



Schools Indoor Pentathlon International Cardiff Saturday 2nd December 2023

Ruby Tillson made an impressive international debut when she won individual Under 18 bronze for the English Schools team at the Schools Indoor pentathlon international at Cardiff on Saturday. And with her England team mates also taking first and second places it was a comfortable team gold for the English team to add to her medal tally.

Ruby had received a late call up to the competition after the withdrawal of Commonwealth Games medallist Thea Brown and a minor injury had also restricted her training going into the competition. But she was determined not to make up numbers and started well, improving her 60m hurdles best by over a tenth with her 8.84s clocking, the third fastest in her Under 18 age group.

A solid 10.74m shot saw Ruby slip back to ninth but a 5.31m long jump, her longest indoors and close to her personal best, saw her move up to fifth overall after three events.

A superb high jump clearance of 1.74m, just one centimetre shy of her PB and club Under 17, Under 20 and senior records at 1.75m, saw her win the competition by a massive 9 cms to move into second overall with one event remaining, the 800m. Her 2m 34.90s clocking was her fastest ever 800m indoors and enough to hold onto a podium place and score 3703 points, an improvement of over 200 points above her best. England's Eden Francis was a clear winner with 4058 points after victories in four of the five events, with Zoe Gregory taking silver in 3753 points while the fourth English Schools competitor Rebecca Wright placed 10th.

Ruby's international success in Cardiff rounds off a brilliant year for her which had already brought three national silver medals at pentathlon and high jump.

