



TEAM GREEN HEREFORD AND COUNTY ATHLETICS CLUB

CLUB NEWSLETTER - MAY 2026

Performance Highlights

Track & Field

On 2 May it was day 1 of British Universities & Colleges Sport (BUCS) athletics and it was a cracking start to the championships with Patrick Morgan picking up a PB in the shot, with 14.10. In the final he threw another PB of 14.49. Eva Tyler qualified in her heat, to the semi's in the 400m, with a controlled 57.74.

On day 2 Patrick Morgan placed 7th overall in the pole vault with 4.16. Eva Tyler then finished a fabulous 4th in her 400m semi final, with 56.15, missing out on the final by just one spot! She finished a superb 9th/45 in the women's 400m. Eva also ran the 1st leg in the 4x400m relay and helped to secure Cardiff Met Sport a place in the final.

What a day for the Greens, who travelled down to Yate for the first fixture in the LYDL, on 3 April. They were outstanding and finished a superb 2nd place overall which is the Club's BEST performance in the LYDL EVER !!! For a relatively small club, compared to others in the League, this is incredible. There were so many PB's and outstanding performances throughout the day in the field and on the track and a lot of fun and laughter was had in the process. Well done to each and every athlete!! We also had a Green track debuts from Evie Jones, Anna Jordan, Charlie Hopkins & Eva Durant and lots of athletes took on events that they really do not like but in doing so, they scored valuable points for the Greens & snatched a few extra PB's. Such team spirit is incredible. A special thank you to those athletes.

Following the YDL, Saffi headed down to Oxford on Monday 4 May for the Bannister track mile & achieved a club record of 5:41.58. it was also a brilliant Bank Holiday Monday for the Greens who headed over the Gloucester the same day for the Brewer Memorial Games. Well done to Victoria Rossiter who took part in the 100m and the triple jump, with a PB in the latter. There were more PB's from Rebecca Davies and Freya Davies in the triple jump and the discus. Louie Williams came away with a PB in the 800m and it was another good run from Jackson Slade in the 1500m, with PB's from Charlie Coleman in the shot and the 1500m.

Following her success on days 1 and 2 of the BUCS, Eva Tyler raced a cracking first leg in the 4x400m final at British Universities & Colleges Sport on 4 May, running a split of 56.2 in her 4th 400m race of the weekend. Her team finished in 6th place overall & Eva is currently 9th female over 400m for Wales, after recently transferring from England Athletics.

On 6 May the Greens dominated in the District Schools Track & Field, with many qualifying for the Hereford & Worcester Schools County Championships on 13 June in Stourport. There were more top performances in the Hereford and Worcester Schools County Combined Events Championships on 15 May with Ruben Maberley, Henry Rand, Zofia Michniok, Erin Straker, Saffi Reid and Ethan Sibanda taking gold, silver and bronze medals and automatic qualification to the Regional Combined Events in Derby nextmonth. They will be joined by Freya Davies, Maisie Wood and Fred Tyler.

Athlete of the Month – May

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. This month the award goes to an under 20 athlete, Harry Vaughan. Harry is in his third

year of competing for the club & he has been a regular at the YDL & the Midland League.

He trains weekly in all weathers, works hard & has shown unwavering commitment throughout. Indeed, he recently travelled down to Yate to compete in the Upper Youth Development League in sweltering conditions on his motorbike. Harry helped to score valuable team results by not only taking part in his preferred events but by stepping up to relay when needed. Well done Harry!



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HEREFORD AND COUNTY ATHLETICS CLUB

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Our U18 athlete, Victoria Rossiter, took part in the Gloucester County Championships on 10 May 2026. She entered the long jump and finished 8th with 4.71 and she also finished 7th in the triple jump in 10.08. Well done Victoria.

On 16 May, Saffi Reid finished 1st in her 800m heat in Somerset with a season's best of 2:25.72. Whilst our Team Manager and coach, Phil Wells, took our U18 & senior athletes to the Midlands League in Tipton. Congratulations to Liam, Ruth and Charlotte who took part and achieved some great results as follows:

Liam, 200m, 23.1, 1st) & 400m, 51.7, 3rd.

Charlotte, Shot, 9.26, 2nd 'a'. Discus, 30.96, 1st 'a'. Hammer, 39.86, 2nd 'a', Javelin, 32.04, 2nd 'a'.

Ruth, Shot, 7.57, 1st 'b'. Discus, 20.26, 1st 'b'. Hammer, 20.23, 3rd 'b'. Javelin, 19.89, 4th, 'b'.

