



British Universities Championships Manchester Sat 3rd to Mon 5th May

Steph Okoro added to her indoor British Universities (BUCS) 400m indoor silver when she came away from the Manchester Arena with the BUCS 400m hurdles gold, adding a relay bronze for good measure.

The Brunel University first year student comfortable won her 400m hurdles heat on Friday in 59.15s easing down and in Monday's final she lined up as a clear favourite after with a much faster qualifying time than her opponent. Steph did not disappoint and although her stride pattern was not perfect she came home well clear with her 58.82s clocking. She returned to the later anchored the Brunel sprint relay quartet.

Also in track action were Olivia Boachie (Warwick) who progressed through her 400m heat in third with 58.77s but went out in the semi-final with 59.45s, and Maddie Barker (Bath) who clocked 4m 42.15s in her 1500m heat to qualify for the semi-final where her 4:43.68s clocking wasn't fast enough to claim a final place.

Isaac Ogunlade (Coventry) was the fastest of the club's competitors in the 400m with his 51.21s clocking as Akeem Akintokun (Exeter) ran 51.62s and Calvin Sanni 54.94s, all unable to make the semi-finals.

On the field Hal Hutton (Exeter) threw 49.76m for 11th in the javelin and Katie Ennis (St Mary's) was also 11th in with her 32.96m discus throw.

On Monday Kieran O'Hara was victorious with a time of 4m 08.50s in the Para 1500m event held at Oxford's Iffley Road track at the Bannister Mile meeting which celebrates (Sir) Roger Bannister's famous world record sub-four minute mile.

