



# **TEAM GREEN**

## **HEREFORD AND COUNTY ATHLETICS CLUB**

### **CLUB NEWSLETTER - DEC 2025**

## **Performance Highlights**

#### **Cross Country/Road Racing/Fell Races**



At the beginning of the month the South Wales Junior Fell Running Series concluded. Ceridwen Carter won the U11 girls category, Milo Williams was 2<sup>nd</sup> in the U13 boys and Saffi Reid won the U15 girls. Four of our runners made the long trip down to Bath for the Gloucestershire League, with Maeva Farrant making her debut for the club. This saw all three Farrant siblings competing – very impressive.

#### **Sportshall**

The second Sportshall meeting of the season saw continued success for the club. There was a welcome club debut for Daphne Bakewell

The U11 boys came second to Worcester. There was an individual win for Hadrian Nizi in the Speed Bounce. The U11 girls placed third. There were wins for Cecilia Benstead in the Chest Push, Victoria Bak in the Speed Bounce and Eliza Nolan in the Target Throw

The U13 boys won by a massive 70 points, with our 'B' team as runners up. There were wins for Jackson Slade in the 6 Lap Race, Hugo Benstead in the Standing Triple Jump and James Nolan in the Shot. The 'A' team also won the 4 x 2 relay.

The U13 girls team lost by just 3 points to Kidderminster & Stourport. Iris Lloyd was the star for the team winning the 2 Lap Race,, Speed Bounce and Standing Triple Jump as well as being part of the relay teams. In the U15 age group Freya Davies came joint first in the Shot and Saffi Reid won the 4-lap race and standing long jump.

We are looking forward to the third and final match for some more fantastic team effort. A huge thank you for the efforts of team manager Nadia Locke for pulling the team together and to all the volunteers and athletes that made it such a great day.

#### **Indoor**

On a very wet day in Cardiff, 9 of our young athletes enjoyed the warmth of indoor competition at the fantastic NIAC. Several athletes ran and jumped well demonstrating that their hard winter training has been worthwhile.

#### **Athlete of the Month – Dec**

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 Daphne Bakewell. Daphne has been a member of the club for a couple of years and has competed in Cross Country. She turns up at every training session, no matter what the weather. She has just taken up Sportshall scoring valuable team points in the 4 Lap Race, 6 Lap Race, Shot, Standing Triple jump and relays. Well done Daphne.

# A Word from the Committee

A very Merry Christmas & Happy New Year to all our athletes, parents, coaches, officials and volunteers. Important information – Brian Morgan is looking to have a Coaching Assistants Course take place at our track on a weekend in March or April next year. An Email was sent to all asking for interest. So far, we have had two positive responses. Ideally, we need at least 10 people for England Athletics to run such a course. The course is open to anyone aged 16 or older. It can be a useful addition to a young person's CV when applying for University or Jobs. If you are interested and want more information, please contact Brian or Email Hereford Athletics.

As the year comes to a close, it's worth reflecting on some of the year's highlights. 2025 began with the continued success of Sportshall. The U11 Boys and U13 Girls won the Herefordshire & Worcestershire Sportshall titles. Fifteen of our athletes were selected to represent the two Counties at the Regional Sportshall Finals. In March, 10 of our runners represented the County at the Inter County Championships in Nottingham and five of this group competed at the English Schools Cross Country Championships. As we entered the track season, we found ourselves with an unusual problem in the Lower YDL. Most years we struggle to have athletes in every event. This year we had more U13 boys than available places! Team manager Magda Michniok did her best to give everyone an event.

In the Upper YDL, we put out much stronger teams than in previous years, with Mariann Wood managing the team. The highlights were some spectacular Under 17 boys 4 x 400m races. As the summer went on, we hosted several successful meetings with great help from volunteers. Seven of our athletes represented the two counties at the Midland Schools Multi Events. Rafi Wilkinson dominated to win the Inter Boys. A couple of weeks later, Rafi took Bronze in the Discus at the Schools National Schools Championships. Aleks Dumara (Hammer) and Henry Lewis (1500m) also competed at this elite event. The track season ended in September with a competitive County Championships, where there were medals galore for our athletes. In October, Milo Williams and Saffi Reid competed in the National Schools Fell Championships in Sedbergh. The season was capped off with a brilliant 'Celebration Evening' attended by over 100 athletes and parents. Overall, this was a season of great progress for the club. This was due not only to the efforts of athletes and volunteers, but also to all the parents who make the effort to bring their children to competitions and training. We look forward to more success in 2026 for individuals and as 'Team Green'.

The club has recently donated £500 towards a HALO appeal to obtain an external defibrillator. This will be situated at the cycle club house adjacent to the track. Hopefully, we will never need to use it – but just in case!

## Upcoming Events

### Sportshall

Saturday 17th January – St Johns Sports Centre  
February 22<sup>nd</sup> – Regional Sportshall Final - Solihull

### Indoors

Sunday 11<sup>th</sup> January – Cardiff NIAC – Junior Indoor Open U13 to U17 – Entries are Open.  
Sunday 25th January – Cardiff NIAC – Open Meeting U17 & up – Entries are Open

### Cross Country

4<sup>th</sup> January -m Herefordshire & Borders Cross Country – Malvern College  
Saturday January 24<sup>th</sup> – Mallory Park, Leicestershire - Midland Counties & Derby Runner X- Country Champs  
– U13 & up - £10 entry. Contact Maxine Reid for further details.  
February 8<sup>th</sup> - Junior Muddy Woody at Aconbury Court, Hereford – Aged 11-15. Entry open –  
<https://www.entrycentral.com/event/129393>  
February 14<sup>th</sup> – Gloucestershire X-Country League - Cheltenham – as above  
February 22<sup>nd</sup> – Regional Sportshall Final - Solihull

Please check the Website and FaceBook for Regular Updates

# 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.

If you require further information please contact Marc Flannery

## Easy Fundraising

So far, our 'Easy Fundraising' App has just 15 members, this has earned the club over £200 (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.

# 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

As a member you are **agreeing to compete for the club at least 3 times a season**. However, we do understand that there may be valid reasons why this is not possible. If so, please get your parents/guardian to speak to your coach in confidence.

## 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!

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