



TEAM GREEN

HEREFORD AND COUNTY ATHLETICS CLUB

CLUB NEWSLETTER - JUL 2025

Performance Highlights

Track

At the very end of June, the Midlands Schools Multi Events were held over two hot days at Abingdon. In the Intermediate Boys Octathlon Rafi Wilkinson won by over 250 points, scoring 4721 points. Rafi was ably supported in the team event by two fellow Hereford athletes, Ruben Mabberley, who came 7th and Fred Tyler, who came 8th with a PB in every event. As a team, the three boys narrowly missed out on Gold to a strong Derbyshire team. Rafi now goes forward to the national finals in September. In the Intermediate Girls Heptathlon, Maisie Wood was 4th, breaking the club record by scoring 3573 points. Maisie missed out on the National finals by just 69 points. Zofia Michniok came 14th. As a team, the girls were runners-up to Warwickshire. In the Junior Boys Pentathlon, Ruben Mathey was 13th, whilst in the U15 girls, Saffi Reid was a non-scoring athlete, scoring 1686 points. A smashing effort by our 7 athletes. Both Rafi and Maisie are now the top-ranked U17 multi-eventers in the West Midlands. At the senior Midland Championships, Charlie Exton was runner-up in the senior shot with 7.48m. A few days later, his son Thomas was 8th in the National Prep Schools 800m.

At the first Cheltenham Midsummer meeting, Rebecca Davies broke her own U15 triple jump record by over a metre, leaping 9.07m. At the same meeting, Saffi Reid broke the U15 mile record, running 5m46.45s. The final Upper YDL took place at Swansea on 6th July. A smaller team than anticipated had success in beating the powerful Cardiff AC. Liam Shekyls continued his fine form to win the U17 100m and 200m. Anya Lenain-Thullen won the U17 100m. Maisie Wood won the U17 Long Jump and High Jump. 15-year-old Zofia Michniok impressed in winning the U20 Long Jump; she also won the U17 Triple Jump. Martha Formby set a huge new PB in winning the U17 Discus by 14m! To cap off a good day, the girls' U17 4 x100m team stormed to an excellent win. A huge thank you to Mariann Wood, who, through her hard work, has made this team successful and fun to be with.

The following weekend saw our senior team travel to a blustery Worcester. Again, numbers were lower than expected. The team finished 8th. The only success on the day was Eva Tyler, who comfortably won her 400m. Several of our U17 athletes acquitted themselves well against senior opposition. Thank you to Phil Wells for pulling the team together. Three athletes qualified for the English Schools Championships in Birmingham. This is where the last Commonwealth Games were held. Rafi Wilkinson led the way, taking bronze in the Intermediate Discus. Henry Lewis ran a PB in the Junior Boys 1500m to come 8th in his heat. Alexs Dumara came 7th in the Junior Boys Hammer, breaking his own club record in the process. All three trained hard to achieve such success. Well done.

On the 22nd July, Saffi Reid broke the 1992 U15 800m record at a race in Aberdare, running an impressive 2m27.39s. At the final Midsummer Open in Gloucester, Eva Tyler set a club record in the 300m and Saffi Reid ran a quick 600m.

Cross Country/Road Racing/Fell Races

At the end of June, Ceridwen Carter placed 7th in the Welsh Fell Racing Championships. At the beginning of July, there was a Welsh Junior League Race, where Saffi Reid was 1st in the U15 girls' race. Ceridwen Carter won the U11 girls race, whilst Milo Williams was runner-up in the U13 boys race. On 14th July, two of our athletes travelled to Snowdonia to compete in the Junior Mountain Running Championships. Saffi Reid continued her success, winning the girls U15 race, with Milo Williams coming 4th in the U15 boys' race.

Athlete of the Month – Jul

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 was an easy choice. Under 17 athlete, Rafi Wilkinson has been on fire. He broke his own club discus record throwing 48.66m and is ranked 5th in the UK. He went to the English Schools Championships, where he took a bronze in the same event. At the end of June Rafi competed in his first Octathlon at the Midlands Schools Championships scoring a massive 4721 points to win by 250 points. In the process he broke Pat Morgan's club record by over 500 points. Rafi now moves onto the National Octathlon Championships in late September. At the recent Midland League meeting at Hereford Rafi ran a 50 second leg to anchor our U17 4 x 400m relay to a stunning win against a host of senior teams. This also broke the club relay record. (Full details in the August Newsletter)

A word from the Chair

July has been exceptionally busy and successful for our athletes, competing in varied events far and wide – further details in the results section. Elsewhere, there is now a gate entry system to access the track. So far, this is running fairly smoothly. In addition to the club purchasing an EDM (Electronic Distance Measurer), we have now acquired wind gauges. This is important in professionalising the club and being able to hold high-quality events at our track.

We are looking for a couple of new team managers. One is to take over from Magda Michniok and manage next year's Lower YDL team for 3 meetings. There is plenty of support available if you want to know more, speak to Magda or one of the coaches. We are also seeking someone to take over from Brian Morgan to organise and manage the Herefordshire & Borders Cross Country League – again, ask for more information.

On another note, we are getting athletes booking into training very late – often with less than two hours' notice. This makes session planning difficult for the coaches. The committee are looking at having an earlier cut-off time for booking training. Further information will be provided in due course.

If not before, I hope to see you all at the County Championships at the Track on the 13th Sept. Have a great Summer.

regards,
Colin

Upcoming Events

Mike Lambert Open - 25th August - Stourport
MT & FL - 31st August - Stourport

September

Herefordshire Track & Field County Champs- 13th Sept - Hereford
Entry Method for this event will be announced soon

Please check the Website and FaceBook for Regular Updates

Future Planning

We are looking for a couple of new team managers. One is to take over from Magda Michniok and manage next year's Lower YDL team for 3 meetings. There is plenty of support available if you want to know more, speak to Magda or one of the coaches.

We are also seeking someone to take over from Brian Morgan to organise and manage the Herefordshire & Borders Cross Country League – again, ask for more information.

Coaches Corner

COACHES

We need more Parent Coaches across all events. Please come forward to volunteer if you can afford an hour a week to help improve the coaching our athletes receive and to allow more athletes from our waiting list join the club.

OFFICIALS

The Club needs more Officials to be able to run home and attend away meets. These range across Field, Track, Timekeeping, Starter and Starter Assistant disciplines. The course is usually 4 hours online paid for by the Club. Without them the events cannot run so please come forward if you can support.

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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