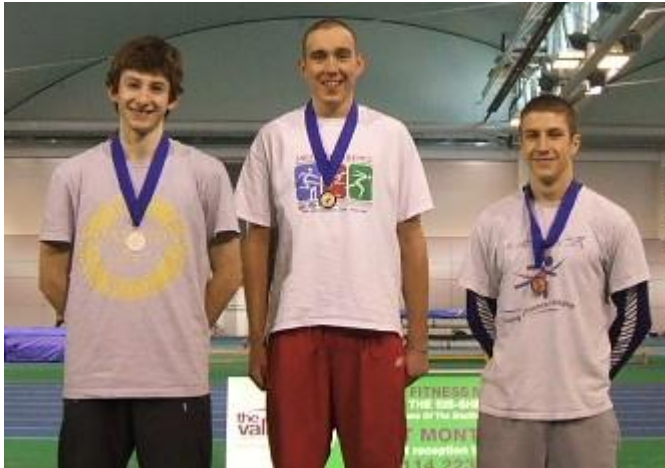


## Northern Senior U20 Indoor Championships Day 2



The high standards set on Day 1 of the championships were maintained on the Sunday at the EIS. The unquestionable highlights in the field were the U20 men's triple jump and the senior men's long jump. All three medallists in the triple jump broke the previous record and set new lifetime bests. Inspired by the performances of Craig Fiddes and James Gardner, bronze and silver medallists, Mike Ehlen produced a magnificent

jump of 13.99m to remove Andrew Sturrock's 2003 13.43m from the record book. In the long jump Chris Kirk was in superb form. The championship record holder set a new mark of 7.58m with his opening jump and then went on to better that with 7.75m, just a few centimetres short of his absolute lifetime best, but 26cm better than his previous indoor best. This jump moves him into the UKAT indoor top 20. Amy Hill was in fine form at the EIS the previous weekend taking silver in the England Athletics U20 heptathlon and setting a new lifetime best of 14.19m in the shot. She broke Laura Booth's U20 shot record of 13.03m with a best of 13.62m. She went on to take the senior women's title with 13.79m. Melissa Carr took gold in the U20 triple jump with a best of 12.13m to better her own record of 12.08m. Jessica Ennis won the senior long jump with 6.15m. Mark Christie claimed gold in the senior pole vault and had three narrow failures at 5.21m which would have been a new championship record. Jamie Willimason took his third consecutive senior men's shot title with a best of 17.07m.



The track programme ended on a high when in the very last final, the senior men's 800m, Kieran Flannery produced a very well judged run not only to claim the gold medal but set a new championship record of 1.52.06. Leigh Lennon completed a unique double claiming the U20 800m title to add to the 400m gold she won on Day 1. Just for good measure she also set a new championship record of 2.10.65 Anyika Onuora added 200m gold to the 60m gold she won on the opening day. In the closest finish of the day Richard Strachan (21.95) took the senior men's 200m title, beating the 60m champion Eldridge Phiri (22.00) into second place with Phil Taylor (22.02) third. Katie Clark won gold in the U20 1500m and then went on to finish third in the 800m. Chris Smith judged his race to perfection in winning the U20 800m, adding to the 400m bronze from the first day. Chris Craig won his first Northern title claiming gold in the U20 200m.