



England Athletics Under 15 & Under 17 Combined Events Championships Sport City Manchester Saturday & Sunday 5th & 6th August 2023

Zak Williams won bronze in the England Athletics Under 15 Octathlon competition at Manchester at the weekend.

Zak opened up with a 12.71s PB in the 100m, then improved his club U15 pole vault record with a clearance of 3.13m. A javelin throw of 42.72m and a 400m run of 62.31s saw him in third place overnight.

On Sunday Zak maintained his third placing with a 12.56s clocking in the 80m hurdles, a 27.85m discus throw and a 1.41m high jump PB, before his 3m 27.35 run in the final event the 1000m ensured that he won national bronze with a score of 3541 points.

