

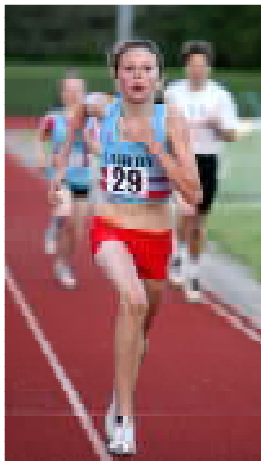
Corby AC Club Championships 2009
Meetings 3, 4 and 5

Seb Wilson Dyer Gough just missed out on William Sharman's Under-20 long jump record when the second week of the Corby AC Championships were held at the Rockingham Triangle. His winning leap of 6.87m to defeat Tom Crabb (6.29m) was only 9cm shy of the record set in 2003 and 20cm further than his previous best.

In the same age group Ally Fowler chalked up a fine double with wins over 800m and 400m, where he clocked a new best of 52.4 to finish ahead of Rory McGregor who ran a pleasing time of 53.6 on his first time over the distance. Seb Goodall in the 3000m and 2000m steeplechase was also a double winner.

Scott Kendall added 5cm to his lifetime best when he took the Under-15 Boys shot with 11.97m and also won three other titles but had to settle for the runner-up spot in the 400m behind Jasper Larken's impressive new personal best of 56.3. Larken also had wins over 800m and 3000m.

In the corresponding girls age group Emma MacFarlane just edged out Beth Smyton (44.7) to take the 300m in 44.3 but the positions were reversed over 800m with Smyton's courageous front running giving her the title in 2.25.9. Abigail Morrow-Harris was another to perform well when she clocked 11.28.2 for victory over 3000m.



There were some exciting confrontations in the Under-13 Girls section with Ellie Welch logging a double over 800m and 300m. In the former she ran a new best of 2.33.7 to finish ahead of Helena Keenan, who also produced a best of 2.35.1 and Georgia Bevins (2.37.5). However, Bevins got her revenge in the 3000m when winning in 11.47.8 from Welch (11.48.8) and Keenan (12.12.1).

Jason Wong produced good efforts to log a double in the Under-13 Boys age group with victories in the 100m and long jump where he leapt 4.67m.

Fraser Dalby was the star performer in the Under-11 Boys with four wins while Ruby Goodall (three wins) and Ella Grogan with two were impressive on the girls' side.

Under-11 Girls

100m: 1 E Hallam 16.0, 2 E Grogan 16.1, 3 D Parv 17.6, 4 E M Hathaway 18.7, 5 A Curtis 19.0, 6 E Martin 19.4; **300m:** 1 E Grogan 52.9, 2 R Goodall 53.7, 3 D Parv 56.7, 4 E M Hathaway 57.3, 5 A Curtis 66.9; **800m:** 1 R Goodall 2.51.6, 2 D Parv 3.19.6, 3 A Curtis 3.28.2; **3000m:** 1 E M Hathaway 13.30.0; **Long Jump:** 1 E Grogan 3.47m, 2 R Goodall 3.08m, 3 D Parv 2.97m, 4 E M Hathaway 2.81m, 5 E Martin 2.52m, 6 A Curtis 2.49m; **Shot Putt:** 1 R Goodall 4.32m, 2 E Martin 3.39m, 3 E M Hathaway 3.15m; **Discus:** 1 R Goodall 10.18m, 2 E M Hathaway 8.02m.

Under-11 Boys

100m: 1 T Ward 15.7, 2 M Bishop 15.9, 3 H Merriman 16.5, 4 L Martin 17.2, 5 M Mustard 19.1; **300m:** 1 F Dalby 48.7, 2 M Bishop 51.0, 3 R Dunne 53.2, 4 T Ward 54.3, 5 H Freeman 58.8; **800m:** 1 H Freeman 2.50.3, 2 R Dunne 2.58.8, 3 D Mair 3.03.3; **3000m:** 1 F Dalby 11.36.7, 2 R Dunne 12.30.2, 3 H Freeman 14.49.3; **Long Jump:** 1 F Dalby 3.70m, 2 T Ward 3.57m, 3 L Martin 3.27m, 4 D Mair 3.14m, 5 R Dunne 3.10m, 6 C Severn 3.00m, 7 H Freeman 2.90m; **Shot Putt:** 1 F Dalby 5.55m, 2 R Dunne 4.13m, 3 T Ward 3.42m; **Discus:** 1 R Dunne 8.53m.

