



# **TEAM GREEN**

## **HEREFORD AND COUNTY ATHLETICS CLUB**

### **APRIL 25 NEWSLETTER**

## **Performance Highlights**



#### **Track**

The first outdoor track meeting of the season was the Welsh League match at Aberdare. This was for athletes in school years 4 to 9.

There were wins for Louisa Farr in the Javelin and George Brown in the High Jump, where he also broke the club record. Freya Davies won the High Jump with a huge PB. We also saw an inaugural club record in the U13 mixed relay for Iris Lloyd, Thomas Exton, Bertie Lloyd & Louis Storey. Also, thanks to Jo Lloyd, Phil Wells, Gill Grundy, Emily Davies and TJ Robinson for officiating, organising and helping throughout the meeting. A huge thank you to Adam & Alice Dyson, for bringing together such a big team and to Jo Lloyd for managing on the day.

The first Upper YDL (U17s and U20s) meet took place at YATE on the 27<sup>th</sup> April. Again, a large team from the Club made the effort to compete with some excellent results and a fantastic team spirit on display. Thanks to all the parents, coaches, officials, and athletes for supporting this event and Team Manager Mariann Wood for pulling it together. Confirmed results will be published in the next Newsletter.

#### **Cross Country, Fell and Road Racing**

The last month has been very busy for this section of the club. At the beginning of the month there was the first race in the Hereford Couriers 5K series, with a big turn out by the green vests of Hereford and great results. Henry Lewis won the U15's in an unbelievably quick 16m33s!! Fred Tyler was second in the U17's in 18m05s, Ruben Mathey was runner up in the U15's race in 18m56s. Charlie Coleman won the U13's running a very quick 19m19s. Alexander Swan was 4<sup>th</sup> in the U15's in 19m27s. Ben Warburton won the U20's in 19m28s. Saffi Reid also won the U13 girls in a PB of 20m04s.. Milo Williams took second in the U13 boys also in a PB of 20m30s. Callum Parkin placed 3<sup>rd</sup> in the U13 boys in 21m14s. Benjamin Swan was 4<sup>th</sup> in the same category in 22m22s. Lucy Tetley was runner up in the U17 women in 22m32s. Jackson Slade ran well to place 5<sup>th</sup> in the U13 boys in 23m56s.

At the Sugar Loaf (a very steep mountain) Race, debutant Ceridwen Carter won the U11 girls, Saffi Reid won the U13 girls. The boys also did well. Fred Tyler was runner-up in the U17 boys and Milo Williams was 3<sup>rd</sup> in the U13's. There were even more impressive results at the 'Leominster Easter 5k', with a clean sweep of wins by the boys – Fred Tyler U17's, Oli Dyson U15's and Charlie Coleman in the U13's, where Milo Williams was runner up. Saffi Reid was first in the U13 girls. Saffi also won the U15's race in the hilly Wrekin Streak (and £10!!).

#### **Athlete of the Month – April**

The committee recognises the achievements of an Athlete each month. This may be a good win, Club Record, a big improvement in a PB, or training hard. This month it is U13 athlete Charlie Coleman, who is now in his third season in the green vest. Last year Charlie ran a 24-minute 5k, which is pretty good! Having run well in the winter Cross-Country season, he opened this year with an impressive 21m09s for 5k. At the end of March Charlie went to the Midlands 5k Championships and ran an awesome 18m49s – very impressive for a 12-year-old! For U13's, he is currently ranked 25<sup>th</sup> in Britain over 5k. Well done, Charlie.



# A word from the Chair

On behalf of the club, I just want to say a huge thank you to Sarah Jones for everything she has done for us as a coach. Sarah has been a brilliant part of our coaching team, giving her time, energy, and enthusiasm to help our athletes grow and succeed. Although we're very sad to see her move on, we want her to know that she will always be part of the club, and she's welcome back at any time, in any role.

A big thank you also goes to all the committee members and the wider team who have worked so hard behind the scenes on membership renewals. It's essential for keeping the club running smoothly, so we really appreciate everyone's efforts. If you haven't renewed your membership, please make sure you do it as soon as you can – we don't want anyone missing out! Thank you too to our team managers, coaches, officials, parents, volunteers, and, of course, our fantastic athletes. It takes a whole team of people to make everything happen – training sessions, competitions, travel, and support – and every bit of effort you put in makes a huge difference to the success of the club.

