



TEAM GREEN HEREFORD AND COUNTY ATHLETICS CLUB

CLUB NEWSLETTER - APR 2026

Performance Highlights

Track & Field

On 12 April, Liam Shekyls competed in the 400m and finished 1st place in 51.83 & with a season opener of 23.36 in the 200m. Saffi Reid was also on the track on 12 April in Swindon where she ran a PB of 3:19.68 in the 1000m.

On 18 April it was the first fixture in the Welsh League & 19 Greens travelled down to Aberdare and there were more fabulous performances, as well as lots of PB's including Eliza Nolan in the shot. Zoe Siddall in the javelin & the long jump. Victoria Bak in the 100m & 200m. Evie Burrows in the 800m. Hadrian Nizi in the 800m, long jump & javelin. Ethan Sibanda in the 100m, 200m & the high jump. Charlie Coleman in the 200, 800m & the shot, Louie Williams in the 800m, James Nolan in the 100m, 800m & the long jump, Jackson Slade in the 800m, shot & javelin. Poppy Grundy in the 800m, Rebecca Davies in the long jump, javelin & shot, Freya Davies in the high jump. Henry Rand in the 800m, Leo Hodgkinson in the 100m. Oliver Dyson in the 800m & the discus.

It was the first fixture of the Upper YDL on 19 April for our U18's and U20's. A solid team of 10 athletes and 5 officials travelled down to a sunny Yate with their awesome team manager Mariann. They all achieved great results, with PB's from Sophie Watt in the 200m & the shot, Maisie Wood in the high jump, Erin Straker in the high jump, Victoria Rossiter in the long jump & triple jump, Fred Tyler in the 800m. Ruben Maberley in the hurdles, discus & javelin & Sam Vernon in the triple jump.

On Sunday 26 April it was a season opener for Eva racing the 400m in the Run With The Wind open series in Cardiff. Racing in lane 8 and seeded with the men, she finished 1st female overall with a time of 55.76 and set a new outdoor PB.

Also on Sunday 26 April Victoria Bak, Hadrian Nizi, Freya Davies, Rebecca Davies & Saffi Reid headed over to Gloucester for some track and field fun on what was a gloriously sunny day. There were some great results from all, with a PB of 15.34 from Victoria in the 100m, a PB of 23.63 in the 150m & a PB of 3.27 in the long jump. A PB of 3.03.41 from Hadian in the 800m, a PB of 24.6 in the 150m & a PB of 3.51m in the long jump. A PB of 8.28m from Freya Davies in the shot. A new club record for Saffi in the 3000m & a PB of 4.00m in the long jump. Well done Greens!! Super job.

Athlete of the Month – Apr

The club 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.

There is a tie for the April 2026 athlete of the month with Charlie Coleman & Saffi Reid receiving the most nominations. This month alone, both have performed exceptionally well.

Charlie achieved outstanding results in the Leominster 5K finishing 2nd male/1st U14B. He finished 1st in age/19th male overall in the first wave of the Couriers 5K series & placed a superb 9th in the U14B category in the London Mini Marathon. He has also had a strong start to the track & field season, with a PB in the 800m & setting a new club record in the shot.

Saffi placed 2nd female/12th overall/183 in a trail race in Bristol on 5 April. She finished 3rd female/1st in age in the Leominster 5K. In the first race of the Couriers 5K series she matched the time of the 3rd fastest female overall & finished 1st in age. In the track & field this month, she broke the 2009 club record held by Clara Evans-Graham in the 3000m & she has set PB's in the 1000m & the long jump. She was also ran a road mile PB & placed 1st overall in the 1 mile fun run in Newport & was 1st in age in the Future Challengers 1 mile the same day.

Well done both.



TEAM GREEN

HEREFORD AND COUNTY ATHLETICS CLUB

Performance Highlights

New Club Records

A great start to the track and field season with 5 new club records in April 2026:

***Ethan Sibanda 100m - 12.4 & 200m - 25.2.**

***Charlie Coleman 8.46m shot**

***Eliza Nolan 5.87 shot**

***Saffi Reid 3000m - 11:11.97 (breaking Clara Evans-Graham's 2009 club record of 11:17.5).**

Road

Leominster's 5K road race took place on 3 April & 7 Greens took part. Fred Tyler, Logan Lloyd, Ruben Mathey (as 2nd claim), Jackson Slade, Charlie Coleman & Saffi Reid. All ran comfortably sub 20 minutes & there were a few PB's. There were 3 podium finishes too for Charlie & Logan as 2nd and 3rd male & Saf finishing 3rd female. Saffi ran for the local childhood cancer charity, Be More Frank & raised over £600. A big thank you to all who sponsored her for this fantastic cause.

