

**Northants Schools**  
**Rachel Backhouse**  
**June 2007**



Rachel Backhouse smashed through the 40 metre barrier for the first time when she competed as a guest in the Northants Schools Inter Girls discus competition. The Corby AC thrower had a fine opening effort of 39.45m before unleashing her best ever throw of 40.56m in the final round. That throw added almost a metre to her previous best and moves her up to sixth in the UK Under-20 ranking list for the season.