The Indoor Senior, U20 and U17 Championships returned to the EIS at the weekend with over 500 athletes, including GB Senior and U20 internationals, competing over the two days. The 15 hours of competition produced CBPs, PBs and on the track some very close finishes in the finals.

**Day 1**

In the field in the SM TJ Seun Okome (Sale Harriers), the CBP holder, took his fifth consecutive indoor title with 15.57m. Shaunna Thompson (Sale Harriers) added the indoor SP title to the outdoor title that she took at the Leigh Sports Village last summer. Isaac Delaney (Preston Harriers) who in his final season as an U17 in 2021 took both the Northern and English Schools titles and topped the UK U17 SP rankings carried on where he had left off taking gold in the U20M SP

On the track Jonny Kay (Bolton United Harriers) successfully defended his 1500m title. The women’s 2021 100m champion Leonie Ashmeade (Wakefield & District) took the SW 60m title adding it to the U20 title she won in 2019. David Naylor (Crewe & Nantwich) took the U20M 60mH title to add it to the 110mH title he took in 2021. Sam Lunt (Wirral AC), the ESAA 400mH bronze medallist, had a very good first day taking gold in both the U17M 60mH and 400m – the latter in a PB of 50.62, bettering his PB from the heat of 51.78. Danielle McGifford (Wigan & District) took her third consecutive SW 60mH title in 8.68. The U20W 60m produced the first CBP of the Championships. The European U20 200m bronze medallist and 4x100m gold medallist Success Eduan (Sale Harriers) had already set a PB of 7.56 in her heat bettering her 7.77 from 2019. In the final she stopped the clock at 7.43 to not only improve her PB but also better the CBP of 7.46 set in 2009 by Shaunna Thompson – yes, the same Shaunna Thompson who took the SP title on Day 1. The men’s 400m final produced one of the best races of the weekend. The undoubted favourite to take gold was James Williams (Liverpool Harriers), the European indoor 400m semi-finalist and 4x400m bronze medallist in Torun. And it was Williams who led going into the final lap. But as the field came round the top bend it was clear he faced a challenge from Ben Higgins (C of Sheffield & Dearne/Loughborough). The England U23 400mH bronze medallist attacked down the outside and got up to win in the final, few strides in 49.52 with Williams second in 49.53. In the SW 400m victory went to the GB U20/U23 international and reigning England U23 champion Hannah Kelly (Bolton United H/Birmingham Uni), her first Northern senior title. The U20M 400m saw the closest finish of the day, with Harry Ross-Hughes (Wirral AC) taking gold in a PB of 49.52 from Nathan Dyas (Hallamshire Harriers) who led to all but the last stride and he took silver in 49.53. The final race of the day, the men’s 60m final, produced the race of the Championships. The 20yr old, David Morgan-Harrison (Kingston-upon-Hull AC) came into the competition with a PB of 6.77 set at the EIS at the end of December 2021. He bettered that in his heat with 6.72 and ran the same time in his semi-final. He made a faultless start in the final, was never headed and crossed the line ahead of his elder brother Andrew. 6.67 was confirmed as the winning time bettering the CBP of 6.68 set by the twice World Championship semi-finalist Andy Robertson (Sale Harriers) in 2019.

**Day 2**

Two CBPs were set on Day 2. In the U17W SP Annabel Amadin (Sale Harriers), who took the ESAA U17 title in 2021 and finished the season second in the UK rankings and seventh on the UK U17 AT list, claimed the title with 14.69m which bettered the 14.47m of Hannah Molyneaux (Nene Valley) from 2017. In the field it was also good to see Kresten Calvert (Wirral AC) returning to competition after his injury at the School Games last September. The 2021 Northern U17 HJ outdoor champion took his first U20 title with a PB of 2.04m. The SW/U20W 3000m saw the 2020 indoor champion and CBP holder Sam Mason (Salford Harriers) take the SW title with a commanding victory. Ellen-Mary Kearney (Wirral AC), contesting the U20W race, quickly settled into second place and ran a very well-judged race narrowing the gap to Mason throughout the final kilometre. Kearney finished in 9.55.60 a PB and CBP – the first time she had run sub- 10.00.00 and the first occasion on which an U20W had run sub-10.00.00 at the Northern Indoor Championships. The SM 3000m saw Mark Bostock (Wakefield & District) retain his Northern title in a PB of 8.28.37. In the U20W 200m 17yr old Sophie Walton (Horwich RMI), the reigning Northern U20 outdoor champion and European 200m finalist, claimed victory in 24.33, not far off the CBP of 24.11. The SW 200m saw the closest finish of Day 2. The defending champion Jazmine Moss (Gateshead Harriers) narrowly held off the challenge from the 2021 Northern outdoor champion, GB U23 international Ellie Booker (Rotherham Harriers) – Moss stopped the clock at 23.94 with Booker crossing the line in 23.97. Valentine Analogbei (Liverpool Harriers) claimed the U17M 60m title on Day 1 setting a 7.13 PB in his semi-final. He completed the sprint double on the second day of the Championships taking the 200m title in a PB of 22.31. The U20W 800m was won by Eleanor Colbourn (Harrogate Harriers) the European U20 800m semi-finalist. There was another very close finish in the U20M 800m – Sam Stephens (Vale Royal) crossed the line in 1.57.64 with Jonny Stock (Trafford), the current Northern U20 outdoor champion, taking silver in 1.57.74