Under-13 Girls

100m: 1 S Wilks 15.1, 2 E Brahmachari 15.7, 3 E Welch 15.8, 4 S Martin 16.4, 6 C Gregg 17.3, 7 M Magee 17.4; **300m:** 1 E Welch 48.3, 2 B Morrow-Harris 53.3; **800m:** 1 E Welch 2.33.7, 2 H Keenan 2.35.1, 3 G Bevins 2.37.5, 4 H Bevins 2.48.9, 5 B Morrow-Harris 2.49.6, 6 M Hunter-Powell 2.52.2, 7 P Canellan 3.06.1; **3000m:** 1 G Bevins 11.47.8, 2 E Welch 11.48.8, 3 H Keenan 12.12.1, 4 H Bevins 12.15.0, 5 M Hunter-Powell 12.51.8, 6 C Iliff 12.53.9; **Long Jump:** 1 C Gregg 3.85m, 2 E Brahmachari 3.59m, 3 I Parv 3.26m, 4 B Morrow-Harris 3.25m, 5 S Martin 3.20m, 6 S Wilks 3.05m, 7 M Magee 2.80m; **Shot Putt:** 1 H Keenan 5.14m, 2 B Morrow-Harris 5.04m, 3 S Martin 4.95m, 4 E Welch 4.93m, 5 M Magee 4.59m, 6 M Hunter-Powell 4.48m; **Discus:** 1 B Morrow-Harris 11.98m, 2 E Welch 10.96m.

Under-13 Boys

100m: 1 J Wong 13.6, 2 H Young 13.8, 3 S McIntyre 15.4, 4 A Cotter 15.7, 5 S James-Molloy 16.0, 6 E Parv 16.7, 7 A Crosby 16.8; **300m:** 1 H Young 46.5, 2 S McIntyre 50.0, 3 A Cotter 52.3, 4 S James-Molloy 53.2, 5 L Conyard 55.1; **800m:** 1 H Young 2.33.8, 2 S McIntyre 3.21.1; **3000m:** 1 E Parv 11.56.7, 2 L Conyard 13.13.9; **Long Jump:** 1 J Wong 4.67m, 2 S McIntyre 3.85m, 3 S James-Molloy 3.41m, 4 A McArthur 2.45m, 5 B Claypole 2.36m, 6 E Parv 3.23m; **Shot Putt:** 1 H Young 7.38m, 2 M Wymant 6.10m, 3 A McArthur 4.64m, 4 S James-Molloy 4.62m; **Discus:** 1 A McArthur 8.91m.

Under-15 Girls

100m: 1 L Hatton 13.5, 2 K Fowler 14.5, 3 E MacFarlane 14.6, 4 R Wymant 14.6, 5 C Bancroft-Morris 15.1, 6 S McIntyre 15.2, 7 G Lawton 15.4, 8 H Singh 15.5, 9 L Parv 16.6; **300m:** 1 E MacFarlane 44.3, 2 B Smyton 44.7, 3 R Wymant 45.9, 4 K Fowler 47.9, 5 A Morrow-Harris 48.2, 6 L Parv 51.2, 7 G Sharpe 51.8; **800m:** 1 B Smyton 2.25.9, 2 E MacFarlane 2.34.5, 3 A Morrow-Harris 2.35.6, 4 N Curtis 2.56.4, 5 L Parv 3.04.1, 6 G Sharpe 3.07.4; **3000m:** 1 A Morrow-Harris 11.28.2, 2 E MacFarlane 13.04.2, 3 N Curtis 13.28.8, 4 L Parv 14.09.7; **Long Jump:** 1 E MacFarlane 4.36m, 2 S McIntyre 3.80m, 3 K Fowler 3.79m, 4 A Morrow-Harris 3.57m, 5 C Bancroft-Morris; **Shot Putt:** 1 E MacFarlane 7.42m, 2 K Fowler 5.98m; **Discus:** 1 K Fowler 17.38m, 2 E MacFarlane 11.94m, 3 S McIntyre 8.92m.

