 2:33:48; 7, R. McAndrew (Chor) 2:37:14; 8, B. Eckersley (Sale-V) 2:39:43; 9, A. Griffin (Blyth) 2:40:03; 10, M. Hargate (Mid) 2:41:04; 11, P. Roberts 2:42:08; 12, J. Llewellyn (L&M) 2:43:41. (Women): A. Hall (Clay) 3:19:39.

