Newsletter edition

Hereford & County Athletics Club

August 2026 Newsletter

Celebrating performances, club news and upcoming events

In this issue	August results, athlete achievements, upcoming fixtures, committee updates, volunteering opportunities and membership reminders.
Highlights	Club record in the men's 4x400m relay, strong open-meet performances, fell and road success, and Charlotte Colbert named Athlete of the Month.

Results Track, fell, road and trail updates	**Spotlight** Athlete of the Month	**Coming Up** Key dates and club notices

Welcome to the August issue

A busy month of competition, commitment and club spirit has given us plenty to celebrate. From record-breaking relay performances to fantastic achievements across track, field, fell, road and trail, this issue rounds up the highlights and looks ahead to what is coming next.

Results Round-Up

Track & Field

On 4 August 8 Greens took part in an **open meet in Worcester** and there were great performances across the track and field:

Athlete	Performance
Freya Davies	Shot 7.64m
Rebecca Davies	Shot 7.20m
Iris Lloyd	100m 14.14, 200m 29.97
Henry Rand	800m 2:17.74 and HJ 1.47m
Charlie Coleman	1500m 4:44.11

Jackson Slade	1500m 5:05.99
Louie Williams	800m 2:30.80
Ethan Sibanda	100m 12.06 & 200m 24.74

Well done, all!

On 10 August, a small but powerful team of senior athletes competed in the **Midland League at Stourport** on another roasting day. There were lots of personal bests for the Greens despite the hot conditions. The icing on the cake was our men's 4x400m relay team who not only won by a huge margin but also set a new club record of 3m31s. Patrick Morgan took the boys out with a solid lead and Fred Tyler, Ruben Mabberley & Liam Shekyls completed the assignment. Superb racing with three of our four boys just 16 years old! Great work from the Forest of Dean runners, helping Hereford Forest gain great results.

Edgar Nicholls Open - Many congratulations to Rebecca Davies and Freya Davies who produced a strong set of results at the **Edgar Nicholls Open** in Redditch on Saturday 15 August.

Becca - Long Jump 4.14m PB, Javelin 19.40 and Shot 7.59m PB

Freya - Shot 8.17m

Amazing work, girls!

Ruben Mabberley competed in the Decathlon at the **England Athletics Combined Events Championships** in Bedford on 22 and 23 August. This was his first Decathlon, which included 10 events over 2 days at Bedford International Athletics Stadium.

Ruben's goal going into the event was to finish top 15 and he did a great job of finishing in 11th place with 5199 points.

There were some highs, with PB's in 400m and Discus, and some lows with HJ and 110m hurdles (normally 2 of his strongest events). Ruben remained consistent in his performance and was upbeat and positive throughout. He celebrated with an impressive set of results and he has identified an opportunity for improvement ready for the next national meet in March. Ruben's results over that weekend:

Event	**Result**
100m	11.71s
LJ	5.81m
SP	9.35m
HJ	1.70m

400m	51.73s
110m hurdles	17.38s
DT	27.65m PB
PV	2.40m =PB
JT	34.53m
1500m	4:48.19

What a brilliant weekend for Ruben, who can now legitimately call himself a decathlete and be proud of his fantastic results!

On 29 August, our amazing throws coach and Team Manager, Phil Wells, hosted his last home fixture in the **Midland Counties League**. He would like to extend his thanks to all of the athletes, officials and helpers, including Jen Vernal for recording the results.

It was a very testing day for Phil and the athletes and officials/helpers due to the wet weather but thankfully by the afternoon they were blessed with glorious sunshine. Official results are pending but the preliminary data suggests that Hereford Forest finished a fantastic fourth overall. Individual draft results were as follows:

Athlete	**Result**
Will Andrews	200m 6th 27.95
Liam Shekyls	400m 3rd 51.84
Ruben Mabberley	400m 1st 'b' 51.90, HJ 3rd 1.70, LJ 4th 5.42
Dylan Menhennet	SP 2nd 8.89, DT 5th'b' 19.69, HT 1st 41.96, JT 4th 22.50
Rafi Wilkinson	DT 2nd 38.69

Two athletes from the Forest of Dean joined the Greens with Marcus Bennetto running well and placing 3rd in the 1500m and 1st in the 3000m and Arthur Dennant 1st 'b' in both the 1500m and 3000m.

