



## **England Athletics U15, U17 & U20 Indoor Championships Sheffield Sat 11<sup>th</sup> & Sun 12<sup>th</sup> February 2023**

**Al-Ameen Salaam won his first national medal as he twice improved his best on his way to silver in the Under 17 Men's 60m hurdles at the England Athletics Age Group Indoor Championships at Sheffield at the weekend.**

A heat win in a PB of 8.27s put Al-Ameen in medal contention and he ran even faster in the final to win a podium place. Paris King also looked on course for a medal in the U20W hurdles equivalent but a poor first hurdle dashed her hopes and she jogged home last. Paris had earlier improved her best in the 60m sprint.

Under 17 Miriam Adebayo was a respectable eighth in her first national final, thanks to her last round 10.82m triple jump. There was useful experience for Zara Okocha who improved her season's best in the U17W 60m sprint heat while Amy Mansell was judged to have committed a lane infringement and disqualified after placing second in her U15 Girls 300m heat.

### **Results**

**Under 20 Men:** 60m: Ridwan Salaam - Semi 7.13s (Heat 7.11s PB)

**Under 20 Women:** 60m: Paris King - Semi 7.81s (Heat 7.81s PB); 60m Hurdles: 8<sup>th</sup> Paris King 9.56s (Heat: 8.65s)

**Under 17 Men:** 60m Hurdles: 2<sup>nd</sup> Al-Ameen Salaam 8.26s PB (Heat 8.27s PB)

**Under 17 Women:** 60m Zara Okocha – Heat 8.25s; Triple Jump: 6<sup>th</sup> Miriam Adebayo 10.82m

**Under 15 Girls:** 300m Amy Mansell – Heat: DQ lane infringement