



TEAM GREEN

HEREFORD AND COUNTY ATHLETICS CLUB

CLUB NEWSLETTER - NOV 2025

Performance Highlights

Cross Country/Road Racing/Fell Races



At the beginning of November, Charlie Coleman took 9th place in the Cardiff Cross Challenge, running 2.78k in a quick 9m46s. The same weekend, Saffi Reid took on the Mo Runner trail race in Bristol, coming 1st out of 109 females wow! On the 8th of November, four of our athletes tackled the tough 'Winter Sugar Loaf Fell'. Luckily, this was done in glorious sunshine. Milo Williams was 2nd in the U13 boys' race. Ceridwen Carter was also runner-up in the U13 girls' race. In the U15 race, Saffi Reid won, setting a new course record, whilst in the U17's Lucy Tetley also took first place. On the 10th of November, Thomas Exton ran in the Regional Finals of the English Schools X-Country Cup, placing 20th in the Junior Boys. This excellent run qualifies him for the National Finals in Rugby on 6th December – Good Luck!

At the second Herefordshire & Borders Cross Country Race, three of our Under 17's took on a hilly, muddy and wet course of 4 miles with 500 feet of climbing. Lucy Tetley won her race. In the U17 Men, Logan Lloyd also came first with Fred Tyler runner-up.

There was super running from the Greens at the Inter-Counties X-Country at Himley Hall, Dudley on 22 November. This was despite rain and very muddy conditions. They were representing Herefordshire & Worcestershire Schools in the red and green vests, competing against teams of athletes selected from the West Midlands, Warwickshire, Staffordshire, Cheshire, Shropshire, Surrey, Merseyside, Cumbria & Leicestershire. The results for the 2.7K race for Minor boys: 47th Jackson Slade in 10:06, 73rd Benji Swan in 10:47 and 74th Louis Storey in 10:52, For the 3.2K for the Junior boys race: 18th Charlie Coleman in 10:01, 81st Milo Williams in 11:58 and 85th James Nolan 12:43. Alex Swan didn't finish due to a knee injury. In the 3.2K for the Junior girls race Saffi Reid was 27th in 11:20. Well done Greens and congratulations to Charlie & Saffi who were scorers for the Hereford & Worcester teams with the Junior girls team picking up bronze. Hereford & Worcester Team Scores: Minor Boys - 2nd Junior Boys - 7th, Junior Girls - 3rd, Hereford & Worcester Overall Team Trophy Result: 5th

Sportshall

The first Sportshall of the season saw a huge turnout by the 'Greens'. There were club debuts for 16 young athletes. These were Imogen Siddall, Maeva Farrant, Anna Jordan, Evie Burrows, Pippa Dines, Felicity Frost, Maria Frost, Daru Grant, Lalita Grant, Elyza Dunn, Sebastian Bean, Jay Bintou Starr, Sherlock Wornham Fellows, Peter Jones-Clark, Gabriel Jones-Clark & Ryan Petkevicius. There were individual wins for the following: U11 boys obstacle relay team. In the U13 boys, there were wins for Thomas Exton 4 4-lap & 6-lap races, Noah Mabberley shot, Joseph Davies speed bounce and Toby Smith vertical jump. Not to be outdone, the U13 girls also won several events, including both relays. Anna Jordan achieved individual wins in the 4-lap race and was joint 1st in the shot. Lalita Grant was joint 1st shot and won the standing long jump. Iris Lloyd won the speed bounce.

The U15 age group is solely for individual athletes. We had a good turnout in this category. Henry Rand won the 4-lap race and Alex Swan won the shot. The boys also won the Paarlauf relay. This means that after the first event, the current standings in the league are Under 13 Girls 1st, U13 Boys 'A' 1st, U13 Boys 'B' 2nd, U11 Girls 'A' 3rd, U11 Girls 'B' 6th, U11 Boys 'A' 2nd, U11 Boys 'B' 4th. We are looking forward to the second match for some more fantastic team effort. A massive thank you for the efforts of new team manager Nadia Locke for pulling the team together and to all the volunteers and athletes that made it such a fun day.

Athlete of the Month – Nov

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 Thomas Exton who in his third season for the club, wins this award for a second time. He has had an excellent autumn, competing for his school cross country team, making the upcoming national schools finals. He has been a leading light in our road and cross-country relay teams. At the first Sportshall event of the season he won both his races. Last summer he was West Midlands ranked in 4 events. 17th in the 200m, 10th in the 800m, 20th in the 1200m and 12th in the Javelin. Thomas is a real asset to the club, we look forward to more success in 2026 when he becomes an U15 athlete.

A word from the Chair

Following a very successful Club Awards night our Annual Hereford and County Athletics Club winners are—

U11 Girl Victoria Bak, U11 Boy Harrison Edwards.

U13 Girl Iris Lloyd, U13 Boy Ethan Sibanda.

U15 Girl Saffi Reid, U15 Boy Aleks Dumara.

U17 Girl Maisie Wood, U17 Boy Rafi Wilkinson.

U20 Male Harry Vaughan.

Senior Woman Eva Tyler, Senior Man Marc Flannery.

Most improved athlete, Charlie Coleman.

Best Newcomer Liam Shekyls.

Cross Country Female Saffi Reid, Male Fred Tyler.

Cross Country Merit Female Lucy Tetley, Male Inyan Farrant.

Club Person of the Year Colin Wood.

Coach of the year Phil Wells,

Meritorious Service Bronwen Tyler-Jones,

John Tarrant Award Karen Morris.

Overall Athlete of the Year - Female Saffi Reid & Maisie Wood. Male Rafi Wilkinson.

It's been a very busy month, both 'on and off the track', with our recent AGM highlighting the real growth and progress the club has made over the last year and the intent for next year. This success is not down to any single person; it is purely a testament to the collective effort of every single volunteer who gives their time and energy in their myriad of roles.

While I unfortunately have to step down due to increasing work commitments, I will still be available to officiate and support the club whenever possible, just not with the full commitment required of the Chairman role. I believe the club is heading in a wonderful direction, and I am excited to see what is achieved next.

Thank you all for your support. This means we are now seeking a new Chairperson to continue this great work. If you are interested in learning more about the role, please feel free to reach out to Marc Flannery.

regards Colin

Upcoming Events

Sportshall

Sunday 16th November – St Johns Sports Centre, Worcester – U11 to U15.

14th December – St Johns Sports Centre, Worcester – U11 to U15. Free entry. For more details contact team manager Nadia Locke

Saturday 17th January – St Johns Sports Centre

Indoors

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

December 14th – Gloucestershire X-Country League in Bath – Enter through Gloucestershire AA website.

Saturday January 24th – Mallory Park, Leicestershire - Midland Counties & Derby Runner X-Country Champs – U13 & up - £10 entry. Contact Maxine Reid for further details.

February 8th - Junior Muddy Woody at Aconbury Court, Hereford – Aged 11-15. Entry details to follow.

February 14th – Gloucestershire X-Country League - Cheltenham – as above

Annual Awards Night

'This year our 'Awards Night' morphed into a more inclusive 'Celebration Evening. This was held at a great venue 'The Shack Revolution' in Hereford. Despite the recent local floods, there were more than 100 attendees. The overall success was due to the huge combined efforts of Rachel Coleman, Steph Slade & Mariann Wood with plenty of cooking help from Vimbai Matumbike-Sibanda. The evening showcased our great club over the last year. The fantastic raffle raised over £900 for the club. A great night was had by all

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

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!

