



# TEAM GREEN HEREFORD AND COUNTY ATHLETICS CLUB

## CLUB NEWSLETTER - MAR 2026

### Performance Highlights

#### Track & Field

On 7 & 8 March 2026 Ruben Mabberley competed in the Indoor Combined Events Championships in Sheffield. Completing the heptathlon, Ruben achieved fantastic results in 7 events with 5 PB's & 2 SB's and a PB overall.

60m - 7:49 - 9th - PB

1000m - 3:06.99 - 19th - PB

60m Hurdles - 9.33 - 15th -PB

HJ - 1.71 PB - 9th -PB

Pole Vault - 2.10 - 25th -SB

LJ - 5.40 -12th -PB

Shot Put - 8.18 - 27th - SB

Overall - 18th with 3599 points – PB

On 29 March, the Spring Warm Up took place in Stourport & 8 Greens took part. This was the Greens first event with the new England Athletics age categories & they faced strong winds & freezing temperatures.

Liam Shekyls , Kane Shekyls, Henry Rand, Saffi Reid, Iris Lloyd, Ethan Sibanda, Bertie Lloyd & Hadrian Nizi certainly made their mark with comfortable first place victories secured by Ethan, Iris & Saffi in their respective sprint & middle distance events & plenty more superb performances and PB's throughout the day. Well done Greens for kicking off the long awaited track season with a set of strong results.

#### Road & Cross Country

Carried over from last month's newsletter, on 28 February, Jackson Slade took part in the ISA National Cross Country Championship at Himley Hall in Dudley. He raced with 53 other year 7 boys and finished a fantastic 2nd place in 8:02.

On 1 March, the National Prep School Cross-Country Championships took place at Malvern College today & there were 2 Greens competing in a very busy under 11's boy's race. Harry Coleman finished in 12:02 and was 88th & JJ Peppercorn in 12:31 placing 137th.

Also racing on 1 March was Saffi Reid who took part in a trail race in Bromesberrow with 159 entrants, she finished 1st under 18 & 12th overall. There was a secret 1K timed section hidden in the route and Saf picked up the trophy for fastest U18 to run that part of the race.

8 of our athletes represented Herefordshire in the 2026 UK Inter-Counties Cross Country Championships on 7 March including Inyan Farrant, Seb Farrant, Saffi Reid, Grace Lucas, Charlie Coleman, Jackson Slade, Harrison Salkeld & Tilly Coleman. This annual event in the British Athletics calendar is known for attracting a strong field of athletes. They faced the hills & the undulating landscape of Wollaton Park which is an established & popular venue on the domestic cross-country circuit.

#### Athlete of the Month – Mar

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 is shared by two of our under 18 athletes, Ruben Mabberley & Issy North. Ruben for his outstanding performance at the Indoor Combined Events Championships in Sheffield. Ruben has worked tirelessly over the past 12 months across a range of disciplines to achieve those results. Well done Ruben.

Issy for working hard too & for qualifying for the Hereford & Worcester Team at the National Cross Country Championships in Liverpool & for helping her senior girls team secure 28<sup>th</sup> place. Well done Issy.



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### **Performance Highlights**

It was tough from the outset with the runners starting at the foot of the famous hill leading up to Wollaton Hall, renowned to cross-country runners for its steepness & difficulty. After dealing with that incline, they ran alongside the lake & over grassy parkland, with the under 13's covering 3K and the U15's 4K. Numerous athletes in each age category were unable to complete the course but the Greens pushed through and all finished strong. Outstanding performance of the day went to Charlie Coleman who ran in the under 13 boys' race & finished an amazing 44th.

On 14 March Issy North, Fred Tyler, Saffi Reid & Charlie Coleman travelled up to Sefton Park in Liverpool for the English Schools National Cross Country Championships. This is a prestigious fixture in the junior endurance calendar & it is an achievement to qualify for the ESAA National Championships & to represent Hereford & Worcester Schools. Each junior, intermediate & senior Hereford & Worcester team included 8 athletes who were selected following their performances at the Schools Cross Country County Championships in Bromsgrove. Charlie, Saffi & Issy were all counters for their teams.

Charlie was in the Hereford & Worcester junior boys' team & they finished 43rd overall.

Saffi was in the Hereford & Worcester junior girls' team & they finished 28th overall.

Issy was in the Hereford & Worcester senior girls' team & they finished 28th overall.

Sadly, Fred had to withdraw during the race due to a knee injury.

All Hereford & Worcester teams were in Group D at the Championships. Within that Group, the girls were 3rd & the boy's team were 5th.

On 15 March, the Club hosted a charity cross country championship fixture in Hereford, sponsored by Black Mountain HR & Ready Set Go. This was to raise funds for a fantastic local childhood cancer charity, Be More Frank.

18 Greens took part in this event with top spots taken by Evie Burrows in the under 11 girls, Tilly Coleman in the under 13 girls, Charlie Coleman in the under 13 boys, Inyan Farrant in the under 15 boys & Lucy Tetley in the under 17 girls.

Also, on 15 March Alex Swan & Saffi Reid took part in a 5K multi terrain race, with a decent elevation, in the beautiful South Worcestershire countryside. Alex finished 4th U18 male & Saf was 1st U18 female/1st female overall & she reclaimed the ladies shield from this fixture in 2025.

