



Sheffield's golden girl Jessica Ennis added the Olympic title to her 2009 world title. From her scintillating start to the competition with a British record in the 100m hurdles to her storming finish in the 800m Jess looked like the Olympic champion we are hoped she would be.

Congratulation to her long time coach and inspiration Tony Minichiello who has worked so hard and for so long to make this dream come true

Day 1

100mHurdles Jessica ran a heptathlon a British record 12.54 seconds in the 100m hurdles to get her quest for Olympic gold off to the perfect improving her PB by 0.25 secs 1195points

High Jump With a clearance of 1.86m in the high jump to collect 1054 points Jess took her total to 2,249 points, she remained in the leader of the competition

Shot Putt A throw of 14.28m in the shot which was enough to give her 813points, she dropped to second place with 3062 points behind Austra Skujyte who led with 3126 points

200m Jess ran her second PB of the day when she clocked a scintillating 22.83 to collect 1096 points and give her a total of 4158 points which was enough to see her take back the lead of the competition at the end of Day1

Day 2

Long Jump A solid but disappointing opening jump of 5.95m was followed by a 6.40m second jump then a 6.48m final leap which gave her 1001 points and a total of 5159 points and top of the leader board after 5 events.

Javelin Jess produced her third PB of this competition with a final throw of 47.49m. She had put together a solid group of three throws all within 90cm, 46.61, 45.99, 47.49. She picked up 812 points to give her a total of 5971 a lead of 188 points going into the 800m.

800m After dominating the competition from the opening event it was fitting that Jessica should produce another storming finish to win her heat of the 800m. Leading from the gun she took the bell in 61 seconds. Jess was briefly passed on the back straight only for her to dig deep and kick off the bend to the delight of the 80,000 crowd she came home first and was crowned Olympic champion with a new British record of 6955 and a victory by over 300 points.

[Results](#)