

# Valley Striders AC Newsletter

Feb/March 2025



## What's Inside:

- Things to know
- Please pay your subs
- We need your help!
- AGM Update
- Training information
- Tuesday Social 18<sup>th</sup> March
- Upcoming races
- Good luck Chris 🕷️ 🐟
- Photos from yesteryear

# Things to know

- PECO League, one race left plus relays – volunteers needed!
- Please pay your membership fees
- Save the Date: Sunday 31<sup>st</sup> August Meanwood Valley Trail Race (yes, it's a Sunday!!)
- Volunteers required for lots of things
- Tuesday Social: 18<sup>th</sup> March, Beck and Call
- Join and invite others to our MVT7 Strava group:  
<https://strava.app.link/aW2iOxRrtNb>

# Membership Fees

Subs are now due for this year; you will have received an email regarding payment on 23<sup>rd</sup> January.

Early Bird discount ends Sunday 16<sup>th</sup> Feb. 25% discount.

From Monday 17<sup>th</sup> Feb fees are: First Claim £38, Second Claim £16, Social £5, First Claim VSCC £28.

Please ensure you pay, we will not be chasing you up this year, however you will be sent reminder emails plus one final reminder, if you've not paid by end March we will assume you no longer want to be in the club and will remove you from the groups and not pay your EA affiliation (you are always welcome back though!)

# We need your help

- PECO XC Relays - Sunday 9th March - Bramley Fall
- We still need marshals for this, please contact [teams@valleystriders.org.uk](mailto:teams@valleystriders.org.uk) or comment on the Facebook/Spond Posts
- If you would like to enter a team, please could your team be responsible for a marshalling spot (reasonably close to the start/finish area).
- Suggested schedule:
  - Leg 2 runner - marshals from start to 10.45am
  - Leg 3 runner - marshals from 10.45am until 5mins after leg 1
  - Leg 1 runner - marshals immediately after their leg until the end.
  - The leg 3 runner gets the most stress, but the least amount of marshalling!
- Thank you



# 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 marshalling please comment on Rachel Davidson's posts on Spond/Facebook or email [teams@valleystriders.org.uk](mailto:teams@valleystriders.org.uk)





# 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



# Annual General Meeting

For the first time, possibly in the entire history of the club, the AGM was held at a new venue. We chose the Beck and Call after hosting several successful post-training socials there. The venue provided a separate meeting room, with projector and Wi-Fi, an easily accessible location and excellent food, so we considered it a success. We are hopeful that the new venue will improve AGM attendance in future years.

The evening started with the Chairperson's welcome, which can be found here.

- [Chairperson's welcome](#)

The focus of Steph's talk was volunteering, and with several long-standing members stepping down from their roles, this is an excellent time for new volunteers to come forward. This may be to take on a key role in the club, but all offers of help, no matter how big or small, are greatly appreciated by all club members.

Alan Hutchinson (Grand Prix Co-ordinator), Rachel Davidson (Ladies' Captain) and Michael Brough sent their apologies. There were 17 club members in attendance.

A large part of the AGM consists of reports related to the running of the club, and related to the progress of different sections of the club. This year, we tried to reduce the length of these reports in order to set aside more time for discussion. However, detailed information regarding the club's membership and accounts can still be found here:

- [Membership report](#)
- [Treasurer's report including Annual Subs Proposal for 2025](#)
- [Year on Year Accounts 2023-24](#)

# Annual General Meeting

As a result of last year's unexpected surplus, a 25% prompt payment discount (on the VS part of the membership fee) was agreed for this year. This will apply to those who pay before February 16th 2025.

Summaries of the progress reports can also be found here:

- [Juniors' update](#)
- [Team competition update](#)
- [Meanwood Valley Trail Race](#)

Before beginning the open discussions, the existing committee members were re-elected, and Leila Kara and Andy Parkinson were welcomed as new committee members, representing the improvers and fast training groups respectively. James Slater was welcomed as the new Grand Prix coordinator, replacing Alan Hutchinson, who has carried out this role for the past 25 years! Alan, was awarded Life Membership at this year's AGM. Sue Sunderland will be stepping down from her role as Handicap Race coordinator, and a request was put out for volunteers to help organise these events in the future.