Ruben, Rafi, Dylan and Arthur ran the 4x100m in 50.49 and finished in 3rd place.

Sophie Watt, 200m 3rd 30.98, LJ 1st 'b' 3.86

Zofia Michniok, LJ 1st 4.39, TJ 2nd 9.39

Charlotte Colbert, SP 1st 9.09, DT 1st 31.47, HT 2nd 40.97, JT 2nd 35.24. Well done all!

On 31 August it was the **Mike Lambert Track and Field Open** in Stourport and we had Freya Davies, Becca Davies & Ethan Sibanda competing. They certainly did a great job for the Greens with the following excellent results:

Athlete	Result
Freya Davies	Shot 7.71m & Discus 20.91m
Rebecca Davies	LJ 3.86m, Triple Jump 9.14m & Javelin 18.86m
Ethan Sibanda	100m 11.92 & 200m 24.86

Well done all! Super work.

Fell

On 12 August Saffi Reid raced in the **Ragleth Fell** in Shropshire and finished 1st in her age and 3rd female overall against the mighty Mercia ladies fell runners. Saf was subsequently announced as the U16 girls winner of the **Shropshire Fell Series**. Across the series she had two main and fierce English Schools competitors from West Cheshire and Shropshire. Both of those are great fell runners, with the West Cheshire athlete finishing 4th in age on the National fell stage previously.

Saf finished with 100/100 points to take the 2026 Shropshire Series win after 8 races. She topped this with a win in the South Wales fell series on 22 August in Pontypool. Half of the competitors in the event took a wrong turn and missed circa 1K off the course. Saf finished 1st U18 female and 3rd overall, and completed the full course with marshalled checkpoints using her navigational skills.

Road

On 5 August Saffi Reid was down in Bristol racing in a **5K road event**, with a 19 minute finish to place 3rd female overall. She was back on the road on 9 August, this time in Caerphilly for the **5K Elite Welsh Championship** road race. With the thermometer exceeding 30 again, it was another hot and competitive event. The junior females included elite Welsh U18 and U20 endurance athletes and Saf finished the hilly course around the castle in an impressive 7th place.

Congratulations to Cerid Carter, Louis Storey and Jackson Slade who took part in the **Jon Ward 5K** on 16 August. This is a fast, flat 5K on the Hereford Leisure Centre cycle track and the Greens achieved super results.

Category	Athlete	Time
1st U12G	Cerid Carter	25:25
2nd U14B	Louis Storey	20:39
1st U14B	Jackson Slade	18:38
2nd in age	Martin Carter	19:26

Fantastic running Greens. Well done all.

Birmingham 2026 Unity Challenge, **European Athletics Championships** - Saffi Reid enjoyed a once in a lifetime opportunity to run the same route as the **Birmingham 2026 European Athletics Championships Marathon** course on Sunday 16 August, on the final day of the **2026 European Athletics Championships**.

After an exciting morning watching the Marathon in the city centre of Birmingham, the route was opened for the Birmingham 2026 5K Unity Challenge. This was a chance to follow in the footsteps of Europe's star endurance athletes just moments after they competed for European titles. The closed roads, roaring crowds and championship energy was electric with thousands competing in the 5K Challenge over three mixed heats. It was a super tough hilly course with 5.11K clocked and an average elevation of 488 feet/149m. Hitting a maximum of 892 feet/272m. Saffi had a great run finishing an amazing 9th female in her heat and 31st overall out of 1,310 females. 263 overall out of 2,741 runners.

It was a great day, with former Hereford & County AC athlete Clara Evans-Graham taking the Women's Marathon Team Gold medal for GB alongside Abbie Donnelly, Natasha Wilson, Rose Harvey and Louise Small. Abbie also became the first British woman to win an individual marathon bronze medal at the European Championships!

