

Valley Striders AC Newsletter

November 2024



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- Things to know
- Grand Prix Update
- Bon Voyage Marcus
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- Race Updates

Things to know

- PECO League starts 17th November, enter before 6th November to get your name on your bib: [PECO Entry](#)
- We are changing our Social Media Policies, please look out for more information in December's newsletter and on Facebook/Spond.
- Beck & Call Social – 19th November 7:30pm
- Christmas Party: Sunday 15th December 5pm til late, The Woods, Chapel Allerton, see Spond or Facebook for more info or email steph@valleystriders.org.uk
- Join and invite others to our MVT7 Strava group: <https://strava.app.link/aW2iOxRrtNb>
- SportsShoes.com discount is changing
- AGM in January

Grand Prix Update – Alan Hutchinson

New club members – What is the Grand Prix, how do I enter?

There is a men's and ladies' competition and these are open to all first claim Valley Striders. You are automatically entered when you join the club and you will earn points whenever you complete a Grand Prix event. As long as you do at least 8 events over the year you will be in with a chance of winning a prize.

Current Standings:

Ladies: Leading the table we have for the first time two runners on a maximum 800 points, Rebecca Whalley (U35) and Amanda Spencer (V55). There is still time for Georgia Baynes on 797 points to catch up! Leading their age categories are V35 Sarah Shanks, V45 Steph Gledhill and V65 Ruth Warren.

Men: John Shanks (V35) leads on 800. Andy Parkinson (U35), Paul Grave (V45), Graham Pawley (V55) and Ken Fox (V65) are all leading their age categories.

30 runners have already completed 5-7 events and could still reach 8 to qualify and be in with a chance of a prize.

Grand Prix Update – Alan Hutchinson

What's left this season?

Short distance – Even Splits 5k 27th November

Medium distance – Guy Fawkes on 3rd November, Tadcaster 10 miles on 17th November

Cross Country – West Yorkshire race two on 27th October, Peco race one on 17th November.

Additionally, any Marathon or Half Marathon or Ultra distance event you run before the end of November will be included if you post your result.

Note – Tadcaster 10 and Peco race 1 clash. The date of Peco was not known until later this year. This is the first time, and as both events have been included in the 2024 GP competition you will earn Grand Prix points from whichever

Pastures New for Marcus

Marcus's time in Leeds has come to an end and he is starting a new adventure in New Zealand. After a while of being jealous that Marcus had chose a different club, we celebrated when he decided, after spending some time with the Roundhay Foxes, a white vest looks better. Farewell Marcus, we will miss you.



Socials

- Tuesday 19th November 7:30pm. Beck and Call
- Sunday 15th December, Christmas party at The Woods, Chapel Allerton



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 November Sessions

| Date | 6pm | 6:15 | 6:30 |
|--|---|-------------------------|--|
| November 5th | Ray of Ginger | Ancaster Road | High Ashes |
| November 12th | Leo's – Village Green | Ancaster Road | High Ashes |
| November 19 th – Beck & Call Social | Beck & Call, (6:30pm Start) | Ancaster Road | Carr Manor Hills – Meet at Beck & Call |
| November 26th | Moortown Corner | Ancaster Road | High Ashes |
| Track Session Friday Track and Pizza | Second Tuesday 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. Look on Spond for Intermediate Thursday Socials.
- Sunday: 8:45am, top of Church Lane, Meanwood, approximately 10-12 miles at 9 minute mile pace.

Meanwood Valley Trail Race

- We raised a whopping £1450 for Yorkshire Air Ambulance and Lineham Farm Children's Charity. Over twice as much as last year
- Please join our Strava club:
<https://strava.app.link/aW2iOxRrtNb>
- The committee needs more help for next year, please email mvt@valleystriders.org.uk if you can help



MARCOU & GREEN PHOTOGRAPHY

EXPLORE THE ROUTE

Valley Striders
Meanwood Valley Trail Race

UNOFFICIALLY YORKSHIRE'S FRIENDLIEST TRAIL RACE

Bored of tarmac? Try 7 miles of woods, hills, tunnels, ruins, smiling marshals and sunny trails instead.

