

Another indoor record for Tom Farrell

Border AC athlete Tom Farrell completed a very successful month of indoor racing with another UK under 20 indoor records.

Running at Iowa he finished in 3rd place over 5000m in 14 mins 12.62secs a new UK indoor record for an under 20. He was 50 seconds inside the previous record of 15 mins 04.04secs set in Bedford at AAA's U20's last summer. The 5000m can now be added to his 3000m record set on 13 February.

Tom is not planning to race again until the World XC Champs which is on Poland on 28th March, this though is subject to selection by UKA.