

**England Athletics**  
**Under-15 and Under-17**  
**Combined Events Championships**  
**Stoke**  
**18<sup>th</sup>/19<sup>th</sup> August 2007**



Gabby Bangay smashed her lifetime best to clinch her first ever national medal at the England Athletics Under-15 and Under-17 Combined Events Championships.

At the meeting – held at a wet Stoke - the Corby AC youngster got her campaign off to a superb start in the Under-15 pentathlon when she clocked her fastest ever time in the 75m hurdles. Her time of 11.97 slotted her into third place with Leeds City's Katy Marchant heading the field with 11.51 from the pre-competition favourite Katarina Thompson (Liverpool Harriers) who ran 11.89.

Corby's other competitor, Charlotte Bowling, held down fourth spot with 12.32 while Thrapston's Daniella Hankins was in 13<sup>th</sup> with her time of 12.68.

Gabby slipped to fourth with her long jump of 4.79m while Bowling's excellent third round leap of 5.14m – which added 2cm to her personal best – moved her into second place behind Thompson (5.60m). Hankins – competing for Bedford & County – moved up to eighth with her effort of 4.90m.

In the next event – the shot putt – Bangay moved back into third spot with a solid putt of 9.24m as Thompson increased her lead with 9.72m. Preston's Hannah Lupton (9.66m) went from fifth to second place while both Bowling (6.34m) and Hankins (6.88m) highlighted their weakest event when they slipped to seventh and tenth respectively.

The penultimate discipline – the high jump – saw Thompson extend her lead with an excellent 1.65m at the first time of asking. Bangay dropped back to fourth with 1.44m and Hankins cleared 1.53m to move into seventh.

The final event – the 800m – was a good one for both the Corby girls with Gabby clocking 2.36.77 to overtake Marchant (2.54.32) and snatch the bronze with a points tally of 2826 which increased her former best by 99 points while Bowling ran 2.35.89 to finish a fine fifth with 2706 – an improvement of 41 points on her previous best.

Hankins ran 2.41.50 which gave her eighth place with 2629 which was 13 points better than she has achieved outdoors.

Thompson convincingly lifted the title with a splendid 3418 ( a new best by 163 points) while Lupton took the silver on 2899.



Also in action for Corby was Jack McShane who competed in the Under-17 decathlon and smashed his lifetime best by over 500 points when he finished an excellent fourth. The reward for his superb effort was selection for the England Under-17 squad which takes on teams from Ireland, Scotland and Wales at the same Stoke venue this weekend.

The event was over two days and as well as the rain on the second day he also had to contend with very windy conditions on the first day. His marks of 12.70 (100m), 6.07m (long jump), 13.83m (shot), 1.68m (high jump) and 54.94 for the 400m saw him hold down sixth place overnight as Bridgend's David Guest led from Ashley Bryant (Windsor Slough & Eton) and Vale of Aylesbury's Benjamin Gregory. His second day's campaign got off steadily with his run of 14.29 over the 100m hurdles which saw him remain sixth before he pulled up to fifth with a throw of 36.38m in the discus. He held that position with an effort of 3.70m in the pole vault and a javelin throw of 47.56m before hauling himself up to fourth with a run of 5.10.78 in the 1500m. He registered an overall points score of 5915 as Guest took the title on 6530 from Gregory (6439) and Bryant (6182).