



England Athletics Age Group Indoor Championships Sheffield Saturday 10th & Sunday 11th February 2024

Both club athletes who contested the England Athletics individual championships returned from Sheffield with medals, improved personal bests and new club records.

On Saturday Southern Champion **Joel Ajayi** won Under 17 men's 60m silver, improving his recent Under 17, Under 20 and Senior club records in the bargain. A comfortable heat win in 6.95s by the Havering sprinter was followed by his semi-final two hours later where his blistering start saw cross the line in 6.82 seconds, shaving 2/100ths of his previous best to confirm his medal potential and clock the sixth fastest time ever by a UK Under 17. UK Number 1 Joel Masters dominated the rounds and went on to win gold in 6.73s - second on the U17 all time lists - and Ajayi held on for silver in 6.88s getting the narrow verdict in a photo finish ahead of Blackheath's Max Clark for his first national medal.

Late on Sunday, just a day after winning the Essex League title, **Freddie Rowe** toed the line in the Under 17 Men's 1500m final. Still only 14 and in his first year of the age group, the Uppingham athlete followed the pace of his older rivals in a break-away group of four. With 100m to go Freddie looked out of medal contention but his powerful sprint finish saw him claim bronze in the final strides. His time of 4m 01.13s saw him break Ross Clarke's club Under 17 record which had stood since 2005 and which he will look to improve on outdoors this summer.

