

**Midland Counties Open Meeting**  
**4<sup>th</sup> January 2009**

Gaby Bangay made a superb start to her winter programme when she added 30cms to her pole vault lifetime best in the opening Midland Counties meeting at the Birmingham High Performance Centre.

Competing in the under-17 age group the Corby AC multi talented youngster came into the event at 2.20m and went all the way up to 2.90m – a height which gave her second place behind Chesterfield & District AC's Paige Collings, who cleared 3.00m, and 10cms ahead of third placed Louise Foster (Cannock & Staffs).

Bangay, whose performance ranks her seventh on the indoor circuit this winter, also leapt 4.80m for third in the long jump behind Wolverhampton's Tannika Burgess (4.99m) and the winner Connie James of Solihull, who produced a winning leap of 5.12m.

Also in action for Corby was under-15 Lucy Hatton who smashed her previous long jump best by 33cms when she leapt 4.84m for the runner-up spot behind Birchfield Harrier Nikita Campbell-Smith (5.18m). She also cleared 1.45m for fifth in the high jump with top spot going to Wolverhampton's Emma Douras with 1.50m.