Saturday 28/09/24
9.30 AM

FREE BEER FOR FINISHERS
@racebest.com/races/68f98

Upcoming Races

| | | |
|-----------|---------------|---|
| | 02-Nov | Kilburn Kanter (LDWA) / Shepherd's Skyline / National XC Relays, Mansfield |
| GP | 03-Nov | Guy Fawkes |
| | 03-Nov | New York Marathon / Cop Hill Fell Race / Lancaster HM |
| | 09-Nov | Holly Hustle (Great Owl) / Burley Moor Run / Hardmoors Goathland Trail Races 27/16/7/5 / Podium 5k, Barrowford |
| | 10-Nov | Saltergate Gallows / Wadsworth Half Trog / Dalby Dash 10k / WYXC3 Middleton / Post Hill 5k |
| | 16-Nov | PP Wharfedale Skyline / Tour of Pendle / Harriers vs Cyclists / Litton Birks Fell Race |
| GP | 17-Nov | Tadcaster 10 / Peco XC 1 Temple Newsam |
| | 17-Nov | Kudos it's Kirkstall Abbey |
| | 23-Nov | Hardwolds 80 (to 24/11) |
| | 24-Nov | Doncaster 10k |
| GP | 27-Nov | Even Splits |
| | 01-Dec | Valencia Marathon / Mythomroyd Fell Race / Peco XC 2 Pontefract Park / Eskdale Eureka |
| | 04-Dec | XO Leeds#5 |
| | 07-Dec | PP Christmas Cracker! / Leeds Country Way Winter Ultras (until 8/12) / Cheviot Goat / Rudolph's Romp, LDWA East Yorks |
| | 08-Dec | WYXC4 Rothwell / Roseberry Topping Trail Races 30/14.5/9 / South Leeds Bah Hubug 10k / WYXC4 Rothwell |
| | 14-Dec | Moors the merrier |
| | 15-Dec | Telford 10k / Peco XC 3 Middleton / VS Xmas Party at The Woods |
| | 22-Dec | The Stoop |
| GP | 26-Dec | Chevin Chase |
| | 27-Dec | Guisborough Woods |
| | 31-Dec | Auld Lang Syne |

VS Amsterdam Tour – Kathy Robins

The 2024 Autumn Tour was to Amsterdam. After various journeys by plane or ferry, we started to meet up in Amsterdam. As a Saturday warm-up, Ian, Sue, Leila, Mourad, Ali, and Kathy ran/walked Amsterdamse Bos parkun, while Jon and Theresa went to Zuiderpark parkrun in The Hague. After visits to the Expo, some of us had lunch in the Vondelpark and some pasta in the evening. For once, it didn't rain the marathon day! The marathon started from the Olympic Stadium (1928) at 9am. on Sunday. Striders set off in various pens but ended up running quite close together. Kathy, Rick, Ali, and the Kara family were out and about spectating. The tracker was great, but even so, the Striders were hard to spot.

Steven Jones was fastest in 3:22:59, then Ian Sanderson with an uncanny 3:30:00, followed by John Batchelor in 3:37:15 and Dan Price in 3:42:34. Leila Kara and daughter Lydia were celebrating their big birthdays by running a marathon together, finishing in 4:59:01/0.2. John Batchelor gains extra points by cycling back to his hotel. The half marathon started at 1pm, with Jon Jackson, Theresa Oldroyd (both 1:48:17), and Sue Sunderland (2:20:08) all coming back from injury. Congratulations! Valley Striders last toured to Amsterdam in 2010, and John Batchelor had been lobbying for a second tour ever since. The races sold out early in 2024, months earlier than the previous year. The 2025 event has just been launched, and this time, the HM sold out in one day. You might be able to pick up a place on resale nearer the time. It's a great event, and a lovely city if you can dodge the bicycles.



VS Ladies at the UKA British Fell Relays

Rachel Davidson

On Saturday 19th October a team of six ladies from Valley Striders ventured to Appletreewick, a (very) small village in the Yorkshire Dales to take part in the UKA British Fell Relays. This year the event was organised by relatively local club The Wharfedale Harriers and was taking place pretty much right on our doorstep, especially in comparison to the last fell relays that Valley Striders competed in, based up in Scotland.

The event is one of the biggest in the fellrunning calendar with some of the best fell runners in the business competing. Many of the teams racing gained qualification to this year's race based on their performance in the 2023 relays.

The Valley Striders Ladies team got lucky in the balloted entry, which is how myself, Liz Adams, Sarah Shanks, Becca Whalley, Kim Threadgall Spence and Holly Button found ourselves on the start line.

The race is split into 4 legs with leg 1 being a solo leg, leg 2 paired, leg 3 paired navigation and leg 4 another solo. After some classic relay reshuffling of legs and a last-minute step in from Holly we had our final line up of Liz on leg 1, Sarah and myself on leg 2, Becca and Kim navigating leg 3 and Holly on leg 4.

On the morning of the race Liz, Sarah and I and travelled up together in Liz's trusty car. The weather was drizzly albeit mild for October, and we'd seen there was a promise of sun a bit later. We arrived, set up a base with our VS flag and went to get our kit checked as full FRA kit was required for the race. Having borrowed half of my kit from another Valley Strider I felt very much in the 'no gear and no idea' category. Kit checks complete and dibbers at the ready we made our way to the start pen where Liz was warming up.



VS Ladies at the UKA British Fell Relays

Soon 11am came round and Liz was ready and raring to go. We waved her off the steepest uphill start I've ever seen and were joined by Keith Brewster and Matt Allen who had kindly come along to support for the day. Leg 1 was 5.2 miles with just under 1,700 feet of climbing including Burnsall Fell. Being The Queen of reces Liz was familiar with the route having got two under her belt before the big day. It was therefore not surprising when Liz came storming down the final hill after just over an hour taking twenty minutes off her recce time.

