

Day 2 Northern Senior and U20 track and field championships 2008



Day 2 Manchester enjoyed almost ideal conditions on Day 2 of the championships.

Perhaps to no great surprise from the knowledgeable and enthusiastic spectators who followed each of the hammer competitions with great interest, Sophie Hitchon set a new CPB in the U20 women's hammer, having already taken the senior women's gold on Day 1. Her first round throw of 58.42m erased the 57.12m of Sarah Holt's set in the same stadium in 2006. Melissa Carr won the U20 triple jump with a new CBP of 12.21m bettering the 12.17m set by Justina Cruickshank in 1996. There was also a new CBP in the U20

women's pole vault where Abigail Haywood cleared 3.85m – a new lifetime best that took her to 3rd on this season's P10 rankings.

In the men's 400mH Rick Yates confirmed the good form he showed at the recent BIG, where his 50.55 put him into this season's European top 20, by once again dipping below 51 seconds to take gold. His 50.96 was just short of the CBP of 50.88 set by Chris Rawlinson in 1996 – a reflection of the quality of the performance and the promise that Rick Yates is beginning to show. In the U20 men's 400mH there was a dominant performance from Niall Flannery, last season's England U17 and ESAA champion. Samantha Coleby, currently second in the UK rankings, made a



successful defence of her U20 women's 400mH title.



As expected Alison Leonard, who is in such stunning form at the moment with a best of 2.02.57 that puts her third in the IAAF rankings, took gold in the 800m with a finely judged race. The World Youth silver medallist last year is a genuine prospect for a medal at this year's World Junior championships in Poland.

The curtain was brought down on the 2008 championships in fine style as David Parker claimed victory in the men's javelin with 70.64m from David McKay's 70.43m. Dorel Greta placed 3rd leaving his best effort to the very last throw of the competition recording 70.24m. All three throws bettered the P10 target of 69.00m. McKay's 70.43m

was a new lifetime best by some 2.5 metres.



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