



TEAM GREEN HEREFORD AND COUNTY ATHLETICS CLUB

CLUB NEWSLETTER - FEB 2026

Performance Highlights

Indoor Track & Field

On 7 and 8 February, the Welsh Indoor Senior Championships took place in Cardiff and Eva Tyler and Liam Shekyls took part. On day 1 Eva ran 59.24 in the 400m and finished 1st in her heat. In the 400m semi-finals later that day, she finished 2nd in 56.14. In the 400m final on day 2, Eva finished a fantastic 3rd with a big PB of 55.68.

On day 1 Liam also ran in the 400m and finished 1st in his heat in 53.36. In the final later that day, he ran 53.09 and finished a superb second place. Followed on day 2 with the 200m where he came 2nd in his heat in 23.20. In the semi-finals he finished 3rd in 23.60.

On the weekend of 14 and 15 February, Eva Tyler and Patrick Morgan represented Cardiff Met Uni at the BUCS National in Sheffield. Day 1 saw Eva qualify for the semi-final in the 400m and Patrick finished 6th in the shot put with PB of 14.08. On day 2, it was another PB of 4.23 for Pat in the pole vault and he finished 11th overall. Eva ran 56.14 and was 3rd in her 400m semi-final, finishing 10th overall out of 52 athletes.

Road & Cross Country

Back in November, a small army of Greens qualified for the Hereford & Worcester Schools Cross Country Championships. Those Championships took place in Bromsgrove on 5 February. Despite the chilly, wet and muddy conditions, our athletes all ran well, with Charlie Coleman, Saffi Reid and Issy North automatically qualifying for the English Schools National Cross Country Championships, which will take place at Sefton Park in Liverpool on 14 March. Fred Tyler will also be joining them.

On 8 February, Saffi Reid competed at Birmingham Running Festival and won the double, placing 1st female/8th overall out of 160 runners in an undulating but picturesque 5K and 1st overall in the junior race.

Junior Muddy Woody also took place on 8th February at Aconbury Woods in Hereford. 16 Greens took part including Charlie Coleman, Jackson Slade, Harrison Salkeld, Inyan Farrant, Benji Swan, Harry Coleman, Seb Farrant, Oscar Price, Thomas Cawley, Tilly Coleman, Chloe Strazdala, Martha Bakewell, Jessica Borge, Luisa Martins, Grace Lucas and Poppy Grundy. It was a brutal, muddy course and 5 Greens took top spots with the boy's lead home by Charlie Coleman, Jackson Slade and Inyan Farrant. Tilly Coleman and Martha Bakewell were 2nd and 3rd in the girl's category.

10 athletes will represent Herefordshire in the 2026 UK Inter-Counties Cross Country Championships which will take place at Wollaton Park in Nottingham on 7 March including Inyan Farrant, Seb Farrant, Saffi Reid, Grace Lucas, Lucy Tetley, Charlie Coleman, Thomas Exton, Jackson Slade, Harrison Salkeld and Tilly Coleman.

Thomas Exton and Saffi Reid competed in the 2026 ECCA National Cross Country Championship on 21 February. They made the long trip up to Sedgfield in County Durham and both worked hard on a brutal course, to achieve commendable results at National level with Thomas completing 3.1K in 12:38 and Saf 4K in 15:57.

Athlete of the Month – Feb

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 Jackson Slade who has made a big improvement & produced some great results in the Winter Cross Country season & in the Sportshall League. His 2026 results include finishing 2nd in the ISA Cross Country that took place in Cheltenham, 2nd in Junior Muddy Woody & 3rd in the Regional Sportshall League 6 lap race. Congratulations Jackson & good luck for the ISA National Final on 28 February in Dudley.



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Sportshall League

Congratulations to the following athletes who were selected for the Regional Sportshall Championships which took place on 22 February in Solihull:

U11 boys - Hadrian Nizi, Wilbur Hudson, Harrison Edwards & Harry Coleman

U11 girls - Victoria Bak & Eliza Nolan

U13 boys - Thomas Exton, Jackson Slade, Toby Smith, Noah Mabberley, Hugo Benstead & Joseph Davies

U13 girls - Iris Lloyd, Freya Williams, Anna Jordan & Lalita Grant

U15 girls - Saffi Reid & Freya Davies

U15 boys - Leo Hodgkinson

The athletes formed part of the Herefordshire and Worcestershire Team & the Team results were:

Under 11 girls and U15 boys - 2nd

Under 11 boys, U13 girls and boys and U15 girls - 3rd

Iris Lloyd secured a gold medal in the U13 girls speed bounce which is another tremendous achievement at Regional level.

