



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

## **CLUB NEWSLETTER - JUN 2026**

### **Performance Highlights**

#### **Track & Field**

On 9 June 6 Greens took part in the English Schools Track and Field Cup, Regional B Final in Nuneaton. Many congratulations to Tilly Coleman, Iris Lloyd, Evie Jones, Amelia Heather-Hayes, Louisa Zacaroli and Luisa Martins for achieving super results.

Tilly - 2nd javelin - 20.06 & 5th 1500m - 5:36.9

Iris - 3rd 100m - 13.6 & her team were 2nd in relay

Evie - 1st hurdles - 13.6 & 1st discus - 17.56

Amelia - 3rd LJ - 4.04 & 4th 800m - 2:53.6

Louisa Z - 1st discus - 26.89 & her team were 5th in the relay

Luisa M - 11th 1500m - 6:04

On 10 June, our coach and second claim member, Eva Tyler attended an evening meet at the Birmingham's Alexander Stadium where she placed 1st in the 200m with 25.52. She followed this on 17 June with another strong performance at the University of Birmingham finishing 2nd in the 400m with 56.04.

On 13 June the Herefordshire and Worcester Schools Track and Field County Championships took place in Stourport. It was a mass turn out from the Greens with numerous gold, silver & bronze medals for our year 8 to year 11 athletes.

9 Greens were subsequently selected to represent Hereford & Worcestershire at the Inter-Counties Mason Trophy including Ruben Maberley, Liam Sheklys, Henry Rand, Sam Vernon, Ethan Sibanda, Charlie Coleman, Saffi Reid, Chloe Strzadala & Freya Davies.

On 20 June the prestigious Mason Trophy Inter-Counties Track & Field event took place in Stoke and following their selection, all 9 selected Greens travelled up to the Northwood Stadium to compete against the very best athletes from Warwickshire, the West Midlands, Hereford & Worcester, Shropshire, Staffordshire, Cheshire, Greater Manchester, Nottinghamshire Northamptonshire & Derbyshire.

Wearing the red & green vests of Hereford and Worcester Schools, Ruben Maberley, Liam Sheklys, Henry Rand, Sam Vernon, Charlie Coleman, Ethan Sibanda, Saffi Reid, Chloe Strzadala & Freya Davies did themselves proud with some great performances.

Star of the day was Ruben Maberley who picked up silver in the hurdles.

On 21 June, the third fixture in the Welsh League took place at our home track in Hereford and there was a fantastic turnout of 36 Greens. The day started with everyone observing a minute's silence for our club president, Tony Williams, who sadly passed away last month.

#### **Athlete of the Month – Jun**

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 U18 athlete Ruben Maberley, who excelled in the Hereford and Worcester Schools County Track and Field Championships in Stourport, The Inter-Counties Mason Trophy in Stoke and in the Regional Combined Events Championships in Derby, where he picked up gold.

Ruben's exceptional performance in the Regionals was key to the Hereford and

The Worcester intermediate boys team clinched the top spot for the first time and earned automatic qualification for the Combined Events National final in September. Outstanding work, Ruben!



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### **Performance Highlights**

All athletes put in a shift and achieved some great results throughout the course of the day, in blazing hot conditions. There were over 50 new personal bests and some new club records too. A special shout out to our debutants, Vivi-Ana Staneva, Oliver Jones, Amelia Nicolson and Elle Tatoiu.

On 21 June, a Midland League technical match took place in Birmingham and 3 Greens attended. This fixture included athletes from Divisions 1, 2 and 3. Hereford and County AC are in Division 3 and therefore they faced some tough competition. Claire Borg ran the 400m breaking 60s for the first time, winning her race in 59.04s. In a high quality hammer competition Charlotte Colbert threw 37.95m and in the shot she threw 8.99m. 15-year-old Erin Straker was just 1cm short of her PB in the triple jump and she cleared 1.35m in the high jump.

On 27 & 28 June the Combined Events Regional Finals took place at the Moorways Stadium in Derby. 7 Greens qualified automatically following their success at the County Combined Events Championships in May including Ruben Maberley, Henry Rand, Erin Straker, Zofia Michniok, Saffi Reid, Freya Davies and Ethan Sibanda.

Fred Tyler and Maisie Wood were subsequently selected based on previous performances, and they were joined on the day by Ruben, Henry, Zofia and Ethan. There were plenty of highs and some real lows, which saw athletes having to dig very deep to produce the results needed to succeed. The overall intermediate boys' winner was Ruben. Maisie was 3rd/6 in the senior girls category. Henry was 7th/16 in the intermediate boys category, which is a great result given that he is at the bottom end of his age category. Fred was 14th/16 in the intermediate boys category. Ethan was 9th/17 in the junior boys category, and he was the highest placed finisher for Hereford and Worcester in the junior boys. Zofia was 13th/16 in the intermediate girls category. The Hereford and Worcester Schools intermediate boys team was made up of three Greens, Ruben, Henry and Fred plus another athlete, Charlie Lindley, finished as winners of the intermediate boys category, qualifying for the National Combined Events Final in September.

