



TEAM GREEN

HEREFORD AND COUNTY ATHLETICS CLUB

CLUB NEWSLETTER - SEPT 2025

Performance Highlights

Track

At the end of August there was the last match of the Midland League season at Stourport. It was a day when runners and in particular, sprinters were hampered by strong headwinds. We put out our strongest team this season, with able support from 4 Forest of Dean athletes, scoring 397.5 points. This was our highest total of the season, placing us fourth out of the 8 teams. There was a great debut by Nick Borg who took on not one but three tough track events including the feared steeplechase. It was great to see Charlie Exton returning to the team after a 11-year absence. There was a win in the Pole Vault for Zofia Michniok, whilst the individual star of the day was thrower Charlotte Colbert who won all three of her throws. The last race of the day was the highlight, with the mixed 4 x 400m team of Claire Borg, Liam Shekyls plus siblings Fred and Eva Tyler outpacing a strong Birchfield team. This result means that we finished 6th in the final league table. A huge thanks to Phil Wells for again managing the senior team and his officials that made this event happen (and scored points for the team)

The last major track event of the season was the County Championships. On a windy and sometimes wet day, this was a success. The smooth running was down to the efforts of the Club committee and many willing volunteers. The big plus of the day was the 100+ PB's by our athletes. A brilliant end to a great season. There were two club records. The first coming from Hugo Benstead in the 75m Hurdles where he broke the 2010 record by 0.3s. The second one came in the U17 Triple Jump. Going into the last round Zofia Michniok had equaled the club record of 9.97m, but Maisie Wood went a little better with her last leap to jump 10.01m to take the record outright. Elsewhere, Rafi Wilkinson travelled to Chelmsford to compete in the English Schools Octathlon Championships. Although Rafi had a slightly under par first day, he rallied well on the second day with 3 PB's to finish 9th out of 34 athletes, scoring 4790 points, breaking his own club record. Marc Flannery competed in the British Masters Championships in Derby, winning the O65's High Jump, clearing 1.45m to go joint 1st in the UK rankings for his age group.

Cross Country/Road Racing/Fell Races

For the first time in many years the club entered several teams in the Midland Counties Road Relay Championships. This achievement was down to the hard work of Maxine Reid who organized the entries. We had two U13 teams of 3 runners each, who came 25th and 27th overall. Of our 6 runners, Jackson Slade ran the quickest leg. The U15 girls team placed 19th out of 39 teams, with Saffi Reid running a very quick leg. The U15 boys were affected by illness and only had Inyan Farrant and Alex Swan running. A fast leg by Fred Tyler ensured the U17 boys were 32nd overall. This team event was enjoyed by all, the 'Green Team' will be back in 2026 – look out!

At the Worcester City Run, Saffi Reid was 4th female in the U16 girls. In the same race Benjamin Swan was the 11th boy home, followed by Harry Jones in 22nd. Logan Lloyd ran in the Men's race coming 41st.

Athlete of the Month – Sept

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 Erin Straker. She is a first year U17 athlete and very young in her year. At age 14 she competed in the three Midland League matches against Senior athletes. She also competed in every Upper YDL match. This time against athletes up 2 years older than her. Across these six fixtures Erin completed 17 individual events, scoring valuable points for the club. Her events have included High Jump, Long Jump, Triple Jump and Javelin. Erin trains and competes with a smile, always supporting her fellow athletes. This summer she has improved her triple jump by almost a metre and her high jump by 15cms. She finished the season by winning the U17 Javelin at the County Championships. Well done Erin!

A word from the Chair

As the track season ends, it is time to reflect on what has been a glorious summer of weather and competition. There have been brilliant performances across all age groups, but above all there has been friendship and camaraderie on and off the track. In addition, we have a new tranche of coaches in the process of qualifying to help increase our capacity to support young athletes. The future is looking bright.

As the evenings get darker and colder, please ensure that children are appropriately dressed, as well as dropped off and collected at the track gate – not the car park. Also, no dogs are allowed inside the track boundary fence. Training may be harder as it gets colder, wetter and windier, but there is the saying 'You win in Winter'. It refers to the training and effort put into this time of year, which will mean next Summer you will be a much better athlete.

On Tuesday, November 4th, we will have our AGM in our trackside cabin. This is an opportunity to hear about the club's progress and plans for improvement. Everyone is welcome to attend. As a result, training on Tuesday, 4th November, is cancelled.

We would like to welcome Nadia Locke, our new Sportshall Team Manager. Good luck. The club still needs two new team managers. This is to take over from Magda Michniok and manage the Lower YDL team. There's support available. If you want to know more, speak to Magda or a coach. We are also seeking someone to take over from Brian Morgan to organise and manage the Herefordshire & Borders X-Country League – again, ask for more information.

regards,
Colin

Upcoming Events

Upcoming Fixtures

Indoors

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

Saturday 18th October – Midlands X-Country Relay Championships - Teams of 3 for U13, U15 & U17. Contact Maxine Reid for more information.

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

Annual Awards Club Celebration

We are very pleased to announce that our Annual Celebration Dinner take place from 7 p.m. on Friday 14th November, at The Shack Revolution in Hereford so please pencil the date in your diaries. Tickets will be discounted to just £5.00 and will include food, a quiz, a speaker and of course the awards! We hope as many of you as possible will join us for what will be a fun evening. Further details will be given in the next week, as to where to buy tickets.

Easy Fundraising

So far, our 'Easy Fundraising' App has just 12 members, this has earnt 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.

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.

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!

TEAM GREEN
HEREFORD AND COUNTY ATHLETICS CLUB

