Hereford & County AC athletes represented **Herefordshire & Worcestershire Schools** at the Midlands regional final. This was a two day event, the weather was sunny but extremely hot (track temperature touched 31 °C), but conditions stayed legal and all events were completed. The county finished **2nd in the Intermediate Boys Octathlon** and **2nd in the Intermediate Girls Heptathlon** team standings against the much larger counties of West Midlands, Nottinghamshire, Derbyshire, Oxfordshire and Warwickshire. [esaa.org.ukesaa.org.uk](https://esaa.org.uk/wp-content/uploads/2025/06/Midland-Combined-Events-Championships-Full-Results.pdf)

**Intermediate Boys (U17) Octathlon – 13 athletes competing.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Event** | **Rafi Wilkinson (1st)** | **Ruben Mabberley (7th)** | **Fred Tyler (9th)** |
| Long Jump | 5.81 m 546 pts | 5.33 m 447 | 5.54 m 490 |
| Discus 1.5kg | 48.50 s 839 | 18.64 s 247 | 18.83 s 250 |
| Javelin 700g | 36.63 m 394 | 31.19 m 316 | 29.79 m 296 |
| 400m | 52.40 m 707 | 55.30 m 587 | 56.50 m 540 |
| 100 m H | 16.4 s 550 | 16.3 s 560 | 17.0 s 494 |
| High Jump | 1.56 m 434 | 1.71 m 552 | 1.53 m 411 |
| Shot 5 kg | 10.34 m 506 | 8.07 m 370 | 7.53 m 339 |
| 1500 m | 4:30.0 745 | 5:09.9 504 | 4:48.1 630 |
| **Total** | **4 721 (Club Record)** | **3 583** | **3 450** |

H&W team score: **11,754 pts (2nd of 6 counties)**.

**Intermediate Girls (U17) Heptathlon – 19 athletes competing.**

|  |  |  |
| --- | --- | --- |
| **Event** | **Maisie Wood (4th)** | **Zofia M (14th)** |
| 80 m H | 13.5 s 620 | 14.1 s 558 |
| High Jump | 1.44 m 555 | 1.35 m 460 |
| Shot 3 kg | 8.66 m 442 | 6.71 m 316 |
| 200 m | 28.6 s 584 | 29.3 s 532 |
| Long Jump | 4.78 m 500 | 4.31 m 381 |
| Javelin 500 g | 26.44 m 409 | 9.30 m 94 |
| 800 m | 2:50.1 463 | 2:48.9 475 |
| **Total** | **3 573 (Club Record)** | **2 816** |

H&W team score: **10,225 pts (2nd of 6 counties), Maddison Remmer from Hereford but not a Club Member was 5th and Emma Ross from Worcs was the 3rd placed H&W Team member finishing in 10th**.

**Junior Boys (U15) Pentathlon – 20 competing/ Junior Girls (U15) Pentathlon – 23 competing.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Event** | **Ruben Mathey (13th)**  | **Event** | **Safi Reid (NS)** |
| 80 m H | 16.6 s 291 pts | 75m H | 18.1 199 |
| Shot 4 kg | 7.44 m 333 | Shot 3kg | 5.78m 257 |
| Long Jump | 4.60 m 308 | Long Jump | 3.65m 231 |
| High Jump | 1.38 m 303 | High Jump | 1.20m 312 |
| 800 m | 2:18.7 470 | 800 m | 2.31 680 |
| **Total** | **1 705** |  | **1 679** |

**All** of the Hereford and County Athletics Club/Herefordshire athletes put in fantastic performances during this challenging competition and showing true sportsmanship supported each other throughout. **Rafi Wilkinson has qualified for the National Championships** later this year following a truly outstanding effort.

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