



TEAM GREEN

HEREFORD & COUNTY ATHLETICS CLUB

JULY 2026 NEWSLETTER

A MONTH OF MEDALS, RECORDS & PBs

From a national relay bronze at Alexander Stadium to a historic Wenlock pentathlon title and the club's best Lower YDL season since the league began - July was packed with performances to celebrate.

ENGLISH SCHOOLS BRONZE

Ethan Sibanda helped Hereford & Worcester Schools win bronze in the Junior Mixed 4 x 100m relay in 47.01. Ethan also ran a 100m PB of 11.79.

BEST YDL SEASON SINCE 2013

The Greens finished 3rd overall in the Lower YDL season, only one point behind Bristol & West, after 32 PBs at the final fixture.

July at a glance

3	NEW CLUB RECORDS	2,950	WENLOCK PENTATHLON POINTS
32	PBs AT LOWER YDL	4	A-STREAM WINS FOR CHARLOTTE COLBERT

NEW CLUB RECORDS

Evie Jones - Hammer 31.58m • Noah Mabblerley - Javelin 29.90m • Ethan Sibanda - High Jump 1.51m



TRACK & FIELD

ENGLISH SCHOOLS NATIONAL CHAMPIONSHIPS - 10 & 11 JULY

Liam Shekyls (400m), Charlie Coleman (1500m) and Ethan Sibanda (100m & 4 x 100m mixed relay) represented Hereford and Worcester Schools at Alexander Stadium, Birmingham.

Ethan Sibanda: bronze in the Junior Mixed 4 x 100m relay (47.01); 100m PB 11.79, 20th overall.

Charlie Coleman: junior boys 1500m 4:26.17, 34th overall.

Liam Shekyls: intermediate boys 400m 51.28, 14th overall.

Welsh League - Aberdare, 11 July

Athlete	Results
Elle Tatoiu	4th 100m - 14.8 (heat 1); 6th LJ - 3.68m
Vivi-Ana Staneva	5th 100m - 15.3 (heat 2); 5th 200m - 33.6 (heat 1); 14th LJ - 3.55m
Ruben Mathey	4th 800m - 2:17.20
Hadrian Nizi	5th 100m - 16.5 (heat 1); 10th LJ - 3.26m
Victoria Bak	5th 100m - 15.60 (heat 2); 5th LJ - 3.45m
Joseph Davies	4th LJ - 3.65m; 5th javelin - 25.51m; 6th 100m - 15.00 (heat 1)

Wenlock Olympian Games - 12 July

Every Green reached the podium.



Freya Davies - 1st discus 19.25m; 2nd shot 9.79m; 3rd high jump 1.35m.

Rebecca Davies - 3rd triple jump 9.30m; 4th shot 6.77m.

Victoria Bak - 3rd 100m 16.00; 3rd long jump 3.60m.

Noah Mabberley - 2nd shot 7.64m.

Ruben Mabberley won the pentathlon with 2,950 points, 394 clear of second place. His listed scores were 800m 2:11, high jump 1.77m, long jump 5.50m, 100m 11.60 and shot 8.91m. The supplied newsletter states he secured three new PBs.

Ruben produced a huge final-event sprint finish, making up more than 50m to seal the title.

Wenlock tradition: the pentathlon is one of the historic events associated with the Wenlock Olympian Games - making Ruben's victory a particularly memorable Team Green performance.

GLOUCESTER - 15 JULY • RESULT CHECKED

Power of 10 records Ruben Mathey at 25.97 for 200m in Gloucester, finishing 2nd. The supplied newsletter gave Ruben as 25.99 and Eva Tyler as 25.97. Because the official Power of 10 entry supports Ruben at 25.97, that is the mark used here. Eva Tyler is retained as having competed, but her 200m time is not repeated here because I could not independently verify it from Power of 10.



18 JULY

LOWER YDL - NEATH

A team of 20 faced seven other clubs. There were debuts for Lalita Grant and Livie Higginbottom. Despite a steady headwind, the team recorded 32 PBs. Club records were set by Ethan Sibanda in the U14 high jump, Noah Mabberley in the U14 javelin and Evie Jones in the U14 hammer. The team finished 4th on the day and 3rd for the season - the club's best league position since the league began in 2013.

EVENT WINS

Ethan Sibanda won the 100m and 200m. Aleks Dumara won all three of his events. Charlie Coleman won the 800m and shot. Rebecca Davies won the U16 javelin and Charlie Hopkins won the U16 100m hurdles.

