



England Athletics Age Group Indoor Champs – Sheffield Sat 8th/Sun 9th Feb

Freddie Rowe ran superbly to win England Athletics Under 17 Men's Indoor 1500m gold in a new club record at Sheffield on Sunday.

After winning bronze last year Freddie was a strong medal contender as he lined up as the fastest on paper and he did not disappoint. He controlled the race from the gun and kicked as he entered the final 200m circuit to come home over 20 metres clear of the field, taking a second off his own club Under 17 record with his 3m 58.92s winning time.

Stephanie Okoro was disappointed to fall one place short of a podium place in the Under 20 Women's 400m. Steph was on course for victory in her heat, with only the winner guaranteed a final place and a favoured lane draw, but she was edged out in the final stride. Her time of 56.16s qualified her for the final as one of the next fastest but she drew the unfavoured tight inside lane in the final. Despite her strong run which saw her in second place with 50m to go, she was overhauled for a medal in the run in and had to settle for fourth.

The only other club athlete in action at Sheffield was Emmanuel Asirifi-Otchere who crossed the line fourth in his Under 20 Men's 200m heat but was disqualified for a lane infringement.

After equalling equalled her club W35 indoor 60m hurdles best at the London Games the weekend before Chloe Williams made no mistake this week, winning the Eastern Masters W35 title in a new club W35 record of 8.96s, her fastest time since 2022.

