



Records and medals

Freddie Rowe's extraordinary season continues when he improved his club Under 17 men's 1500m record by almost 10 seconds at a British Milers Club event at Twickenham.

It was also a club Under 20 record and was not only seven seconds faster than any other Under 17 has run this season but was the second fastest time ever by a British Under 17.

On Saturday Freddie added another gold medal to his growing tally when he won the Essex U17M Mile Championship at the Mile of Miles event held at Chelmsford, as one of his training partners Sam Horsley won silver. A third medal came from Poppy Vines won U17W bronze.



Mile of Miles Pics: Steve Wilkin