

# Valley Striders AC Newsletter

September 2024



Sean, our tail runner at  
MVT



Marshals ready to go on MVT Sections  
3 and 4



Celebrating our success at LCW  
Men's and Ladies runners up

# Things to know

- PECO League starts 17<sup>th</sup> November, enter here: [PECO Entry](#)
- Christmas Party: Sunday 15<sup>th</sup> December 5pm til late, The Woods Chapel Allerton, see Spond or Facebook for more info or email [steph@valleystriders.org.uk](mailto:steph@valleystriders.org.uk)
- Tuesday Training Social: Look for details on Spond
- VS Tour: It's our tour to Amsterdam this month, good luck to all runners and hope you have a great time, look out for a tour update next month.
- Please remember to wear hi vis on training sessions now it's getting darker



Well done Ian for winning the Autumn Handicap



# 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: Join our junior group once a month, all speeds welcome.

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

# Tuesday October Sessions

Date	6pm	6:15	6:30
1 <sup>st</sup> October	Scott Hall Leisure Centre	Ancaster Road	High Ashes
8 <sup>th</sup> October	Leo's – Village Green	Ancaster Road	High Ashes
15 <sup>th</sup> October Social Night – Beck and Call	Carr Manor Hills followed by Social Look out for details on Spond	Ancaster Road – date may change	Carr Manor Hills followed by Social Look out for details on Spond
22 <sup>nd</sup> October	Roundhay – Tram Car Park	Ancaster Road	High Ashes
29 <sup>th</sup> October	Moortown Corner	Ancaster Road	High Ashes
Track Session Track and Pizza	8 <sup>th</sup> October Look out for details on Spond	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 miles with stops to regroup
- Sunday: 8:45am, top of Church Lane, Meanwood, approximately 10-12 miles at 9 minute mile pace.

# A Big Thank You

- To everyone who volunteered at our yearly Meanwood Valley Trail Race
- You are all amazing and we really couldn't do it without you.
- We had 232 runners, 264 entries raising over £500 for charity.
- Charlotte Knowles from Abbey Runners came 3<sup>rd</sup> runner and first lady, Charlotte has won 3 years in a row now.



# Upcoming Races

<b>GP</b>	<b>05-Oct</b>	<b>Autumn Grand Prix parkrun</b>
	05-Oct	Round Rotherham
<b>GP</b>	<b>06-Oct</b>	<b>WYXC1 Guiseley</b>
	06-Oct	YVAA Fitzwilliam Country Park / Bridlington Multi Terrain HM / Chester Metric Marathon / Great Scottish Run / Morley 10k
	12-Oct	Calverley Chaos / Langdale Horseshoe
<b>GP</b>	<b>13-Oct</b>	<b>Leeds Abbey Dash</b>
	13-Oct	Chicago Marathon / Withins Skyline
	20-Oct	Palma marathon & HM & 9k
	19-Oct	British Fell and Hill Relays, Appletreewick / PP Nidderdale Way Weekend (to 20/10) / Northern XC Relays, Graves Park Sheffield
<b>GP</b>	<b>20-Oct</b>	<b>Amsterdam Mar / HM</b>
	20-Oct	Charlesworth Chase / Amsterdam 8k / Yorkshire Marathon / Lakeland Trails Ullswater / Signpost Challenge, LDWA South Manchester
<b>GP</b>	<b>23-Oct</b>	<b>Even Splits (also the YVAA 5k championship race)</b>
	26-Oct	Eryri (Snowdonia) Marathon / Cracoe Cracker Challenge LDWA 25 or 12 miles / Ultra Trail Yorkshire Dales 100k/50k/25k (until 27/10)
	27-Oct	Dublin Marathon / WYXC2 Wakefield
	02-Nov	Kilburn Kanter (LDWA) / Shepherd's Skyline / National XC Relays, Mansfield
<b>GP</b>	<b>03-Nov</b>	<b>Guy Fawkes</b>
	03-Nov	New York Marathon / Cop Hill Fell Race
	09-Nov	Holly Hustle (Great Owl) / Burley Moor Run / Post Hill 5k / Hardmoors Goathland Trail Races 27/16/7/5 / Podium 5k, Barrowford
	10-Nov	Saltergate Gallows / Wadsworth Half Trog / Dalby Dash 10k / WYXC3 Middleton
	16-Nov	PP Wharfedale Skyline / Tour of Pendle / Harriers vc Cyclists
<b>GP?</b>	<b>17-Nov</b>	<b>Tadcaster 10 / Peco XC 1 Temple Newsam</b>
	17-Nov	Kudos it's Kirkstall Abbey
	23-Nov	Hardwolds 80 (to 24/11)
	24-Nov	Doncaster 10k
<b>GP</b>	<b>27-Nov</b>	<b>Even Splits</b>



# Race Reports – Autumn Handicap

Tuesday 10th September was a beautifully clear but bitingly cold evening for our Autumn handicap. There was also the added excitement of water pouring torrentially from the direction of the Emmerdale set to add interest to the run! Congratulations to Ian Lenihan who finished first in a time of 36:25 and was the well deserved winner of the handicap trophy. Congratulations also to Hope Wearing who was the fastest lady and Steve Jones the fastest male finisher. Both earned 100 Grand Prix points. Many thanks to everyone who came to run and everyone who helped with marshalling and time keeping. Look out for our winter handicap which is generally the Sunday after Christmas. Hopefully we will see lots of you there.

Sue Sunderland





# Race Reports: Meanwood Valley Trail Race

I just wanted to say a big thanks to everyone marshalling + otherwise involved in organising the MVT race this morning. It was a real privilege to be able to run with the warm encouragement of everyone in a hi-viz all around the course. Having marshalled several times myself over the years it was also great to see how well the event works as a whole. As a marshal you only see your bit, but running you see the whole race in context and how the various pieces of the jigsaw fit together, well done the organisers. I thought route-finding was pretty clear all the way, the only minor issues caused by low sun, which you can't do anything about, but thanks also to whoever organised the weather, perfect running conditions. That goes down as one of my best running experiences and will be a fond memory for the future. Good work Valley Striders!

Dave Middlemas

