



TEAM GREEN

HEREFORD AND COUNTY ATHLETICS CLUB

CLUB NEWSLETTER - JUNE 2025

Performance Highlights

Track

We recently hosted a LYDL match for U13 and U15. A thank you to all the volunteers who helped during the day. Special thanks to Magda Michniok, Jo Lloyd & Max Reid for pulling the team together. Also, to Phil Wells, Colin Wood, Brian Morgan & Stephanie Slade who did key jobs during the day. In the U13 girls, there were track debuts for Olivia Howells & Emmie White. An exciting relay saw our team pipped by just 2/10ths of a second. In the U13 boys, Ethan Sibanda smashed the club 150m record. The boys' relay went one better than the girls, comfortably winning the 4 x 100 m. The U15 girls scored points across the board, especially in the field events. In the U15 boys Aleks Dumara won the Hammer, Javelin and Pole Vault. He even ran a leg of the 4 x 100 m. Having come 4th in the first match of the season, we came 2nd out of the 8 teams. This was not because of the efforts of one athlete, but due to a collective effort of every athlete to score points in as many events as possible.

In the Midland League at Worcester, our senior athletes were supported by athletes from the Forest of Dean AC (hence the team is called Hereford Forest). Although we finished 5th out of 7 teams with 275.5 points, we were only half a point behind DASH and close to Tipton. There were senior debuts for U17 athletes. Zofia Michniok, who won the Pole Vault, Liam Shekyls, who ran a great 400m and Erin Straker, who scored valuable points, getting a huge PB in the triple jump. Hannah Ellis got PB's in the 100m and Long Jump, plus Fred Tyler, who ran, threw and jumped well. Charlotte Colbert won the Javelin and is returning to good form after a serious long-term injury. A big thanks to team manager Phil Wells and all the Hereford officials who spent the day on the track. In June, there was a 'technical' Midland League event at Rugby, where Ruben Mabblerley ran a PB for the 400m and jumped 1.70m. The next Midland League match is at Hereford on 2nd August. We need all our athletes and volunteers. If you can compete, let Phil Wells know. If you can volunteer for a couple of hours (or more), contact Jo Lloyd.

We had just one athlete competing at the recent Midland Championships in Nuneaton. Saffi Reid broke her own U15's 300m record in placing 4th.

For the final Welsh Development fixture, 19 of our athletes travelled to Cardiff AC. As usual, there were numerous PB's. The outstanding performances were from George Brown, who not only won the U13's High Jump, but also equalled his own club record. Ethan Sibanda broke a record dating back to 1992 in winning the U13 boys 100m. Ethan also won the 200m. In the U15 boys, Henry Lewis won the 800m. A massive thank you to Adam & Alice Dyson for managing the team and making it such a great day. Also, to Emily Davies, Brian & and Patrick Morgan. Unfortunately, we are still missing a few results, particularly the relays.

On 10th June, the District Schools Minors for years 7 and 8 were held at Hereford, with lots of our athletes competing in their school colours. Although we do not receive the results, we know that loads of our athletes have qualified for County Schools Minors at Worcester.

On the 14th June, the Herefordshire & Worcestershire Schools Championships were held at Stourport. It was a day of sun, showers and gusty winds. The Inters did well, with Rafi Wilkinson winning the Discus by over 10metres and coming second in the 400m. Maisie Wood took Gold in a close High Jump competition. Liam Shekyls showed stamina in taking first in the 200m. In the junior girls' 800m, Saffi Reid & Martha Bakewell placed second and third in 800m. Chloe Strzadala won a silver in the junior Javelin, and Ruben Mathey also got a silver in the junior boys 800m. In the Inter Girls, Anya Lenain-Thullen won bronze in the Long Jump. The Inter boys had success, with Ruben Mabblerley taking silver in the 200m and High Jump. Henry Lewis & Fred Tyler were second and third in the 1500m. Several of our athletes were selected to represent the two counties at the Mason Trophy in Stoke. This is for athletes in the Midlands, Cheshire and Manchester,

At the Mason Trophy, Ruben Mathey ran a PB to finish 3rd in the 'B' string 800m. Saffi Reid was 9th in her 'B' string 800m. Maisie Wood placed 3rd in the A string High Jump and 5th in the 'A' string Long Jump. Rafi Wilkinson improved his club record by over 6m to throw 48.66m, where he was runner-up. Rafi is now ranked 4th in the country.

