



# TEAM GREEN HEREFORD AND COUNTY ATHLETICS CLUB

## CLUB NEWSLETTER - JAN 2026

### Performance Highlights

#### Sportshall

The third fixture in the 2025/2026 Sportshall League took place in Worcester on 17 January and a team of 22 athletes attended, with top spots taken by Joseph Davies, Hadrian Nizi & Freya Williams in the speed bounce, Jackson Slade in the 6 lap race & Saffi Reid in the 4 lap race, the standing long jump & in the girls 8 lap paarlauf, with the latter accompanied by Rebecca Davies. The team results for the U11's & U13's were subsequently announced with the U13G's finishing 3rd, the U13B's were 2nd, the under U11G were 4<sup>th</sup> and the U11B placed 3rd.

#### Road & Cross Country

Hereford and County Athletics Club had a great start to the year at the Plock Court Cross Country Relays in Gloucester on 3 January where a team of 8 athletes braved the freezing temperatures including Inyan Farrant, Seb Farrant, Alex Swan, Charlie Hopkins, Lucy Tetley, Poppy Grundy, Grace Lucas & Saffi Reid, with Charlie making his debut for the Club.

The Greens were outstanding and held their own against a largely much older and more experienced field of 168 runners from Western Tempo, Stroud, various Cheltenham & Gloucester Clubs, Severn AC, Cirencester AC, CLC Striders, Tewkesbury RC & Angels RC.

The competitors ran a total of 2 miles (just over 3.2K) in some rapid times, with the girls team clinching 2nd in the under 20 female category and the boys finishing 3rd under 20 male team.

On 4 January race 4 of the Herefordshire & Borders XC League took place in Malvern, with U17's Lucy Tetley, Logan Lloyd and Fred Tyler racing 2.9 miles with 330ft of elevation. It was a bright but freezing cold day with some ice under foot. The Greens achieved excellent results, with Fred finishing 1<sup>st</sup> in the U17M category in 20:13, closely followed by Logan in 20:23. Lucy placed 1<sup>st</sup> U17W in 23:52.

On 14 January Saffi Reid ran in Somerset in the Street 5K road race and finished 2<sup>nd</sup> female overall/1<sup>st</sup> U15.

Whilst the Hereford & Worcester Schools Cross Country Championships was cancelled in Bromsgrove on 20 January (leading to lots of very disappointed Greens), the cold and wet weather did not stop the ISA Cross Country proceeding, as planned, at Ashley Manor in Cheltenham. Jackson Slade took part in the Year 7 race and stormed home 2nd. The Bromsgrove fixture has been rescheduled to 5 February.

The 2026 Midland Counties Cross Country Championships took place on 24 January at Mallory Park, Leicester. This annual XC fixture attracts top XC athletes from Clubs across the East Midlands, West Midlands and the South West. Tilly Coleman, Oscar Price, Toby Smith, Jackson Slade, Charlie Hopkins, Henry Rand, Grace Lucas, Issy North and Saffi Reid represented the Greens.

The course was saturated after days of heavy rain and had lots of twists and turns and some deep water to cross. This competitive fixture started with the under 13 girls and boys, who ran 3K. The ground quickly became increasingly muddy and slippery as the races progressed through to the under 15's, who ran 4K. Followed by the under 17's, who covered 5K. Some of the Greens ran at the very bottom of their age category but they still did well on an extremely challenging, muddy course, with top 50 finishes from all of our athletes and Tilly and Saffi comfortably placing well within the top half of their respective field's.

On 25 January, Charlie Coleman took part in the 5K at Chepstow Running Festival where he finished a fabulous 3rd place overall/1st U15B in 19:51.

#### Athlete of the Month – Jan

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 Patrick Morgan who is one of our senior men who has previously represented England in the U20 decathlon. Patrick is returning from injury but has had an excellent start to the year with strong performances in the heptathlon in Sheffield and in the Cardiff Open. Pat is strong multi-eventer and he possesses a versatile blend of speed, strength, endurance and technical skill. He regularly officiates at track and field events and is a long standing member of the club. Well done Patrick.



