



South of England Indoor Championships Part 1 – Under 13, 15 & 17s Lee Valley Sat 10th & Sun 11th January 2026

Club athletes started the indoor season well, bringing back five medals from the well-attended two-day South of England Indoor Age Group Championships at Lee Valley at the weekend.

Two medals came in the Under 17 men's shot as Sam Johnson and Ameer Salaam won gold and silver. Sam Johnson, who won outdoor silver at the Southern Championships in June, went one better indoors when he improved his best to 13.86m with his first effort, while Ameer Salaam won silver in his first competition with the heavier U17 weight shot, pushing Sam close with his 13.76m throw.

Siobhan Etemadi improved her best to win silver with a brilliant run in the Under 15 girls' 60m hurdles, clocking 9.25s, the second fastest ever recorded by a club Under 15 for her first regional medal. Another Under 15 winning her first medal at this level was Millie Cook who was runner up in the 300m with 44.44s after winning her heat – her first indoor race at the event - to qualify for the final. The fifth medal came late on Sunday when English Schools' finalist Emanuel Iwuchukwu jumped 13.19m to win Under 17 triple jump silver.

U17M: 800m: 4th Aidan Doherty 2:05.65 (Heat: 2:02.45 **PB**). 60mH: 4th Joshua Buxton 8.26s **PB** (Heat: 8.31s); SP: **1st** Sam Johnson 13.86m **PB**; **2nd** Ameer Salaam 13.76m **PB**; TJ: **2nd** Emanuel Iwuchukwu 13.19m; **U17W:** 60m: Kara Adegite 8.29s.

U15B: 60m: Tobi Oluborode Oluseye 8.00s; Derin Okubanjo 8.18s; 200m Timi Oluborode Oluseye 28.64s; 60mH: Derin Okubanjo 9.70s **PB**; LJ: 5th Tobi Oluborode Oluseye 5.13m; **U15G:** 60m: Amariah Oyelekan 9.21s **PB**; 200m Amariah Oyelekan 29.49s **PB**; 300m: : **2nd** Millie Cook 44.44s (Heat: 44.45s); 60mH: **2nd** Siobhan Etemadi 9.25s **PB**; (Semi: 9.41s; Heat: 9.47s); Abigail Adegite 9.79s **PB**; Edie Smith 11.65s **PB**

U13B: 60m Tomiwa Okubanjo 9.19s; LJ: Tomiwa Okubanjo 3.88m



More pics on club Facebook group (members only)