

Senior League
May 1st 2010
Worcester

Corby AC will have to pull out all the stops if they want to avoid relegation for the third successive year as they finished bottom in their opening round of the Midland Senior Track & Field League.

The Division Five match at Worcester highlighted the club's lack of field event athletes as they held their own comfortably on the track.

The top performances came from Ally Fowler on the men's side and Charlotte Bowling in the female section. Fowler recorded two personal bests when he took the 800m with a fine tactical run which saw him pull away in the final 200m to win in 1.58.5 from Worcester's Dave Hall (2.01.4) and then he destroyed the field to take the B 400m in 52.3. He then ended his day by helping the 4 x 400m relay squad to a convincing win over Kidderminster & Stourport (3.37.5) in a time of 3.33.4. Also part of the team were Sean Taylor, Seb Goodall and Simon Franklin.

Earlier in the day Goodall ran a new best of 4.21.0 in the 1500m while Taylor just held off the fast finishing Jon Dfiori-Baffoe of Leamington to win the 200m after both runners clocked the same time of 22.9.

Another equally close race was the 2000m steeplechase when Luke Montgomery woke up in the final 200m and closed a 40m deficit on Kidderminster's Ben Danvers but just lost out after the pair recorded the same time of 6.50.5. Stephen Broom ran a new best of 7.23.2 as he won the B race. Chris Curtis produced a sound race to finish runner-up over 5000m in 16.04.2 behind Kidderminster's Matt Granger (15.42.7) with guest runner Neil Barnett (Wellingborough & District AC) taking third in 16.10.2.

Bowling sliced two seconds from her best when she came second in the 400m hurdles behind Shrewsbury's Claire Burgoyne (64.7) with her time of 67.6. She also won the B 200m and contributed to the team's 4 x 400m relay victory when they defeated Shrewsbury (4.27.7) in a time of 4.23.1.

Under-17s Beth Smyton and Charlotte Cotter plus Timea Latinovics also ran well for the squad after earlier performing well in their individual events.

Katie Barry guided the sprint relay team to second position behind Worcester after running 13.0 for a good second in the 100m behind Leamington's Shelly Went (12.7), who also won the 200m in 26.0 ahead of Corby's Karen Harewood (26.3). Unfortunately Harewood's hamstring tightened and so she played no more part in the meeting.

Maggie Mulholland's third place in 3000m was achieved in a new lifetime best of 12.01.9.

Overall Results

1 Shrewsbury 367, 2 Stratford upon Avon 343.5, 3 Worcester 340, 4 Kidderminster & Stourport 317, 5 Leamington 301.5, 6 Corby AC 200.