

CENTRESPORT

Daring to succeed

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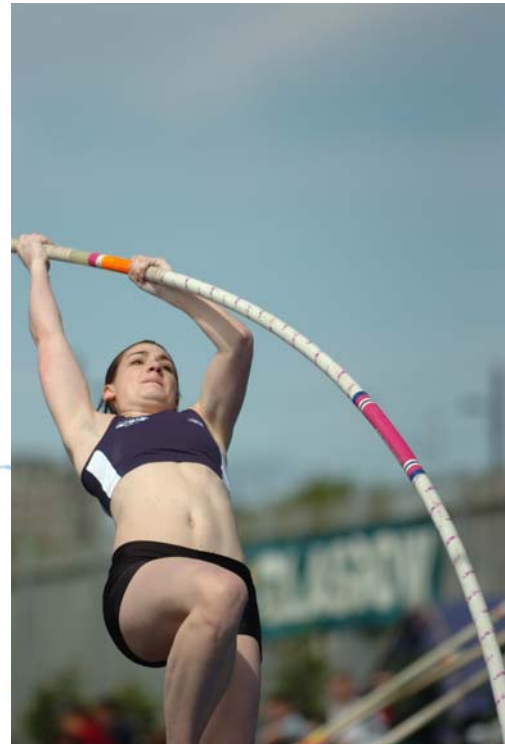
7th March 2006

British Titles for CSIS Athletes

The AAA Under 20 Indoor Championships were held at the National Indoor Arena in Birmingham at the weekend and the performances of two CSIS athletes shone out.

John Carr won the gold medal in the long jump clearing 6 metres 96 which was only 1 centimetre off his personal best which he set at the Scottish Championships in January. John finished ahead of 2 English competitors, Anthony Timis who had beaten John at Under 17 level and Francis Baker. John was particularly pleased with his win as it is his first AAA gold medal. John said 'I have won 3 bronze medals in the triple jump so it was a real bonus to finally win a gold in the long jump'. John also competed in the triple jump where he again won bronze clearing 14 metres 48. John's coach Neil McMenemy said 'Winning the long jump is a great result for John. He picked up an ankle injury and this has affected his training routine. It also meant he could not compete in the triple jump in the last few weeks. However he is now doing consistently well in the long jump and that is a bonus as we had previously been concentrating more on the triple jump'.

Kim Skinner won the gold in the pole vault, clearing 3 metres 80, just below her personal best of 3 metres 90 which she set when winning the Scottish Senior Indoor title. Kim has had a run of indoor wins this year at Scottish Under 20 and Scottish Senior level and now the AAA's title. Like John, Kim is looking forward to the outdoor season. Kim's coach Eamon Fitzgerald flew out to the Commonwealth Games in Australia last Tuesday as one of the coaches to the Scottish Athletics team so he missed Kim's performance. However he will no doubt be pleased that Kim won the AAA title with another consistent high quality performance.



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