Hereford & County Athletics Club September 2026 Newsletter

Celebrating performances, club news and upcoming events

IN THIS ISSUE

Inside this issue: September results, athlete achievements, upcoming fixtures, AGM details, Club awards night information and a welcome to our new coaches.

HIGHLIGHTS

County Championships success with numerous gold, silver and bronze medals alongside new club records, plus a Worcester City Run victory, a brilliant national combined-events team performance, an impressive road-relay display and a super Throwathon title.

Welcome to the September issue

A busy close to the track and field season brought outstanding performances across track, field, road and hybrid competition. This issue celebrates those achievements and looks ahead to cross country, Sportshall, the AGM and the annual awards night.

Results Round-Up

Track & Field

- **Mike Lambert Open**

Many congratulations to Freya, Becca and Ethan, who competed in the Mike Lambert Open at Stourport on 1 September 2026. They certainly did an excellent job for the Greens!

Athlete	Performance
Freya Davies	Shot 7.71m; Discus 20.91m
Rebecca Davies	Long Jump 3.86m; Triple Jump 9.14m; Javelin 18.86m
Ethan Sibanda	100m 11.92; 200m 24.86

Well done all. Super work!

- **Birmingham End of Season Open**

We had two Greens at the Open in Birmingham on 6 September 2026. Both achieved podium places and came away with personal bests.

Well done to Henry Rand and Saffi Reid for their strong performances: Henry earned bronze, with excellent efforts in the 800m, javelin and long jump, while Saffi secured silver after racing strongly in the 1500m and 300m, following a first-place victory in the 400m at Swindon on 4 September.

- **Gloucester Open**

Many congratulations to Charlie Coleman and Chloe Strzadala, who competed at the Gloucester Open on 8 September.

Chloe produced some cracking throws in the hammer. Charlie secured a superb win in the one-mile track event and set a new club record. Fantastic work by both athletes.

- **Herefordshire County Track & Field Championships**

Many congratulations to every athlete who took part in the County Championships on 12 September. It was a lovely day and the weather stayed kind, with the rain not setting in until later that evening.

Many of our athletes became County Champions in their respective events or won silver and bronze medals. This is credit to their hard work across the past 12 months and the invaluable input from their coaches. Well done, Greens. Hard work pays off!

New club records were set by Sam Vernon in the high jump; Charlie Coleman in the shot; Ethan Sibanda in the 100m; Noah Mabberley in the javelin and discus; Evie Jones in the hammer; and Charlie Hopkins in the 300m hurdles.

A huge thank you to everyone who organised the event and to all of those who worked tirelessly throughout the day to make this year's Championships such a success.

• English Schools' Athletic Association Combined Events and Race Walking National Final

The national final took place on Saturday 19 and Sunday 20 September 2026 at Bedford International Athletics Stadium. Ruben Mabberley, Fred Tyler and Henry Rand competed in their red and green English Schools vests.

Eight events over two days were always going to be tough, although some of the challenges the boys faced were certainly unforeseeable.

Day one started with long jump into a strong headwind. Results were below personal-best level across the team but remained respectable. In the discus, Ruben achieved a PB, while the other three team members were close to theirs. The boys then moved on to javelin, where all four were pleased to record individual PBs. There was some drama when Henry's third throw struck an official on the head. Thankfully it was the tail end and after a brief discussion, Henry was able to repeat his throw.

The first day ended with the demanding 400m, by which time conditions had become very windy. Fred set off at a blistering pace as he looked to improve his PB, but the effort caught up with him, and he finished a little outside his best. Henry was close to his PB, while Charlie recorded a PB. The performance of day one came from Ruben, who ran 51.27s as the second-fastest athlete of the day. After calculating points, Ruben was 9th, Fred 26th, Charlie 30th and Henry 32nd. In the team event, they were just 10 points behind Essex in 3rd place.

Sunday morning came around quickly, with aching bodies back on the track for a 10.15am start in the hurdles. Fred ran a PB, and Ruben also raced well before having to run again following an appeal. The team then moved on to high jump, where Henry equalled his PB of 1.50m before clearing 1.56m. Unfortunately, Fred suffered a competition-ending calf injury during take-off, which was disappointing for everyone, especially as he had been looking forward to the 1500m.

The three remaining athletes moved on to the shot. Ruben and Charlie both added over 50cm to their PBs, while Henry also threw a PB. This took the team into the 1500m, the final event, with Ruben in 11th place and just outside his aim of a top ten finish.

As a team, they were now 4th and a significant 1,000 points behind Essex. The team felt that this would be difficult to make up, but in windy conditions they gave everything in the 1500m. Henry showed huge determination, Charlie scored well, and Ruben pushed hard in the final race of the day to finish 5th. This effort moved Ruben up to 9th overall, while Charlie finished 26th and Henry 33rd. All three boys finished with Octathlon PBs.

Remarkably, the team clawed back over 900 points in the 1500m, missing team bronze by less than 100 points.

