

Athletics – Sainsbury's British Championships – Day 3


Elite Scots come away from Brum with UK titles.




Lynsey Sharp (800m), Eilidh Child (400m hurdles) and Laura Muir (1500m) all won their respective titles in Sunday's finals at the British Championships in Birmingham.

Laura Muir was first to a win as she soloed across the line four seconds ahead of second place in 4:10.37, securing her place in the World's in Beijing. Edinburgh's Madeleine Murray finished a disappointing tenth after a good qualifying performance on the Saturday.

Eilidh Child had to work a bit harder on the Sunday to claim her title and place on the plane as she won the 400m hurdles in 55.57s, just over a second clear of runner-up Meghan Beesley.

Third World's qualifier, Lynsey Sharp (Edinburgh) had a gun to tape win in the 800m. She was pushed all the way by Hounslow's  Shelayna Oskan-Clarke, but the defending Champion held on for a 0.4 second win in 2:04.40. Emily Dudgeon, also Edinburgh AC finished fourth equal in 2:03.49.

Steph Twell's (AFD) return to form continued as she won the 5,000m in a time 15:38.01, three seconds ahead of her Commonwealth Games teammate, Laura Whittle (Royal SC) after the pair broke away with 600m to go. (Twell's image from the Diamond League meet in June) 

And, missed from Day 2's report, Lennie Waite won the 3,000m steeple chase in 10:15.04 to regain the title for Scotland last won by Eilish McColgan in 2013.

Other notable performances came from Lasswade's Guy Learmonth who was fourth in the men's 800m (1:50.61), Susan McKelvie (Edinburgh) who was third in the hammer with a throw of 61.30m and Edinburgh's Chris O'Hare and Jake Wightman who were second and fourth in the 1500m.

Images from Saturday's events.