

Day 1 Senior & Under 20s Indoor Championships

Four new records were set on the first day of the championships, three on the track and one in the field.

The very first field event, the under 20s women's long jump produced the first new record. World Youth representatives Abigail Irozura was in fine form producing a championship best of 6.02m, eclipsing the 1992 record of 5:84 held by Danielle Freeman.

Amyika Onuora, 2006 European and Commonwealth games silver medallist twice bettered Diane Allahgreen's 2000 record of 7:45, clocking 7:42 in the heat. In the final she was pushed all the way by European under 20 200m champion Haley Jones and crossed the line in 7:40.



Richard Buck selected for next weekend's GB and Northern Ireland team at the Norwich Union GP in Glasgow successfully defended his 400m title and just for good measure bettered his own championship record recording 47:05.



Other highlights included Kate Read's successful defence of her 60m hurdles title, replicated in the men's event by David Hughes who was just outside his championship best of 7:83 clocking 7:85. Rebecca Sweeney won the women's 400m as she did in 2007. The under 20s women's 400m final saw perhaps the best finish of the day one. Leigh Lennon timed her finish to

perfection dipping on the line to record 57:88, relegating Sarah Lucas to second place by 2 hundreds of a second, Sarah had recorded a cbp of 57:39 in her heat . Susan Monrcrief won the woman's high jump with 1:85, just short of her own



championship record of 1:89

Report Adrian Christmas

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