It was a hugely proud weekend for our athletes and the club, with real camaraderie and commitment shown across the two days. As Arnie said, "We'll be back!"

• The Studio – Hereford Hybrid Competition

On 26 September, a Hereford Hybrid competition took place at Hereford Athletics Track, which included 10 stations and 11 × 400m runs between the stations.

Brother-and-sister duo Fred Tyler and Eva Tyler placed 5th out of 23 in the mixed adult doubles in 51.53. This is an excellent result in their first competition, particularly as they were by far the youngest in the field.

Middle-distance coach, Andy Tyler, partnered with Ryan and they brought home the winning trophy once again in 43.40. They later competed in the mixed relay and again placed 1st, in 48.19.

The race began with a 400m run, with a further 400m lap between each station. Stations included 50 shared kettlebell deadlifts, burpees over a hurdle, kettlebell squats, overhead plate, devil's press, hammer curl to press, walk-outs and wall-ball sit-ups, followed by 100 shared sandbag lunges and snatches. Well done to coach, Andy, to Fred and to our second claim member, Eva.

• Final Fling at Wrexham

Rounding off the track and field season, our U23 athlete Charlotte Colbert competed in the Final Fling at Wrexham. This is a perfect competition for throwers, featuring all four throws and the "Throwathon," with not a track event in sight.

Competitors took part in all four throws, and their distances converted into points. In her first adult Throwathon, Charlotte finished 3rd in the shot and discus and 1st in the javelin and hammer, securing the 2026 Throwathon title. Excellent work, Charlotte!

Road

• Worcester City Run

Following the County Championships, Saffi Reid was back on the road early on Sunday 13 September for the Worcester City Run.

The 3K and one-mile races for U11s started together in a packed field. Saf ran well, won the female 3K and finished 5th overall.

Coach Martin Carter ran the half marathon and finished an excellent 2nd in his age category in 1:27:56. Well done, Martin.

• Midland Counties AA Road Relay Championships 2026

The Greens celebrated a super performance at the MCAA Road Relay Championships on 19 September. Ten determined athletes travelled to Sutton Park in Birmingham for the annual event, which attracts elite and championship-level middle-distance runners.

Each athlete ran just under 4K on the undulating course through Sutton Park. The route includes a significant hill during the opening mile, followed by another climb on the way to the finish.

Most participating clubs have a large pool of experienced distance runners and select their highest-ranked UK athletes. Hereford & County AC is a much smaller club, making the results particularly impressive. Six of our athletes had not previously competed in a distance relay.

With more than 100 athletes in each of the U14 boys and U16 girls age categories, and over 60 in the U18 women's age category, the Greens had their work cut out against competitors from the Midlands and Southwest regions of England, including Avon, Somerset, Swindon, Bristol, Gloucestershire, Worcestershire, Herefordshire, Leicestershire, Northamptonshire, Nottinghamshire, Shropshire, Staffordshire, Warwickshire and the Midlands.

Team	Athletes	Result
U14 Boys	Harrison Salkeld, Jackson Slade, Harry Coleman and Gabriel Baimbill-Johnson	16th — 47:11
U16 Girls	Saffi Reid, Tilly Coleman and Charlotte Mowbray-Davies	21st — 52:20
U18 Women	Zofia Michniok, Martha Bakewell and Eva Durant	18th — 56:21

A huge shout-out to relay debutants Charlotte Mowbray-Davies, Harry Coleman, Tilly Coleman, Gabriel Baimbill-Johnson, Zofia Michniok and Eva Durant. They worked incredibly hard.

Credit must also go to Jackson, Saffi, Martha and Harrison, who supported, encouraged their new team-mates, and shared valuable advice. A superb event and a fantastic team of road runners. Very well done all!

Dates for Your Diary

Date	Event
17 October 2026	MCAA Cross Country Relays, Worcester
3 November 2026, 6.30pm	Hereford & County AC AGM, cabin at Hereford Track. Training is cancelled that evening.
7 November 2026	Sportshall League match, Worcester
8 November 2026	Hereford Cross Country, Croft Castle
20 November 2026	Hereford & County AC Awards Night
19 December 2026	Sportshall League match, Worcester
10 January 2027	Hereford Cross Country, Malvern College
24 January 2027	Sportshall League match, Worcester
7 February 2027	Hereford Cross Country, Rotherwas

Date	Event
14 February 2027	Sportshall County Championships
7 March 2027	Regional Sportshall Championships

Awards Night tickets: available at training on Tuesday and Thursday evenings. £7.50 for adults and £5.00 for children, including food subsidised by the club.

Team Managers & Enquiries

Area	Contact
Lower YDL, Cross Country, Road & Fell	Maxine Reid
Upper YDL	Mariann Wood
Midland League	Phil Wells
Sportshall League	Lucasz Bak
General enquiries	herefordathletics@gmail.com

Athlete of the Month

The club acknowledge the achievements of an athlete each month. This may reflect a good win, a club record, a significant personal-best improvement, or consistent hard work in training.