On 21 March Charlie Coleman & Saffi Reid placed 2nd & 9th respectively in the West Midlands London Mini Marathon Trials, competing against a talented field of junior athletes. This year Charlie will be racing in London on 28 April 2026. Good luck Charlie.

The National Primary & Year 7 Cross Country Finals also took place on 21 March at the NAEC in Stoneleigh, Kenilworth in Warwickshire. 5 Greens took part in this popular annual fixture & ran well. Year 7 boys ran 3K & there were 128 runners. Jackson Slade was 36<sup>th</sup>, Harrison Salkeld was 111<sup>th</sup> & Benjamin Swan was 112<sup>th</sup>. The year 6 girls ran 2.7K & there were 180 in that event. Evie Burrows was 114<sup>th</sup> & 164th Cerid Carter was 164<sup>th</sup>. Well done to all that took part.

On 28 March 5 Greens took on the Midland Counties 5K Challenge. The course is set in Sutton Park. It certainly is a challenge as it is fairly hilly with a 220 foot climb. The Green Road team were racing against a strong & competitive field from athletics clubs across Mansfield, Newcastle-under-Lyme, Nottingham, Daventry, Corby, Charnwood, Kenilworth, Coventry, Stratford, Leicestershire, Stoke, Stafford, Swindon, Northampton, Worcester, Kidderminster & Stourport, Telford, Market Harborough & across Birmingham & the West Midlands. The Greens produced some excellent results in their respective age categories.

Results: Under 13 boys Charlie Coleman 2nd, Under 15 girls Saffi Reid 7th, Under 13 boys Jackson Slade 10th, Under 17 men Fred Tyler 27th & Under 15 girls Martha Bakewell 9th. Another strong outcome from the Greens.



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### **Performance Highlights**

#### **Sportshall League**

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On 8 March, the Sportshall County Championships took place in Worcester & what an end to the Sportshall League 2025/2026 it was.

League 2025/2026 it was.

22 Greens produced some fabulous results with 28 medals & no less than 9 County Champions across 6 disciplines, including Rebecca Davies in the triple jump, Iris Lloyd, Leo Hodgkinson, Hadrian Nizi & Freya Williams in the speed bounce, Thomas Exton in the 6 lap race, Freya Williams in the vertical jump & Saffi Reid in the 4 lap race and standing long jump.

The under 13 boys finished the 2025/2026 League in 1<sup>st</sup> place. The under 11 boys and under 13 girls were 2<sup>nd</sup> and the under 11th girls were 4th.

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#### **Fell**

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The 2025 South Wales Junior Fell Series Presentation took place in Crickhowell on 16th March & series winners Cerid Carter (under 13 girls) & Saffi Reid (under 15 girls) were awarded their trophies. Congratulations also to Milo Williams who finished 2nd in the under 13 boy's category.

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## **A Word from the Committee**

On 24<sup>th</sup> March two of our longstanding & highly respected coaches, Brian Morgan & Jill Grundy stepped back from their roles with the club. The Committee, all athletes & parents are very grateful to Brian & Jill for all their hard work & dedication. Over the last decade they have coached many of our younger athletes & they have both given an enormous amount of the most important commodities, namely time & enthusiasm, for the benefit of the club & its athletes.

Not only have they coached & officiated & organised events but Brian has gone above & beyond over the years. He supported the refurbishment of the Hereford Athletics Track & worked tirelessly to ensure that the project was completed on time. He also modernised the Club's portacabin & equipment storage areas & refurbished equipment.

Brian has very kindly agreed to continue officiating for the club & he has offered his invaluable skills to keep the facilities in tip top condition going forward.

A reminder please for athletes to express their interest & preferred events for the Upper YDL fixture on 19 April & Lower YDL fixture on 3 May. Also for U10 - U16's there is the Welsh League in Aberdare on 18 April. Please see the club Facebook page for further information or email Team Managers as detailed earlier in this newsletter.

#### **New officials & volunteers**

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.

# Upcoming Events

## Sportshall

2026/27 Sportshall League will commence in November 2026.

## Cross Country

2026/27 season will commence in Autumn 2026

## Road

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

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.

18 April - Welsh League in Aberdare

19 April - Upper YDL in Yate

3 May - Lower YDL in Yate

16 May - Midland League in Worcester

17 May - Welsh League in Cardiff

24 May - Upper YDL in Yate

31 May - Lower YDL in Yate

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

18 July - Lower YDL in Neath

19 July - Midland League in Yate

9 August - Midland League in Stourport

29 August - Midland League in Stourport

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

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

15 May - County Combined Events in Hereford

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 enquires 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](mailto:herefordathletics@gmail.com)

Please check the Website and FaceBook for Regular Updates

# Important Updates

## England Athletics New Age Groups

On 1 April 2026 England Athletics is implementing 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

## Membership requirements

Membership renewal is due for all on 1 April 2026 & it is crucial that athletes renew before the end of April 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 to all individually before 30 April 2026.

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 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.

## 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

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Coaches children, who are members of Hereford & County AC, train for free.

### 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!

### 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.



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