

Three Counties Championship

On a glorious weekend 11 new meeting records were set and one equalled at the Northamptonshire Track & Field Championships which was for the second year running combined with the Leicestershire and Warwickshire Championships at Leicester's Saffron Lane Stadium.

In the very hot conditions Rushden's Ben Sturgess and Emma MacFarlane of Corby AC were voted the best male and female for their performances in their respective events. The former set a new meeting record in the Under-17 400m when he broke Mike Snow's nine-year-old mark with a stunning time of 49.1 and then returned the following day to set another lifetime best over 200m with a time of 22.4.

In the same age group Themba Luhana (Rugby & Northampton AC) set two new championship bests. He smashed Andy Judge's 1991 record by seven tenths of a second with a superb time of 13.8 over the 100m hurdles and then he recorded a distance of 13.33m in the triple jump which also secured him the Ernie Boyfield Trophy for the best field performance by an Under-17. MacFarlane smashed her lifetime best by 9cms when she added 4cms to Amy Pelling's seven-year-old record in the Under-13 Girls' high jump. Her winning height would have been ranked second nationally prior to the weekend.

In the Under-17 Girls' age group Thrapston's Daniella Hankins added a centimetre to her week old best to equal Michelle



Dunkley's 14-year-old high jump record. After going over 1.50m, 1.55m and 1.60m at the first time of asking she only made 1.65m on her third attempt. Once the bar was set at Dunkley's record of 1.68m she cleared it on her second attempt before going out after three good attempts at 1.70m.

The only Senior record to be wiped out was the Women's discus mark of 37.84m, held since 1994 by Tracy Capps. It went to another Corby AC thrower, Rachel



Backhouse, who pulled out an effort of 40.53m in the final round. One of the most improved athletes to go into the record books was Corby's Rebecca Wymant who sliced four tenths of a second from Charlotte Bowling's year old mark with a fine run of 43.9 in the Under-15 Girls' 300m.

Another year old record to bite the dust was the Under-20 Women's 5000m held by Mairead Rocke of Corby AC as Kettering Town Harrier Hayley Munn clocked a fine 18.32.8 to wipe out the old mark of 18.48.1.

