



European Under 20 Championships Tampere Finland Thursday 7th to Sunday 10th August

Stephanie Okoro missed out on a 400m hurdles final place when representing the Great Britain Under 20 team at the European Under 20 Championship in Tampere, Finland.

A strong run on Thursday saw Stephanie come through for victory in her heat in one of her top five fastest career times of 58.39s to qualify for Friday evening's semifinal. Stephanie's fast start saw her lead the field over the first 300m, but the Brunel University 19-year-old was reined in down the straight to finish in third place. With only the first two finishers qualifying automatically for the final her time of 58.89s saw her disappointingly fall short of one of the two "fastest losers" spots, finishing ninth overall. Her recent club Under 20 and Senior record for the event of 57.98s ranks her eighth on the UK all time Under 20 list.

The GB team of 59 athletes finished second in the medal table behind Italy with 13 medals, including five gold.



England Athletics U20 & Senior Championships, Birmingham
Friday 25th to Sunday 27th July

Four club athletes competed well in the England Athletics Championship at Birmingham's Alexander Stadium last weekend.

Stephanie Okoro added another medal to her growing collection as she won silver in the Under 20 Women's 400m hurdles. A comfortable heat win on Saturday saw her line up on Sunday afternoon one lane inside joint favourite and English Schools Champion Arabella Wilson (Thames Valley). A strong run saw Steph lead into the straight but Arabella finished strongly to come through for victory to confirm her selection for the European Under 20 Championships in Finland and while Steph had to settle for silver **she has been selected for the GB team and will join Arabella on the plane next week.**

Matthew Agnimel registered his highest national placing when finishing fourth in the senior men's 400m final on Sunday. A third place heat run on Friday evening in 48.17s saw Matthew progress to the semi-finals where a fourth-place run in 48.10s saw him bag a fastest loser spot in the final later that day. A strong effort in the final in his third race in under 24 hours saw him come through to place fourth in 48.32s.

Alicia Fairmaner had the perfect start to her Under 20 long jump campaign as she leapt out to a career best of a wind-assisted leap of 5.82m to add two centimetres to her previous best of 5.80m, which she equalled with her sixth-round jump. Her jump placed her fifth in a tight competition where just four centimetres covered fifth to eighth. The fourth club athlete to see national championships action was Lucy Chapelhow who placed sixth in her Under 20 400m hurdles heat with 66.90s.