Sarah and I had only just arrived in the start pen ready to take over, I just managed to sneak in a nervous wee whilst Sarah was chatting away to her fellow fell runner friends from Otley. The sun was starting to make an appearance so we knew Liz could enjoy some spectating in the sunshine whilst waiting for us to finish our leg. We had forewarned her she could be waiting a while based on our recce of the route the week before which had been particularly difficult to navigate.

Leg 2 was a bit of a beast. As we had recced the week prior, we knew what we were in for on our 8.7-mile leg with around 3,000 feet of climbing. The route took us up to Simon's Seat and then over to Trollers Gill and Dibb Well for our second and third checkpoints.

The sun was beaming now, and we enjoyed some amazing views amongst the scrambling climbs and bum sliding descents (it's the best and only way to get down them). I found it much more enjoyable than our recce the week before- the flagged course, other runners and race environment all helped. It was amusing to see all the leg 3 runners on the final bit of our leg looking bemused trying to find their way on the nav leg. Our leg flew by and before I knew it, we were hurtling down the final section, we tapped Becca and Kim in on their nav leg and headed off to catch up with Liz and say hello to Holly.



VS Ladies at the UKA British Fell Relays

The navigation leg was rumoured to be around 7 miles with approximately 1,750 feet of climbing, the maps are handed to competitors shortly after the start line so Becca and Kim had no idea where they would be going, they were definitely taking one for the team! After just under 2 hours with more crawling up steep banks than anticipated Becca and Kim were back having not got lost once, without a doubt the best duo for the nav leg!

Last but certainly not least Holly had previously set off on the final leg in the mass start which was very similar to Liz's at 5.2 miles and around 1,700 feet of climbing. As a last-minute step in she hadn't had chance to recce so was super chuffed to get back in just over an hour without losing her way or her footing.

The team completed the course in 6 hours and 6 minutes and placed very respectfully within the field. Everyone had a great day, and we were all relieved to get round without any falls or getting lost. The event moves location every year with next year's event said to be in Wales, which is no good for recces but a perfect excuse for an adventure away from Leeds.



The numbers

Leg 1 – 1:08:05

Leg 2- 1:58:36

Leg 3 – 1:56:10

Leg 4- 1:03:20

Overall – 6:06:11 – 24th team in the ladies open and 115th overall

1st Overall: Dark Peak Alport (3:28:29)

1st Ladies Open Team: Dark Peak (4:21:22)

VS Ladies at the UKA British Fell Relays

The feedback

“What a great day, I’m so glad everyone enjoyed it” – Liz

“Really enjoyed it even the navigation. Although a bit of a struggle to start with we soon got the hang of it, perfect weather for it too” – Kim

“Was good fun, would do more nav stuff again” – Becca

“It was a cheeky little holiday” – Holly

“I am happy to pay the premium price since they organised such good weather” – Rachel

“Some top performances from everyone, such a well organised event in the sun” – Sarah

The Thanks

Big thank you to Keith for getting our team entered and for coming along to support with Matt on the day. Thank you to Sam Harris for organising the team order, helping with recces and putting together some time estimates to help on the day. Thank you to Becca and Kim for taking on the dreaded nav leg and to Holly for stepping in last minute to complete our team. Finally thank you to the sun for shining down on us and making the day that extra bit enjoyable.

Northern Six Stage Road Relays – Tom Thomas

Six of us made the journey over to Blackpool today - not for a stag do or the Big One or donkey ride on the beach but for a crack at the Northern Six Stage Road Relays. Our team was: Chris Dietz, Andy Parkinson, me, King Edward Cheseldine, Matt Dix and Joshua Taylor-Brown. Everyone ran really well - including Chris and Josh getting mighty close to their 5k best during the 5.6k leg. 69th for us, which after the podium is definitely the best place to be. A really great course in a lovely park with a high quality field - getting to race alongside Olympians is a pretty cool experience. I say it every year but it's such a good thing to be a part of and it's a shame we don't get a couple of teams and a women's team out to these events as I think we could do superbly well!



SportShoes Discount is Changing:

England Athletics now have a discount with SportShoes, offering EA affiliated members 15% off in-season products at SportsShoes. As of November, the monthly discount code will change to match the England Athletics offer, **therefore it will no longer be possible to use the code on older products.**

If you are affiliated with England Athletics, you can link your England Athletics membership with your SportShoes ULTRA account to receive the discount automatically at checkout. This prevents you needing to enter the code at checkout.

You can still use the monthly discount code in the usual way if you would prefer.

How to set up your account to receive the discount: <https://www.sportsshoes.com/store/england-athletics>

To find your EA number go here: <https://www.valleystriders.org.uk/members-area/club-information/membership-list/>