**England senior championships.**

Firstly in the England athletics senior championships held in Manchester this weekend saw Lauren Thompson of Herts Phoenix after having to deal with firstly terrible weather and then total confusion at the meet which involved athletes in 400m women hurdles having to run heats and semis on the same day which is totally unusual.

Lauren composed herself and went on to win Silver with a fantastic new PB of 57.19 taking her to number 5 ranked in the whole UK. Consequently, this has resulted in Lauren being chosen to represent England for the upcoming Manchester international even on Wednesday 14th of August.

