

## National Champs Upgrades All-Time Performance List



Last week's National Senior Championships produced several revisions to the Jamaican all-time performance list, with Shericka Jackson, Shelly-Ann Fraser-Pryce, Stephenie McPherson, Jaheel Hyde and Damion Thomas the prime movers. Converted from the 400 metres, Jackson put her pen to the list twice with sensational times in the 100 and 200 metres.

Jackson tickled everyone's fancy with a personal best of 10.91 seconds in the 100 metres heat but before the ink could dry, she zoomed her semi in 10.77. The only Jamaicans to have run the 100 faster are Fraser-Pryce, Elaine Thompson-Herah, Merlene Ottey, Kerron Stewart and Veronica Campbell-Brown. Fraser Pryce won the final with a masterful run of 10.71, with Jackson second at 10.82 and Thompson-Herah third in 10.84 seconds.

The wind was 0.9 metres per second.

Fraser-Pryce, the 2013 World 200 metres champion, smashed her best - 22.09 - to complete the sprint double on Sunday. Her time of 21.79 seconds has only been bettered by 5 Jamaicans, Ottey, Thompson-Herah, Grace Jackson, Campbell-Brown, and Juliet Cuthbert. Jackson moved into number 7 all-time with her runner-up effort of 21.82 seconds.

As an extra bonus, she became just the 10th woman in history to register times under 11 seconds for the 100, under 22 seconds for the 200 and under 50 seconds for the 400 metres.

In the 400, McPherson circled the track on Sunday in 49.61 seconds. She is now the fifth fastest Jamaican ever, after Lorraine Fenton, Shericka Williams, Jackson and Grace. The display of controlled speed by the 2014 Commonwealth champion destroyed the old lifetime best of 49.92 seconds she set in 2013.

Behind McPherson, Candice McLeod and 2019 World Championships double relay medalist Roneisha McGregor accelerated to 9<sup>th</sup> and 10<sup>th</sup> on the all-time performance list with eye opening times of 49.91 and 50.02 seconds respectively.

In addition, there were personal bests for Stacey-Ann Williams, Tovea Jenkins, Junelle Bromfield and 2016 World Under 20 champion Tiffany James-Rose in 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> at 50.14, 50.68, 50.77 and 51.02 seconds respectively.

Hyde got into the act with his comeback win in the 400 metre hurdles. Now 24, the two-time World Under 20 champion zipped home in 48.18 seconds which lifts him into the all-time Jamaican top ten at number 7. Thomas, the 2018 World Under 20 winner, and Phillip Lemonious produced times of 13.10 and 13.22 seconds respectively to move to 5<sup>th</sup> and 10<sup>th</sup> all time.

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