

Aviva World Trials
13th/14th February 2010



Despite running her fastest 800m indoors since her horrific injury in the European Indoor Championships three years ago, Karen Harewood just missed out on a medal at the Aviva World Trials and UK Championships at Sheffield. The Corby AC runner showed great determination when she settled in behind the in-form world bronze medallist Jenny Meadows (Wigan) when passing the 200m mark in a fast 29.4. She still held second at the half distance – reached in 59.7 – and went through the 600m mark in 1.32.0 after losing second place to Liverpool's Vicky Griffiths (second in 2.02.94). She was still on for a medal going into the final bend but running wide she let through Crawley's Danielle Christmas on the inside coming out of the final turn and had to settle for fourth in 2.05.35. Christmas clocked a personal best of

2.05.15 as Meadows won her third successive indoor national title in a time of 2.00.91.

Harewood, who was disappointed not to get a medal, said that she was still happy with her run and is looking forward to the outdoor season.