

Knight Adds to Jamaica's Strong 400 Hurdles Crew



With three finalists from the last Olympics, the Commonwealth champion, the CAC champion and the last two World Championships bronze medallists, Jamaica is blessed with quality in the women's 400 metre hurdles. Yet, Andrenette Knight looks set to join this strong crew following her recent win at the Atlantic Coast Conference Outdoor Championships in Raleigh North Carolina on May 14. Running for the University of Virginia, Knight rode her tally of 2021 personal bests to three with a smart run of 55.75 seconds to win the gold medal.

Knight won by a city block with a performance that exceeded the lifetime marks of 56.54 achieved on April 17, and 56.29 seconds she did in the heats. She was as happy as a lark afterwards. "Let me give this one to God. This win would not have been possible without Him and my family", she praised.

Knight had warmed up with a 5th place finish in the 100 metre hurdles. "I had some mishaps in the 100 metre hurdles and I came here with revenge. I honestly did not expect 55 but I'm so happy that I got it today", she said, after a time that put her third in the 2021 Jamaican performance list behind CAC champion Ronda Whyte, 55.11, and Commonwealth Games winner Janieve Russell 55.45.

The 24 year-old Morant Bay native was on big teams at Vere Technical and St. Jago High School before taking up a scholarship at San Diego State. She had the misfortune of falling in the 400 metre hurdles heat at the 2019 NCAA Championships but now, she's back in the fast lane.

"I just came out here to give it my best", she told reporters after the run, in which she started in lane 5. In reference to American Lauren Hoffman who was a distant second at 56.98 seconds, she said, "I knew the competitor behind me, she is very good and I could not see her so I just went out in faith and said I'm just going to swing home."

The new personal best has put her within 0.35 of the Olympic qualifying mark which is 55.40 seconds. She was delighted and is looking ahead. "I'm so happy", Knight exulted, "and I know that I have more in me, so I'm excited for the rest of the season."

Her next assignment will be the NCAA Outdoor Championships, which will be contested in Eugene, home of the University of Oregon, June 9 – 12. Should Knight overcome 2016 World Under 20 champion Anna Cockerel of the United States and the University of Southern California and cross the line first, she would become the third Jamaican to take the title after Debbie-Ann Parris-Thymes in 1994 and Nickeshia Wilson in 2008.