

Worcester high jumpers top the podium at National Championships

Two high jumpers from Worcester Athletic Club finished the weekend as National Champion after competing at the England Athletics U15 and U17 Championships in Bedford on 28/29 August. On Saturday, UK ranked number 1 and GB athlete, Joel Khan, jumped a personal best of 2.10m to retain his title as National U17 men's high jump champion. In a quality competition, 16-year-old Khan was pushed all the way by silver medallist Thomas Hewes from Chelmsford AC who cleared 2.05m and bronze medallist Josh Hewett from Liverpool Harriers, who cleared 1.99m. Khan's winning jump of 2.10m places him 10th on the all-time list in the age group and he attempted a championship record of 2.12m. The medals were presented by Graham Ravenscroft, England Athletics National Coach Mentor for High Jump. Immediately after the medal ceremony, Khan went to compete in the triple jump, where he won the bronze medal with a PB of 14.35m. This was exactly the same distance jumped by Teepee Princewill from Harrow, who beat Khan to silver place by having jumped further in his other jumps. Joel does not train for triple jump, so was thrilled with the medal. "I enjoy triple jumping and wanted to see what I could do against the best in the country" he said. "I am friends with Wesley Matuska-Williams from the City of Norwich who won the gold medal and he gave me some tips during the competition. Perhaps if I trained a bit more for triple jump I could jump even further!". Khan heads off to Loughborough on Thursday to represent the England Midlands team in high jump at the prestigious UK School Games.

Khan's training partner, Danielle Hopkins, won gold in the U15 girls high jump on Sunday. She topped the podium with a winning jump of 1.69m, beating UK ranked number 1 Emma Sherwood from Dudley and Stourbridge, who jumped 1.65m for the silver medal. The bronze medal was shared by Jodie Watson from Stratford-upon-Avon and Hannah Moat from Scunthorpe, who both jumped 1.65m as well. Hopkins said "I would have liked to have cleared 1.72m today but am very happy with the win. Emma beat me at the English Schools Championships in Gateshead and I was determined she was not going to beat me today."

Worcester AC high jump coach, Deirdre Elmhirst said "This was a very special weekend for me. For athletes to qualify for the national championships, is a feat in itself, so to come away with two champions is incredible. I am very proud of how they both performed under pressure."

Only one other Worcester AC athlete took part in the national championships. Darian Moore, competing in his first year as an U15, ran in the 100m heats, but did not qualify for the final, which was won by the winner of his heat, Kyle Reynolds-Warmington from Belgrave, in a time of 10.98 sec.



Danielle - England U15 girls high jump champion



Joel - England U17 men high jump champion

Deirdre Elmhirst, with Joel and Danielle