A quick reminder as well: organising events takes a lot of time and planning, and communication really is key. Please make sure you respond early and regularly to team managers and event organisers – it really helps things run more smoothly and makes sure no one is left disappointed or misses out.

Thank you to those who attended our club's Open Night. I would like to re-emphasise the importance of having enough Coaches, Officials and Volunteers. If you have the time to give, however short, please get in touch so the Club can keep delivering and developing.

Finally, it's been brilliant to see the team spirit at recent events – cheering each other on, helping out, and showing what being part of a club like ours is all about. Team spirit is at the heart of everything we do, and it's even more important in a club our size.

regards,  
Colin

## Upcoming Events

### May

YDL Lower - 3rd May Aberdare  
Worcestershire Track & Field County Champs - 10th May - Worcester  
Herefordshire & Worcestershire Multi-Events - 14th May - Hereford  
MT & FL - 17th May - Worcester  
Welsh Athletics Junior Dev League u11/13/15 - 18th May - Hereford  
YDL Upper - 25th May - Cardiff

### June

Youth Dev League (YDL) Lower - 1st June - Hereford  
Welsh Athletics Junior Dev League u11/13/15 - 8th June - Cardiff  
Saturday 8<sup>th</sup> June – Nuneaton – Midlands U17 & 15 Championships, U13 Quadrathlon & U20 Mixed Club  
Relays – info & entry at [www.entry4sports.co.uk](http://www.entry4sports.co.uk) Competition 698  
Midlands League (MT & FL) - 15th June - Burton  
YDL Lower - 21st June - Aberdare

### July

YDL Upper - 6th July - Swansea  
MT & FL - 13th July - Worcester Nunnery Wood (Bromsgrove event)

### August

MT & FL - 2nd August - Hereford  
Mike Lambert Open - 25<sup>th</sup> August - Stourport  
MT & FL - 31st August - Stourport

### September

Herefordshire Track & Field County Champs- 13/14 Sept - Hereford

Please check the Website and FaceBook for Regular Updates



# Future Planning

As a club we are actively considering running our own Junior Cross Country Events (x4) next Winter, separate to the adult league, with over 70 young competitors on our books who take part regularly. To do so we will need a lead to take this on - please consider whether you can give the time to run this and get in touch.

Thank you to Nadia Locke who has volunteered to run as the Sportshall Lead for next Winter with Emily stepping down but remaining available as a mentor. The Committee are very grateful for her offer of support for this key activity for our younger athletes.

# Coaches Corner

A special mention to senior athletes Livi Harwood, Charlie Colbert and Eva Tyler – still in their very early 20's!! – who whilst at home from university have given up time to help at the open evening and coach younger athletes. They are fantastic role models.

It is with sadness that junior sprint coach Sarah Jones has stepped away from coaching. This is to focus on other important personal commitments. Sarah has coached and officiated at Hereford for over 10 years. She initially came to the club with her daughter Darcie who still has the U17 Long Jump and a couple of 4 x100m records. Many athletes have enjoyed Sarah's twice weekly sprint sessions. She always had a smile and a words of encouragement. From everyone at Hereford & County AC, we would like to say how fortunate we were to have her with us for the last 10 years. We hope that Sarah might find time to pop along to the occasional home fixture and share some memories.

We are now on Easy Fundraising - please think of us when choosing your cause to support. Buying a holiday, something from the sales, a new car! Using Easy Fundraising, whilst doing so, is an easy way to help raise funds for the club. All of the information you need is at the link below

Easy Fundraising

<https://www.easyfundraising.org.uk/causes/herford-and-county-athletics-club/>

## Important Reminders

### Membership

Please renew your Membership for 2025/26 if you have not already as this is now overdue.

As a member you are **agreeing to compete for the club at least 3 times a season**. However, we do understand that there may be valid reasons why this is not possible. If so, please get your parents/guardian to speak to your coach in confidence.

### Club Records

These are continually updated. They can be found on the website at the bottom of the 'results' page. Please check these and let Marc Flannery if any records are missing or incorrect.

### Athletics Facebook

We have a 'closed' Facebook page, full of information, updates and photos. If you want to join, simply go to the page, and ask. Only members are allowed to join. Keep up to date with everything that is going on at the Club – join now!



Please consider becoming a Club Official, Coach or Volunteer

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