

## Senior & Under 20 Indoor Championships Day 1

### Seven new CBP at Sheffield on Day 1

Championship records tumbled on Day 1 of the 2009 Northern Senior and U20 indoor championships which also saw the return to competition of injured GB stars Jessica Ennis and Hayley Jones.

**Jessica Ennis** confirmed in a trackside interview that she is fully recovered from the stress fracture that kept her out of the Beijing Olympics. But she is taking a low key approach to the indoor season using it as preparation for a summer which will hopefully see her enjoy yet more success at the World championships where she finished 4th in 2007. **Hayley Jones**, the current European U20 200m champion, 4x100m gold medallist and 4x400m silver medallist, is taking a similar approach as she prepare to concentrate on the 200m during the outdoor season.

Jones (Wigan H) and Ennis (City of Sheffield) lined up alongside each other in a very high quality 60m final that also included British Universities 100m champion **Annabelle Lewis** (Kingston upon Hull). Jones blasted out of her blocks and was pushed all the way by Jessica Ennis crossing the line to take the title in 7.47, a new lifetime best that was just shy of the CBP of 7.40. Jessica Ennis finished 2nd in 7.56 with Lewis 3rd in 7.64 a new lifetime best.

The senior men's 60m saw Richard Kilty (Gateshead H), the GB men's captain at the World Junior championships, leading until the final few strides when he pulled up with what was later confirmed as a hamstring injury. **Andrew Robertson** (Sale H) took gold in 6.83 to Kilty's 6.84.

In the U20 women's 60m final **Shaunna Thompson** (Sale H) continued the magnificent form she has shown since 2006. The double Commonwealth Youth Games sprint champion was never headed as she stormed to gold in a new CBP of 7.44, bettering the 7.56 of Anyika Onuora in 2003. Just one-hundredth of a second separated 2nd and 3rd with **Katarina Thompson** (Liverpool H) just heading **Lauretta Curtis** (Chesterfield and District).



**Katarina Thompson** showed, as always, the all-round talent that has seen her achieve a GB U20 vest at just 15 years of age. The ESAA U17 heptathlon champion took gold in the long jump with a new CBP of 6.05m erasing Abigail Irozuru's 2008 mark of 6.02m. She took bronze in the 60mH which was won by defending champion **Lauren Dewdney** (Gateshead H) in 8.77 with her club colleague **Rebecca Liddell** in 2nd with a lifetime best of 9.03.

**Jack Meredith** (Liverpool H) had a magnificent final season as an U17 setting a new UK record for the 60mH and claiming 100mH gold at the England and ESAA U17 championships. In a race with just one other competitor he was technically excellent crossing

the line in 8.00, a new CBP and lifetime best. Just for good measure he also took the 60m title.

Four other CBPs were set. In the U20M 3000m **Harry Ellis** (Warrington) and **Mathew Jackson** (Warrington) got away from the rest of the field in the early stages of the race. Jackson made his bid for victory with some 300m left. But it was **Ellis** who timed his race perfectly retaking the lead with 100m metres to go and finishing in a new CBP of 8.36.42, taking some 48 seconds off the previous record. The men's 3000m saw a brilliant solo run from **Jonathan Taylor** (Morpeth H) with a gun to tape victory in 8.13.66 bettering his lifetime best by 20 seconds and erasing the 8.14.97 of Stuart Stokes from the record book. **Harry Doran** (Liverpool P S) held off a strong challenge from **James Hunter** (Liverpool H) to win the U20M 400m in a CBP time of 48.32, a new absolute lifetime best. **Leigh Lennon** (NEB) came to the championships seeking to defend the 400m and 800m U20 titles that she took in 2008. Day 1 saw half the mission accomplished and in some style as she clocked a CBP of 56.44, also an absolute lifetime best.

In the women's 400m **Rebecca Sweeney** (Sale H) claimed her third consecutive title in 56.58 just outside Liz Fairs' CBP of 56.32. In the 1500m **Helen Singleton** (Wakefield & D H AC) successfully defended her title and it was good to see **Rachel Thompson** (Liverpool H) finishing in third after injury curtailed her 2008 outdoor season. [Results](#)

### *Report Adrian Christmas*

#### **New CBP**

Katarina Thompson Liverpool Harriers U/20 Long Jump 6:05  
Shauna Thompson Sale Harriers U/20 60m 7:46  
Leigh Lennon Newham & Essex Beagles U/20 400 56:44  
Harry Doran Liv Pembroke Sefton U/20 400 48:32  
Harry Ellis Warrington AC U/20 3000m 8:36:42  
Jonathan Taylor Morpeth 3000m 8:13:66  
Jack Meredith Liverpool Harriers 60h 8:00