



Corby AC's Lauren Boyd made another successful trip north of the border to compete for her Scottish club Kilbarchan in the latest round of the Central & South of Scotland Athletic League.

The meeting at a very windy Grangemouth saw Lauren convincingly win the Senior Ladies shot with a putt of 10.16m. She also came out on top with a long jump of 4.76m and a fine effort of 30.90m easily won her the javelin competition. To cap an excellent day she also notched a win on the track when she clocked 16.8 over the 100m hurdles before helping her club to an impressive victory in the sprint relay with her stint of 52.9.

Elsewhere on the track Corby Veteran Wilson Paterson clocked a very pleasing time of 61.76 to finish runner-up over 400m in one of the earlier Watford open graded meetings.