



## ***BMC (British Milers Club) Races Gillingham Saturday 12th April 2025***

**In-form Freddie Rowe put on a brilliant display at Gillingham on Saturday when he smashed the long-standing club under 17 and Under 20 800m records when winning the BMC series A race in a time of 1m 51.05s, over a three second improvement on his best.**

Freddie's time improved the club's previous Under 17 best of 1:54.6s dating from 1978 and the Under 20 best of 1:52.2 set by Gary Robbins in 1987, and it was also the fourth fastest ever time by a club male.

At the same venue there were good runs in the BMC 800m B race by Kieran O'Hara and new recruit Taylor Newell who clocked 1:56.89 and 1:56.93 in finishing second and third.

