



Commonwealth Youth Games Port of Spain Trinidad Monday 7th to Thursday 10th August 2023

Stephanie Okoro won individual gold and relay team silver for Team England at the Commonwealth Youth Games, held at the Hasely Crawford Stadium, Port of Spain, Trinidad.

In her second major international event, after winning 400m hurdles bronze at last Year's European Under 18 Championships, Steph lined up in Wednesday's final ranked second in the Commonwealth behind South Africa's Tumi Ramokgopa, who was a lane inside her.

Steph's blistering start saw her establish a clear lead in the first half of the race, but the South African athlete closed the gap to a few metres approaching the last-but-one (ninth) hurdle. While Steph navigated the barrier safely the Commonwealth leader stumbled on landing and Steph pulled away to cross the line in a new personal best of 58.19s, not only a new club Under 20 and Senior record but a second inside the previous Games Record. Her teammate Mia Walker came through to overhaul the South African for an England one-two.

Afterwards Steph said "I'm over the moon as it is a PB and a gold medal. It has been a very different climate to adapt to and train in, but it worked out well. This race has to top my career so far."

A couple of hours later Steph anchored the England 4x400m mixed relay time to a heat win to qualify for Thursday's final. The race, which closed the track and field programme at the Games, proved to be a head-to-head battle between the England quartet of Alexander Beck, Charlotte Henrich and Stanley Chevous and Steph and the Guyanan team. Steph took over on the final leg with a narrow lead over individual women's 400m champion Tianna Springer and despite a quick 53 second split from Steph the Guyanan edged past in the final strides for victory, in a new Games record, with England in second, well inside the former championship mark.

It was the 24th track & field medal for the 31 strong England team who topped the table with seven golds, 12 silver and five bronze podium places.





WOMEN'S 400M HURDLES RESULTS - FINAL

			TIME
1	ENG	STEPHANIE OKORO	CYGR 58.19
2	ENG	MIA WALKER	1:00.52
3	RSA	TUMI HOPE RAMOKGOPA	1:00.63
4	SRI	SHALANI HANSIKA MUNASINGHE DON ARACHCHILAGE	SB 1:03.44
5	TTO	KENEISHA SHELBOURNE	1:04.28

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MIXED 4x400M RELAY RESULTS - FINAL

			TIME
1	GUY	GUYANA	CYGR 3:22.07
2	ENG	ENGLAND	3:22.29
3	AUS	AUSTRALIA	3:26.23
4	NGR	NIGERIA	3:28.31
5	CAN	CANADA	3:30.04
6	IND	INDIA	3:31.79
7	SKN	ST KITTS AND NEVIS	3:36.24
8	KEN	KENYA	3:39.71

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