



London Indoor Games U13/15/17s, Lee Valley Sat 29th & Sun 30th January

The club's young athletes posted a glut of personal bests as the London Indoor Games for Under 13s, 15s and 17s took place at Lee Valley this weekend.

Al-Ameen Salaam showed that he is back to his best after a summer injury by twice improving his 60m hurdles best to 8.31s, for the fourth fastest time in the age group this winter. Ruby Tilson & Zara Okocha (U17s) and Leila Jones (U15s) also improved their previous hurdles bests.

There were new 60m sprint bests for Zara Okocha and Cassie Campbell (Under 17W) and Under 15s Mya Thomas, Leila Jones and Oma Nwapa. Under 13s Liam Battrum and Jessica Page, who had been in South of England Cross country action on Saturday moved indoors on Sunday to improve their 800m best and Sam Mahoney ran his fastest indoor time in the Under 17 men's 800m equivalent. On the field James Campbell stepped up to the Under 15s with a new shot best.

RESULTS:

U17M: 60m Hurdles Al-Ameen Salaam 8.31s PB; 800m: Sam Mahoney 2:03.61s iPB

U17W: 60m Zara Okocha 8.25s PB; Cassie Campbell 8.37s PB; 60mH Paris King 9.12s; Ruby Tillson 9.29s PB; Zara Okocha 10.00s PB; 200m: Cassie Campbell 27.11s iPB. 300m: Ruby Tillson 45.36s

U15B: Shot: James Campbell 7.46m PB

U15W: 60m Mya Thomas 8.41s PB; Leila Jones 8.56s PB; Oma Nwapa 8.80s PB; 60mH Leila Jones 9.99s PB
200m: Leila Jones 27.87s; Mya Thomas 29.22s. 300m: Charlotte Casey-Sweeney 47.11s PB; Oma Nwapa 48.42s

U13B: 800m Liam Battrum 2:34.31s PB; U13G: 800m: Jessica Page 2:40.49s