Discussion time at the end proved to be very useful and productive in terms of coming up with ideas and moving the club forward. A new financial support policy was discussed and approved, details of which can be found here.

- [VSAC Financial Support Policy](#)

The use of Leos for the adult section of the club was also discussed, and several ideas were put forward regarding adopting a club base and bringing the various training groups together. We discussed how other clubs, and the new informal running groups, operate. The committee will continue to discuss and try and move forward with these ideas, and welcome input from other interested club members.



# 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](#)

# Tuesday Feb/March Sessions

Date	6pm	6:15	6:30
February 18 <sup>th</sup>	Beck & Call, (6:30pm Start)	Ancaster Road	Carr Manor Hills
February 25 <sup>th</sup>	Moortown Corner	Ancaster Road	High Ashes
March 4 <sup>th</sup>	Scott Hall Leisure Centre	Ancaster Road	High Ashes
March 11 <sup>th</sup>	Goodrick Lane	Track – check Spond session for details	High Ashes and Track
Tuesday Social - March 18 <sup>th</sup>	Beck and Call (6:30 start)	Ancaster Road	Carr Manor Hills
March 25 <sup>th</sup>	Sandhills	Ancaster Road	High Ashes
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:
  - 20<sup>th</sup> February: Moortown
  - 27<sup>th</sup> February: Sandhills
  - 6<sup>th</sup> March: Alwoodley
  - 13<sup>th</sup> March: Scotthall
  - 20<sup>th</sup> March: Roundhay
  - 27<sup>th</sup> March: Goodrick Lane
- 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

# Tuesday Social – March 18<sup>th</sup> 7:30 pm

- Join us on Tuesday March 18<sup>th</sup> from 7:30pm for a drink and optional food at the Beck and Call, Meanwood.
- Everyone is welcome including partners and friends to take advantage of the Buy One, Get One Half Price on selected meals



# Upcoming Races

	01-May	Dick Hudson's
	03-May	Ebor Way41m/Mar/12m (Great Owl) / Coniston / The Cake Race/ LDWA 100 Marshalls (to 5/5)
	04-May	Melberby Ripon 10k / YVAA Honley
	05-May	<b>EARLY MAY BH</b> Coiners (& Juniors) / Stainland Bluebell Trail / Tadcaster Tri / Melberby Ripon 10k
	06-May	Rothwell Canal Race 1
	07-May	Lothersdale
	09-May	Even Splits 5k (York)
	10-May	Marsden Moors Meander and Marathon (LDWA) / Fairfield Horseshoe / Spire Ultra / Pendle Cloughs
GP	11-May	<b>Leeds Marathon / HM (both GP)</b>
	11-May	Copenhagen Marathon / Hardmoors White Horse Mar etc
	12-May	<b>Thornton in Craven Fell Race</b>
	13-May	Jack Bloor Fell Race
	16-May	Keswick Mountain Festival (until 18/5) / Ultra Trail Snowdonia (until 18/5) / Ultra Trail des Paiens
	17-May	Charlesworth Chase / God's Own Backyard Ultra Spring Ultra / PP Skipton Skedaddle
	18-May	<b>Up the Odda</b>
GP	18-May	<b>Cookridge Community 10k</b>
	18-May	Pontefract 10k / Calderdale Way Relay / Burton Leonard 10k / Cape Wrath Ultra (to 25/5)
	20-May	Rudding Park 10k
	23-May	Mid Cheshire 5k
	24-May	LDWA 100 (Flower of Suffolk) until 26/5 / Grand Union Canal Race (145 miles) / The Classic Quarter, Cornwall / Hutton Roof
	25-May	East Yorks HM &10k / Northallerton 10k
GP	26-May	<b>BANK HOLIDAY MONDAY Ilkley Trail Race</b>
	26-May	<b>BANK HOLIDAY MONDAY</b> Austwick Amble
	27-May	YVAA Kirkstall Abbey
GP	28-May	<b>Even Splits 5k (Leeds)</b>
GP	29-May	<b>Apperley Bridge Canter</b>
	30-May	Hardmoors 160
	31-May	Hardmoors 110 / Duddon Valley / OMM Lake District Running Festival (to1/6)
	31-May	<b>Wild Goat Festival, Holker Hall (to 2/6)</b>