Opting for a quieter spot in Brindley Place Saffi watched the early laps of the marathon before heading up to the packed finish to watch Germany's Amanal Petros and Finland's Alisa Vainio both set new Championship records on their way to gold in the men and women's marathons. Alisa looked at ease throughout. She was in awe watching Mahamed Mahamed, the UK's all time 2nd fastest marathon runner flying around the course and she was super lucky to catch a photo with Clara.

Trail

Race The Train, on 15 August Cerid Carter took part in the **Tynllwynhen Challenge** which is a multi-terrain running event in Tywyn, Mid Wales, where participants try to beat a steam locomotive on the historic Talyllyn Railway.

It was a tough course, slightly more than 5K (3.5 miles) but Cerid absolutely smashed it. Running a strong race, she finished 2nd female overall, with no junior categories, she was also the 1st senior female. Well done Cerid!

Dates for Your Diary

Date	**Event**
12 September	**Hereford Track & Field Championships**

19 September	Midland Counties Road Relays, Birmingham
19 & 20 September	Combined Events National Finals at Bedford International Athletics Stadium

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

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

Reminder: Please keep an eye on club communications for entry details, team selections and any fixture updates.

Team Managers & Enquiries

For enquiries 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 Midland League please contact Phil Wells.

For the Sportshall League please contact Nadia Locke.

Enquiries can be emailed to herefordathletics@gmail.com

Athlete of the Month

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 our U23 athlete, Charlotte Colbert for her wins in the Midland League at Stourport in both the shot and discus. Charlotte is ever reliable in her field events and has secured valuable points in the senior League throughout the season. Alongside her studies in Loughborough Charlotte has also found time to coach over the summer break.

Well done Charlotte!

A Word from the Committee

The committee would like to say a massive thank you to Phil Wells for managing the senior league for many years and giving the older athletes an opportunity to enjoy great

competition and to progress their athletics. They are very grateful, as are the athletes, to Phil for all of the hard work that he has put into managing, coaching, officiating and organising events. Thank you very much Phil.

Volunteer needed: The club are now actively seeking a new Team manager for the Midland Counties AA Track and Field League for seniors which will commence in May 2027. There are four annual fixtures (May, June, July and August). Hereford combined with the Forest of Dean (Hereford Forest) are currently in division 3SW. Please email the club if you are interested.

The committee are also excited to welcome Sarah Rossiter to their coaching team. Sarah is a former long jumper who previously represented her club and region at high-level national events, including the AAA Championships, the UK Championships, and the Norwich Union European Trials. She will be coaching jumps on a Tuesday evening.

The club are looking for volunteers to help set up & pack away at the Track & Field County Championships in Hereford on 12 September 2026. Set up is from 9am-11am & pack up duties are from 4.30pm-6pm. Please email Hereford Athletics if you can help with either. Entries for those Championships open in the next few days via Open Track.

The club are also looking to appoint a replacement Team Manager for the Welsh League which will begin in April 2027. There are usually four (sometimes five) fixtures in that League for U10 – U16's from April-July. Please email Hereford Athletics if you are interested. Athletes select their preferences events & enter themselves for each fixture in this League so the work involved is limited. The Team Manager will need to attend each fixture. Fixture dates are usually announced in February.

Save the Date: Annual Awards Night 2026

Join us as we come together to celebrate another fantastic year for Hereford and County Athletics Club.

Our Annual Awards get together will recognise the hard work, dedication, achievements and team spirit shown across the club throughout the year.

When: Friday 20 November 2026
Where: The Shack Revolution, Hereford

Please save the date. More information will be shared nearer the time. We hope to see as many members, families, coaches, volunteers and supporters there as possible.

New Officials & Volunteers

The club always need officials & 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. Please do consider completing the officials course ran by England Athletics. It 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: Membership Requirements

Membership renewal was due for all on 1 April 2026 and all athletes should now have renewed. This membership includes annual affiliation to England Athletics and without such, athletes will not be able to train and compete for the club. Membership is also compulsory for all our athletes.

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.

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.

Thank you for reading the August newsletter
Keep training, competing and supporting one another — see you at the next club event.