



England Athletics Indoor Combined Events Championships EIS Sheffield Sat 18th & Sun 29th January 2025

Ruby Tillson opened her 2025 account with a superb silver medal in the Under 20 Women's pentathlon at the England Athletics Indoor Combined Events Championships held at the English Institute of Sport, Sheffield at the weekend.

Ruby got off to strong start with a new PB in her opening 60m hurdles event clocking 8.70s, a stride behind eventual competition winner Thea Brown (Sale Harriers Manchester) who won European Under 18 heptathlon silver last summer. A solid high jump clearance of 1.74m saw Ruby ranked second to Brown in the overall standings, well clear of the rest of the 24 strong field. A shot put of 9.89m, her second longest indoors or out, a career best of 5.64m long jump confirmed a podium place and her 2m 30.87s run in the 800m ensured her a silver medal and a final points score of 3822, the second best ever by a club Under 20 woman.

Teammate Maggie Smith gained useful experience and competed well in her first multi events in the Under 20 age group, placing 18th overall. Her best result came in the hurdles where her 9.57s clocking was two tenths faster than her previous best and a 1.50m high jump clearance, 8.20m shot in her first competition with the 4kg weight, plus a 4.62 long jump and 2m 48.83s 800m run brought her a points tally of 2762.



