

CORBY A.C. - NEWSLETTER – AUGUST 2010

Editor's Opening:

Middle of summer, and the winter season's fixtures are already being announced. It would be good to see a big turn out for the cross country events this year, see if we can really make Corby A.C. *The Club* in the north midlands league.

Well done to all those who have been competing around the region and the country, both on the road and track and field.



Congratulations and Commiserations

Commiserations to Will Sharman on being disqualified in the semi-finals at the European Championships, especially after being 3rd in his heat for the 110m hurdles. Congratulations on coming 4th at the London Avivia League event in the same event a few weeks later.



Club Championships

Starting on Tuesday 24th August the club will be hosting its annual championships. This is a chance for all members to try something they may not have tried in the past.

Anybody can enter the championships and guests are most welcome but only club members will receive awards.

Entry is £3.00 per number, which will cover as many events as the entrant

wishes to participate in. Please make sure you purchase your number as early as possible because we cannot guarantee that they will be available on the night of the competition as this causes administrative problems.

To race in a track event make sure you report 15 minutes before the start time.

The championships will be held over 4 evenings: 24th, 26th, and 31st August and the 2nd and 7th September.



Awards Evening

Awards for the Club Championships will be presented at the autumn awards evening which will take place in October, details to follow. Keep an eye on the Club website and the newsletter for latest news updates.



CLUB WEBSITE

There is now space on the Club website for your for sale, wants or just news on the noticeboard. Check out www.corbyac.com and see what's there. Also athlete profiles and for those who are interested, a direct link through the athlete data key to the Power of 10 rankings. Tell everyone about yourself by updating your athlete profile.



Midland Senior League, Leamington, 1st August 2010

by John Montgomery

Corby AC turned on the style to avoid relegation when winning the final match in Division Five of the Midland Senior League. Going into the meeting at Leamington in last place, they needed something special to survive and this was easily achieved when they defeated the two clubs who were already assured of promotion – Shrewsbury and Stratford– Upon - Avon. By winning, the club proved that they are good enough and instead of fighting relegation they should have been pushing for promotion. Sam Foster and Jack McShane got the club off to a superb start when they won their respective events. Foster threw 42.98m to take the hammer with veteran Pete Knott securing top spot in the B string and then later returning to do likewise in the discus and shot.

McShane kicked off a busy afternoon with a winning 3.00m clear-ance in the pole vault and then went on to finish runner-up in the 110m hurdles, the shot putt and discus. Superbly supporting him in the pole vault was Scott Kendal, who cleared 2.80m to take the B event.

Despite carrying an injury, Harry Hollis turned out for the club and surprised himself with an excellent 51.56m in the last round

which secured him a javelin victory.

On the track Sean Taylor clocked a season's best with 22.6 to take the 200m while Nathan Graham won the B string in 24.2.

Ally Fowler, Pete Straiton, Simon Franklin and Seb Goodall, performed well in their individual events before coming together for an emphatic 4 x 400m relay success.

Rachel Backhouse was victorious in the discus contest with a solid 40.73m and received excellent back up from Annika Wing who won the B event after earlier in the day adding over 2.00m to her lifetime best when throwing 34.85m for a close second place behind Kidderminster's Lynette McKeown (35.05m) in the hammer.

Lauren Boyd threw 30.86m to defeat Stratford's Imogen Grant (29.32m) in the javelin while Judith Hodson won the B string with 21.56m which was one of three lifetime bests set throughout the day.

On the track Karen Harewood clocked a very pleasing 56.2 to easily win the 400m before returning 15 minutes later to win a tactical 1500m race. She also recorded a fast 54.7 on the anchor leg of the 4 x 400m relay as Corby finished second in 4.08.8 behind Shrewsbury (4.07.3). also in the relay squad was the Under-17 trio of Beth Smyton, Rebecca Wymant and Charlotte Cotter who all

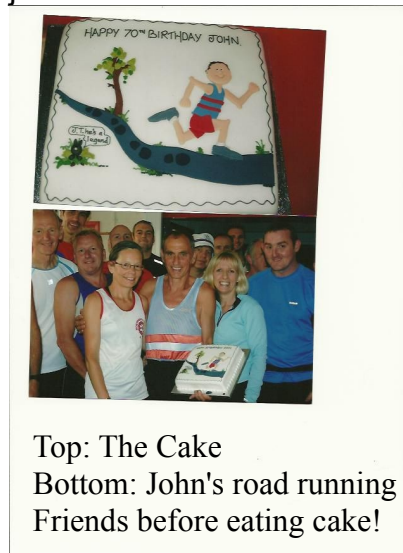
performed well earlier in the day in their respective events as did Maggie Mulholland who again produced a solid run in the 3000m.

Well done to all of our team and to the officials who turned out as well.



THANKS

John Thomas would like to thank everyone who helped to make his 70th birthday so special, and especially to Jane Walker for the lovely cake, and to all those who joined the celebrations.



Top: The Cake
Bottom: John's road running Friends before eating cake!



National Young Athletes Derby, 18th July

Congratulations to our young athletes team for a clear win at this event. We had entries in almost all events, in most age groups and our Club excelled at the relays. We won the under 17 men, under 15 girls and boys and under 13 girls 4 x 100m relays.

The results are all on the

website for viewing, and many of our young athletes did us proud with wins in their age groups which would have given them wins in the age group ahead. A really good result, so well done to all of you.



Dates for the Diary

The cross country season starts shortly with the first event being at Derby on 9th October. The next North Midlands league cross country dates and venues are: 13th November at Kettering' 4th December at Mansfield and 15th January at Nottingham.

The Road Relays at Sutton Park will be on 25th September for the adults – 6 and 4 stage – and the young athletes on 26th September. If you are interested in these events, please let Charlie know so that we can work out teams and put in the Club's entry.



GREAT EASTERN RUN

Due to the number of athletes taking part in this half marathon, the Club will again, be arranging a bus. If you wish to travel on the bus, please put your name on the list on the Road Runners notice-board in the Club room so that we know what size bus to order, before the end of August, PLEASE.