Under-15 Boys

100m: 1 S Kendall 12.5, 2 J Larken 12.8; **400m:** 1 J Larken 56.3, 2 S Kendall 57.2, 3 S Furey 67.5; **800m:** 1 J Larken 2.21.5, 2 S Kendall 2.30.3, 3 S Furey

2.30.4; **3000m**: 1 J Larken 10.45.6, 2 S Furey 11.22.1, 3 R Conyard 11.54.1; **Long Jump**: 1 S Kendall 5.35m, 2 J Larken 5.11m; **Shot Putt**: 1 S Kendall 11.97m, 2 J Larken 8.18m, 3 S Furey 6.62m; **Discus**: 1 S Kendall 33.82m, 2 J Larken 19.77m, 3 S Furey 15.62m.

Under-17 Women

400m: 1 C Cotter 65.0; **3000m**: 1 C Cotter 11.55.9.

Under-17 Men

100m: 1 G Wong 11.9, 2 R Davies 12.4, 3 S Scott 12.9, 4 S Baker 13.4, 5 D Kirby 13.8; **400m**: 1 R Davies 55.7, 2 C Logan 57.7, 3 G Wong 59.6, 4 P Wilson 69.7; **800m**: 1 C Logan 2.15.3, 2 R Davies 2.24.7, 3 P Wilson 2.40.4; **3000m**: 1 C Logan 11.14.4; **Long Jump**: 1 G Wong 5.37m, 2 S Scott 5.58m, 3 S Baker 5.37m; **Discus**: 1 R Davies 24.06m.

Under-20 Women

800m: 1 M Roche 2.38.7; **3000m**: 1 M Roche 10.49.5; **2000m Steeplechase**: 1 M Roche 8.19.6; **Long Jump**: 1 G O'Carroll 4.25m; **Shot Putt**: 1 G O'Carroll 7.13m.

Under-20 Men

100m: 1 R McGregor 12.0, 2 J Richardson 12.3; **400m**: 1 A Fowler 52.4, 2 R McGregor 53.6, 3 S Goodall 54.1, 4 S Franklin 54.3, 5 J Richardson 59.2; **800m**: 1 A Fowler 2.04.4, 2 S Goodall 2.05.3, 3 S Franklin 2.05.7, 4 R McGregor 2.14.3, 5 S Broom 2.18.2, 6 J Richardson 2.35.7; **3000m**: 1 S Goodall 10.13.7, 2 S Broom 10.30.9, 3 S Franklin 10.37.8; **2000m Steeplechase**: 1 S Goodall 7.15.6, 2 S Broom 7.22.8, 3 A Fowler 8.32.5, 4 S Franklin 8.32.5; **Long Jump**: 1 S Wilson Dyer Gough 6.87m, 2 T Crabb 6.29m, 3 S Goodall 5.37m, 4 S Franklin 5.23m; **Shot Putt**: 1 S Franklin 6.81m; **Discus**: 1 S Franklin 27.25m, 2 A Fowler 23.28m, 3 S Goodall 16.19m.

Senior Women

100m: 1 K Barry 13.7; **400m**: 1 K Barry 65.7; **3000m**: 1 T Craker 15.19.1; **Long Jump**: 1 K Barry 4.35m.

Senior Men

100m: 1 S Taylor 11.6, 2 R Pangbourne 14.3; **2000m Steeplechase**: 1 C Dunne 7.52.8; **Long Jump**: 1 L Czornyj 6.10m.

Veteran Women

100m: 1 J Hodson 17.0; **400m**: 1 J Hodson 80.5, 2 T Pike 87.0; **3000m**: 1 L Kristiansen 12.06.4, 2 T Pike 12.26.4; **Shot Putt**: 1 J Hodson 5.63m; **Discus**: 1 J Hodson 11.15m.

Veteran Men

100m: 1 W Paterson 13.3; **400m**: 1 W Paterson 63.4; **800m**: 1 W Paterson 2.39.3; **3000m**: 1 P Mottram 12.06.6; **Shot Putt**: 1 P Knott 11.82m; **Discus**: 1 P Knott 28.25m.