Overall, this was an exciting and emotionally charged two day event with the Hereford and Worcester intermediate boys leading by 300 points at the end of day one. Over the course of day two they dropped to 2nd place and with just one event to go, they were 200 points off the leaders. The standout performance of the weekend was in the intermediate boys 1500m, the very last event. The boys were so dominant over that race that they won the intermediate boys team title by 300 points and qualified for the National final, which is a first for a Hereford and Worcester boys team. The other standout performance was from Maisie who had a tough start to day one after falling in the hurdles. She worked tirelessly to pull herself back from behind and was sitting in 4th spot ahead of the final event on day two. This being the 800m and Maisie's least favourite event. She gave it her all to finish the 800m in 2:45.5, shaving almost 3 seconds off her PB. This moved her from 4th to 3rd overall/6 in the senior girls category with 3211 points. Maisie therefore also qualified for the National final in Bedford.

Ruben went to Derby to win. He finished day one as the top scoring intermediate boy but dropped to 2nd after the shot, with just the 1500m to go. He then ran a PB of 4:37.2 and finished day two with an unbelievable 4371 points and a lead of 394 points over the 2<sup>nd</sup> place Derbyshire athlete

On 27 and 28 June the Welsh Senior Outdoor Track and Field Championships took place in Leckwith, Cardiff and Eva Tyler put in another super performance running 56.48 in the 400m final and picking up a bronze medal.

The English Schools National Track and Field Championships are taking place on 10 and 11 July at the Alexander Stadium in Birmingham. Good luck to Liam Shekyls (400m), Charlie Coleman (1500m) and Ethan Sibanda (100m) who are representing Hereford and Worcester Schools.



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### **Performance Highlights**

**New Club Records June 2026**

**U18M - Liam Shekyls – 400m (50.43)**

**U14B - Ethan Sibanda -100m (11.88 with +1.0w) and 200m (24.2)**

**U14B - Charlie Coleman- 800m (2:07.9), 1500m (4:23.84) and U14B shot (10.16m)**

**U12G - Eliza Nolan - shot (6.21m)**

**Maisie Wood is the first U18W to compete in the Combined Events heptathlon for the club and her score of 3211 points is therefore a brand new record and a new benchmark.**

#### **Road & Trail**

**On 2 June the last race in the Llanfrynach junior series took place near Brecon and Cerid Carter completed the 1.4 mile undulating course in 9:25 finishing 6th female & 19/122 & a brilliant 3rd place in the series category for U12 girls.**

**On 10 June the last race in the Couriers 5K series took place. Well done to Inyan Farrant, Fred Tyler, Logan Lloyd, Charlie Hopkins, Saffi Reid, Martha Bakewell, Alex Swan, Oliver Jones, Charlie Coleman, Jackson Slade, Milo Williams, Louis Storey, Louie Williams, Charlotte Mowbray-Davies, George Williams-Meyer and Benji Swan who all finished with more superb times. Congratulations to Saffi who finished 2nd female overall in the three series /1st under 14 female, with further 1st age category series places going to Logan Lloyd in the under 16 boys, Charlie Coleman in the under 14 boys & Martha Bakewell in the under 16 girls. Logan, Charlie, Fred and Jackson also claimed the male team prize.**

#### **Fell**

**On 7 June, Milo Williams, Cerid Carter, Hadrian Nizi & Evie Burrows took part in the Llangorse junior fell race in the Brecon Beacons. Milo and Cerid finished 3rd in age, Evie was 1st in her age group and Hadrian placed a very respectable 4th in age with his fell debut. On 27th June it was Rasy Cedris, the Welsh Junior Fell Championships and Milo Williams, Cerid Carter, Evie Burrows & Saffi Reid made the 2.5 hour trip up to Fferm Cedris in Abergynolwyn. Situated within the Eryri (Snowdonia) National Park the views were spectacular, but the climb was steep & rugged. Milo, Cerid & Evie ran 2.3K with 688 feet of elevation. Saf covered 3.6K with 1,214 feet of elevation to the top, making her return after injuring her back high jumping. There were more super results from the Greens who thoroughly enjoyed themselves in the beautiful sunshine & surroundings with Evie 1st U12G, Cerid 2nd U12G, Milo 4th U14B & Saf 2nd U16G. Well done Greens!**

# Upcoming Events

## Upcoming Fixtures

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.

**11 July – Welsh League in Aberdare**

**12 July – Upper YDL in Gloucester & Wenlock Games at Much Wenlock, Shropshire**

**18 July – Lower YDL in Neath**

**19 July – Midland League in Yate**

**9 August – Midland League in Stourport**

**29 August – Midland League in Hereford**

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

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

**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 enquiries 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

## 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.

## 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 Updates**

## **Membership requirements**

**Membership renewal was due for all on 1 April 2026 & it is crucial that athletes renew urgently, if they have not already done so, 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.**

**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 who train with the club must have an 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.**