



***England Athletics U20 & Senior Championships, Birmingham
Friday 25th to Sunday 27th July***

Four club athletes competed well in the England Athletics Championship at Birmingham's Alexander Stadium last weekend.

Stephanie Okoro added another medal to her growing collection as she won silver in the Under 20 Women's 400m hurdles. A comfortable heat win on Saturday saw her line up on Sunday afternoon one lane inside joint favourite and English Schools Champion Arabella Wilson (Thames Valley). A strong run saw Steph lead into the straight but Arabella finished strongly to come through for victory to confirm her selection for the European Under 20 Championships in Finland while Steph had to settle for silver. Steph's consolation is that she has also been selected for the GB Team so will be joining Arabella on the plane next week. It is her third call up for an international championships having competed in the European Under 18 Championships in Jerusalem in 2022, where she won bronze, and for the Commonwealth Youth Games in Trinidad & Tobago in 2023, where she struck gold.

Matthew Agnimel registered his highest national placing when finishing fourth in the senior men's 400m final on Sunday. A third place heat run on Friday evening in 48.17s saw Matthew progress to the semi-finals where a fourth-place run in 48.10s saw him bag a fastest loser spot in the final later that day. A strong effort in the final in his third race in under 24 hours saw him come through to place fourth in 48.32s.

Alicia Fairmaner had the perfect start to her Under 20 long jump campaign as she leapt out to a career best of a wind-assisted leap of 5.82m to add two centimetres to her previous best of 5.80m, which she equalled with her sixth-round jump. Her jump placed her fifth in a tight competition where just four centimetres covered fifth to eighth. The fourth club athlete to see national championships action was Lucy Chapelhow who placed sixth in her Under 20 400m hurdles heat with 66.90s.