

## Northern Indoor Championships Day1 Report 29 January 2012

On Day 1 of the Northern Indoor Championships at the EIS Sheffield four new CBPs were set. The most impressive of these was in the U20 women's 400m where Kirsten McAslan (Sale H) took her third successive title in a new CBP of 54.35 – taking just over two seconds from Leigh Lennon's previous CBP set in 2009. In the women's 1500m it was clear from the early stages of the race that gold and silver lay between Laura Kirk (Skyrac) and Ellie Stevens (Birchfield H). For much of the race there was nothing to choose between them, but over the final 400m Laura Kirk slowly but surely widened the gap and crossed the line in a new CBP of 4.25.04. There were two CBPs in the field. The first came very early in the day when the defending U15 LJ champion Amy Williams (Sale H) bettered her CBP from last year in the very first round with 5.50m. In the U20M TJ Adam Khan (City of Sheffield) the 2011 U17 champion claimed gold with a best of 14.50m, bettering the previous CBP of 14.37m set last year.

The most exciting finish of Day 1 was in the U20M 400m. Clovis Asong (Sale H) was the undoubted favourite but he had to come from behind in the final 30 metres to take gold in 48.43 by the narrowest of margins from Luke South (City of Sheffield) second in 48.53 and Alex Boyce (Liverpool H) third in 48.71. Harriet Pryke (Manx H) claimed her second 400m title to add to her two outdoor titles. Alona-Mae Lonsdale (Gateshead H) renowned for her fast starts showed she could also judge a finish to perfection coming through in the final few metres to claim the U17W 300m title from Stephanie O'Connor (Scunthorpe & D). Yasmin Miller (Derby), the World Youth 100mH semi-finalist and Commonwealth Youth Games gold medallist and a Northern U15 and U17 gold medallist claimed her fourth age-group title in the U20W 60mH. She repeated this achievement in the 60m as well. Katey Laurie (Liverpool H) took her third senior hurdles' title. Last year's U15 60mH champion Ashley Kirsopp (Warrington) showed no fear in his first season as an U17 taking gold in 8.37. And the 2011 U20M 60mH champion took gold in the senior men's event. Roy Ejiakuekwu (Sale H) U15 60m silver medallist in 2011 also stepped up to the mark. In the U17M final this year – he took the title in 6.94. In the SW equivalent Annabelle Lewis (Kingston-upon-Hull) got the best start and led until half-way when it became clear that Louise Bloor (Trafford) was going to overhaul her. Bloor won in 7.48 to add a second gold to the one she claimed in 2005 and is perhaps looking to the sprint double on Day 2. There was a blanket finish in the men's 60m – Dannish Walker-Khan won in 6.93 from Nayef Abed (Sale H) 6.94 and Jordan Toth (Holmfirth) to 6.96. [Day 1 Results](#)

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