



***British Trials for European Under 18 Championships
Cardiff, Saturday 27th & Sunday 28th June 2026***

Freddie Rowe confirmed his status as the UK Number 1 Under 18 at 1500m when he won the British selection trial for the European Under 18 Championships, held in conjunction with the Welsh championships at Cardiff this weekend.

Having comfortably beaten the UK 1500m selection standard in his impressive early season outings Freddie needed to finish in the top two at Cardiff to seal selection for the UK team to compete in Rieti, Italy from 16th to 19th July.

After comfortably qualifying from his heat on Saturday with a 4m 11.96s winning clocking Freddie blew away the opposition in the final with a 25 second last 200m to cross the line with 3m 53.08s, three seconds clear of the field. The selectors meet today to finalise the 40 strong UK team, which will be announced on Wednesday, but as the top ranked athlete in Europe with his 3m 40.26s clocking last month he can expect to be on the plane.



Image: Steve Wilkin