This month's award goes to our U18 athlete, Henry Rand, who has had an exceptional month with a bronze in Birmingham at the beginning of the month and PB's and a team 4th place in Bedford. Henry's aim earlier this season was to PB in all his events, and he has achieved that which is fantastic. Well done Henry!

A Word from the Committee

Welcome to our new coaches, Sarah Rossiter (jumps) and Dylan Menhennet (throws). The club is delighted to have Sarah and Dylan on board.

The club is also looking to appoint a replacement Team Manager for the Welsh League, which begins in April 2027. There are usually four, and sometimes five, fixtures for U10–U16 athletes between April and July. Athletes select their preferred events and enter themselves. The Team Manager should attend each fixture. Dates are available, in or around February. Please email Hereford Athletics if you are interested.

England Athletics Parents/Carers Code of Conduct

All parents and carers of athletes aged under 18 should note the England Athletics Code of Conduct.

As a responsible parent/carer of an athlete aged under 18, I will:

- abide by the UKA and HCAF Child Safeguarding Policy and Child Safeguarding Procedures;
- abide by the UKA and HCAF Adult Safeguarding Policy and Adult Safeguarding Procedures;
- demonstrate respectful behaviour at all times;
- set a good example and encourage my child to learn the rules of the sport and compete within them at all times;
- help my child to recognise good performance and not just results;
- make athletics fun;

- never force my child to take part in sport if they do not want to;
- never punish or belittle my child for losing or making mistakes;
- use correct and appropriate language at all times;
- check the qualifications and licences of people coaching or managing my child, or offering an athletics-related service such as physiotherapy, massage or nutritional advice;
- know exactly where my child will be and who they will be with at all times;
- assume responsibility for safe transportation of my child to and from training and competition;
- return all necessary written consent forms, including next-of-kin details and health and medical requirements, before my child attends away events or trips;
- provide any necessary medical information and medication required for training or trips away;
- report concerns about my child's, or any other child's, welfare to the Club Welfare Officer or National Welfare Officer. This does not affect the right to contact Social Services or the Police where necessary;
- in no way undermine, put down or belittle athletes, coaches or practitioners.

Good spectator behaviour

I understand that inappropriate pressure on children and poor behaviour by adult spectators can sometimes cause children to leave sport. I accept that this code promotes good spectator behaviour and understand that action will be taken if I verbally abuse children, coaches or officials.

Breach of the Code of Conduct

I understand that, if I do not follow the code, the club may take action and I may:

- be asked to apologise for my behaviour;
- receive a verbal or written warning from the club committee/HCAF;
- be suspended from attending club training sessions and events;
- be suspended from the club;
- be required to leave the club.

New Officials & Volunteers

The club always needs officials and volunteers for track and field fixtures. We cannot hold events for our athletes without qualified officials. In the Youth Development League, the club also earns valuable points for officials and volunteers. The club must provide officials and volunteers in the Welsh League, and failure to do so could jeopardise our ability to compete in those leagues.

Please consider completing the England Athletics officials' course. Completion can be online in just three hours. Course fees can be reimbursed, for those who officiate at Hereford & County AC fixtures, subject to prior approval. Please email the club if you are interested.

You do not need athletics experience to volunteer at club fixtures. There are plenty of roles to fill 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 and under 18. The purpose is to improve progression and retention, reduce pressure during examination years and support long-term development. The new structure replaces the under 11, under 13, under 15 and under 17 age groups. The under 20 category remains.

The changes apply across track, field, cross country, road and fell, although some disciplines fully transitioned on 1 September 2026. Please visit the official England Athletics website for current details and the age-group calculator.

Age group	School years
U10	Years 3 and 4
U12	Years 5 and 6
U14	Years 7 and 8

Age group	School years
U16	Years 9 and 10
U18	Years 11 and 12
U20	Year 13 plus

Important: Membership Requirements

- Membership renewal was due on 1 April 2026. It is crucial that athletes renew so that membership does not lapse. Membership includes annual affiliation to England Athletics, without which athletes cannot compete for the club. Club membership is compulsory for all athletes.
- All members must compete for the club at least three times each season unless there is a valid reason this is not possible. Parents and guardians should speak confidentially to the athlete's coach if their child cannot meet this requirement.
- All athletes who train with the club must have annual club membership in place, including England Athletics membership.
- Athletes must book training each week through Spond. Athletes arriving without a booking will not be able to train.
- Athletes who do not train for three months will be removed from Spond unless there is a good reason, such as examinations, study leave, injury, or illness. Please communicate with your coach if such circumstances arise.

Club Records

Club records are regularly updated and listed in the "Records" page on the website. Please email the club if records are missing or inaccurate. Historical records in the former age groups are available alongside records in the new age categories.

Athletics Facebook

We have a closed Facebook page with information, updates, and photographs. Members and parents may request to join. Please join the page to keep up to date with everything happening at the club.

Thank you for reading the September newsletter

Keep training, competing and supporting one another — see you at the next club event.