

## Midland Senior League

### Leamington

1<sup>st</sup> August 2010

Corby AC turned on the style to avoid relegation when winning the final match in Division Five of the Midland Senior League. Going into the meeting at Leamington in last place, they needed something special to survive and this was easily achieved when they defeated the two clubs who were already assured of promotion – Shrewsbury and Stratford – Upon - Avon.

By winning, the club proved that they are good enough and instead of fighting relegation they should have been pushing for promotion.

Sam Foster and Jack McShane got the club off to a superb start when they won their respective events. Foster threw 42.98m to take the hammer with veteran Pete Knott securing top spot in the B string and then later returning to do likewise in the discus and shot.

McShane kicked off a busy afternoon with a winning 3.00m clearance in the pole vault and then went on to finish runner-up in the 110m hurdles, the shot putt and discus. Superbly supporting him in the pole vault was Scott Kendal, who cleared 2.80m to take the B event.

Despite carrying an injury, Harry Hollis turned out for the club and surprised himself with an excellent 51.56m in the last round which secured him a javelin victory.

On the track Sean Taylor clocked a season's best with 22.6 to take the 200m while Nathan Graham won the B string in 24.2.

Ally Fowler, Pete Straiton, Simon Franklin and Seb Goodall, who performed well in their individual events before coming together for an emphatic 4 x 400m relay success.

Rachel Backhouse was victorious in the discus contest with a solid 40.73m and received excellent back up from Annika Wing who won the B event after earlier in the day adding over 2.00m to her lifetime best when throwing 34.85m for a close second place behind Kidderminster's Lynette McKeown (35.05m) in the hammer.

Lauren Boyd threw 30.86m to defeat Stratford's Imogen Grant (29.32m) in the javelin while Judith Hodson won the B string with 21.56m which was one of three lifetime bests set throughout the day.

On the track Karen Harewood clocked a very pleasing 56.2 to easily win the 400m before returning 15 minutes later to win a tactical 1500m race. She also recorded a fast 54.7 on the anchor leg of the 4 x 400m relay as Corby finished second in 4.08.8 behind Shrewsbury (4.07.3). also in the relay squad was the Under-17 trio of Beth Smyton, Rebecca Wymant and Charlotte Cotter who all performed well earlier in the day in their respective events as did Maggie Mulholland who again produced a solid run in the 3000m.

### **Female**

**100m:** A 4 Rebecca Wymant 13.7, B 4 Judith Hodson 14.5; **200m:** A 3 Wymant 27.3, B 5 Hodson 30.2; **400m:** A 1 Karen Harewood 56.2, B 1 Beth Smyton 65.1; **800m:** A 5 Charlotte Cotter 2.35.3, B 2 Smyton 2.33.2; **1500m:** A 1 Harewood 5.06.9, B 2 Sarah Baxby 5.57.1; **3000m:** A 3 Maggie Mulholland 11.48.1. B 2 Elizabeth Rocke 13.20.5; **400m Hurdles:** A 6 Baxby 90.9, B 2 Jess Cole 77.5; **High Jump:** A 4 Lauren Boyd 1.40m, B 4 Katie

Barry 1.30m; **Long Jump:** A 6 Barry 4.29m, B 3 Boyd 4.21m; **Triple Jump:** A 5 Wymant 9.32m, B 2 Smyton 8.92m; **Shot Putt:** A 3 Boyd 9.09m, B 1 Rachel Backhouse 8.97m; **Discus:** A 1 Backhouse 40.73m, B 1 Annika Wing 21.65m; **Hammer:** A 2 Wing 34.85m, B 2 Backhouse 27.30m; **Javelin:** A 1 Boyd 30.86m, B 1 Hodson 21.56m; **4 x 100m Relay:** 5<sup>th</sup> 56.4; **4 x 400m Relay:** 2<sup>nd</sup> 4.08.8.

### **Male**

**100m:** A 2 Sean Taylor 11.3, B 2 James Richardson 12.1; **200m:** A 1 Taylor 22.6, B 1 Nathan Graham 24.2; **400m:** A 3 Ally Fowler 52.9, B 1 Pete Straiton 53.0; **800m:** A 2 Fowler 2.00.8, B 1 Simon Franklin 2.05.8; **1500m:** A 5 Seb Goodall 4.19.5, B 4 Stephen Broom 4.57.8; **3000m:** A 6 Sam Furey 11.14.2, B 5 Luke Montgomery 11.15.8; **110m Hurdles:** A 2 Jack McShane 18.1, B 5 Montgomery 25.0; **400m Hurdles:** A 2 Straiton 61.1, B 1 Goodall 61.2; **3000m Steeplechase:** 4 Montgomery 11.04.0, B 3 Broom 11.33.0; **High Jump:** A 3 McShane 1.75m, B 1 Scott Kendall 1.65m; **Long Jump:** A 3 Gary Wong 6.19m, B 3 Kendall 5.57m; **Triple Jump:** A 4 McShane 11.71m, B 2 Harry Hollis 11.54m; **Pole Vault:** A 1 McShane 3.00m, B 1 Kendall 2.80m; **Shot Putt:** A 2 McShane 11.38m, B 1 Pete Knott 11.23m; **Discus:** A 2 McShane 28.58m, B 1 Knott 27.69m; **Hammer:** A 1 Sam Foster 42.98m, B 1 Knott 27.35m; **Javelin:** A 1 Hollis 51.56m, B 4 Alex King 33.15m; **4 x 100m Relay:** 1<sup>st</sup> 45.6; **4 x 400m Relay:** 1<sup>st</sup> 3.32.6.

### **Overall Results**

1 Corby AC 394, 2 Shrewsbury 355, 3 Stratford upon Avon 328.5, 4 Leamington 311.5, 5 Worcester AC 284, 6 Kidderminster & Stourport 231.