On 17 May it was the second fixture in the Welsh League and 12 Greens travelled down to Aberdare and they did not disappoint, with the following notable performances:

Rowan Atton - 3rd in the 400m

Victoria Bak - PB's in the 100m, 200m & LJ

Sebastian Bean - 2nd in the 75m

Evie Burrows - joint 1st in the 200m & joint 3rd in the 1200m

Tilly Coleman - PB in the long jump

Freya Davies - PB in the high jump

Rebecca Davies - 5th javelin and 6th shot

Hadrian Nizi - 3rd in the 100m & PB in the javelin

Eliza Nolan - 3rd in the 100m & 4th in the shot

Henry Rand - 1st in the javelin and 1st in the 200m (PB)

Kane Shekyls - 3rd in the 200m and a PB in the long jump

Chloe Strzadala - 2nd in the hammer and 3rd in the javelin.

On 23 May Eva Tyler competed in the 400m in Cardiff. It was another strong run for her, finishing in 55:98 and 3rd place, just shy of her PB.

On 24 May there was more Upper YDL action in Yate, with a team of nine Greens achieving 14 PB's between them. The highlight was a stunning win in the 400m for Liam Shekyls. The men just missed out on the Under 20's 4 x100m record. The Greens scored 246 points, just one point ahead of a composite South Wales team. This shows the importance of every athlete and every point. They also scored maximum points for supplying officials, with newly qualified Tom Straker joining Phil Wells, Magda Michniok, Paul Maberley & Colin Wood in officiating. Having placed 8th in the first match, the Greens improved with a 7th place finish. Men U20

Harry Vaughan Will Andrews 100m 12.41 -0.2w (5A)

100m 12.78s -0.3w PB (5B)

4 x100m 46.18s 3rd (Liam, Harry, Fred, Ruben)

Men U18

Liam Shekyls. 51.17s (1A) PB

Fred Tyler 36.73m PB (3A)

100m 11.42 +0.6w PB (6A), 200m 23.11s -0.5w (2A), 400m

400m 53.91s PB (2B), 800m 2m14.83s (6A), Discus 24m PB (6A)

Ruben Maberley. 400m 53.12s PB (U20 3A) 110mH 16.43s -0.6w PB (4A), Javelin 36.73m PB (3A)



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Women U18

Victoria Rossiter, Zofia Michniok Triple Jump 9.91 0w (1B)

Maisie Wood PB (5A)

Erin Straker 100m 13.50s +0.6w PB (7A), Triple Jump 10.12m 0w (2A)

100m Hurdles 17.81s -0.3w PB (3A), Long Jump 4.23m -0.3w (5A),

High Jump 1.45m (2A), Triple Jump 9.58m 0w (U20 4A), Shot 9.45m

High Jump 1.45m =PB (2B), Shot 7.56m PB (4B), Javelin 22.75m (5A)

4 x 100m 55.69s 4th (Maisie, Erin, Zofia, Victoria)

The Lower YDL team followed on 31 May with another fixture in Yate. Numbers were down due to illness & injury but with a team of 24, the Greens finished 4th overall in the second fixture of the League & they are currently 3rd overall in League with one further fixture to go in July. There were debuts from Charlotte Mowbray-Davies, Maxie Jones & Louisa Zacaroli. The Greens did very well, with all finishing with PB's or a top 3 finish in their heat. Personal bests included Kane Sheklys in the long jump & 300m, Henry Rand in the javelin & 200m, Aleks Dumara in the javelin, Grace Lucas in the 200m & the hurdles. Lidia Michniok in the 300m & 75m hurdles. Brooke Nowell in the 100m & the high jump, Freya Davies in the high jump & discus, Rebecca Davies in the long jump, Maxie Jones in the 1500m, 300 & 100m, Louisa Zacaroli in the discus, Bertie Lloyd in the long jump, 100m & hurdles, Callum Parkin in the hurdles & 800m, Milo Williams in the 200m, Charlie Coleman in the 1500m & the shot, Toby Smith in the high jump & 100m, Ethan Sibanda in the 100m & 200m, Noah Maberley in the discus, Tilly Coleman in the 800m, hurdles & javelin, Anna Jordan in the shot & the 100m, Charlotte Mowbray-Davies in the high jump, shot & 1500m, Luisa Martins in the long jump & hurdles & Iris Loyd in the hammer, 100m & 200m. Jackson Slade finished 1st in the B heat of the 1500m & Leo Hodgkinson finished 3rd in the B heat of the long jump, just short of his PB.

New Club Records May 2026

- Ethan Sibanda 100m – 11.88 & high jump 1.46m

- Charlie Coleman 9.18 shot & 1500m 4:29.80

- Saffi Reid - 1mile track 5:41.58

- Noah Maberley - 500g Javelin - 28.66m

- Charlie Hopkins - 300m Hurdles 49.71s & 100m Hurdles 19.55s w-0.8s- Aleks Dumara - Hammer 46.33
- U14B 4 x100m 53.74s (Ethan Sibanda, Callum Parkin, James Nolan, Toby Smith)

Road & Trail

On 2 May Saffi Reid took to the podium with 2nd female in the Great Birmingham Junior Run.

