



England Athletics Age Group Championships Bedford 25th & 26th July 2026

Ameer Salaam added to his impressive medal tally when he won Under 16 shot silver at the England Athletics Age Group Championships at Bedford at the weekend.

It was the third successive medal for the Rainham 15-year old after winning English Schools silver two weeks ago, and adding another shot silver at the Schools International in Dublin last week. Ameer opened his account with 17.01m putt, improving in the second and fourth rounds before launching the 4kg implement out to a PB of 17.77m in round five, before coming close in the final round.

Four other club athletes made finals. Ome Nwapa made the Under 16 Girls' long jump final, placing fifth in her first national championships, but missed out on a final place in the 80m hurdles, despite clocking her fastest time. Eboni Roach was sixth in the U18 women's shot, while another shot putter Sam Johnson made another final finishing eighth in the Under 18 event, but had to settle for ninth in the hammer. Romel Semper made the U18 men's 200m final in her first competition at this level, running a personal best in his heat, and clocking his fastest ever time with wind assistance in his semi-final. The club line up was completed by Siobhan Etemadi who progressed to the U16G 80m hurdles semi-finals in her first national appearance and will have learnt from her experience.

U18M: 200m 8th Romel Semper 22.06w (Semi: 21.86w wPB; Heat 22.04 PB)

SP: 8th Sam Johnson 14.60m; SP: 9th Sam Johnson 49.27m; JT: 9th Sam Burdett 46.22m

U18W: 100mH Heat Oma Nwapa 14.65w wPB; SP: 6th Eboni Roach 12.44m

U16M SP **Silver** Ameer Salaam 17.77 PB

U16W 80mH Ome Nwapa Semi 12.12w wPB (Heat 12.22w); Siobhan Etemadi 12.13w (Heat: 12.24w); LJ: 5th Ome Nwapa 5.20m

