

## New Record for Tom

Border Harrier Tom Farell set a new UK and European under 20 record for 3000m indoors at the Husky Invitational at Seattle, Washington on 13 February. Winning his heat in 7 mins 58.68 seconds he broke Ian Stewarts (the current UK Athletics Endurance Performance

Director) previous record set 42 years ago.

This run moves Tom up to 3rd on the UK All time U20 3000m list indoor or outdoor and follows his good run 8:02:18 run indoors in on 23 January when he came very close to the record. Tom is one of only four British U20 athletes in history to run sub 8 mins for the distance.

His performance on the 13th February was also his parents 22nd wedding anniversary! We travelled out to the USA to watch the race. [Results](#)



Tom (348) in action in January