



International Round Up 17th to 19th July 2026

Freddie Rowe lived up to his top billing when he won 1500m gold for Great Britain at the European Under 18 Championships in Rieti, Italy on Sunday.

Freddie travelled to Italy as the fastest 1500m in Europe for his age, having run close to Steve Cram's age 17 record and gone close to breaking four minutes for the mile in winning the Bannister Mile event but championship running can produce surprises, so nothing including any medals was certain.

After winning his heat on Friday as the fastest qualifier for Sunday's final, which proved to be a tactical affair, run at pedestrian pace over the first 800m before things heated up in the latter stages. Freddie burst into the lead after 1200m and his blistering 39 second last 300m saw him kick well clear of the pack, crossing the line in 3m 55.33s, some 15 seconds outside his best, to win gold as his GB colleague Alastair Street came through for silver.

The GB team had a fantastic championship, topping the medal table with 14 medals, eight of them gold.

Also in international action was Ameer Salaam who made his debut for the English Schools team at the Home Countries Schools international in Ireland on Saturday, after his English Schools shot putt silver earned him selection. Ameer's fourth round throw of 15.27m won him another silver, behind English Schools' winner Michael Graham.

Kieran O'Hara again contested the Ambulant 1500m at the London Diamond League at the London Stadium and he clocked a season's best of 4m 4.44s. He now heads up to Scotland to compete for the England team at the same Ambulant 1500m event at the Glasgow Commonwealth Games next week.

