

Day 1 Northern Athletics Senior/U20 Track & Field Championships

Day 1 of the Northern Championships at Sport City Manchester saw the sun shine for most of the day, but most of the sprints we run into a strong headwind.



Just one Championship record fell on day 1. It was the longest standing record that was erased when Carl Myerscough threw 19.87m to beat the previous best in the shot- 18.81m set by the legendary [Arthur Rowe](#) back in 1962. Brian Craig, one of the Northern Athletics officials at the first day of the Championships, was at Billingham competing in the 6 mile (and winning) in 1962 when Arthur Rowe set the record. Myerscough is in good form at present with a SB of 20.38m to rank second in the UK and it is that form that has led to his call up to the European Cup team to replace Mark Edward.

Other members of the GB team for the European Cup also won their respective events. Richard Buck comfortably took the 400m title in 46.23 before he travels to France as a member of the 4x400 relay squad. The win completed a hat-trick of titles for Buck.

Susan Moncrieff, the defending champion, duly won the women's high jump before she too departs for France.

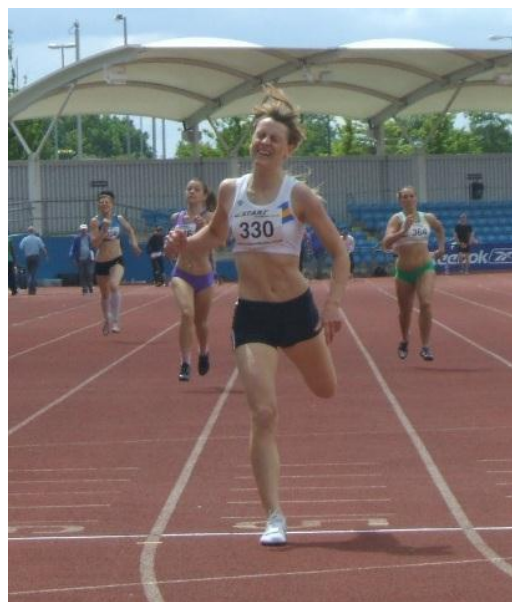
In the men's hammer Mike Floyd celebrated his selection for the European Cup team winning his 5th successive title, his 9th title in 11 years.

Andrew Sutcliffe was in terrific form in the U20 pole vault improving on his bronze medal of last year by taking gold with a new lifetime best of 4.80m.

Matt Barton successfully defended his triple jump title with a best of 15.11m.

Sophie Hitchon in her first season as an U20 took the Senior Women's title in the hammer. The UK U20 record holder threw 59.39m beating Sarah Holt into 2nd place.

Matthew Hunt in the junior men's javelin confirmed his good early season form with another throw in excess of 60m improving his lifetime best to 62.26m. His progress since last season, when as an U17 he had a best of 57.19m, is very noticeable.



Sarah Lucas who set a new Northern Indoor record at the EIS in January in the heat and was then beaten by Leigh Lennon in the final took the junior women's 400m outdoor title in 56.94m.

Championship record holder, Dominic Bradley, reclaimed the 110m title he won in 2005. And in the women's hurdles Zara Hohn confirmed her return to form clocking 13.98 into a strong headwind to defeat defending champion Kate Read.

In the senior women's 400m Rebecca Sweeney defended her title with some ease clocking 55.12 to Katie Jones' 55.58 in second.

A high quality U20 Men's steeplechase, where 5 of the field rank currently in the UK top 10, was won by James Wilkinson who went below 6:00.00 for the first time, crossing the line in 5:53.76. Lawrence Walker in 2nd also dipped below 6:00.00 to improve his PB to 5:59.73.



Richard Kilty who last weekend achieved the World Junior qualifying times for both the 100m and 200m was in dominant form in the senior men's 100m taking gold in 10.63 into a slight headwind.

Report Adrian Chrisman

[Day 1 Results](#)

The late Arthur Rowe in shot putt action