

## Corby AC Open Meeting 4<sup>th</sup> June 2008

Corby AC's second open meeting at the town's Rockingham Triangle included some County Championships for the younger age groups and the latest round of the East Midlands summer sprints series.



The Morrow-Harris sisters both struck gold in the Northants Championships when they raced home in new lifetime bests. Abigail sliced 15 seconds from her previous best when she took the Under-13 Girls' 1500m in 5.20.6 from the Rugby & Northampton AC pair of Georgia Elliot-King (5.36.2) and Isobel Hughes (5.39.7) while Bryony won the Under-11 1200m. She clocked 4.42.4 to finish ahead of Isabel Chedd (4.47.6) and Ruby Goodall (4.47.4) in a Corby clean sweep.



Fraser Dalby secured two titles when he won the Under-11 1200m in 4.18.7 from Robert Dunne (4.31.8) and Damien Mair (5.02.6). The same three Corby athletes bagged the medals in the long jump with Dalby leaping 3.51m to win from Dunne (3.22m) and Mair (2.82m).

In the opening events Under-13 Katie Fowler (Corby) clinched a fine double with a run of 14.8 in the 100m and a putt of 5.95m in the shot. Brother Ally was also in superb form when he smashed his best to take the Under-17 400m in 52.4.

Beth Smyton and Charlotte Cotter stepped down in distance to fill the top two positions in the Under-15 300m with the former clocking 45.2 and Cotter returning a time of 46.0.

In the Grand Prix series Kettering's Gemma Elliott finished strongly to win the Senior Women's 400m in 59.4 from Birchfield's Sam Day (59.4) and Corby's Tracy Craker (79.3). Top Under-20 female in 65.4 was Katy-Louise Payne while in the Under-20 Men's race her club colleague Simon Franklin also won in a new best of 53.1.

Paul Webster just edged out fellow Corby sprinter Erik Aselius to win the 100m after the pair returned the same time of 11.6 to take top points in the Senior age group with the runner-up doing likewise in the Under-20 section. Kettering's James Steventon was fourth Senior in 12.5 and was seventh over 200m in 25.5 in a race which saw his club colleague, Samuel Gordon take fourth in 23.1. Coventry's Stewart Marshall won in 22.2 from Mansfield's Samuel Cordin (22.5)