On 15 April the first race in the Couriers 5K series took place in Hereford and the Green Road team were out in force with 15 pounding the streets of Bobblestock, Roman Road, Grandstand Road and around Hereford racecourse. Inyan Farrant, Fred Tyler, Henry Rand, Logan Lloyd, Charlie Hopkins, Issy North, Saffi Reid, Martha Bakewell, Tilly Coleman, Charlie Coleman, Jackson Slade, Louis Storey, Louie Williams, Alex Swan & Benji Swan all ran brilliantly.

There were numerous PB's & also 1st place age category spots for Logan Lloyd, Saffi Reid & Charlie Coleman in Wave 1 & Inyan, Issy, Martha, Tilly & Jackson in Wave 2. Great results Greens!

There were celebrations for our coach, Luke William & Saffi Reid after racing at the ABP Newport Marathon Festival on 19 April. Luke completed the marathon in an outstanding 2:58.56 (average pace 4:14 per km). He placed an unbelievable 46th in his age category & 256 overall/2748 entrants. Many congratulations Luke!! Saf raced in two 1 mile road races & it was a double podium celebration for her finishing 1st U16G in the Future Challengers 1 mile & 20 minutes later she placed 1st overall in the 1 mile Fun Run with a PB of 5:27. Amazing work Greens.

On 25 April, Charlie Coleman raced in the under 14 boys category at the London Mini Marathon and placed an outstanding 9th out of 145 participants. Absolutely fantastic running Charlie!

Mud Run

On 26 April 4 Greens took on the Eastnor Castle Mud Bath hosted by Relish Running. They had fun on the super wet & muddy 6K course, with the 10 & 11 year olds adult accompanied. All ran in the Under 20 category & Evie Burrows finished 1st female, Alex Swan 3rd male, Benji Swan 4th male & Oliver Dyson 9th male. Well done all! Super results.

Upcoming Events

Road

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.

3 May – Lower YDL in Yate

16 May – Midland League in Tipton (venue change)

17 May – Welsh League in Aberdare

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 & Wenlock Games at Much Wenlock, Shropshire

18 July – Lower YDL in Neath

19 July – Midland League in Yate

9 August – Midland League in Stourport

29 August – Midland League in Hereford

Hereford & Worcester Schools Regional & National Schools Combined Events 2026 dates:

(Events are selection or qualification only for year 8 & above)

6 May - Hereford Schools District T&F Championships in Hereford

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

Team Managers & enquiries:

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

For enquiries 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

Please check the Website and FaceBook for Regular Updates

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!

Important Updates

A Word from the Committee

Congratulations to our newly qualified coaches, Gift Sibanda, Martin Carter & Zofia Michniok (whilst she is studying for her GCSEs. Also to our recently qualified officials Tom Straker & Adam Siddall.

A reminder, please, for athletes to confirm their availability & preferred events for the Upper & Lower YDL fixtures. Also, for our U10 - U16's to enter the Welsh League. Please see the club Facebook page for further information or email the Team Managers as detailed earlier in this newsletter.

New officials & volunteers

The club need new officials & always need volunteers for track & field fixtures.

We cannot hold track and field events for our athletes without qualified officials & in the Youth Development League (YDL) the club earn valuable points for their officials & volunteers. The club are also obliged to provide officials & volunteers in the Welsh League. If we do not fulfil that requirement then it will jeopardise our ability to compete in those Leagues.

England Athletics officials courses can be completed online in just 3 hours. Please email the club if you are interested, as course fees are usually reimbursed for those officiating at Hereford & County AC fixtures (subject to prior approval).

You do not need athletic experience to volunteer at club fixtures. There are plenty of roles for volunteers which need to be filled so that events run smoothly. Please offer to help if you can.

England Athletics New Age Groups

On 1 April 2026 England Athletics implemented 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

Membership requirements

Membership renewal was due for all on 1 April 2026 & it is crucial that athletes renew urgently, if they have not already done so, so that their membership does not lapse. This membership includes affiliation to England Athletics, and without such, athletes will not be able to compete for the club. Membership is also compulsory for all our athletes. Please therefore take steps to renew using the entry central link emailed.

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 who train with the club must have an 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.