	01-Jun	Hartlepool HM (Wild Deer) / Kettlewell (BOFRA) / Duddon Valley
	03-Jun	Hebden Bridge Fell Race / Rothwell Canal Race 2
	04-Jun	Otley Chevin Fell Race
	05-Jun	Bronte 5
GP	07-Jun	<b>Wharfedale Trail HM</b>
	07-Jul	North Leeds Skyline (Great Owl) 30 miles / 15 miles / 10 miles / 4 person relay / Ennerdale Horseshoe / Stanza Stones Ultra
	07-Jun	<b>Terry Midgley Handicap 10k (7pm John Smeaton) / Leeds Rhino for Rob Burrow</b>
	08-Jun	Pete Shields Ilkley 10k / Crackpots 10k / Edale Fell Race / Hull 10k / Settle Saunter
	09-Jun	<b>Bradford Millennium Way</b>
	11-Jun	<b>Rush Around The Rhubarb, Pudsey</b>
GP	11-Jun	<b>Otley 10</b>
	12-Jun	YVAA with Queensbury RC
	13-Jun	Even Splits 5k (York) / Great North Swim (to 15/6)
	14-Jun	Knaresborough Bed Race / Swaledale Marathon / PP Otley High Views 14/21.5/33.7/50.2 miles / Pen-y-Ghent / Celtman / Summer Spine Races (multi-day) / Kettlewell HM / Inflatable Races Harewood
	15-Jun	<b>FATHERS DAY</b> Wainstones Mar / HM / 10k / Windermere Marathon / Cleveland Way Relay / The Lakesman Tri / Leeds 10k
	17-Jun	YVAA with Morley RC
	18-Jun	Ogden Midsummer Madness
	15-Jun	<b>Shadwell 10k</b>
	18-Jun	<b>Post Hill Relay</b>
GP	18-Jun	<b>Even Splits 5k (Leeds)</b>
	19-Jun	Beamsley Beacon
	21-Jun	Solstice Saunter, Bolton Abbey/ Durham Dales Challenge (LDWA) / Buckden Pike
	22-Jun	Settle Hills Fell Race / Kettlewell Anniversary Fell Race (NLFR) / Richmond Sprint Tri / Sheffield Tri and Duathlon at Rother Valley / Marske Summer Coast 5 mile / Penistone 10k / Run for Jo at Oakwell Hall
GP	25-Jun	<b>Summer mile</b>
	25-Jun	Cragg Vale
	27-Jun	Aire Marathon and HM (Great Owl)
	28-Jun	Endure 24, Bramham Park (to 29/6) / Upper Wharfedale Three Peaks Challenge / PP Ultra Unique 28.5 to 53 miles / Round Sheffield Run / Lakeland 5 Passes Ultra / Darren Holloway Memorial aka Buttermere Horseshoe
	29-Jun	Barnsley 10k / YVAA Post Hill / North Devon AONB Mar/HM / Cross Fell / Bakewell Pudding Race / Kinder Trog / Harrogate 10k / Round Sheffield Run
	29-Jun	<b>Warwickshire Ring Canal Race</b>