Upcoming events (please see the Closed Club Facebook Page for regular updates):

A Word from the Committee

With Brian & Gill sadly departing at the end of March, we are restructuring the Academy training groups. Details will follow soon.

Many congratulations to Luke Williams, Ricardo Martins & Charlotte Rynn-Jones on qualifying as Assistant Coaches & joining our fabulous coaching team.

On 1 April 2026 England Athletics is implementing new even-numbered, school year based age groups for young athletes (under 10, under 12, under 14, under 16 & under 18). The purpose is to improve progression & retention. It also aims to reduce pressure during exam years & support long term development. The new structure replaces the under 11, under 13, under 15 & under 17 age groups, with the under 20 age category remaining.

The changes apply to all disciplines (track, field, cross country, road & fell), some though fully transition on 1 September 2026. For specific, up to date details & an age group calculator then please visit the England Athletics official website.

U10 – school years 3 & 4

U12 – school years 5 & 6

U14 – school years 7 & 8

U16 – school years 9 & 10

U18 – school years 11 & 12

U20 – year 13 plus

Upcoming Events

**8 March – Sportshall County Championships in Worcester
Cross Country**

7 March – UK Inter-Counties Cross Country Championships – Wollaton Park, Nottingham (selection only U13 & above)

14 March – English Schools Cross Country Championships – Liverpool (for those who qualified in Bromsgrove on 5 Feb only)

15 March – Herefordshire Junior XC Champs – Hereford Leisure Centre (U11 – U17)

**21 March – National Cross Country Final – Stoneleigh (year 3 – year 7)
Road**

28 March – Midland Counties 5K Challenge – Sutton Park (U13 & above)

15 April - Couriers 5K series - Hereford - age 11 & above

13 May - Couriers 5K series - Hereford - age 11 & above

10 June - Couriers 5K series - Hereford - age 11 & above

Track & field

Note - Welsh League is for U10 - U16, Upper YDL for U18 and U20 & Lower YDL for U14 and U16. YDL & Midland League are Team manager selection

29 March – Kidderminster & Stourport Open in Stourport – U10's & above

14 April – Hereford & County AC T & F Event Practice Evening in Hereford – U10's & above

18 April – Welsh League in Aberdare

19 April – Upper YDL in Yate

3 May – Lower YDL in Yate

16 May – Midland League in Worcester

17 May – Welsh League in Cardiff

24 May – Upper YDL in Yate

31 May – Lower YDL in Yate

21 June – Welsh League in Hereford (note date change from 20/6 to 21/6) & Midland League Technical Match in Birmingham

11 July – Welsh League in Aberdare

12 July – Upper YDL in Gloucester

18 July – Lower YDL in Neath

19 July – Midland League in Yate

9 August – Midland League in Stourport

29 August – Midland League in Stourport

**Hereford & Worcester Schools Regional & National Schools Combined Events 2026 dates:
(Events are selection or qualification only for year 8 & above)**

15 May - County Combined Events in Hereford

13 June - County Schools T&F in Stourport

20 June - Mason Trophy Inter-Counties T&F in Stoke

27 & 28 June – Combined Events Regional Finals at the Moorways Stadium in Derby

10 & 11 July - English Schools T&F Championships in Birmingham

19 & 20 Sept - Combined Events National Finals at Bedford International Athletics Stadium

For enquires relating to the Lower YDL, Cross Country, Road & Fell please contact Maxine Reid.

For enquires relating to the Upper YDL please contact Mariann Wood

For the Welsh League please contact Adam Dyson or Alice Dyson

For the Midland League please contact Phil Wells

For the Sportshall League please contact Nadia Locke

Enquiries can be emailed to herefordathletics@gmail.com

Club Vacancies

Chairperson –

this role is administrative and involves ensuring the club has a coordinated strategic structure both on and off the track. The Chairperson also manages our monthly meetings.

Coaching Coordinator (new) –

this is another administrative role and would help ensure our coaches are supported in their ongoing development and needs, new coaches are helped to navigate the England Athletics courses and DBS requirements, that the club coaching map is up to date and to try and recruit additional coaches.

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

All members must compete for the club at least 3 times a season unless there are valid reasons why this is not possible. Please can parents/guardians speak to the athlete's coach in confidence if their child is unable to meet this requirement.

All athletes that train with the Club must have annual Club membership in place, which includes membership with England Athletics.

Athletes must book training weekly via Spond. Athletes who arrive at training without making a booking will not be able to train.

Athletes who do not train for a period of three months will be removed from Spond, save in the event of good reason (eg, exams, study leave, injury or illness). Please communicate with your coach, if such circumstances arise.

Coaches children, who are members of Hereford & County AC, train for free.

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!

Easy Fundraising

So far, our 'Easy Fundraising' App has just 15 members, this has earned the club over £250 (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.

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