Gold for Fraser at English indoor athletics event

Fraser Lupton of Harmeny AC is pictured on top of the podium after winning the men's under-17 1500m title at the English Open Indoor Athletics Championships in Sheffield.

Harmeny AC's Fraser Lupton, centre, made a successful raid to lift an English Open title.
A time of 3:58:95 took Fraser to fourth in the Scottish all-time indoor list.

Second was Tom Webb of Wells City Harriers with Freddie Rowe

(Havering) third and the first four runners home all set personal best times.

Two other Harmeny runners — Fergus Ross and Keiran Hardie — also made the final.

There was further medal success for Harmeny AC when Finlay Ross ran 4:04:98 when finishing third in the men's under-20 race behind Isaac Leydon (Vale Royal) and Dexta Thompson (Blackburn Harriers).