

Jessica Ennis-Hill

is a retired British track and field athlete from England



Early life

Ennis was born in Sheffield (Sheffield), the son of Vinnie Ennis (Vinnie Ennis) and Alison Powell (Alison Powell). Jessica's father was a painter and decorator, her mother a social worker. Exercise or one of the parents is not professionally involved in; we only know that the father of a little ran, and the mother jumped in height. Anyway, in the world of sports Jessica brought the parents of the girl first became interested in athletics, having been in the summer of 1996 at the Start of the Track at the stadium in Sheffield. Ennis joked that in the event her parents sent her, if only she didn't get underfoot; in any case, seen at the stadium had the girl to taste. Jessica won her first prize – a pair of sneakers – and, more importantly, met her future coach, Toni Minichiello (Toni Minichiello).



Athletics career

Ennis's full-time coach is UK Athletics national coach for combined events Antonio 'Toni' Minichiello, who has coached her since she was eleven years old. She also receives specialist javelin coaching from World Championships bronze medallist and European Championships silver medallist Mick Hill. Her other support staff are Ali Rose (physiotherapist), Derry Suter (soft tissue therapist), Steve Ingham (physiologist) and Dr Paul Brice (biomechanicist). She is represented by Jane Cowmeadow and Suzi Stedman at JCCM. Ennis and her support staff are together nicknamed Team Jennis.



Competition record

National Championships

Year	Competition	Venue	Position	Notes
2007	UK Championships+ Norwich Union European Indoor Championships Trials		3rd	60 m hurdles
2007	UK Championships+ Norwich Union European Indoor Championships Trials		1st	High Jump
2007	UK Championships+ Norwich Union European Indoor Championships Trials		3rd	Long jump
2007	UK Championships+ Norwich Union World Championships Trials		1st	100 m hurdles
2007	UK Championships+ Norwich Union World Championships Trials		1st	High Jump
2008	UK Championships+ Norwich Union World Indoor Championships Trials		3rd	60 m hurdles
2008	UK Championships+ Norwich Union World Indoor Championships Trials		1st	High Jump
2009	UK Championships+ Aviva World Championships Trials		1st	100 m hurdles
2009	UK Championships+ Aviva World Championships Trials		1st	High Jump
2011	UK Championships+ Aviva World Championships Trials		2nd	100 m hurdles
2011	UK Championships+ Aviva World Championships Trials		1st	High jump
2011	UK Championships+ Aviva World Championships Trials		3rd	Long jump
2011	UK Championships+ Aviva World Championships Trials		7th	Shot put
2011	UK Championships+ Aviva World Championships Trials		10th	Javelin
2012	UK Championships+ Aviva European Indoor Trials		1st	60 m hurdles
2012	UK Championships+ Aviva European Indoor Trials		1st	High jump
2012	UK Championships+ Aviva European Indoor Trials		6th	Shot Put
2012	UK Championships+ Aviva Summer Olympic Trials	Birmingham, England	1st	100 m hurdles
2012	UK Championships+ Aviva Summer Olympic Trials	Birmingham, England	1st	High jump
2012	UK Championships+ Aviva Summer Olympic Trials	Birmingham, England	6th	Long jump
2015	UK Championships+ Sainsbury's World Championships Trials		3rd	100 m hurdles
2015	UK Championships+ Sainsbury's World Championships Trials		12th	Javelin

International competitions

Year	Competition	Venue	Position	Event	Notes
2003	World Youth Championships	Quebec, Canada	5th	Heptathlon	5311 pts
2004	World Junior Championships	Grosseto, Italy	8th	Heptathlon	5542 pts
	Commonwealth Youth Games	Bendigo, Australia	2nd	100 m hurdles	14.50
			2nd	High Jump	1.75 m
2005	European Junior Championships	Kaunas, Lithuania	1st	Heptathlon	5891 pts
	Summer Universiade	İzmir, Turkey	3rd	Heptathlon	5910 pts
2006	European Championships	Gothenburg, Sweden	8th	Heptathlon	6287 pts
	European Cup	Arles, France	4th	Heptathlon	6170 pts
			4th	Team	17,454 pts
	Commonwealth Games	Melbourne, Australia	3rd	Heptathlon	6269 pts
2007	European Indoor Championships	Birmingham, United Kingdom	6th	Pentathlon	4716 pts
	European Cup	Szczecin, Poland	1st	Heptathlon	6399 pts
			1st	Team	18,329 pts
	European U-23 Championships	Debrecen, Hungary	3rd	100 m hurdles	13.09(wind: -0.3 m/s)
	World Championships	Osaka, Japan	4th	Heptathlon	6469 pts
Combined Events Challenge	–	2nd	Heptathlon	19256 pts	
2008	Hypo-Meeting	Götzis, Austria	DNF	Heptathlon	–
2009	World Championships	Berlin, Germany	1st	Heptathlon	6731 pts
2010	World Indoor Championships	Doha, Qatar	1st	Pentathlon	4937 pts
	Hypo-Meeting	Austria	1st	Heptathlon	6689 pts
	European Championships	Barcelona, Spain	1st	Heptathlon	6823 pts
2011	Hypo-Meeting	Götzis, Austria	1st	Heptathlon	6790 pts
	World Championships	Daegu, South Korea	2nd	Heptathlon	6751 pts
2012	World Indoor Championships	Istanbul, Turkey	2nd	Pentathlon	4965 pts
	Hypo-Meeting	Götzis, Austria	1st	Heptathlon	6906 pts
	Summer Olympics	London, United Kingdom	1st	Heptathlon	6955 pts
2015	Hypo-Meeting	Götzis, Austria	4th	Heptathlon	6520 pts
	World Championships	Beijing, China	1st	Heptathlon	6669 pts
2016	Combined Events Challenge	Ratingen, Germany	1st	Heptathlon	6733 pts
	Summer Olympics	Rio de Janeiro, Brazil	2nd	Heptathlon	6775 pts