# Upcoming Races

	01-Feb	Rombalds Stride / Pendle Way In A Day / Wadsworth Trog
GP	02-Feb	Dewsbury 10k
	02-Feb	Hardmoors Saltburn Trail Marathon / Cod Beck Canter / Appletreewick Runners & Riders
	08-Feb	Arctic Spine (multi day) / PP Harrogate Hustle / Home Counties Int incl XC Challenge and Celtic Plate incl Podium XC at Temple Newsam / Tour of Bradwell Winter Half
GP	09-Feb	Peco#4 Roundhay Park
	14-Feb	Even Splits 5k (York)
GP	15-Feb	GP parkrun, Potternewton
	15-Feb	Roundhay 50 (LDWA) to 16/2 / At the Double
	16-Feb	Hoppits Hill / Midgley Moor / York Winter Warmer Run 5k,10k, HM / Temple Newsam 10 (delayed from Jan)
	22-Feb	High Cup Nick Fell Race / South Pennine 24 / Northumberland Coastal Trail Runs 10k/HM/Mar/Ultra / English National Cross Country Championships, Parliament Hill, The Billing (Great Owl) / Flower Scar Fell Race
	23-Feb	Snake Lane 10 / Leeds Winter Warmer Run 5k, 10k, HM Temple Newsam
GP	26-Feb	Even Splits 5k (Leeds)
	01-Mar	Saddleworth Ten Res's (with new 5 and 15 options)
GP	02-Mar	Peco #5, Stockeld Park (rescheduled)
	02-Mar	Eskdale Eureka / Ilkley Moor Fell Race / Liversedge HM & Roberttown 10k / Trafford 10k / Middlesbrough HM / North Lincs 10k & HM
GP	08-Mar	Spring Canal Canter 20 Day 1 (other March 20 mile races also count for GP)
	08-Mar	Haworth Hobble / Spring Canal Canter Day 1
	09-Mar	MARSHALLING Peco Relays (or running if enough marshalls)
GP	09-Mar	Trimpell 20 / Spring Canal Canter 20 Day 2 / Red Hot Toddy 10k
	09-Mar	Spring Canal Canter Day 2 / 39th Two Crosses Circuit (LDWA) / Timpell 10k
	14-Mar	Even Splits 5k (York)
	15-Mar	PP Welcome Way / Grindleford Gallop
	16-Mar	Thirsk 10 / Blakey Blitz / Bath Half / Wakefield Hospice 10k
	Fri???	Peco Presentation evening, Brudenell Social Club
	22-Mar	Chevin is BS / We Need to Talk About Chevin (Great Owl) / Hardmoors 55/ Flowerscar Fell Race
	23-Mar	East Hull 20 / ?Spen 20?
	23-Mar	Heptonstall Fell Race / Blubberhouses Moor (LDWA) / Edale Skyline / Sheffield HM
GP	26-Mar	Even Splits 5k (Leeds)
	29-Mar	Grasmere Trail Runs and Duathlon (Wild Deer) / Coledale Horseshoe
GP	30-Mar	MOTHERS DAY Vale of York 5m/10m
	30-Mar	MOTHERS DAY Keighley 10k/5k (Sue Ryder) / Northern 12&6 stage relays (Redcar)
	31-Mar	Hartlepool Marina 5 mile

	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
	11-Apr	Even Splits 5k (York)
GP	12-Apr	Spring Grand Prix parkrun Roundhay
	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
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)
GP	26-Apr	Three Peaks Fell Race
	26-Apr	Three Peaks Fell Race / Three Peaks Relay / Three Peaks Junior Race / Calderdale Way Ultra / Fellsman (until 27/4) / Clumber Park Duathlon / The Wolds 20 Challenge (LDWA) /Blackpool 10k/5k/2k / Eskdale Elevation / Burnsall Trail Half
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
	30-Apr	Piglove by the River 10k/5k (Great Owl)



# Good Luck Chris

One of our favourite university lecturers, Chris Dietz moved to Sydney last month. Whilst he says he is more scared of sharks the spider he recently came across in his apartments looks rather frightening! Good luck Chris, we will miss you and will look forward to catching up when you visit



# Photo from yesteryear

Leeds is not new to marathons and Valley Striders were up there with the best of them. Just look at those times and a club win for VS (no fancy shoes needed!)

