



British Universities (BUCS) Indoor Champs – Sheffield Fri 14th/Sun 16th Feb

Steph Okoro bounced back after her England Athletics Under 20 disappointment to win 400m silver at the British Universities Indoor Championships silver at Sheffield on Sunday.

The previous weekend the Brunel University 18-year-old had lost out on a 400m medal at the England Athletics Under 20 Championships at the same venue, but she made no mistake this time with a strong series of performances at her first BUCS championships. A comfortable heat win in 55.90s on Saturday saw her through to Sunday's semi-finals where she won her race from the front to clock 55.71s. Just over two hours later Steph went off aggressively in the final, and led until the final 50m when she was clawed back by Loughborough's Jessica Astill, who competed in the 400m for Great Britain juniors at last year's World Under 20 Championships. Astill took gold in 54.73s and Steph clocked 55.00s, her second fastest ever time. Afterwards she reflected "Obviously I wanted more but I'm happy with what I achieved".

In the same 400m event Olivia Boachie saw a return to form. The Warwick University Law student placed second in her heat in 58.18s to earn one of the automatic qualifying spots and in Sunday's semi final she placed fourth in 58.15s, both times faster than she ran outdoors last summer. Isaac Ogunlade (Coventry) qualified for the Men's 400m semi-finals with his 50.89s heat second place and he clocked 51.54s in his semi final.

Also in action at Sheffield were Sam Mahoney (St Mary's) who clocked 2m 04.68s in his 800m heat, Alex Ford (York) with a 3000m heat time of 8m 55.94s and Akeem Akintokun (Exeter) with a season best of 23.65s in the 200m heats.

At Lee Valley on Sunday Chloe Williams won the 60m hurdles for the Eastern Masters team in the Masters Inter Area match with a time of 9.00s and she later won her 400m heat in 63.35s, a PB indoors or out.