Detailed results

Competition	100 m hurdles	High jump	Shot put	200 metres	Long jump	Javelin	800 metres	Heptathlon Total
2003 World Youth Championships	13.86 sec	1.75 m	10.13 m	23.73 sec	5.47 m	25.52 m	2:18.21	5311 pts
2004 World Junior Championships	13.57 sec	1.80 m	10.52 m	24.23 sec	5.59 m	28.04 m	2:19.16	5542 pts
2005 European Junior Championships	13.46 sec	1.79 m	11.40 m	24.29 sec	6.19 m	32.55 m	2:17.23	5891 pts
2005 Summer Universiade	13.56 sec	1.87 m	12.26 m	24.43 sec	6.22 m	28.94 m	2:21.08	5910 pts
2006 Commonwealth Games	13.32 sec	1.91 m	11.87 m	23.80 sec	6.15 m	36.39 m	2:12.66	6269 pts
2006 European Championships	13.33 sec	1.86 m	12.72 m	23.56 sec	6.19 m	36.65 m	2:13.45	6287 pts
2007 World Championships	12.97 sec	1.89 m	11.93 m	23.15 sec	6.33 m	38.07 m	2:11.39	6469 pts
2009 World Championships	12.93 sec	1.92 m	14.14 m	23.25 sec	6.29 m	43.54 m	2:12.22	6731 pts
2010 European Championships	12.95 sec	1.89 m	14.05 m	23.21 sec	6.43 m	46.71 m	2:10.18	6823 pts
2011 World Championships	12.94 sec	1.86 m	14.67 m	23.27 sec	6.51 m	39.95 m	2:07.81	6751 pts
2012 Olympic Games	12.54 sec	1.86 m	14.28 m	22.83 sec	6.48 m	47.49 m	2:08.65	6955 pts
2015 World Championships	12.91 sec	1.86 m	13.73 m	23.42 sec	6.43 m	42.51 m	2:10.13	6669 pts
2016 Olympic Games	12.84 sec	1.89 m	13.86 m	23.49 sec	6.34 m	46.06 m	2:09.07	6775 pts

Detailed results

Competition	60 m hurdles	High jump	Shot put	Long jump	800 metres	Pentathlon Total
2007 European Indoor Championships	8.22 sec	1.91 m	13.28 m	6.19 m	2:17.03	4716 pts
2010 World Indoor Championships	8.04 sec	1.90 m	14.01 m	6.44 m	2:12.55	4937 pts
2010 World Indoor Championships	7.91 sec	1.87 m	14.79 m	6.19 m	2:08.09	4965 pts

Personal bests

By clearing 1.95 metres in the high jump, Ennis achieved a foot (30 cm) above her own height of 1.65 metres which only ten women have ever managed. It also set a joint British outdoor record at the time shared with Diana Davies, Susan Moncrieff and Debbie Marti until it was broken in August 2014 by Isobel Pooley.

Her personal best of 12.54 seconds in the 100 metres hurdles is the world best time in the heptathlon and matches the winning time for the women's 100 metres hurdles as an individual event at the 2008 Beijing Olympics. At the time it set a new British Record in the individual event.

Ennis is the British record holder for the heptathlon with 6,955 points, breaking Olympic gold-medallist Denise Lewis's previous record of 6,831 points. If Ennis managed to equal all of her personal bests in one heptathlon competition, she would achieve a total of 7,175 points. Lewis's equivalent personal best total would be 6,970 points.



Progression of best heptathlon score

Date	Competition	Venue	Points
15 July 2001	AAA Junior Championships	Bedford, England	4,711
5 August 2001	v France, Germany, Italy, Switzerland	Bedford, England	4,801
23 June 2002	AAA Junior Championships	Wrexham, Wales	4,837
4 August 2002	v Switzerland, France, Germany	Pratteln, Switzerland	5,194
13 July 2003	World Youth Championships	Quebec, Canada	5,311
9 May 2004	Multistars Meeting	Desenzano, Italy	5,364
17 July 2004	World Junior Championships	Grosseto, Italy	5,542
5 May 2005	Multistars Meeting	Salò, Italy	5,827
24 July 2005	European Junior Championships	Kaunas, Lithuania	5,891
16 August 2005	Summer Universiade	İzmir, Turkey	5,910
22 March 2006	Commonwealth Games	Melbourne, Australia	6,269
8 August 2006	European Championships	Gothenburg, Sweden	6,287
6 May 2007	Multistars Meeting	Desenzano, Italy	6,388
8 July 2007	European Cup Combined Events	Szczecin, Poland	6,399
26 August 2007	World Championships	Osaka, Japan	6,469
10 May 2009	Multistars Meeting	Desenzano, Italy	6,587
16 August 2009	World Championships	Berlin, Germany	6,731
31 July 2010	European Championships	Barcelona, Spain	6,823
27 May 2012	Hypo Meeting	Götzis, Austria	6,906
4 August 2012	Olympic Games	London, England	6,955



Today retired,
spending time
with my family:
husband and son.

