

British Universities Championships



William Sharman retained his British Universities crown when this year's championship was held at Bedford. Competing for Loughborough, the Corby AC 110m hurdler qualified for the final when he clocked 14.31 to easily win his heat from Wolverhampton's Darren Lewis (14.78). In the final he was again untroubled as he raced home in 14.06 to defeat fellow Loughborough man Jordan Fleary (14.70) and Bath's Iwan Peperrell (14.75).

British Athletic League

The day before competing at Bedford, Sharman opened his season along with fellow Corby AC members Mark Allen and Matt Bell in the British Athletic League Premiership at Barnet's Cophall Stadium. Competing in the 110m hurdles he was just defeated by City of Manchester's Nick Gayle (14.30) when coming second in 14.34. He also clocked 11.1 when placing sixth in the 100m and ran the opening leg for his first claim club Belgrave Harriers in the sprint relay.

Allen, who was also competing for Belgrave, came away with two lifetime bests. In the discus his opening effort of 49.94m added 56cms to his former best and despite going twice more over 49m that was his best throw which gave him sixth place in the high class competition in which the top four were the best in Britain this season.

Newham & Essex Beagle Abdul Buhari won with his fifth round throw of 55.17m from Woodford Green's Emeka Udechuka (54.14m) and Manchester's Marcus Gouldbourne (54.01).

Allen putted 15.66m to finish third in the B shot after earlier in the day smashing his best by almost 12m when coming fourth with 53.60m in the B hammer.

Bell was competing for Birchfield Harriers in the A event and made his best ever start to his season. After no-throwing in the opening round he edged closer to 60m with his second attempt before producing his best effort in the third round with an excellent 63.08m to finish fourth in another high class competition in which the top seven throwers head the British rankings.

Matt threw almost 3m further than in the same fixture last year, which augurs well for him to surpass his lifetime best of 64.16m from 2002.

Woodford Green's Andy Frost won with his second round throw of 70.00m with Newham's Simon Bown (66.72m) taking second ahead of Manchester's Alex Smith (64.08).

Another Corby athlete in action in the British League was Sean Taylor who represented Derby in the Division Two meeting at Chelmsford. He ran close to his best when taking the B 100m in 10.82 from Herne Hill Harrier Dele Onifade (10.92) and Southend's Tony Noel (10.99). In the 200m he raced home to again win the B string thanks to a clocking of 22.25 with Noel taking

the runner up spot in 22.38. Taylor ended his first day in the British League when he helped Derby to win the sprint relay in 43.56 from Swansea (43.80).