On 6 May the Llanfrynach junior series took part near Brecon and Cerid Carter completed the 1.4 mile undulating course. She finished 22nd overall/110 in a time of 9:52. She was also the 6th girl and is currently 3rd in her age category.

On 10 May 7 Greens took part in the Run Hereford 5K organised by the fantastic team at St Michael's Hospice. They set off at Castle Green and ran a total of 5.264K through high town before heading down to the finish line in Rotherwas. There were 213 in their race & the Greens did very well with podium spots for Fred & Saffi & strong age category positions.

Results:

Fred Tyler -3rd male

Saffi Reid - 1st female

Callum Parkin - 1st 11-12B

Louis Storey - 2nd 11-12B

George Williams-Meyer - 4th 11-12B

Samuel Williams-Meyer - 6th 11-12B

Victoria Bak - 1st under 11G

Fred, Saffi, Callum & Louis also won the Team 5K prize. Also running in the half marathon were coaches, Luke Williams (7th/386) and Martin Carter (20th/386).



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On 13 May the second race in the Couriers 5K series took place. Congratulations to Inyan Farrant, Fred Tyler, Logan Lloyd, Charlie Hopkins, Saffi Reid, Martha Bakewell, Poppy Grundy, Charlie Coleman, Jackson Slade, Louis Storey, Louie Williams and Benji Swan who all finished in rapid times. There were yet more PB's & age category 1st places going to Logan, Charlie C, Martha and Saffi, who also finished 3rd female overall. On 17 May Saffi Reid came home 1st overall at the undulating 2.3K Suckley trail race.

On 24 May 2026, it was Junior Crocodile 8 in Burghill for Milo Williams, Luisa Martins, Seb Farrant, Inyan Farrant, Poppy Grundy, Callum Parkin, Poppy Grundy, Charlie Coleman, Saffi Reid, Jackson Slade, Oliver Jones and Ruben Mathey (2nd claim). This is a gruelling 2.6 mile undulating course in Burghill. The Greens did tremendously well, with Charlie and Ruben taking 1st and 3rd place in the boys race and Saffi, Poppy and Luisa taking 1st, 2nd and 3rd place in the girls. Charlie and Saffi also broke the male and female course records. Our coaches Luke, Martin and Ricardo also successfully completed the 8 mile Crocodile 8 course, all finishing with impressive times.

On 20 May, Milo Williams, Saffi Reid and coach, Luke were back on the fell in Shropshire, completing Shropshire's notoriously tough, Batch Bash. Milo stormed home 4th in the U14B's category. It was great to see him return after being plagued with respiratory issues over recent months. Super running Milo. We are all keeping our fingers crossed that your health continues to improve. Saffi & Luke completed the 5.3K adult course which was 5.3K and 1100 foot of elevation! Luke finished a super 9th in his age in 34:37 and Saf was 1st in the U16G/6th female overall in 36:55

Upcoming Events

Upcoming Fixtures

Road

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.

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)

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

Important Updates

A word from the Committee

We are sorry to have to share some very sad news that our President, Tony Williams, passed away peacefully at home on 17 May. Tony was an integral part of the Club for the majority of his lifetime. He loved athletics and was a talented middle distance runner himself, before becoming a coach and an official. He was previously the Club Chairman and secretary and has been the Club President for many years. Tony gave up so much of his time to support athletics in his County, shunning the opportunity to get involved further afield. His focus was always on improving opportunities for youngsters so that they could develop to their full potential. Tony became involved in coaching while in his 20s, working mainly with middle distance athletes. Shortly after he qualified as an official and then as a timekeeper and a track judge. He was instrumental in establishing the County Cross Country League and up until recently, he attended League races and presented awards and was frequently at the athletics track on a Tuesday and a Thursday evening watching the athletes train and catching up with parents, coaches and volunteers.

Tony Williams was one of the key individuals who helped to ensure that there was an athletics track in Hereford. He organised the initial permissions and preparatory work for the cinder surface and was later heavily involved in the successful campaign to save the track. For all of Tony's hard work, commitment and dedication over the last 60 plus years, Hereford & County AC and our sport owe Tony a huge debt of gratitude and he will be greatly missed. Rest in peace Tony and thank you for everything.

Tony's funeral will take place on Monday 8th June at Hereford Crematorium at 12:15pm. No flowers at the request of the family. For those attending please wear sports kit and running tops.

New officials & volunteers

Congratulations to our newly qualified official, Tom Straker. The club desperately 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

Important Updates

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.

Club Records

These are continually updated. They can be found on the website at the bottom of the 'records' page. Please check these and let Marc Flannery if any records are missing or incorrect.

You will find historical records which are in the former age groups, as well as records in the new age categories.

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 & their parents are allowed to join.

To keep up to date with everything that is going on at the Club then please join now.