



👋 Welcome to HCAC

Welcome to **Hereford & County Athletics Club (HCAC)**! Whether your child is trying athletics for the very first time, wants to have fun and stay fit, or is chasing serious sporting dreams, you're in the right place.

HCAC is a **volunteer-led, inclusive club** with over 60 years of heritage. We train and compete together, support each other, and create an environment where **everyone can thrive**.

This guide is designed to help **new families** understand how the club works, what to expect, and how to get involved.

## Who We Are

- **Club Name:** Hereford & County Athletics Club (HCAC)
- **Founded:** 1955
- **Affiliations:** England Athletics, Welsh Athletics, UK Athletics
- **Home Track:** Hereford Leisure Centre Track, Holmer Road, HR4 9UD
- **Club Colours:** Green vest + shorts or leggings
- **Website:** [herefordcountyathletics.co.uk](http://herefordcountyathletics.co.uk)
- **Communication Tools:** SPOND app (compulsory), Closed Facebook Group, Email

Our vision:

"An athlete-centred, friendly, inclusive and ambitious athletics community at the heart of Herefordshire."





## Training Times & Groups

All sessions run **Tuesdays and Thursdays**, typically 6:30–7:30pm, depending on age and event. **Please arrive 10 minutes early.** U16s must be dropped off and picked up by a parent/guardian.

Group	Coaches	Events
Junior Development	Emily, Suzy and Martin (Tues)	Multi-events
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Senior Sprints Thursday	Magda, Eva	100m, 200m, 400m
Middle Distance	Andy, Adam (Tues) Alice, Luke and Ricardo (Thurs)	400m+, 800m
Hurdles	Charlie (Thurs)	
Throws (Long & Shot)	Phil (Tues and Thurs)	Javelin, Discus, Hammer, Shot
Pole Vault	Jacqui (Tues)	Pole Vault
Jumps	Marc (Thurs)	High, Long, Triple
Multi-events Coord.	Marc	Combined event planning

## How to Join

1. **Email** herefordathletics@gmail.com to join the waiting list.
2. You'll be invited to **2 FREE taster sessions**.
3. If there's space, complete your membership and receive your **England Athletics URN**.
4. Join your training group via the **SPOND app**.



## Membership & Fees (from March/April 2026)

- **Junior / Senior Athlete:** £60/year (includes EA licence & insurance)
- **Renewals:** £48/year
- **Track Fees:** £3 per session
- **Club Vest (required for competition):** FREE on first competition
- **Pre-loved Spikes:** £10 (ask a coach to check the "spikes box")

Your fees support coaching, insurance, competitions, and the purchase of new kit for all age groups.

[www.herefordcountyathletics.co.uk](http://www.herefordcountyathletics.co.uk)



### What to Bring to Training

- Trainers (and optional 5–7mm track spikes)
- Warm/waterproof clothing, appropriate clothing for the weather
- Named water bottle
- Positive attitude & team spirit!

### England Athletics Age Group Structure (From 1 April 2026)

From **1 April 2026**, England Athletics have introduced a **simplified national age group structure** based on school years.

The new system provides **clearer two-year age bands** designed to support **long-term athlete development, retention, and consistent competition pathways across disciplines.**

More information:

<https://www.englandathletics.org/athletics-and-running/england-competitions/age-groups/>

Age Group	School Years	Notes
U10	Years 3-4	Entry-level youth competition category
U12	Years 5-6	First formal competition age band
U14	Years 7-8	Beginning of junior development competition
U16	Years 9-10	Intermediate youth competition group
U18	Years 11-12	Senior youth competition category
U20	Year 13+	Final junior age category before senior competition

## 17 Competition Pathway

We support athletes at all levels – from local to national. All athletes must compete in at least 3 events per season.