Elsewhere, on 22nd June, Eva Tyler ran 400m at the Stratford Speed GP in London, coming 4th in her heat.

Cross Country, Fell and Road Racing

Our athletes dominated the third and final 'Hereford Couriers 5K series'. Ruben Mathey won the U13 boys, Henry Lewis (4th male overall), U15 boys, Fred Tyler the U17 men, and Saffi Reid (3rd female overall). U13 girls. Although a very young squad, Henry, Fred, Ruben & Charlie Coleman took bronze in the senior male team event, while Alex Swan, Benji Swan, Callum Parkin & Milo Williams took 7th place in the team event. We also saw a debut by new member Logan Lloyd.

At the Cirencester 3k race, Alex Swan was 5th in his age group, Benji Swan 8th, and Saffi Reid was 1st overall female.. Saffi was also 1st in her age group in the race to the top of Rodneys Pillar in Welshpool.

Athlete of the Month – June

The committee recognizes 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 Under 11 athlete Victoria Bak. Although Victoria has been with the club for less than a year, she has a positive attitude. She always trains with a smile and listens to her coaches. She has also been an impressive sprinter and jumper in the Welsh Development League, running some very quick times. Well done, Victoria.

A word from the Chair

Well, it's been another incredibly busy month building on the tempo of the last. The Performance Highlights page really shows the successes on the road, track and field during a very busy period for everyone. It is fantastic to continue to see the new track being put to great use with the Club hosting events as well as travelling to them.

Congratulations, in particular this month, go to Aleks Dumara (Junior Hammer), Henry Lewis (Junior 1500m) and Rafi Wilkinson (Inter Discus) who have been selected to represent Herefordshire & Worcestershire at the upcoming English Schools Championships in Birmingham on 11th/12th July.

In the coming month, on the 7th July, HALO Leisure Centre plans to close the gate access to the track and place it on code access only. Once details become clearer on how everyone accesses the track for Training Nights and events, it will be emailed out.

Best of luck to all of our Athletes in July - another month with plenty of competitions to take part in.

regards,
Colin

Upcoming Events

June

28th/29th June – Abingdon – Midland Schools Multi Events Championships

28th/29th June – Nuneaton – Midlands Senior & U20 Championships – entry4sports.co.uk/716

July

Wednesday 2nd July – Gloucester – Cheltenham Midsummer Open meeting all (midsummer meetings are U11 & Up)

Sunday 6th July – Swansea – Upper YDL – manager Mariann Wood

Wednesday 9th July – Gloucester – Cheltenham Midsummer Open meeting

Friday/Saturday 11th/12th July – English Schools Championships – Birmingham

Wednesday 16th July – Gloucester – Cheltenham Midsummer Open Meeting

Wednesday 23rd July – Gloucester – Cheltenham Midsummer Open Meeting

August

MT & FL - 2nd August - Hereford

Mike Lambert Open - 25th 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

We have been lucky enough to have visiting coaches who have given specialist sessions. Richard Eastman from Kidderminster & Stourport AC gave a two-hour master class to our older hurdlers.

We also had a session for our multi eventers from Rafer Joseph. Rafer has competed in the Decathlon at two Commonwealth Games and is coach to Sammy Ball a world class decathlete. His input into the hurdles, shot (and Discus for Rafi Wilkinson) was of the highest quality. In 2 hours of high intensity training, all the athletes learnt an enormous amount.

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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