

Max dips below 50secs for the first time!

Five Stevenage and North Herts Athletes were in action at the British University Championships in Sheffield over the weekend

400m hurdler Max Schopp was in action for Brunel University competing in the 400m flat. Max clocked a season's best in his heat of 50.26 and broke the 50 second barrier in the semi-final running 49.84 for third.

Competing in the 1500m disability athlete Jack Gladman also clocked a personal best of 4.41.24. Amy Wareing set a personal best in the disability shot. Representing Loughborough students, she recorded 7m87.

Nathan Gardner cleared 4m60 in the pole vault finishing in 10th place for Cardiff University and Lauren Rule ran 60.34 in her heat of the women's 400m representing Kent University.