

Seven new CBPs on Day 1 of the Northern Championships at the EIS

The World heptathlon champions Jessica Ennis continued with the good early season form she showed at Loughborough last weekend with her performance on Day 1 of the Northern Championships at the EIS in Sheffield. She took the shot title with a new indoor PB of 13.83 and later on in the day, though she was slow out of her blocks, claimed gold in the 60m in a new CBP time of 7.36 – not bad for an athlete who according to AW competes but rarely over the 60m! Bernice Wilson (Birchfield H) who had led until the final 20 metres took silver in 7.37.

The U20 men's 1500m final saw Jamie Crompton (Horwich HMI) adopt his usual front running tactic. Mathew Jackson (Warrington AC) was content simply to track him through 1300m before he struck decisively in the last 200m to take gold in a new CBP of 3.59.27 eclipsing the 4.00.57 set by Holmfirth's Mark Buckingham in 2004.

The senior women's 1500m final also produced a new CBP. Alison Leonard (Blackburn H) the reigning England U20 800m champion, who was so desperately close to an 800m medal at last year's European U20 championships, won with a gun-to-tape victory. The only one in the field able to go with her strong early pace was Ellie Stevens (Derby AC) the former CBP holder. She held on to Leonard until the final 200m. Leonard won in a time of 4.26.22.

Jack Meredith (Liverpool H) claimed three medals – one bronze in the U20 60m and two gold in the Senior and U20 60mH. In the latter event the joint UK U20 record holder and World Youth 110mH silver medallist bettered his own CBP of 2009 stopping the clock at 7.87. The senior men's 60m final saw Andy Robertson (Sale H) storm to victory over Rabah Yusif (NEB) by nearly 3/10ths of a second in 6.76, the same time as he recorded in his semi-final to set a new CBP. The previous CBP of 6.77 had stood to Allyn Condon since 2002.



Two new CBPs were set in the field. James Davies (BWF) took the U20 triple jump title with 14.25m improving on the 14.02m of Josh Bones (Scunthorpe & D) in 2009. Bones finished 3rd on this occasion with Matthew Houlden (Lincoln W) in second place also bettering the previous CBP with a new PB of 14.09m. In the Under 15 Boys SP Daniel Preston-Routledge (Hull Achillies) threw 13.28, bettering previous mark of 13.14 [Day 1 Results](#)

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Jessica Ennis with the medal winners in Under17 60 m Women