U16 BOYS

Kane Shekyls - 300m 42.5s PB (5A); long jump 4.31m -2.2w (3A); discus 19.43m PB (4A).
Charlie Hopkins - 100m hurdles 19.4s -2.1w PB (1A); 800m 2:24.5 PB (7A); high jump 1.45m PB (2A).
Aleks Dumara - pole vault 3.05m PB (1A); hammer 43.48m (1A); javelin 33.12m PB (1A).

U16 GIRLS

Poppy Hussey - 100m 14.1s -2.5w (7A); 200m 29.8s -1.5w (5A); long jump 4.23m -2.4w (4A).
Eva Durant - 100m 14.7s -0.8w PB (5B); 300m 49s PB (3A); 800m 2:40.5 PB (3A).
Maxie Jones - 200m 32.6s -1.3w PB (5B); 300m 52.5s PB (3B).
Rebecca Davies - long jump 4.01m -1.6w PB (2B); shot 7.10m (1B); javelin 20.09m (1A).
Freya Davies - high jump 1.40m (3A); shot 7.65m (2A); discus 18.87m (3A).
4 x 100m - 58.5s, 4th (Eva, Rebecca, Maxie, Poppy).

U14 BOYS

Ethan Sibanda - 100m 11.9s -1.5w (1A); 200m 24.7s -2.5w (1A); high jump 1.51m.
Gabriel Baimbill-Johnson - 100m 14.8s -0.6w PB (4B); 200m 33.2s -2w (5B); high jump 1.05m PB (4A).
Charlie Coleman - 800m 2:09.7 (1A); shot 10.06m (1A).
Louie Williams - 800m 2:24.6 PB (2B); long jump 3.79m -2.2w PB (6A).
Jackson Slade - 1500m 5:05.9 (4A).
Milo Williams - 1500m 5:47.9 (3B); long jump 3.29m -1.8w PB (4B).
Noah Mabberley - shot 8.37m PB (1B); discus 17.51m PB (4A); javelin 29.90m.
4 x 100m - 53.4s, 2nd (Charlie, Louie, Noah, Ethan).

U14 GIRLS

Evie Jones - 75m hurdles 13.8s -1.8w PB (4A); discus 18.18m (3A); hammer 31.58m.
Effie Evans - 75m hurdles 17s -1.5w PB (4B); 800m 3:15 PB (4B); javelin 9.70m PB (5A).
Lalita Grant - 100m 15s -1.3w PB (7A); 200m 34.1s -2.1w PB (7A); long jump 3.65m 1.0w PB (6A).
Livie Higginbottom - 100m 18.5s -2.5w PB (5A); long jump 2.33m -1.5w PB (6B).
Charlotte Mowbray-Davies - 200m 30.6s -1.2w (6B); 800m 2:53.2 PB (8A); high jump 1.25m PB (4A).
4 x 100m - 60.2s, 6th (Lalita, Charlotte, Effie, Evie).



MORE PERFORMANCES

SENIOR, FELL, MOUNTAIN, ROAD & TRAIL

Midlands Senior League - Yate, 19 July

Fred Tyler	5th A-string 800m while returning from injury; he then withdrew from the rest of the day.
Liam Shekyls	4th A-string 400m and 3rd A-string 100m.
Pat Morgan	1st A-string discus.
Erin Straker	1st B-string javelin with a PB; PB and 2nd A-string triple jump; 2nd A-string high jump.
Ruth Wells	1st B-string shot and discus; 1st C-string javelin; 2nd B-string hammer.
Charlotte Colbert	1st A-string in javelin, hammer, shot and discus.

MIDSUMMER OPEN - GLOUCESTER, 22 JULY

Eva Tyler ran a 300m PB of 40.59, finishing 1st female.

Fell & Mountain

7 JUL • STIPERSTONES	Saffi Reid won the U16 girls fell race: 4.24K in 26:49, almost three minutes ahead of the Welsh U16 girls champion.
11 JUL • PEN Y FAN	Cerid Carter - 2nd U12G, 2.3K / 623ft; Evie Burrows - 1st U12G, 2.3K / 623ft; Milo Williams - 4th U14B, 2.6K / 688ft; Saffi Reid - 1st U16G, 3.75K / 902ft. Coach Martin Carter - 5.8K / 1,929ft, 2nd in his age.
12 JUL • WELSH JUNIOR MOUNTAIN CHAMPS	Saffi Reid - 6.3K in 34 minutes with almost 900ft elevation; 2nd U16 and 3rd female overall. At 13, she was the youngest in her field.
25 JUL • MINI TATRA SKY MARATHON	Lidia Michniok - 2nd U16 in 24:05; Zofia Michniok - 3rd U18 in 26:34. The source gives 5 km (approx. 3.6 km actual route) with 120m / 400ft elevation gain.
25 & 29 JUL	Saffi Reid - 1st female overall at Purslow Hill Race. At Middletown Hill: 3.6K / 1,443ft (440m) elevation, 1st in her age and 4th female overall in 34:42.
1 AUG • LLANTHONY	U12: 1.8K / 433ft - Evie Burrows 1st, Cerid Carter 2nd. U14B: 2.9K / 743ft - Milo Williams 4th. U16G: 4.45K / 1,090ft - Saffi Reid 1st. Coach Martin Carter finished 2nd in his age category.