League/Event	Age Group	Season	Contact
Welsh Junior Dev League	U10/U12/U14/U16	April-Aug	Adam & Alice Dyson
YDL Lower	U14-U16	April-Aug	Max Reid
YDL Upper	U18-U20	April-Aug	Mariann Wood
Midlands Senior League	U18+	May-Aug	Phil Wells
Sportshall (indoor)	U11-U15 (age groups will change end of 2026)	Nov-Feb	Nadia Locke
County Champs	All Ages	Varies	Tbc
Cross Country	All Ages	Oct-Mar	Facebook & SPOND



## Race Entry Platforms

- [Entry Central](#)
- [Roster Athletics](#)
- [Welsh Athletics Entries](#)
- [Power of 10](#)

Once registered with EA, you'll receive a **Unique Reference Number (URN)**. This helps you enter competitions and track performance nationally.

## Power of 10: Why It Matters

All your child's competition performances appear on this official database. Great for motivation, GCSE PE evidence, and spotting improvements over time!  
**Link:** [thepowerof10.info](http://thepowerof10.info)

## Track Rules & Safety

- Always check the track both ways before crossing
- Don't wear headphones or leave bags on the track
- Never throw without coach supervision
- Under 16s must be dropped off and picked up inside the track

## Get Involved – Volunteer!

HCAC is run entirely by volunteers. We need YOU to keep it going!

- Become a coach or assistant
- Timekeeping, officiating
- Help with team logistics
- Support at competitions and socials

We cover training & DBS checks – get in touch via email or speak to any coach.



## Safeguarding & Wellbeing

HCAC follows England Athletics policies. All adult helpers are DBS checked.

**Welfare Officer:** Bronwen Tyler-Jones

**Email:** [herefordcountyathletics.co.uk](mailto:herefordcountyathletics.co.uk)

**Emergency:** Call 999

## Communication Tools

- **SPOND App:** Training times, groups, messages (compulsory)
- **Facebook Group:** Updates, team photos, results
- **Monthly Newsletter:** Sent to your inbox
- **Website Fixtures Page:** [herefordcountyathletics.co.uk/fixtures](http://herefordcountyathletics.co.uk/fixtures)

## Hereford Athletics Track Gate When Closed

HALO Leisure has fitted a smart lock to the Racecourse track gate. This requirement has come from HALO and not the Athletics Club.

From **Monday, 7 July 2025**, the gate will stay locked, and you'll open it using the HALO app.

### What to do (once)

Step	Action	Details
<b>1. Register at HALO reception</b>	Free, takes 2 min	- Under-16s: parent supplies athlete's name, address, DOB, plus parent email & mobile - 16+ / coaches / officials: give your own details Tell staff you're joining " <b>Athletics Club</b> " (no cost).
<b>2. Install the HALO Leisure app</b>	iOS / Android	
<b>3. Book every training session</b>	In the app	<b><i>In the App select - Book Activity → Outdoor Activities → Athletics Track</i></b> Select the date & time of your club session. Closed Club sessions should appear by the 7 <sup>th</sup> of July. Members who want to use the track outside of club sessions book as normal via the app for the time you want (should be at no cost but there will be initial teething problems).

### On the day

- **Entering:** Use QR code on gate to open it (having already booked via the app).
- **Leaving:** Wave a hand in front of the sensor inside the gate, then pull the gate **inwards** to exit.

### SPOND

This process does not replace the requirement to book and pay for your sessions with the Club on SPOND – please continue to do this.

### Competitions & visiting clubs

For big meets, HALO will leave the gate open so guest athletes and clubs don't need the app.

### Reminder

Young athletes should be escorted to/collected from the Track by a Parent and handed over to their coach.

## 🌟 Awards & Recognition

Each year we celebrate our athletes and volunteers with awards such as:

- Best Junior
- Most Improved
- Senior Athlete of the Year
- Volunteer of the Year
- Outstanding Contribution



Thank you for being part of HCAC. We're here to support every sprint, jump, throw, and mile.  
**Welcome to the team – Together We Achieve!**