

### Corby AC Hammer Championships 2009

Sam Foster ended his season with another throw over 51m when the Corby AC hammer championships were held at Kettering Leisure Village. The Under-17 threw 51.29m in the third round which was one of three efforts over the 50m mark.

Also recording respectable efforts were seniors Matt Bell and Annika Wing. The former threw 60.90m in the third round to finish ahead of David Foster (39.09m) while Wing unleashed a fine 31.21m in the opening round of the ladies contest and then capped a good series with three more marks over 30m.

