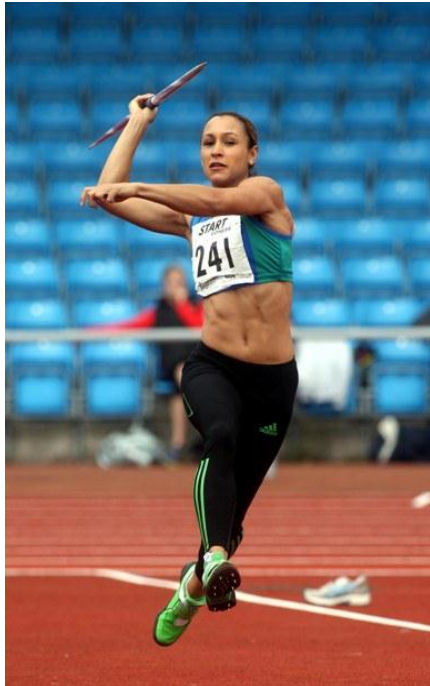


Northern Athletics Senior & Under 20 Champs Day 2 Report 22 June 2011

Despite the gloomy weather predictions for Manchester the expected rain and strong winds did not materialise on either day of the 2011 'Start Fitness' Northern Senior and U20 Championships at Sport City. Sunday remained bright and sunny and the conditions led to a good sprinkling of PBs in both the track and field events.



World and European Heptathlon champion Jess Ennis (City of Sheffield) took centre-stage on Day 2 of the championships competing in both the long jump and javelin. But she did not have everything her own way. In the long jump it came down to a head-to-head with Alex Russell (Wigan H) who came into the competition in great form, having already set a PB of 6.18m this season. Russell continued this good form finishing with a new PB of 6.20m, but it was not quite good enough to defeat Ennis who jumped 6.24m. In the javelin Ennis had to settle for silver as Hayley Thomas (Trafford AC) put together a good sequence of throws to win with a new PB of 49.96m, bettering her previous mark of 49.83m from 2003.

The two NEB athletes JJ Jegede and Chris Kirk, who were both members of the GB team at the 2007 Euro U23 championships, dominated the men's long jump. Kirk, who is battling back from an injury hit 2009 and 2010 under the watchful eye of Peter Stanley (who guided Chris Tomlinson for much of his career), had on this occasion to settle for silver with 7.32m. Jegede claimed gold with an equal SB of 7.79m.

Commonwealth Games bronze medallist Max Eaves (NEB) took the men's pole vault title for the first time with a clearance at 5.20m. Sarah Henton (Blackburn H) with a SB of 48.60m claimed her 3rd Northern discus title, as did Marcus Gouldbourne (Sale H) in the men's event. In the men's javelin, the final event of the championships, Matt Hunt (Sale H) took gold with a best of 68.94m. The 20yr old has already exceeded the Euro U23 qualifying mark this season throwing a PB of 76.77m at the BUCS championships and will be looking to claim the England U23 title at Bedford next weekend.

Louise Bloor (Trafford AC) and Shaunna Thompson (Sale H) with their victories in the senior and U20W 100m on the Saturday had set up the genuine prospect of the sprint double. However, neither chose to contest the 200m on the Sunday. In the senior women's event Hayley Jones (Wigan H) had looked in terrific form in her heat, but suffered a DQ in the final. [That left the 400m gold medallist Harriet Pryke \(Manx H\) as the favourite and she did not disappoint crossing the line in 24.98](#), a new PB. There was an undoubted upset in the U20M 200m where the defending champion and this year's Northern and England U20 indoor champion. [Liam Clowes \(Crewe and Nantwich\), was beaten by Sam](#)



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[Landsborough \(Wirral AC\)](#). In the U20W race last year's ESAA 300m champion, Kirsten McAslan (E Cheshire), warmed up for the schools' championships in Gateshead in two week's time with victory in a PB of 25.46, bettering her 25.61 from earlier this season. [Jenny Walsh \(Spenborough\)](#) who had taken the U20W 1500m title on Day 1 with a dominant piece of front running repeated the performance on Sunday in the 800m coming home in 2.09.69, some 5 seconds clear of Amy Mellor (Buxton). [The women's 400mH saw Nisha Desai \(Trafford AC\)](#) take her 5th consecutive Northern title in 59.89, just outside her PB of 59.71. Oliver Robinson (Bingley H), the 2009 champion, took the men's title in a new PB of 52.41.

It was also good to be able to welcome back to the championships Sam Fraser (Wigan H) after the horrific accident she suffered last year. The T-shirts with 'When the going gets tough the tough getting going' are a common sight at athletics meetings; Sam is an athlete who could justifiably wear that T-shirt with pride. She finished 2nd in the U20W high jump and took bronze in the shot. [Full Results](#)

Reporter: Adrian Christmas © |

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Photo

Top Jess Ennis

Lower Harriet Pryke