**Midland League – Hereford – August 2025**

On a lovely warm day, we hosted this multi team fixture, that included the ‘B’ team of powerhouse Birchfield Harriers. There were debuts for **Logan Lloyd, Claire Borg & Dylan Menhemet** who won and broke the Hammer record. **Fred Tyler** won the Long Jump, while sister **Eva** won the 400m**. Rafi Wilkinson** added a huge 10m to his PB in winning the Javelin. **Charlotte Colbert** dominated the Discus and Javelin to win both.. The highlight of the day was undoubtedly the 4 x 400m, where our brilliant U17 men **(Rafi Wilkinson, Fred Tyler, Ruben Mabberley & Liam Shekyls**) stormed to a victory, that not only broke the club U17 record, but also the club senior record. This puts them in the top 10 junior relay team in England. Overall, we came 3rd out the 8 teams present – our best result of the season. We were supported by two athletes from the Forest of Dean AC.

A huge thank you to **Phil Wells** and his team of volunteers and officials for making this event so fantastic. The last meeting of the season is at Stourport on Sunday 31st August.

**Men**

Harry Vaughan 100m 12s (5A)

Liam Shekyls. 100m 11.9s (3B), 200m 22.7s PB (2A), 400m 53.2s (3A)

Finlay Symonds 100m n/s 12.1s PB, 200m 25.3s PB (4B)

Ruben Mabberley 100m n/s 11.9s PB, 400m 54.5s PB (3B), High Jump 1.72m PB (2A)

Will Andrews. 200m n/s 25.3s PB

Fred Tyler. 800m 2m16.5s PB (6A), Long Jump 5.54m =PB (1A), Javelin 29.03m (2A)

Oscar Ansfield. 800m 2m25.3s (6B)

Peter Woodard (Forest) 5000m 16m54.6s (3A)

Logan Lloyd. 5000m 19m4.8s PB (2B)

Walter Leach. 5000m 20m25.9s (4B)

Rafi Wilkinson. Discus 37.20m PB (2A), Javelin 46.65m PB (1A)

Dylan Menhemet. Hammer 45.94m PB (1A) Club Record

4 x 100m 48.3s 3rd (Finlay, Harry, Rafi, Will)

4 x400m 3m35.8s 1st (Fred, Ruben, Liam, Rafi) Senior Club Record

Women

Claire Borg 200m 27.1s (1B), 400m 61.3s (1B), 1500m 6m09.5s (4A)

Eva Tyler. 400m 58.2s (1A)

Maisie Wood. High Jump 1.35m (4A), Long Jump 4.73m (3A), Triple Jump 9.57m (2A)

Erin Straker. High Jump 1.35m = PB (2B), Long Jump 3.16m (4B), Triple Jump 8.39m (2B)

Mary Watkins (Forest) Shot 8.86m (3A), Hammer 23.38m (3B)

Ruth Wells Shot 8.26m (1B), Discus 23m (2B), Javelin 18.43m (2B)

Charlotte Colbert. Discus 32.71m (1A), Javelin 36.23m (1A)

Martha Formby. Discus 27.70m (1B)

Hannah Barnes. Hammer 25.50m (3A)

4 x 100m 54.7s 2nd (Eva,