

Northern Athletics Indoor Champs Day 1 Report 19 January 2011

CBPs tumble at the EIS on Day 1 of the Northern Championships – the 2010 championships saw 17 new CBPs, 10 were set on the first day of the 2011 championships.



Amy Hill (City of Sheffield), in the first field event of the day, set the standard throwing 14.96m in the shot to better her own CBP and claim her 4th Northern indoor title.

After finishing 2nd in the shot Jess Ennis (City of Sheffield) quickly showed the form that has taken her to the World and European Heptathlon titles and to the UK 60mH record. She dominated the rest of the field in the 60mH crossing the line in 8.15 to set a new CBP, with Katey Read (Liverpool H) in second place.

Jess Ennis was also presented with two AAA of England awards – The Nelson Neal Trophy for the best multi-event performance in 2010 and the Dame Marea Hartman Award for the English female athlete adjudged to be the outstanding athlete of the year.

Further CBPs followed on the track. Ashley Kirsopp (Warrington AC) claimed two gold medals, in the U15B Long Jump and 60mH where he lowered the CBP, previously set by Jack Meredith in 2006, to 8.80. In the U17M 400m Daniel Heald (Sale H) ran 49.00 to take 1.5 seconds from GB international Richard Buck's CBP. The field in the women's 60m was somewhat depleted as neither Jess Ennis nor Annabelle Lewis started – Ennis felt a slight niggle in her knee and with the UK and Euro championships upcoming wisely chose not to start. However, it is doubtful whether either could have defeated Bernice Wilson (Birchfield H) the UK silver medallist who is looking for a place in the GB & NI team at the European championships. She set a new CBP, previously held by Jess Ennis, in her heat and then bettered it in the final with a winning time of 7.34 just outside the qualifying standard set by UKA for the Euros. Late in the day the U17M 1500m final saw a dominant James Lamswood (Kingston upon Hull AC) lead from gun to tape destroying in the process Nathan Bibby's 2006 CBP of 4.08.87, recording 4.01.72 which takes him into the UKAT indoor U17 top ten.



In the field four athletes followed the example set by Amy Hill. Amy Williams (Sale H) rewrote the record book in the U15G Long Jump with 5.32m, erasing one of the Northern championship's longest standing records – the 5.30m set first in 1994 by Kelly Williamson and then equalled in 1996 by Sarah Bratley. In the U17W Triple Jump Rachel Williamson (Wigan H) jumped 11.92m to better the 11.64m of Hannah Hewitson from 2006. Another triple jump CBP was set in the U20 men's event when Matthew Houlden (Lincoln Wellington), the silver medallist in 2010, not only beat the defending

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champion James Davies (BWF) but also bettered his CBP mark of 14.25m, jumping 14.37m. However, Davies still has a share of the CBP, jumping the same distance for his silver, but losing out on gold on count-back. In the U15G Pole Vault Abigail Roberts (Wakefield & D) successfully defended her title adding 40cm to her own CBP, clearing a new PB of 3.00m.

Other notable performances on Day 1 came from Helen Singleton (Wakefield & D H) in the women's 1500m when she took a 4th Northern indoor title. Shaunna Thompson (Sale H) won her 3rd consecutive Northern 60m U20 title and on Day 2 will be looking to achieve yet another sprint double by taking the 200m title. Charles Burke (Sale H) took the award for the best celebration of the day when he retained his U20M 60m title dipping below 7.00. Andrew Robertson (Sale H) completed a hat-trick of titles in the men's 60m, but the showdown with the returning former Northern champion and GB International Allyn Condon (Sale H) did not materialise – Condon suffered a DQ in the semi-final.

[Day 1 Results](#)

Photos Amy Williams Sale H & James Lamswood Kingston upon Hull AC

Report Adrian Chrismas

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Jess Ennis



Rachel Williamson