



TEAM GREEN

HEREFORD AND COUNTY ATHLETICS CLUB

CLUB NEWSLETTER - AUG 2025

Performance Highlights



Track

At the beginning of August, we hosted a Midland League fixture. This included the 'B' team of Birchfield Harriers. There were club debuts for Logan Lloyd, Claire Borg & Dylan Menhemet. Dylan won and broke the club Hammer record. Fred Tyler won the Long Jump, while sister Eva won the 400m. Rafi Wilkinson added 10m to his PB winning the Javelin. Charlotte Colbert dominated the Discus and Javelin to win both. Liam Shekyls broke the club U17 200m record. The highlight of the day was the 4 x 400m, where our U17's (Rafi Wilkinson, Fred Tyler, Ruben Mabberley & Liam Shekyls) stormed to a victory, that not only broke our U17 record, but also the club senior record. Overall, we came 3rd out the 8 teams present – our best result of the season. We were supported by two athletes from the Forest of Dean AC. A huge thank you to Phil Wells and his team of volunteers and officials for making this event so fantastic.

At a Worcester Open meeting Charlie Coleman broke the U13 boys 1500m record, running an impressive 4m55.18ss. More recently, at Rhondda, Saffi Reid broke the girls U15 3000m record running 11m34.33s.

At the final Worcester Open Meeting, there were Hereford Athletes of all ages competing. The highlight was Eva Tyler breaking her own club 400m record by over half a second running 57.06s

Cross Country/Road Racing/Fell Races

On 17th August there was the Jon Ward 5k, where Jackson Slade ran an excellent 21m30s, coming first in his age group. In the same race Saffi Reid was 1st female. Saffi who has had a very busy month, was also the first U15 girl at the Worcester 5k and after 8 races was winner of the Shropshire Fell Series. She was also first female in the Mile Race at Chepstow on August 19th. Harry Jones was first U13 at the Worcester 2K Festival.

Athlete of the Month – Aug

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 a team. The Under 17 4 x 400m relay squad, consisting of Rafi Wilkinson, Fred Tyler, Liam Shekyls & Ruben Mabberley. At the recent Midland League meeting they provided one of the most exciting races ever seen at Hereford to snatch victory in the final 100m. This puts them as one of the strongest relay teams in the country. The collective effort was outstanding

A word from the Chair

Looking back at the Lower YDL league for our U13 and U15 athletes, it's now apparent that it was a hugely successful season. We came third out of 8 teams, only losing out to the 'composite teams' of South Wales and Gwent Harriers. Amongst the teams that we finished above were a combined Bristol & West/Mendip AC team, Newport Harriers and Team Bath. Considering the size of Herefordshire, this shows how much talent and commitment we have. I hope you all take pride in your efforts and offer my and your thanks to Magda Michniok, Jo Lloyd & Maxine Reid for running the Team.

Although August has been a quieter month for our athletes, there has been no shortage of fantastic results. More details in the performance section.

We are still looking for a couple of new team managers. This is to take over from Magda Michniok and manage next year's Lower YDL team for the 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.

regards,
Colin

Upcoming Events

On Saturday, 13th September, we are hosting the Herefordshire County Championships. This is a chance for all our athletes to finish the season on a high. There are medals for all finishing in the top three places. Entry is through the 'Roster Athletics' website. Entries close on Thursday, 11th September; there will be no entries on the day.

Saturday 13th September – Hereford – County Championships (U11 and up) Entry through 'Roster Athletics'.

28th/28th September – Wrexham – Final Fling – U11 & up – Enter through Welsh Athletics.

Saturday 1st November – Deeside – 60m, Long Jump, High Jump, Shot.

Sunday 7th December – Cardiff – Junior Indoor Open – U13 to U17

Sunday 14th December – Cardiff – Christmas Classic – U17 & up

Cross Country

12/10 – Nympsfield – Gloucester Cross Country League (Entries to open soon)

November 1st – Cirencester Park – as above

December 14th – Bath – as above

February 14th – Cheltenham – as above

Please check the Website and FaceBook for Regular Updates

Future Planning

As we come to the end of the Season we will plan the annual Awards Evening. Once confirmed details will be circulated and please make every attempt to come and celebrate our Club and Athletes achievements this year.

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.

Easy Fundraising

So far, our 'Easy Fundraising' App has just 12 members, this has earned the club £85 (so far). Please sign up to this App – it will not cost you a penny. If we can get 100 members, we will be able to buy lots of new kit and keep our (and your) costs down.

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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