



TEAM GREEN

HEREFORD AND COUNTY ATHLETICS CLUB

CLUB NEWSLETTER - OCT 2025

Performance Highlights



Track

There were a couple of late-season track events, where Saffi Reid broke her own U15 girls 3000m, running 11m07.9s. Two days later, she broke the 33-year-old U15 1500m record running under 5 minutes – amazing.

Cross Country/Road Racing/Fell Races

On 5th October, Saffi Reid & Milo Williams made the long trip to Sedbergh in Cumbria to tackle the English Schools National Fell Championships. Milo finished 60th in the Junior Boys and Saffi finished a brilliant 13th in the Junior Girls.

Congratulations to Thomas Exton, who placed 8th in the first round of the ESAA Cross Country Cup. His school now move forward to the Regional Finals – Good luck. We had three runners compete at a very hilly Herefordshire & Borders Cross Country held at Fforest Fields. Lucy Tetley was runner-up in the Women's U17 race. Fred Tyler & Logan Lloyd finished just 4 seconds apart to take first and second, respectively.

On 18th October, our club entered five teams into the Midland Counties Cross Country Relay Championships. As we had never entered this event before, we didn't know what to expect. The results were absolutely exceptional. The U15 Boys team of Inyan Farrant, Ruben Mathey and ? won the Gold medal. We had three teams of three in the U13's races. They came 3rd, 4th and 5th. The U15 girls also ran well to gain a bronze medal. The full results are not yet published and will feature in November's newsletter. A huge thank you to Maxine Reid for organising the entries and Luke Williams, who took the athletes out on the course to familiarise themselves.

Athlete of the Month – Oct

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 Hadrian Nizi. Hadrian is a keen young athlete who always try's his best. He is a regular face at training and a great role model for the new U11s. He is kind to his club mates, polite to all and always takes advice. Hadrian threw an amazing Javelin distance at the county championships. He should be exceptionally proud of himself as his coaches are exceptionally proud of him.

A word from the Chair

Have you got your tickets yet for the Annual Celebration Dinner? This great event takes place on Friday 14th November from 7pm at The Shack Revolution in Hereford. Tickets are discounted to just £5. This includes food, a quiz, speaker and of course the awards! This year each junior award will have three nominations to be announced on the evening. Every nominated athlete will get a certificate of recognition or the winner's trophy. There will also be a raffle with prizes. We look forward to seeing as many of you as possible to join us for what will be a fun evening. Tickets are available from Mariann Wood, Steph Slade or Maxine Reid on Tuesday and Thursday evenings at the track

Before the awards evening at 6-30pm on Tuesday November 4th, we will hold our AGM in our trackside cabin. This is a chance to hear about the clubs' progress and plans to improve. Everyone is welcome to attend. As a result, outdoor training on Tuesday 4th November is cancelled. There will still be indoor training for the younger Tuesday groups. Please be aware that Middle Distance and U12 training is cancelled on Thursday 30th October. This is due to half term.

Congratulations and thank you to Maxine Reid who will now manage the Lower YDL team in 2026. She will be assisted on match days by Becky Strzadala & Jonathon Storey. As there were no offers to organise the Junior Herefordshire & Borders X-Country League, this will not take place. However, there are plenty of other winter races available. Maxine Reid is the point of contact for more information about upcoming Cross Country events. Congratulations to Rafi Wilkinson who has been accepted onto the National Youth Talent Program for Discus. This is the first step towards being an elite athlete. This is an outstanding achievement
regards,
Colin

Upcoming Events

Upcoming Fixtures

Sportshall

Sunday 16th November – St Johns Sports Centre, Worcester – U11 to U15. Free entry. For more details and entries contact team manager Nadia Locke

14th December – St Johns Sports Centre

14th January – St Johns Sports Centre

Indoors

Saturday 1st November – Deeside – 60m, Long Jump, High Jump, Shot U13 to U17

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

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

Sunday 11th January – Cardiff NIAC – Junior Indoor Open U13 to U17 – Entries are Open

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

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!

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