# **TEAM GREEN HEREFORD AND COUNTY ATHLETICS CLUB**

## **Performance Highlights**

### **Track & Field**

**On 11 January, Ruben Mabberley, Zofia Michniok and Saffi Reid competed in the Welsh Indoor Open in Cardiff & produced some superb results.**

#### **Ruben**

**7th all heats Long Jump 5.32  
10th all heats 60m hurdles 9.54  
12th all heats 60m 7.64**

#### **Sofia**

**3rd Pole Vault 2.22 - PB  
8th all heats Long Jump 4.64 - PB  
11th all heats 60m hurdles 10.86**

#### **Saf**

**3rd all heats 1500m 5:00.33 – indoor PB**

**On 17 and 18 January, Liam Shekyls competed in the Welsh Athletics Indoor Championships in Cardiff. On day 1 he raced in the U20M 400m and finished 1st in his heat with a PB of 52:26, followed by 3rd in the 400m U20M semi-finals with a time of 53:21. He also entered the U20M 60m and finished 7th in his heat with a time of 7:44. On day 2 of the Championships he competed in the U20M 200m race and finished 1st in his heat in 23:87, followed by 23:71 in the semi-final placing 2nd and narrowly missing out on a place in the final.**

**Also on 17 and 18 January, our senior, Patrick Morgan, competed in the Heptathlon at the Indoor Combined Events Championships in Sheffield. He placed 1st overall in the 1000m with 2:35.81. In the 60m hurdles he finished 9th overall with a PB of 8.67. In the 60m he came 4th overall with a PB of 7.18. In the long jump he finished 18th overall in 6.34 & was 12th overall in the high jump with 1.81. In the shot put he placed 4th overall with 13.67. A great performance from Pat after returning from injury.**

**On 25 January, our seniors, Eva Tyler, Claire Borg and Patrick Morgan competed in the Non Thomas open in Cardiff. Eva finished 1st in all 400m heats with a time of 57.19 (an indoor PB). Clare ran 2:22.87 in the 800m, finishing in 5th place in her heat and Patrick cleared 4.24 in pole vault (PB) finishing 4th. Saffi Reid was at the opposite end of the UK, up in Sheffield, where she finished 3rd in all 800m heats.**

# A Word from the Committee

Before Christmas, the committee were delighted to welcome Nick Ashton, Co-Founder of New Summit Coaching, to the monthly committee meeting. Nick shared how New Summit Coaching provides Performance and Lifestyle Coaching to elite and aspiring elite athletes. Through their bespoke one-to-one coaching model, they empower athletes to reach new heights in both their sporting and personal development. Nick explained how the coaching has already supported a wide range of athletes across various sports, both within Herefordshire and beyond. While each programme is tailored to the individual, Nick highlighted several common focus areas, including goal setting, resilience under pressure, performance reviews, sporting and educational transitions and turning setbacks into comebacks. We are pleased to share further information about New Summit Coaching and would encourage any members who feel this type of support could be beneficial to get in touch with Nick – 07823773451 or [newsummitcoaching@hotmail.com](mailto:newsummitcoaching@hotmail.com)

Nick offers a free introductory meeting to explore how one-to-one coaching could support you. A monthly subscription includes an hour-long session, additional resources, and regular check-ins.

## Upcoming Events

### Sportshall

(contact Nadia Locke for further details)

22 Feb – Regional Sportshall Final in Solihull (for athletes selected)

8 March – Sportshall County Championships in Worcester

Cross Country (contact Maxine Reid for further details)

1 Feb = Herefordshire & Borders Winter XC League – Rotherwas (U17 & above)

5 Feb - Hereford & Worcester School Championships - Bromsgrove (for athletes selected – year 8 & above)

8 Feb – Junior Muddy Woody – Acornbury Court, Hereford (ages 11-15)

14 Feb – Gloucester XC League – Cheltenham (U13 & above)

7 March – UK Inter-Counties Cross Country Championships – Wollaton Park, Nottingham (selection only U13 & above)

14 March – English Schools Cross Country Championships – Liverpool (for those who qualify in Bromsgrove on 5 Feb)

15 March – Herefordshire Junior XC Champs – Hereford Leisure Centre (U11 – U17)

21 March – National Cross Country Final – Stoneleigh (year 3 – year 7)

Road (contact Maxine Reid for further details)

28 March – Midland Counties 5K Challenge – Sutton Park (U13 & above)

15 April - Couriers 5K series - Hereford - age 11 & above

13 May - Couriers 5K series - Hereford - age 11 & above

10 June - Couriers 5K series - Hereford - age 11 & above

Track & field - provisional dates/venues tbc

18 April – Welsh League

19 April – Upper YDL

3 May – Lower YDL

16 May – Welsh League

24 May – Upper YDL

31 May – Lower YDL

20 June – Welsh League

11 July – Welsh League

12 July – Upper YDL

# 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 £250 (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!

**TEAM GREEN**  
**HEREFORD AND COUNTY ATHLETICS CLUB**