ROAD	5 July - Dorstone Dawdle: Cerid Carter finished 1st in the 5K junior race and won a red-and-white rosette plus a £20 gift card.
TRAIL	18 July - Rabbit Run, Merthyr Mawr Estate: Saffi Reid took a podium spot and trophy as 2nd U17 female.



FUTURE EVENTS & CLUB CONTACTS

WHAT'S NEXT

Track & field note

Welsh League is for U10-U16; Upper YDL for U18 and U20; Lower YDL for U14 and U16. YDL and Midland League are Team Manager selection.

9 AUG	Midland League - Stourport
29 AUG	Midland League - Hereford
12 SEP	Hereford Track & Field Championships
19-20 SEP	Combined Events National Finals - Bedford International Athletics Stadium (selection or qualification only for Year 8 and above)

Team Managers & Enquiries

Lower YDL, Cross Country, Road & Fell	Maxine Reid
Upper YDL	Mariann Wood
Midland League	Phil Wells
Sportshall League	Nadia Locke
Email	herefordathletics@gmail.com

ATHLETE OF THE MONTH

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 acknowledgement for training hard.

This month the award goes to Evie Jones.

Evie is one of our relatively new U14 athletes. She enjoys throws and hurdles, but she has only very recently started throwing the hammer. At the recent YDL she broke the club record with a cracking throw of 31.58m. This is a great achievement given that the hammer is a very new discipline for Evie.



CLUB NOTICEBOARD

A WORD FROM THE COMMITTEE

The Committee thanks Adam Dyson, who has decided to step back from coaching, for all the time and effort he has given the club and for his assistance to our middle-distance athletes.

Congratulations also to Ruben Mabberley and Zofia Michniok, after England Athletics invited their applications for the Youth Talent Programme. The programme is designed to complement club provision through practical training, performance support and workshops.

VOLUNTEERS NEEDED

The club needs help setting up and packing away at the Track & Field County Championships in Hereford on 12 September 2026. Set-up: 9am-11am. Pack-up: 4.30pm-6pm.

The club is also looking for a replacement Welsh League Team Manager from April 2027. The league usually has four, sometimes five, U10-U16 fixtures from April-July.

NEW OFFICIALS & VOLUNTEERS

The club needs officials and volunteers for track & field fixtures. In the YDL the club earns valuable points for its officials and volunteers, and the Welsh League also requires the club to provide them. England Athletics' officials course can be completed online in around three hours. Course fees are usually reimbursed for those officiating at Hereford & County AC fixtures, subject to prior approval. No athletics experience is needed for many volunteer roles.

England Athletics new age groups

U10	Years 3 & 4	U12	Years 5 & 6	U14	Years 7 & 8
U16	Years 9 & 10	U18	Years 11 & 12	U20	Year 13 plus

On 1 April 2026 England Athletics implemented new even-numbered, school-year-based age groups for young athletes. The source says the aim is to improve progression and retention, reduce pressure during exam years and support long-term development. The changes apply to all disciplines, with some fully transitioning on 1 September 2026.

IMPORTANT - MEMBERSHIP REQUIREMENTS

Membership renewal was due for all on 1 April 2026. Membership includes annual England Athletics affiliation and is compulsory for all athletes; without it, athletes cannot compete for the club. Please renew using the individual Entry Central link emailed to members.

- Members must compete for the club at least 3 times a season unless there are valid reasons why this is not possible.
- All athletes who train with the club must have annual club membership in place.
- Training must be booked weekly via Spond; athletes arriving without a booking will not be able to train.
- Athletes who do not train for three months may be removed from Spond unless there is a good reason such as exams, study leave, injury or illness.

Club records: continually updated on the website's Records page. Please tell Marc Flannery if anything is missing or incorrect. Facebook: the club has a closed page for information, updates and photos; only members and their parents can join.