**Midland League – Stourport – August 2025**

This was the final match of the Midland League season. It was a day when all runners and in particular the sprinters were hampered by gale force headwinds. PB’s were difficult to come by. We managed to put out our strongest teams this season with good support from 4 Forest of Dean athletes. We scored 397.5 points, which is our highest total of the season, placing us fourth out the 8 teams competing, narrowly missing out on 3rd. There was an impressive debut by **Nick Borg** who took on not one but three tough track events including the much-feared steeplechase. It was great to see **Charlie Exton** returning to the team after a 11-year absence. There was a win in the Pole Vault for **Zofia Michniok**, whilst the individual star of day was thrower **Charlotte Colbert** who easily won all three of her events. The final race of the day was the highlight, with the mixed 4 x 400m team of **Claire Borg, Liam Shekyls** plus siblings **Fred and Eva Tyler** outpaced a strong Birchfield team. This result means that we finished 6th in the final league table.

A huge thanks to **Phil Wells** for yet again managing the senior team and his posse of officials that made this event happen (and scored points for the team)

**Women**

Eva Tyler 100m 13.82s -5.7w (3A) 200m 26.56s -3.4w (2A)

Claire Borg 200m 28.05s – 4.3w (2B) 400m 60.64s (2A) 1500m 5m47.28s PB (5A)

Maisie Wood. High Jump 1.40m (3A) , Long Jump 4.16m (4B)

Eran Straker High Jump 1.25m (4B) Javelin 19.76m PB (1C)

Zofia Michniok. Pole Vault 2.20m =PB (1A), Triple Jump 9.87m PB (3A)

Mary Watkins. 3000m 14m42.76s PB (4A), Shot 8.05m (3A) Hammer 25.60m

Victoria Rossiter (FoD) Long Jump 4.47m PB (4A) Triple Jump 9.44m (3B)

Ruth Wells. Shot 7.97m (3B) Discus 22.60m (1B) Javelin 21.84m (2B)

Charlotte Colbert Discus 32.02m (1A) Javelin 35.39m (1A) Hammer 38.39m (1A)

Mixed 4 x 400m 1st 3m53.42s (Liam, Claire, Fred, Eva)

**Men**

Liam Shekyls 100m 12.60s -5.5w (4A) 200m 24.25s -5.8w (2A), 400m 53.13s (2A)

Finlay Symonds 100m 12.99s -2.7w (6B), 200m 26.26s -5.4s (6B)

Charlie Exton 100m 15.61s -3.1s (3C) Long Jump 3.41m (2C) Shot 5.93m (1C)

Fred Tyler 800m 2m13.86s PB (2B), Long Jump 5m (3B) Javelin 29.61m (4B)

Rafi Wilkinson. Long Jump 5.93m PB (3A) High Jump 1.65m PB (2A) Javelin 43.01m (3A)

Marc Flannery. Pole Vault 2.50m (3A), Shot 8.61m (3A), Discus 22.08m (7A) Hammer 18.94m (4B)

Dylan Menhennet Shot 8.81m PB (4A) Discus 21.61m PB (3A) Hammer 45.03m (2A)

Nick Borg 1500m 5m18.88s PB (6B), 3000m Nick Borg 11m28.41s PB (2C), 3000m Steeplechase 12m31.55s PB (4A)

Peter Woodward (FoD). 800m 2m25.34s (7A), 1500m 4m55.34s (7A), 3000m 9m56.7s (2B)

Dan Kennedy (FoD) 3000m 9m49.7s (4A)